

Wake Up to Sleep Disorders Florida 2016: A Cleveland Clinic Update

January 23, 2016

Cleveland Clinic Florida
Jagelman Conference Center
Weston, Florida



About the Course

The importance of sleep and the adverse consequences of untreated sleep disorders are becoming increasingly apparent. This, combined with the changing landscape of Sleep Medicine in terms of diagnostic testing and treatments, sets the stage for the "Wake Up to Sleep Disorders Florida 2016: A Cleveland Clinic Update."

We invite you to join us for an exciting program reviewing the latest advances in the field and providing a state-of-the-art update to healthcare providers treating adults with sleep disorders including sleep apnea, restless legs syndrome, insomnia and more. The course will feature lectures presented by experts from a variety of disciplines with a focus on highlighting diagnostic and treatment pearls for busy clinicians.

Target Audience

This update is intended for physicians and other health care practitioners in the fields of Internal Medicine, Family Practice, Neurology, Otolaryngology, Pulmonary and Sleep Medicine who provide care to patients with sleep disorders.

Learning Objectives

At the completion of this activity, the participant should be able to:

1. Review the epidemiology and pathophysiologic aspects of sleep apnea and gain familiarity with screening, diagnostic approaches, management paradigms and standard as well as recently approved cutting edge, advanced therapeutic modalities.
2. Discuss the prevalence, pathophysiology and cardinal features of insomnia with a targeted review of the role of non-pharmacologic strategies as well as indications and mechanisms of action of common pharmacologic treatments.
3. Evaluate the epidemiology, genetic basis, diagnostic criteria and treatments of other common sleep conditions including restless legs syndrome and disorders of hypersomnolence.
4. Discuss the intersection of common sleep disorders relative to other comorbid conditions including cardiovascular disease, respiratory, and neurologic and as well as approach to sleep-related issues in the elderly.

Agenda

7:00 am	Registration/Continental Breakfast/Exhibits
8:00 am	Welcome and Introduction – Laurence Smolley
8:05 am	Sleep Apnea Epidemiology and Pathophysiology – Anas Hadeh
8:40 am	Screening and Diagnosis of Sleep Apnea Nancy Foldvary-Schaefer
9:20 am	Positive Airway Pressure for Sleep Apnea: What Clinicians Need to Know Laurence Smolley
10:00 am	Refreshment Break & Exhibits
10:20 am	Alternative Interventions for Sleep Apnea Tina Waters
10:50 am	Sleep Apnea-associated Co-morbidities Harneet Walia
11:30 am	Sleep Apnea Cases Discussions Moderator: Anas Hadeh Panel: Laurence Smolley, Nancy Foldvary-Schaefer, Tina Waters and Harneet Walia
12:00 pm	Lunch
1:00 pm	Sleep in Aging – Harneet Walia
1:40 pm	Restless Legs Syndrome in Clinical Practice Tina Waters
2:20 pm	Insomnia from A to Zzzzs – Ketan Deoras
2:50 pm	Refreshment Break & Exhibits
3:10 pm	Cognitive Behavioral Therapy for Insomnia Ketan Deoras
3:40 pm	Evaluation and Treatment of Narcolepsy and Other CNS Hypersomnias Nancy Foldvary-Schaefer
4:20 pm	Sleep and Driving: Safety Concerns in the Management of Narcolepsy, Shift Work and Sleep Apnea – Laurence Smolley
4:50 pm	Faculty Panel Q&A
5:00 pm	Adjourn

Cleveland Clinic Course Directors

Laurence Smolley, MD

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Medical Director, Sleep Disorders Center
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Weston, FL

Nancy Foldvary-Schaefer, DO, MS

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Cleveland, OH

Tina Waters, MD

Staff, Sleep Disorders Center
(Neurology)
Cleveland Clinic
Cleveland, OH



General Information

Location

Cleveland Clinic Florida
David G. Jagelman, MD Conference Center
2950 Cleveland Clinic Blvd.
Weston, Florida 33331

Accreditation

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Sleep Technologist – Credit is being applied for with AAST – Approval is pending.

Faculty Disclosure Statement

The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

Registration and Cancellation

Register at www.ccfme.org/floridasleep16. Registration deadline is **5:00 pm (EST), Tuesday, January 19, 2016**. A request for a refund must be received in writing by January 8, 2016. No refunds will be given after January 8, 2016. A \$25 cancellation fee will be deducted from the refund for all cancellations.

For questions about registration, please call 216.448.8710 or email cmeregistration@ccf.org.

Americans with Disabilities Act

The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Brigid Ring at 216.445.0754 at least two weeks prior to the activity.

Information

For additional information: contact Brigid Ring at Local: 216.445.0754; Toll Free: 800.223.2273 ext. 50754 or E-mail) ringb@ccf.org.

Accommodations

Attendees are responsible for making their own hotel reservations. Be sure to ask for the Cleveland Clinic Florida Corporate rate. Some of the hotels provide complimentary transportation to and from Cleveland Clinic Florida. Suggested area hotels are:

Marriott Courtyard

2000 North Commerce Parkway
Weston, Florida 33326
954.343.2225
Reservations: 888.236.2427
www.courtyard.com

Bonaventure Resort & Spa

250 Racquet Club Road
Weston, Florida 33326
954.389.3300
Reservations: 800.327.8090
www.bonaventureresortandspa.com

Comfort Suites

2201 North Commerce Parkway
Weston, Florida 33326
954.659.1555
Reservations: 877.424.6423
www.comfortsuites.com



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Register online at **www.ccfcmec.org/floridasleep16**

CCF employees should check fees and register online at the above web address.

PLEASE PRINT

First Name	MI	Last Name	Degree
Company			
Address			
City	State	Zip	
Phone	Fax		
Specialty	E-Mail		

Course Registration Fee (Check appropriate box)

Course fee includes registration materials, continental breakfast, breaks and lunch.

- ☐ Physician: \$75
☐ Non-Physician: \$50
☐ Resident*, Fellow*: \$50

* Letter from program chairman or department chairman must accompany Resident/Fellow registration.

- ☐ I require a vegetarian lunch

Total amount enclosed:

\$ _____

Make check payable and mail to:

The Cleveland Clinic Educational Foundation, PO Box 931653, Cleveland, OH 44193-1082

If you would like to register using a credit card, please go to www.ccfcmec.org/floridasleep16 or call 216.448.8710 where it will be handled directly by a certified processor.



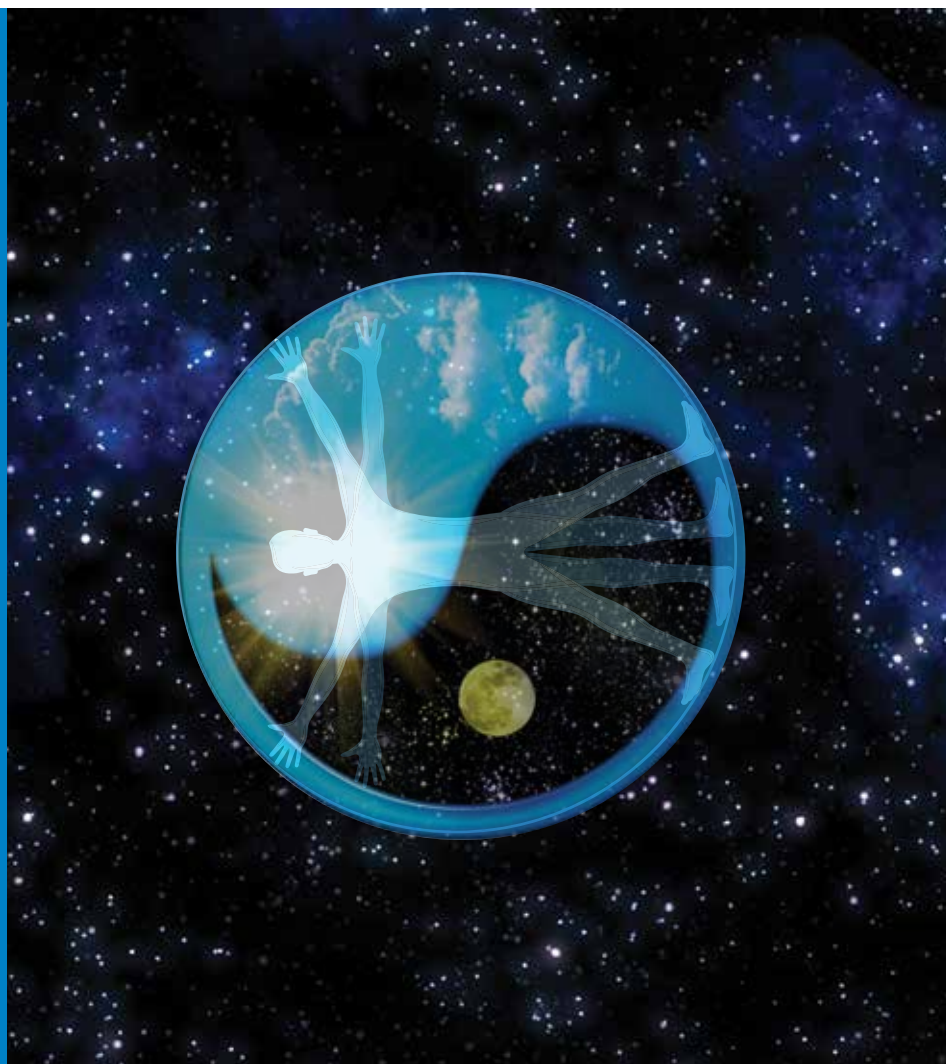
The Cleveland Clinic Foundation
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