

24th ANNUAL

Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

**Grand Hyatt
on Union Square**
San Francisco, CA

FRIDAY – SATURDAY (Presidents' Day Weekend)

FEBRUARY 16-17, 2018

COURSE DIRECTORS

ANDREW N. GOLDBERG, MD, MSCE
University of California, San Francisco

ERIC J. KEZIRIAN, MD, MPH
University of Southern California

RICHARD J. SCHWAB, MD
University of Pennsylvania Medical Center



24th ANNUAL Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

This course has been coordinated through the University of California, San Francisco Department of Otolaryngology-Head and Neck Surgery and the Penn Center for Sleep Disorders at the University of Pennsylvania. The program is designed to provide a comprehensive review and update on recent advances in sleep apnea and snoring. New approaches and controversies in the management of patients with sleep disordered breathing will be highlighted. Leaders in the field from Pulmonary and Critical Care Medicine, Otolaryngology – Head and Neck Surgery, Dentistry, Pediatrics, Bariatric Surgery, Neurology and Obesity Research will share their medical and surgical expertise in didactic sessions, case presentations and workshops with the intent to close practice gaps in physician knowledge and competence for diagnosing and managing sleep disordered breathing and complications resulting thereof. Patients with sleep disordered breathing are highly prevalent in every physician's practice, and complications related to the disease can manifest in a number of ways to the detriment of patient health and well-being. There will be ample opportunity for interaction with participating faculty. An electronic course syllabus, complete with program outline and up-to-date references, will be provided to each participant. Please bring your laptop or tablet if you would like to view the syllabus during the didactic sessions.

TARGET AUDIENCE

This continuing medical education activity is intended for the physician in Sleep Medicine, Otolaryngology-Head and Neck Surgery, Pulmonary Medicine, Oral and Maxillofacial Surgery, Family Practice, Internal Medicine, Pediatrics, Cardiology, Neurology, Psychiatry, Anesthesia, and Geriatrics. Dentists, sleep respiratory therapy technologists and nurses are also invited to attend this program.

OBJECTIVES

Upon completion of this course, participants will be able to:

- Apply new developments in the pathogenesis, diagnosis, and management of patients with sleep disorders and sleep disordered breathing;
- Assess new, alternative, and established medical and surgical treatments for sleep apnea and snoring in adults and children;
- Evaluate the advantages and disadvantages of home vs. in-laboratory sleep testing;
- Assess the medical and social consequences of sleep apnea and snoring;
- Examine how upper airway imaging can explain the mechanisms of action of upper airway treatments and how it can improve treatment selection for sleep apnea and snoring;
- Provide new information to patients regarding the association between obesity and obstructive sleep apnea and the outcomes of medical and surgical treatment of obesity.

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Union Square
San Francisco, CA**

ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UCSF designates this live activity for a maximum of **13.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Optional Sessions are each worth **1.50 additional AMA PRA Category 1 Credits™**.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME.

Physician Assistants: American Academy of Physician Assistants accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

Pharmacy: The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit™*.

24th ANNUAL

Advances in Diagnosis and Treatment

GRAND HYATT ON UNION SQUARE • SAN FRANCISCO, CALIFORNIA

FRIDAY, FEBRUARY 16, 2018

7:00 am	<i>Course Registration and Continental Breakfast</i>	
7:55	Introduction	
8:00	Overview of Sleep Disorders Including Insomnia	Richard J. Schwab, MD
8:30	New Perspectives on the Pathogenesis of OSA – Physiologic Perspective	Robert Owens, MD
8:50	New Perspectives on the Pathogenesis of OSA – Anatomic Perspective	Richard J. Schwab, MD
9:10	Obesity Hypoventilation Syndrome – How Do We Identify and Treat These Patients?	David M. Claman, MD
9:30	Is AHI the Right Metric to Follow in OSA?	Andrew N. Goldberg, MD, MSCE, FACS
9:50	Telemedicine in OSA – New Approaches to Diagnosis and Management	Kathleen F. Sarmiento, MD, MPHTM
10:10	<i>Coffee Break</i>	
10:40	Sleep Apnea in Women – How Is It Different?	Grace W. Pien, MD, MSCE
11:00	Managing the Driving Risks of OSA	Kingman P. Strohl, MD
11:20	Relationship Between Cognitive Function, Alzheimer's Disease and OSA	Allan I. Pack, MB, ChB, PhD
11:40	Sleep Apnea and Cancer	Robert Owens, MD

12:00 pm *Lunch (On Your Own) OR Optional Breakout Sessions (\$40 each, includes lunch):*

- **Polysomnography and Medical Case Presentations**
- Or
- **Practical Techniques in OSA Surgery**

1:30	Pro-Con: CPAP Improves CV Outcomes in OSA	Pro: Samuel T. Kuna, MD Con: Allan I. Pack, MB, ChB, PhD Grace W. Pien, MD, MSCE
2:00	The Nuts and Bolts of CPAP Use – Titration, Tracking, Optimization	
2:30	Clinical Trials in OSA	Samuel T. Kuna, MD
2:50	Dental Screening in OSA – What to Look for...	Jennifer Buchanan, DDS
3:10	<i>Coffee Break</i>	
3:40	Oral Appliances – Better than CPAP?	Peter Cistulli, MD
4:10	The Nose in OSA – Soup to Nuts	Edward M. Weaver, MD, MPH
4:30	CPAP Compliance Tips, Tricks, and Tracking	<i>Moderator:</i> Samuel T. Kuna, MD
	<i>Panelists:</i> Claman, Owens, Pien, Sarmiento, Schwab, Weaver	
5:00 pm	<i>Adjourn</i>	

5:00 – **Reception**
7:00 pm *Enjoy small bites along with a scotch whiskey tasting, locally sourced wines and beverages on the top floor of the Grand Hyatt (complimentary for attendees; guests welcome for an additional fee).*

REGISTRATION INFORMATION

Early Bird Ends - 11/14/17

<i>Tuition:</i>	\$700.00	Physicians
	\$525.00	Allied Health Professionals/ Nurses/Nurse Practitioners/ Pharmacists/Physician Assistants/ Sleep Technicians
	\$425.00	Residents/Fellows

Regular Fee Begins - 11/15/17

<i>Tuition:</i>	\$750.00	Physicians
	\$625.00	Allied Health Professionals/ Nurses/Nurse Practitioners/ Pharmacists/Physician Assistants/ Sleep Technicians
	\$525.00	Residents/Fellows

REGISTER VIA:

<i>Online:</i>	cme.ucsf.edu
<i>Mail:</i>	Complete course registration form and send with payment to: UCSF Office of CME P.O. Box 45368 San Francisco, CA 94145-0368
<i>Fax:</i>	Fax completed registration form to: (415) 502-1795 (be sure to include your credit card number)
<i>Phone:</i>	To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.

Payment may be made by
Visa, MasterCard, AmEx or check.

Please check our website for up-to-date information
on the course: **cme.ucsf.edu**.

of Sleep Apnea and Snoring

SATURDAY, FEBRUARY 17, 2018

7:30 am *Continental Breakfast*

8:00 **Sleep Disorders: The Year in Review**

8:30 **The Relationship of Obesity to OSA**

8:50 **Is Your Gut Microbiome Making You Fat?**

9:10 **New Strategies in Weight Loss**

9:30 **Bariatric Surgery for OSA – First Line in Some?**

9:50 **Anesthesia in Overt and Covert OSA**

10:10 *Coffee Break*

10:40 **OSA in Children – What's New?**

11:10 **Snoring – Effects and Treatment**

11:30 **Apps and Consumer Devices for Sleep and OSA**

11:50 **Question/Answer Session**

Allan I. Pack, MB, ChB, PhD

Gary D. Foster, PhD

Andrew N. Goldberg, MD, MSCE, FACS

Gary D. Foster, PhD

Matthew Lin, MD

Errol Lobo, MD, PhD

Garani Nadaraja, MD

Jolie L. Chang, MD

Robson Capasso, MD

12:00 pm *Lunch (On Your Own) OR Optional Breakout Sessions (\$40 each, includes lunch):*

• **How to Blend Home and In-lab Sleep Studies**

Or

• **Surgical Case Presentations**

1:30 **What Can I Do to Improve My Upper Airway Physical Examination?**

Robson Capasso, MD

1:50 **Drug-Induced Sleep Endoscopy**

Eric J. Kezirian, MD, MPH

2:10 **The Many Flavors of Palate Surgery – Which One Is Best?**

Edward M. Weaver, MD, MPH

2:30 **Surgery of the Hypopharynx – So Many Choices...**

Eric J. Kezirian, MD, MPH

2:50 *Coffee Break*

3:10 **Insights into the Treatment of SDB with Imaging**

Richard J. Schwab, MD

3:30 **MMA – Primary Treatment for OSA?**

Sampeter Odera, DMD, MD

3:50 **Hypoglossal Nerve Stimulation – It's Here!**

Jolie L. Chang, MD

4:10 **Where Does HNS Fit into Your Treatment Plan?**

Kingman P. Strohl, MD

4:30 **Treatment of Obstructive Sleep Apnea**

Panelists:

Claman, Goldberg, Kezirian, Owens, Pien, Schwab

Moderator:

Edward M. Weaver, MD, MPH

5:15 pm *Adjourn*

program

CONFERENCE LOCATION

Enjoy San Francisco's renowned attractions such as the cable cars and shopping in Union Square, or visit San Francisco's culinary hub at the Ferry Building.

The newly redesigned and renovated **Grand Hyatt** is just steps from Union Square and the Theatre District. A block of guestrooms has been reserved at the special UCSF conference rate of **\$279/night**. You are urged to make your reservations early. The cut off date is **January 25, 2018**, or until the group room block is filled. To make hotel reservations online, visit the *Travel & Lodging section of the course website at www.cme.ucsf.edu*. If you prefer to telephone in your reservation, call (888) 421-1442. Please identify yourself as a member of this UCSF conference to receive the special rate.

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.

REFUND POLICY

Cancellations received in writing by February 15, 2018 will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

AIR TRANSPORTATION AND RENTAL CAR

UCSF has negotiated special fares with airlines and car rental agencies. Please visit the **TRAVEL & LODGING** section on the course webpage at cme.ucsf.edu for more information and discount codes.

general info

24th ANNUAL
ADVANCES IN SLEEP APNEA AND SNORING

MOT18003

February 16-17, 2018

Grand Hyatt on Union Square • San Francisco, California

Mail to : UCSF Office of CME
P.O. Box 45368
San Francisco, CA 94145-0368
Fax: (415) 502-1795

Online registration: **cme.ucsf.edu**
Registration Information: (415) 476-5808
Course Information: (415) 476-4251

☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms.

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Degree		Specialty	
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Daytime Phone		Fax	
Email			

Address Label Code Letter (see address label: example, A, B, C, D, etc.) _____

Would you like to be on our priority email list? ☐ Yes ☐ No

Date of birth to be used as OCME registrant number: _____ / _____ / **XX**
Month Day

Please indicate if you have any special needs: _____

REGISTRATION FEES

Early Bird (Available until 11/14/17)

Physicians	_____ \$700
Allied Health Professionals/Nurses/Nurse Practitioners/Pharmacists/ Physician Assistants/ Sleep Technicians	_____ \$525
Residents/Fellows	_____ \$425

Regular Fee (After 11/14/17)

Physicians	_____ \$750
Allied Health Professionals/Nurses/Nurse Practitioners/Pharmacists/ Physician Assistants/ Sleep Technicians	_____ \$625
Residents/Fellows	_____ \$525

WINE RECEPTION – TICKETS

Attendee Ticket to Reception <i>(This ticket request confirms your attendance at the Friday Night Reception)</i>	_____ Complimentary
Additional Adult Ticket to Reception	_____ \$25 each
Child Ticket to Reception	_____ \$15 each

OPTIONAL BREAKOUT SESSIONS – INCLUDES LUNCH

Please Choose: ☐ Polysomnography and Medical Case Presentations **OR** _____ \$40 Friday
☐ Practical Techniques in OSA Surgery

Please Choose: ☐ How to Blend Home and In-lab Sleep Studies **OR** _____ \$40 Saturday
☐ Surgical Case Presentations

*(Please include: Main Registration Fee, Additional Reception Tickets,
Optional Friday Breakout Sessions and Optional Saturday Breakout Sessions, as applicable)*

_____ **TOTAL DUE**

Make checks payable to UC Regents

Please charge my credit card: ☐ Visa ☐ MasterCard ☐ AmEx for \$ _____

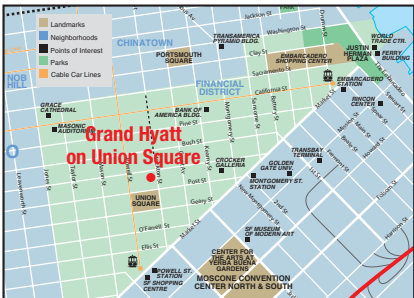
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Authorized Signature _____	

Refund Policy: Cancellations received in writing by 02/15/18 will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up-to-date information on the course: **cme.ucsf.edu**

Grand Hyatt on Union Square

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Upcoming CME Courses

Endonasal Pituitary Surgery for the Otolaryngologist

November 1, 2017
UCSF Parnassus Campus
San Francisco, CA

Otolaryngology Update 2017

November 2-4, 2017
Grand Hyatt
San Francisco, CA

25th Annual Advances in the Diagnosis and Treatment of Sleep Apnea and Snoring

February 15-17, 2019
Disney's BoardWalk Inn
Lake Buena Vista, FL

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faculty