



Cleveland Clinic

Wake Up to Sleep Disorders

April 17-19, 2013

Embassy Suites Cleveland - Rockside
5800 Rockside Woods Blvd.
Independence, OH



The Cleveland Clinic Foundation
9500 Euclid Ave., S40
Cleveland, OH 44195

www.ccfmcme.org/sleepdisorders13



Sleep Medicine is a rapidly advancing field involving numerous medical and surgical specialties and primary care providers. Patients often suffer the consequences of untreated sleep disorders for years, resulting in a host of medical, psychiatric, and social consequences, which also exacerbate other co-morbid disorders.

The 4th Cleveland Clinic Sleep Medicine symposium entitled "Wake Up to Sleep Disorders: a Cleveland Clinic Sleep Disorders Center Update" will review the latest advances in the field, providing a state-of-the-art update to healthcare providers treating patients of all ages with sleep disorders. The symposium will feature lectures and workshops presented by experts from a variety of disciplines with a focus on highlighting diagnostic and treatment pearls for busy clinicians. Please join us for what promises to be an exciting program.

Target Audience

This symposium is intended for physicians and other health care practitioners in the fields of Internal Medicine, Family Practice, Neurology, Otolaryngology, Pulmonary, Psychiatry, Psychology 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. Discuss the prevalence, cardinal features, and co-morbid conditions of common sleep disorders across the lifespan.
2. Appreciate the impact of sleep disorders on health and co-morbid conditions in the primary care setting.
3. Formulate a practical approach for the diagnosis, evaluation and management of the common sleep disorders including sleep apnea, restless legs syndrome, insomnia and central nervous system hypersomnia disorders.
4. Review and gain familiarity with the pathophysiology of insomnia, sleep apnea, restless legs syndrome and narcolepsy.
5. Discuss the pharmacologic, surgical and behavioral treatment approaches for common sleep disorders.
6. Identify and discuss the unique presentations of sleep disorders in children, women and the elderly.

Faculty

Course Co-Directors

Nancy Foldvary-Schaefer, DO, MS
Director, Sleep Disorders Center
Cleveland Clinic
Cleveland, OH

Tina Waters, MD
Staff, Sleep Disorders Center
Cleveland Clinic
Cleveland, OH

Guest Faculty

Reena Mehra, MD, MS
Director, Clinical Investigation
Division of Pulmonary, Critical Care and Sleep Medicine
University Hospitals Case Medical Center
Cleveland, OH

Carol Rosen, MD
Medical Director, Pediatric Sleep Center
Pediatric Pulmonology
University Hospitals Rainbow Babies & Children's Hospital
Cleveland, OH

Kingman Strohl, MD
Director, Center for Sleep Disorders Research
Division of Pulmonary, Critical Care and Sleep Medicine
University Hospitals Case Medical Center
Cleveland, OH

Cleveland Clinic Faculty

Loutfi Aboussouan, MD
Pulmonary, Allergy and Critical Care Medicine
Sleep Disorders Center

Naim Alkhouri, MD
Pediatric Gastroenterology

Zahreddin Alsheikhtaha
Sleep Disorders Center

Charles Bae, MD
Sleep Disorders Center

Ethan Benore, PhD
Center for Pediatric Behavioral Health

David Berzon, MD
Sleep Disorders Center
Hillcrest Hospital

Donald Carroll, MHA
Administrator, Home Care Services

Edward Covington, MD
Director, Neurological Center for Pain

Todd Coy, DMD
Department of Dentistry

A. Romeo Craciun, MD
Center for Regional Neurosciences
Sleep Disorders Center

Ketan Deoras, MD
Sleep Disorders Center

Gaby Doumit, MD
Plastic Surgery Department

Michelle Drerup, PsyD
Sleep Disorders Center

Joanna Fong, MD
Center for Regional Neurosciences
Sleep Disorders Center

Puneet Garcha, MD
Pulmonary, Allergy and Critical Care Medicine
Sleep Disorders Center

Sally Ibrahim, MD
Sleep Disorders Center

Roop Kaw, MD
Hospital Medicine

Alan Kominsky, MD
Head and Neck Institute
Sleep Disorders Center

Jyoti Krishna, MD
Head, Pediatric Sleep Disorders
Sleep Disorders Center

Viktoria Luppa, MSN, APRN
Sleep Disorders Center

Omar Minai, MD
Pulmonary, Allergy and Critical Care Medicine
Sleep Disorders Center

Douglas Moul, MD
Sleep Disorders Center

Silvia Neme-Mercante, MD
Sleep Disorders Center

Petra Podmore, REEGT, RPSGT
Sleep Disorders Center

Carlos Rodriguez, MD
Sleep Disorders Center

Frederick Royce, Jr., MD
Center for Pediatric Pulmonary Medicine

Philip Schauer, MD
Director, Bariatric and Metabolic Institute

Raymond Salomone, MD
Pulmonary, Allergy and Critical Care Medicine

Jessica Vensel-Rundo, MD
Sleep Disorders Center

Harneet Walia, MD
Sleep Disorders Center



Location

Embassy Suites Cleveland - Rockside
5800 Rockside Woods Blvd.
Independence, OH 44131
Phone: 216.986.9900

Hotel Accommodations

A block of rooms has been reserved at the Embassy Suites Cleveland - Rockside for a special rate of \$119 single/double (plus tax). To secure this rate, you must make your reservation by 5:00 pm (EST) on March 16, 2013. Contact the hotel reservations department at 216.986.9900 and identify yourself as part of the Cleveland Clinic Sleep Meeting.

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 22 *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.

Ohio Psychological Association – OPA-MCE Provider – Approved for 22 credits.

Respiratory Therapy – Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours for respiratory therapists.

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

The Ohio Board of Nursing will accept at face value the number of contact hours awarded for a continuing education activity that has been approved by a nationally recognized accreditation system of continuing education approval. Therefore 22 physician *AMA PRA Category 1 Credits™* will be accepted for nursing credits. Nurses from other states should contact their State Board of Nursing.

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/sleepdisorders13. Registration deadline is **5:00 pm (EST), Friday, April 12, 2013**. A request for a refund must be received in writing by April 1, 2013. No refunds will be given after April 1, 2013. A \$25 cancellation fee will be deducted from the refund for all cancellations.

For questions about registration, please call 216.448.0777 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 Monet Smith at 216.444.9380 at least two weeks prior to the activity.

Information

For further information about this activity, contact Monet Smith at Local: 216.444.9380; Toll Free: 800.223.2273 x49380; Email: smithm8@ccf.org

For more information about the Cleveland Clinic Sleep Disorders Center, go to www.clevelandclinic.org/sleep.

Cleveland Clinic's Sleep Disorders Center

At Cleveland Clinic's Sleep Disorders Center, our multidisciplinary program is dedicated to the diagnosis and treatment of sleep disorders in adults and children. Our team approach unites adult neurologists, internal medicine, family medicine, pediatric sleep experts, pulmonary and critical care medicine specialists, psychologists, psychiatrists and otolaryngologists, under one roof. Together, they will work with patients to uncover the cause of sleep problems and tailor the treatment that is best for each patient's lifestyle.

Cleveland Clinic's Sleep Disorders Center is accredited by the American Academy of Sleep Medicine. The center is part of our Neurological Institute, whose neurology and neurosurgery services for adults and children are the top-ranked in Ohio by *U.S. News & World Report*. Our adult neurology and neurosurgery are ranked #5 in the United States, and pediatric neurology and neurosurgery are ranked #3 in the nation in the same survey.

For symposium attendees interested in viewing the main campus Sleep Disorders Center at Fairhill, tours will be coordinated after the program on Wednesday and Thursday. Demonstration hookups of home sleep tests will be also offered after the program on Wednesday and Thursday. Sign-up for either of these activities is required and will be available onsite at the symposium.



Wednesday, April 17, 2013

Sleep Related Breathing Disorders

Plenary Chairperson: Tina Waters

- 7:00 am Registration/Continental Breakfast/Exhibits
- 8:00 am Welcome and Introduction – *Tina Waters*
- 8:05 am Sleep Apnea Basics: Prevalence, Predictors and Diagnosis of Sleep Apnea in Clinical Practice
Tina Waters
- 8:35 am Sleep Apnea and Cardiovascular Health
Reena Mehra
- 9:05 am Sleep Apnea and Metabolic Syndrome – *Harneet Walia*
- 9:35 am What, When and Where: Testing for Sleep Apnea
Nancy Foldvary-Schaefer
- 10:00 am Refreshment Break and Exhibits
- 10:20 am Positive Airway Pressure for Sleep Apnea: What Clinicians Need to Know – *Loutfi Aboussouan*
- 10:50 am Novel Therapies for Sleep Related Breathing Disorders
Kingman Strohl
- 11:20 am Perioperative Issues in Sleep Apnea Patients
Roop Kaw
- 11:50 am Sleep Apnea and Bariatric Surgery
Philip Schauer
- 12:10 pm Panel Q&A
- 12:30 pm Lunch

1:30-3:00 pm Case-Based Breakout Session I

Breakout A: Advanced PAP Therapy

Moderator: *Loutfi Aboussouan*

Panel: *Zahr Alsheikhtaha, Joanna Fong, Reena Mehra, David Berzon*

Breakout B: Troubleshooting the PAP Challenged Patient

Moderator: *Tina Waters*

Panel: *Petra Podmore, Michelle Drerup, Puneet Garcha, Carlos Rodriguez*

- 3:00 pm Refreshment Break and Exhibits

3:30-5:00 pm Case-Based Breakout Session II

Breakout C: Beyond PAP Therapy – Surgical and Dental Therapies

Moderator: *Alan Kominsky*

Panel: *Todd Coy, Sally Ibrahim, Omar Minai*

Breakout D: Measuring Success for OSA Patients: The Sleep Apnea Carepath

Moderator: *Nancy Foldvary-Schaefer*

Panel: *Douglas Moul, Tina Waters, Donald Carroll, Charles Bae, Harneet Walia*

- 5:00 pm Adjourn
- 5:00-6:00 pm Home Sleep Test Demo and Hookup*
- 6:00-7:00 pm Tour of Sleep Laboratories*

*Sign up is required and will be available onsite.

Thursday, April 18, 2013

Insomnia/Hypersomnia/Circadian Rhythm Disorders

Plenary Chairperson: Douglas Moul

- 7:30 am Registration/Continental Breakfast/Exhibits
- 8:00 am Announcements – *Douglas Moul*
- 8:05 am Sleep Deprivation: The Epidemic
Silvia Neme-Mercante
- 8:30 am Insomnia from A to Zzzzs – *Douglas Moul*
- 9:00 am Cognitive Behavior Therapy for Insomnia
Michelle Drerup
- 9:30 am Insomnia Pharmacotherapy – *Ketan Deoras*
- 10:00 am Refreshment Break and Exhibits
- 10:20 am Sleep and Chronic Pain Disorders
Edward Covington
- 10:50 am Hypersomnias and Use of Wake Promoting Medications in Clinical Practice – *Joanna Fong*
- 11:30 am Circadian Rhythms Disorders: What Clinicians Should Know About Larks, Night Owls and Shift Workers
Douglas Moul
- 12:10 pm Panel Q&A
- 12:30 pm Lunch



Thursday, April 18, 2013 *(continued)*

1:30-3:00 pm **Case-Based Breakout Session III**

Breakout E: Treatment Choices for Insomnia – To Prescribe or Not to Prescribe

Moderator: *Douglas Moul*

Panel: *Ketan Deoras, Michelle Drerup, Jessica Vensel-Rundo*

Breakout F: Sleep and Driving

Moderator: *Harneet Walia*

Panel: *Silvia Neme-Mercante, Ray Salomone, Viktoria Lupp*

3:00 pm Refreshment Break and Exhibits

3:30-5:00 pm **Case-Based Breakout Session IV**

Breakout G: Go!® To Sleep Tutorial

Moderator: *Michelle Drerup*

Panel: *Ketan Deoras, Jessica Vensel-Rundo*

Breakout H: Managing Hypersomnia with Wake Promoting Agents

Moderator: *Carlos Rodriguez*

Panel: *Nancy Foldvary-Schaefer, Douglas Moul, Joanna Fong, Silvia Neme-Mercante*

5:00 pm Adjourn

5:00-6:00 pm Home Sleep Test Demo and Hookup*

6:00-7:00 pm Tour of Sleep Laboratories*

*Sign up is required and will be available onsite.

10:00 am Complex Nocturnal Behaviors – *Carlos Rodriguez*

10:30 am Panel Q&A

10:40 am Refreshment Break and Exhibits

11:00-12:30 pm **Case-Based Breakout Session V**

Breakout I: Challenging RLS Cases

Moderator: *Jessica Vensel-Rundo*

Panel: *Charles Bae, Carlos Rodriguez, A. Romeo Craciun*

Breakout J: Go!® To Sleep Tutorial

Moderator: *Michelle Drerup*

Panel: *Ketan Deoras, Sally Ibrahim*

Breakout K: Measuring Success for OSA Patients: The Sleep Apnea Carepath

Moderator: *Nancy Foldvary-Schaefer*

Panel: *Douglas Moul, Tina Waters, Donald Carroll, Harneet Walia*

12:30 pm Lunch

Plenary Chairperson: Jyoti Krishna

1:30 pm Introduction – *Jyoti Krishna*

1:35 pm Screening and Testing for Childhood Sleep Disorders – It's Easy with a Child Friendly Lab by your Side! – *Jyoti Krishna, Sally Ibrahim*

1:55 pm When are Pediatric Sleep Studies Needed? AAP Guidelines and Illustrative Cases
Fred Royce, Jyoti Krishna

2:25 pm T&A – Yes, No, Maybe? Rationale for the CHAT Study – *Carol Rosen*

2:55 pm Refreshment Break and Exhibits

3:10 pm OSA with a Funny Face – This is Serious Business! *Gaby Doumit*

3:40 pm The Interaction of Obesity and OSA – *Naim Alkhouri*

4:10 pm Non-pharmacologic Sleep Interventions for Children: A Case-based Approach – *Ethan Benore*

4:40 pm Panel Q&A

5:00 pm Adjourn

Friday, April 19, 2013

Sleep Health/RLS/Parasomnias and Pediatrics

Plenary Chairperson: Nancy Foldvary-Schaefer

7:30 am Registration/Continental Breakfast/Exhibits

8:00 am Announcements – *Nancy Foldvary-Schaefer*

8:05 am Sleep and Aging – *Harneet Walia*

8:35 am Sleep in Women Across the Lifespan
Sally Ibrahim

9:05 am Restless Legs Syndrome in Clinical Practice
Jessica Vensel-Rundo

9:30 am Management Strategies for Restless Legs Syndrome – *Charles Bae*



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Course 02010027 • Office Use Only

Fee _____ Date _____

M.O.P. _____ CXL/Fee _____

Payment must be received prior to admittance to the conference. Purchase orders are not accepted.

REGISTER ONLINE AT www.ccfcm.org/sleepdisorders13
CCF Employees should check fees and register online at the above web address.

Registration Fee includes syllabus, continental breakfast, refreshment breaks and lunch each day.

	FULL Symposium April 17-19	Wednesday April 17	Thursday April 18	Friday April 19
Physician/Surgeon/PhD	☐ \$495.00	☐ \$255.00	☐ \$255.00	☐ \$255.00
CompreCare Affiliate # _____	☐ \$321.75	☐ \$165.75	☐ \$165.75	☐ \$165.75
Resident/Fellow	☐ \$395.00	☐ \$215.00	☐ \$215.00	☐ \$215.00
Physician Assistant/ Nurse Practitioner/Nurse	☐ \$395.00	☐ \$215.00	☐ \$215.00	☐ \$215.00
Allied Health: Sleep Technician/ Respiratory Therapist/Other	☐ \$395.00	☐ \$215.00	☐ \$215.00	☐ \$215.00

☐ I require vegetarian meals

Please Print

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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.ccfcm.org/sleepdisorders13 or call 216.448.0777 where it will be handled directly by a certified processor.

Breakout Session Sign-Up Choose one per session

Wednesday, April 17

Session I: (1:30-3:00 pm)

☐ A - Advanced PAP Therapy

☐ B - Troubleshooting the PAP

Session II: (3:30-5:00 pm)

☐ C - Beyond PAP Therapy

☐ D - Measuring Success for OSA Patients

Thursday, April 18

Session III: (1:30-3:00 pm)

☐ E - Treatment Choices for Insomnia

☐ F - Sleep & Driving

Session IV: (3:30-5:00 pm)

☐ G - Go!® To Sleep Tutorial

☐ H - Managing Hypersomnina

Friday, April 19

Session V: (11:00-12:30 pm)

☐ I - Challenging RLS Cases

☐ J - Go!® To Sleep Tutorial

☐ K - Measuring Success for OSA Patients