

ALASKA SLEEP CONFERENCE 2016
SEPTEMBER 15-18

The Hotel Captain Cook
Anchorage, AK

You're Invited
To The
ALASKA
SLEEP CONFERENCE

SEPTEMBER 15-18, 2016

At the **HOTEL CAPTAIN COOK**

Register Today for this

SLEEP MEDICINE EDUCATIONAL CONFERENCE

UP TO 24 HOURS OF CONTINUING EDUCATION

Online registration at www.ganESCO.com



This activity is jointly provided by Global Education Group and GanESCO, Inc.

This program was planned in accordance with AANP CE Standards and Policies and AANP Commercial Support Standard.

The activity was planned in collaboration with Anchorage Sleep Center.

Conference Director: Paul Raymond, MD

CONFERENCE AGENDA



New this year - you can register for individual days.

THURSDAY, Sept 15th		
The first day of the conference starts with continental breakfast during the registration hour. Exhibits will be open during registration, breaks and lunch.		
TIME	TOPIC	PRESENTER
7:15 - 8:30	Registration and Breakfast, Exhibits Open	
8:30 - 9:30	NIV: Bridging Science and Clinical Care	Teofilo Lee-Chiong, MD
9:30 - 10:30	Servo Ventilation: The Ongoing Story	Teofilo Lee-Chiong, MD
10:30 - 11:00	Break and Exhibits	
11:00 - 12:00	Circadian Rhythm	Meredith Broderick, MD
12:00 - 1:00	Lunch and Exhibits Open	
	Mini Symposium: Circadian Sleep Disorders	
1:00 - 3:00	Circadian Sleep Disorders • Circadian Sleep Disorders Introduction • Shift Work Disorder • Delayed Sleep Phase Disorder • Non-24-Hour Sleep-Wake Disorder • Advanced Sleep Phase Disorder • Irregular Sleep Wake Disorder	Meredith Broderick, MD Joyce Lee-Iannotti, MD Christina Darby, MD
3:00 - 3:30	Break and Exhibits	
3:30 - 4:30	Circadian Sleep Disorders: Challenging Cases	Moderator: Paul Raymond, MD Discussants: • Meredith Broderick, MD • Joyce Lee-Iannotti, MD • Christina Darby, MD

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TIME	TOPIC	PRESENTER
7:15 - 8:30	Registration and Breakfast, Exhibits Open	
	Mini Symposium: Dental Management	
8:30 - 9:30	Introduction to the Neuromuscular Method in treating OSA with Dental Appliance Therapy	Jerry C. Hu, DDS
9:30 - 10:00	Side effects and complications of oral appliance therapy	Steve Carstensen, DDS
10:00 - 10:30	CPAP and Oral Appliances: Combination Therapy, A Panel Discussion with Pulmonologists and Dentists	Moderator: Paul Raymond, MD; Steve Carstensen, DDS; Brian Carlin, MD; Jerry C. Hu, DDS
10:30 - 11:00	Break and Exhibits Open	
11:00 - 12:00	The Impact of Strokes on Sleep Disorders	Joyce Lee-Iannotti, MD
12:00 - 1:00	Lunch and Exhibits Open	
1:00 - 3:00	Managing Sleep Health in a Primary Care Setting	Paul Raymond, MD and Clay Triplehorn, DO
3:00 - 3:30	Break and Exhibits Open	
3:30 - 4:30	Pediatric Sleep Apnea	Harry C. Yuan, DO

SATURDAY, Sept 17th		
TIME	TOPIC	PRESENTER
7:15 - 8:30	Registration, Breakfast and Exhibits Open	
8:30 - 12:00	Mini Symposium: Life Challenges with Sleep Disorders	Clay Triplehorn, Moderator
8:30 - 9:15	The Immune System and Sleep	Paul Raymond, MD
9:15 - 10:00	Gastroesophageal Reflux Disease and Sleep	Clay Triplehorn, DO
10:00 - 10:30	Break and Exhibits Open	
10:30 - 11:00	Sleep and Depression	Brian Carlin, MD
11:00 - 11:30	Childhood Behavior Disorders and Sleep	Harry C. Yaun, DO
11:30 - 12:00	Sleep and COPD	Brian Carlin, MD
12:00 - 1:00	Lunch and Exhibits Open	
1:00 - 2:00	Pediatric Sleep Disorders	Harry C. Yaun, DO
2:00 - 3:00	Sleep and Gender Differences	Brian Carlin, MD
3:00 - 3:30	Break and Exhibits Open	
3:30 - 4:30	Pharmacology in Pediatric Sleep Disorders	Rafael Pelayo, MD

SUNDAY, Sept 18th		
TIME	TOPIC	PRESENTER
7:15 - 8:30	Registration, Breakfast and Exhibits Open	
	Mini Symposium: Insomnia, Parasomnias and Narcolepsy	
8:30 - 9:30	"Doctor: I am suffering from Insomnia, could you please help?"	Alon Y. Avidan, MD, MPH
9:30 - 10:30	Things That Go Bump in the Night: Parasomnias	Alon Y. Avidan, MD, MPH
10:30 - 11:00	Break and Exhibits Open	
11:00 - 12:00	Neurology of Sleep	Todd Swick, MD
12:00 - 1:00	Lunch and Last chance to meet with Exhibitors	
1:00 - 2:00	Advances in Narcolepsy (type 1 and 2)	Todd Swick, MD
	Mini Symposium: Approach to Treatment	
2:00 - 3:00	Pharmacology in Adult Sleep Disorders	Rafael Pelayo, MD
3:00 - 4:00	Multi-disciplinary Approach to the Treatment: Which Patients Get Which Treatment and in What Order?	Moderator: Paul Raymond, MD Discussants: • Todd Swick, MD • Alon Y. Avidan, MD, MPH • Rafael Pelayo, MD
4:00	Closing Remarks and Instructions	Paul Raymond, MD

FACULTY

Alon Y. Avidan, MD, MPH, Professor of Neurology, David Geffen School of Medicine; Director of UCLA Sleep Disorders Center and UCLA Neurology Clinic, David Geffen School of Medicine at UCLA, Los Angeles, CA

Meredith Broderick, MD, Director, Sleep Lab, Alaska Neurology Center, Anchorage, AK

Brian W. Carlin, MD, President and Medical Director, Sleep Medicine and Lung Health Consultants, LLC; Vice President, National Board for Respiratory Care (NBRC) Chairman, National Lung Health Education Program (NLHEP), Ingomar, PA

Steve Carstensen, DDS, Premier Sleep Associates, Bellevue, WA

Christina Darby, MD, Medical Director, Sleep Clinic, Alaska Native Medical Center, Anchorage, AK

Jerry C. Hu, DDS, Dentist, Family Dentistry, LLC, Soldotna and Anchorage, AK

Teofilo Lee-Chiong, MD, Professor of Medicine, University of Colorado; Division of Pulmonary, Critical Care and Sleep Medicine, National Jewish Health, Denver, CO

Joyce Lee-Iannotti, MD, Assistant Professor of Neurology, University of Arizona School of Medicine; Medical Director and Chief, Sleep Disorders Center, Banner University Medical Center, Phoenix, AZ

Rafael Pelayo, MD, Clinical Professor, Psychiatry and Behavioral Sciences - Stanford Center for Sleep Sciences and Medicine; Sleep Specialist, Sleep Medicine Center, Redwood City, CA

Paul Raymond, MD, Director, Kachemak Bay Medical Clinic, Homer, AK; Medical Director, South Peninsula Hospital Sleep Lab, Homer, AK; Medical Director, Anchorage Sleep Center, Anchorage, AK; Medical Director, Fairbanks Sleep Center, Fairbanks, AK

Todd Swick, MD, Assistant Clinical Professor of Neurology, University of Texas, Health Science Center, School of Medicine-Houston; Senior Physician, Neurology and Sleep Medicine Consultants, Houston, TX

Clay Triplehorn, DO, Physician, Banner Health, Tanana Valley Clinic Family Medical, Fairbanks, AK

Harry C. Yuan, DO, Pediatric Specialist, Pulmonology and Sleep Medicine, Providence Medical Group, Providence Health & Services, Anchorage, AK

TARGET AUDIENCE

The educational design of this activity addresses the needs of physicians, physician assistants, sleep technologists, respiratory therapists, dentists, family care practitioners, nurse practitioners, nurses and other healthcare practitioners involved in the treatment of patients in the diagnosis and care of patients with sleep disorders. The conference is also available to industry representatives.

This conference has a very distinctive perspective and will offer health care practitioners the opportunity to learn about state of the art developments in clinical and research arenas of sleep medicine.

STATEMENT OF NEED/PROGRAM OVERVIEW

The goal of this activity is to provide attendees with an exceptional opportunity to learn, network, share knowledge and ideas, establish collaborative projects, and set priorities in sleep medicine. Attendance will give participants an opportunity to gain a broader understanding of the current state-of-the-art of sleep medicine, including current evidence-based guidelines, research and patient-centered outcomes.

EDUCATIONAL OBJECTIVES

At the conclusion of the activity, learners will be able to:

1. Discuss the methods use in identifying patients earlier in the primary care setting along with current diagnostic standards and techniques for sleep disorders.
2. Describe the circadian rhythm and the various circadian sleep disorders.
3. Assess the neuromuscular method to treat OSA using dental appliances along with advantages/disadvantages and adverse effects
4. Analyze the concept of combination therapy for oral appliances with standard noninvasive ventilator support.
5. Describe the impact of hormones, gender and metabolism on sleep disorder/deprivation.
6. Evaluate health/life challenges with sleep disorders such as: disorders of the immune system, G.E.R.D., Fibromyalgia, Depression, Childhood Behavioral Disorders and C.O.P.D.
7. Describe the current trends in advanced NIV ventilator modes used in sleep medicine.
8. Review current trends in insomnia, parasomnias and narcolepsy.
9. Discuss current clinical pharmacology being utilized in sleep medicine along with the outcomes for the therapy.
10. Explain how to determine an approach in therapeutics a patient might receive and in what order would they receive it.

ACCREDITATION

Physician Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Global Education Group (Global) and Ganésco, Inc. Global is accredited by the ACCME to provide continuing medical education for physicians.

* This CME/CE activity complies with all requirements of the federal Physician Payment Sunshine Act. If a reportable event is associated with this activity, the accredited provider managing the program will provide the appropriate physician data to the Open Payments database.

Physician Credit Designation

Global Education Group designates this live activity for a maximum of 24 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing Continuing Education

Global Education Group is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's COA.

This educational activity for 24 contact hours is provided by Global Education Group. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

Dentistry Accreditation Statement



Global Education Group is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 6/1/2015 to 5/31/2019. Provider ID# 3295569. This activity has been approved for a maximum of 24.0 CE credits for dentistry professionals. (Subject Code: 160)

Fee & Refund/Cancellation Policy

There is sliding scale fee for this educational activity as stated in the registration brochure. The cancellation policy is also stated on the registration form.

Nurse Practitioner Continuing Education



Global Education Group is approved as a provider of nurse practitioner continuing education by the American Association of Nurse Practitioners: AANP Provider Number 110121. This program has been approved for 24.0 contact hours of continuing education (pharmacology hours will be determined upon clinical review).

**American Association of Family Practice
AAFP Credit Designation**

This Live Activity, **3rd Annual Alaska Sleep Conference**, with a beginning date of 09/15/2016, has been reviewed and is acceptable for up to 24.0 Prescribed Credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants

AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 24 hours of Category 1 credit for completing this program.

Sleep Technologists

The American Association of Sleep Technologists designates this educational activity for a maximum of 24.0 AAST Continuing Education Credits. Individuals should claim only those credits that he/she actually earned in the educational activity.

Respiratory Therapists

This program has been approved for 24.0 contact hours Continuing Respiratory Care Education (CRCE) by the American Association for Respiratory Care, 9425, N. MacArthur Blvd, Suite 100, Irving, TX 75063.

For information about the accreditation of this program, please contact Laura Gilsdorf at Global at 303.395.1782 ext 78 or lgilsdorf@globaleducationgroup.com.

DISCLOSURE OF CONFLICTS OF INTEREST

Global Education Group (Global) requires instructors, planners, managers and other individuals and their spouse/life partner who are in a position to control the content of this activity to disclose any real or apparent conflict of interest they may have as related to the content of this activity. All identified conflicts of interest are thoroughly vetted by Global for fair balance, scientific objectivity of studies mentioned in the materials or used as the basis for content, and appropriateness of patient care recommendations. Disclosure information will be provided to participants prior to the beginning of the educational activity.

AMERICANS WITH DISABILITIES ACT

Event staff will be glad to assist you with any special needs, i.e., physical, dietary, etc. Please contact Nancy Nunley prior to the live event at nancyn@ganESCO.com, or 931.284.9033.

REGISTRATION FORM



New this year - you can register for individual days.

Date: Sept 15-18, 2016 Location: The Hotel Captain Cook, Anchorage, AK

A limited number of rooms are available at the special rate of \$160.00 plus tax if reserved by **August 17th**. Call the Hotel Captain Cook to reserve your room at 800.843.1950 or 907.276.6000 and refer to the Alaska Sleep Conference. You may also make your reservation online at <https://goo.gl/mXrBF8>

On-site registration fee is \$45 higher than pre-registration. Registration fee include record processing, conference syllabus, refreshment breaks and lunch during the conference.

Cancellation Policy: A registration fee, less \$35 administration charge, is refundable if the cancellation request is made to GanESCO by 9/2/2016 via fax (904.212.2044), email gailv@ganESCO.com or phone (412.370.1749). For more information on attending and/or to register online, please visit www.ganESCO.com.

PLEASE PRINT CLEARLY AND FILL OUT COMPLETELY
WE ARE REQUIRED TO PROVIDE THIS INFORMATION TO THE ACCREDITING AGENCIES

Make your check out to GanESCO and mail, by August 15th, to: GanESCO/Alaska Sleep
PO Box 1161 Umatilla, FL 32784

First Name	Last Name
Credentials (please list all)	
Employer or Clinical Affiliation	
Mailing Address	
Telephone	
Email Address	

For respiratory therapists or sleep technologists, please enter your membership numbers if applicable

AARC Membership #	AAST Membership #
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Meeting Fees (one registration form per person)

Mark the days you wish to attend below, and then the pricing based upon your attendance.

Your selection	Dates	
☐	Sept 15	Day One
☐	Sept 16	Day Two
☐	Sept 17	Day Three
☐	Sept 18	Day Four

Your selection	# of Days Attending	Physicians, Dentists	Other healthcare practitioners	Industry attendees (non-booth personnel)
☐	One Day	\$150	\$130	\$150
☐	Two days	\$300	\$260	\$300
☐	Three days	\$450	\$390	\$450
☐	Four days	\$600	\$520	\$600