22nd 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 12-13, 2016

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
22nd 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 Sleep Medicine, Otolaryngology-Head and Neck Surgery, Pulmonary and Critical Care Medicine, Oral and Maxillofacial Surgery, Dentistry, Pediatrics, Bariatric Surgery, Neurology and Obesity Research will share their medical and surgical expertise in didactic sessions, case presentations and workshops. 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, 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;
• Evaluate how upper airway imaging demonstrates the impact of treatments and may 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.

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 14.00 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.

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™.

Physician Assistants: American Academy of Physician Assistants accepts category 1 credit from AOAACME. Prescribed credit from AAFP, and AMA PRA Category 1 Credit™ from organizations accredited by the ACCME.
FRIDAY, FEBRUARY 12, 2016

7:15 am  Course Registration and Continental Breakfast
7:55  Introduction
8:00  Overview of Sleep Disorders Including Insomnia  Richard J. Schwab, MD
8:30  Pathophysiology, Phenotypes, and Clinical Presentation of Sleep Apnea  Atul Malhotra, MD
9:00  New Perspectives on the Pathogenesis of OSA – Anatomic Perspective  Richard J. Schwab, MD
9:20  Is AHI the Right Metric to Follow in OSA?  Andrew N. Goldberg, MD, MSCE
9:40  Cardiovascular Consequences in OSA  Atul Malhotra, MD
10:10  Coffee Break
10:40  Sleep Apnea in Women – Pregnancy and Menopause  Grace W. Pien, MD, MSCE
11:00  Complex Sleep Apnea – Is it a Disease?  David M. Claman, MD
11:20  Updates in Obesity – Hypoventilation Syndrome  Bernie Sunwoo, MD
11:40  Sleep Telemedicine – Does it Work?  Samuel T. Kuna, MD
12:00 pm  Lunch  or  Optional Breakout Sessions ($30 each, includes lunch):
(on your own)
•  Polysomnography and Medical Case Presentations  Or  Practical Techniques in OSA Surgery
1:30  Portable Sleep Studies – A New Age is Here  Samuel T. Kuna, MD
2:00  Snoring – Outcomes and Treatment  Jolie L. Chang, MD
2:20  CPAP – the Treatment of Choice for OSA?  Samuel T. Kuna, MD
2:50  The Nuts and Bolts of CPAP Use – Titration, Tracking, Optimization and When to Quit  Grace W. Pien, MD, MSCE
3:20  Reimbursement and Coding – What’s New for 2016  Marc I. Raphaelson, MD
3:40  Coffee Break
4:10  Oral Appliances – Better than CPAP?  Peter Cistulli, MD
4:40  The Nose in OSA – Soup to Nuts  Edward M. Weaver, MD, MPH
5:10  Treating Central Sleep Apnea in 2016 – If not ASV then What?  Allan I. Pack, MB, ChB, PhD
5:30 pm  Adjourn

5:30 –  Vino, Views and Brews Reception
Enjoy local wines, beers, and delicacies on the top floor of the Grand Hyatt (complimentary for attendees; guests welcome for an additional fee).

GENERAL INFORMATION
REGISTRATION INFORMATION
Tuition:  $725  Physicians
$600  Nurses/Allied Health Professionals/ Fellows
Payment may be made by Visa, MasterCard, AmEx or check.
REGISTER VIA:
Online:  www.cme.ucsf.edu
Mail:  Complete course registration form and send with payment to:
UCSF Office of CME
P.O. Box 45368
San Francisco, CA
94145-0368
Fax:  Fax completed registration form to:
(415) 502-1795 (be sure to include your credit card number)
Phone:  To register by phone or to inquire about registration status, please call
UCSF’s CME Registration Office at (415) 476-5808.
Please check our website for up-to-date information on the course:  www.cme.ucsf.edu.
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.
SATURDAY, FEBRUARY 13, 2016

7:30 am  Continental Breakfast

8:00  Sleep Disorders: The Year in Review  Allan I. Pack, MB, ChB, PhD
8:30  Obesity, Weight Loss, and OSA  Gary D. Foster, PhD
8:50  Is Your Gut Microbiome Making You Fat?  Andrew N. Goldberg, MD, MSCE
9:10  The Sugar Pandemic – Where We Are and What to Do  Kirsten Bibbins-Domingo, MD, PhD, MAS
9:40  Recent Advances in Obesity Treatment  Gary D. Foster, PhD
10:20  Coffee Break
10:50  OSA in Children – Diagnosis, Effects, and Treatment  Anna K. Meyer, MD, FAAP
11:40  Anesthesia and the OSA Patient  Errol Lobo, MD, PhD

12:00 pm  Lunch or  Optional Breakout Sessions ($30 each, includes lunch):
(on your own)  • 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  UP3 – Is There a Better Way?  Edward M. Weaver, MD, MPH
2:40  Surgery of the Hypopharynx – So Many Choices…  Eric J. Kezirian, MD, MPH
3:10  Coffee Break
3:30  Insights into the Treatment of SDB with Imaging  Richard J. Schwab, MD
3:50  MMA – When and How?  Sampeter Odera, DMD, MD
4:10  Hypoglossal Nerve Stimulation – Has Its Time Come?  Eric J. Kezirian, MD, MPH
4:30  Novel Options for Snoring and OSA  Robson Capasso, MD
4:50  The Future of Sleep Medicine  Allan I. Pack, MB, ChB, PhD
5:10  Treatment of Obstructive Sleep Apnea  Moderator:  Edward M. Weaver, MD, MPH

5:40 pm  Adjourn

CONFERENCE LOCATION (CONT’D)
A block of guestrooms has been reserved at the special UCSF conference rate of $269/night. You are urged to make your reservations early. The cut off date is January 21, 2016, 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 1(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 5, 2016 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 www.cme.ucsf.edu for more information and discount codes.
Upcoming CME Courses

Sialendoscopy / Salivary Duct Surgery Course
November 4, 2015
Grand Hyatt, San Francisco, California

Otolaryngology Update 2015
November 5, 2015
Grand Hyatt, San Francisco, California

23rd Annual Advances in the Diagnosis and Treatment of Sleep Apnea and Snoring
February 17-19, 2017
Disney’s BoardWalk Inn
Lake Buena Vista, Florida

COURSE DIRECTORS
Andrew N. Goldberg, MD, MSCE
Professor and Vice Chair; Director, Division of Rhinology and Sinus Surgery, Department of Otolaryngology-Head and Neck Surgery, University of California, San Francisco
Eric J. Kezirian, MD, MPH
Professor, USC Caruso Department of Otolaryngology-Head & Neck Surgery, Keck School of Medicine of the University of Southern California
Richard J. Schwab, MD
Professor, Division of Sleep Medicine, Pulmonary, Allergy and Critical Care Division, Department of Medicine, Perelman School of Medicine at the University of Pennsylvania, Philadelphia, PA

COURSE FACULTY
(Kenneth Bibbins-Domingo, PhD, MD, MAS
Lee Goldman, MD, Endowed Chair in Medicine; Professor of Medicine and of Epidemiology and Biostatistics; Director, UCSF Center for Vulnerable Populations at San Francisco General Hospital
Robson Capasso, MD
Assistant Professor of Otolaryngology, Stanford University School of Medicine, Stanford, CA

Jolie L. Chang, MD, FACS
Assistant Professor of Otolaryngology-Head and Neck Surgery

Peter Cistulli, MD
Professor of Respiratory Medicine, University of Sydney, Royal North Shore Hospital, and Woolcock Institute of Medical Research, Sydney, Australia

David M. Claman, MD
Professor and Director, Sleep Disorders Center, Department of Medicine

Gary D. Foster, PhD
Chief Scientific Officer, Weight Watchers International; Adjunct Professor, Medicine, Public Health and Psychology, Center for Obesity Research and Education, Temple University, Philadelphia, PA

Samuel T. Kuna, MD
Associate Professor of Medicine, University of Pennsylvania Medical Center and Chief, Sleep Medicine Section, Corporal Michael J. Crescenz VA Medical Center, Philadelphia, PA

Errol P. Lobo, MD, PhD
Professor and Vice-Chair, Department of Anesthesia and Perioperative Care; Medical Director, Perioperative Services

Atul Malhotra, MD
Chief of Pulmonary and Critical Care Medicine; Director of Sleep Medicine; Kenneth M. Moser Professor of Medicine, University of California, San Diego

Anna K. Meyer, MD, FAAP, FACS
Assistant Professor, Division of Pediatric Otolaryngology-Head and Neck Surgery

Samperter Odera, DMD, MD
Assistant Professor of Oral and Maxillofacial Surgery, UCSF School of Dentistry

Allan I. Pack, MBChB, PhD
John Miclot Professor of Medicine; Chief, Division of Sleep Medicine; Director, Center for Sleep and Circadian Neurobiology, Perelman School of Medicine at the University of Pennsylvania, Philadelphia, PA

Grace W. Pien, MD, MSCE
Assistant Professor of Medicine, Division of Pulmonary and Critical Care Medicine; Johns Hopkins University School of Medicine, Baltimore, MD

Stacey D. Quo, DDS, MS
Clinical Professor, UCSF School of Dentistry

Marc I. Raphaelson, MD
Medical Director, SleepMed, Metro Washington DC

Bernie Sunwoo, MD
Assistant Professor of Medicine, Division of Pulmonary, Critical Care, Allergy and Sleep Medicine

Edward M. Weaver, MD, MPH
Professor of Otolaryngology; Chief of Sleep Surgery, University of Washington, Seattle, WA

For more information or to register online visit our website at www.cme.ucsf.edu. You may also contact us by calling the Office of CME at (415) 476-4251 or sending an email to info@ocme.ucsf.edu.
22nd ANNUAL 
ADVANCES IN SLEEP APNEA AND SNORING
February 12-13, 2016 
Grand Hyatt on Union Square · San Francisco, California

Mail to: UCSF Office of CME
P.O. Box 45388
San Francisco, CA 94145-0368
Fax: (415) 502-1795

Mail Online registration: www.cme.ucsf.edu
P.O. Box 45368
Registration Information: (415) 476-5808
San Francisco, CA 94145-0368
Course Information: (415) 476-4251

☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms.

Last Name First M.I.
Degree Specialty
Address
City State Zip
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: ___ ___ / ___ ___ / X X
Month Day

Please indicate if you have any special needs:

REGISTRATION FEES
Physicians $725
Nurses/Allied Health Professionals/Residents/Fellows $600

WINE RECEPTION – TICKETS
Attendee Ticket to Reception Complimentary
Additional Adult Ticket to Reception $20 each
Child Ticket to Reception $10 each

OPTIONAL BREAKOUT SESSIONS – INCLUDES LUNCH
Please Choose: ☐ Polysomnography and Medical Case Presentations OR $30 Friday
☐ Practical Techniques in OSA Surgery
☐ How to Blend Home and In-lab Sleep Studies OR $30 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 $ __________
Card # Expiration date

Name on Card (Please Print) Authorized Signature

Refund Policy: Cancellations received in writing by 2/5/16 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: www.cme.ucsf.edu

Grand Hyatt on Union Square
345 Stockton Street
San Francisco, California, USA 94108
(415) 398-1234
(888) 421-1442
www.grandsanfrancisco.hyatt.com