

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.

**Grand Hyatt on
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 **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 AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.



22nd ANNUAL

Advances in Diagnosis and Treatment

GRAND HYATT ON UNION SQUARE • SAN FRANCISCO, CALIFORNIA

FRIDAY, FEBRUARY 12, 2016

7:15 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	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	<i>Coffee Break</i>	
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	<i>Coffee Break</i>	
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	<i>Adjourn</i>	

5:30 – **Vino, Views and Brews Reception**
7:00 pm *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.

ment of Sleep Apnea and Snoring

SATURDAY, FEBRUARY 13, 2016

7:30 am	<i>Continental Breakfast</i>	
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	<i>Coffee Break</i>	
10:50	OSA in Children – Diagnosis, Effects, and Treatment	Anna K. Meyer, MD, FAAP
11:20	Maxillary Expansion in Children: Who, What, When, Where, and Why?	Stacey D. Quo, DDS, MS
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	<i>Coffee Break</i>	
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 <i>Panelists:</i> Kezirian, Malhotra, Schwab, Kuna, Goldberg	<i>Moderator:</i> Edward M. Weaver, MD, MPH
5:40 pm	<i>Adjourn</i>	

program

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.

general info

Upcoming CME Courses

Sialendoscopy / Salivary Duct Surgery Course

November 4, 2015
Grand Hyatt, San Francisco, California

Otolaryngology Update 2015

November 5-7, 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

UCSF

0569
University of California,
San Francisco
Office of Continuing
Medical Education
UCSF Box 0742
San Francisco, CA
94143-0742

♻️ Printed on
Recycled Paper

For more information
or to register online
visit our website at
www.cme.ucsf.edu.
You may also reach
us by calling the
Office of CME at
(415) 476-4251 or
email
info@ocme.ucsf.edu.

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

(University of California, San Francisco
unless otherwise noted)

Kirsten 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

Sampeter 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

faculty

22nd ANNUAL ADVANCES IN SLEEP APNEA AND SNORING

MOT16003

February 12-13, 2016

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: www.cme.ucsf.edu
Registration Information: (415) 476-5808
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: ____ / ____ / **XX**
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**
(This ticket request confirms your attendance at the Friday Night Reception)
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
Please Choose: How to Blend Home and In-lab Sleep Studies **OR** _____ **\$30 Saturday**
 Surgical Case Presentations

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

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

