

26th ANNUAL

Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

Hotel Nikko Union Square • San Francisco, CA



FRIDAY – SATURDAY (Presidents' Day Weekend)

February 14-15, 2020

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



Penn Medicine
Sleep Center

Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

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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, Oral and Maxillofacial Surgery, 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 versus in-laboratory sleep testing;
- Assess the medical and social consequences of sleep apnea and snoring;
- Assess future developments in medical technology and how they will impact their practice;
- Improve treatment selection for sleep apnea and snoring using upper airway imaging;
- Provide new information to patients regarding the association between obesity and obstructive sleep apnea and the outcomes of medical and surgical treatment of obesity.

COURSE CHAIRS

Andrew N. Goldberg, MD, MSCE
Boles 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 and Vice Chair,
USC Caruso Department
of Otolaryngology – Head
& Neck Surgery; Keck School of
Medicine of the University of
Southern California
Los Angeles, CA

Richard J. Schwab, MD
Professor, Department of Medicine
Medical Director, Penn Sleep
Center; Perelman School of
Medicine at the University of
Pennsylvania
Philadelphia, PA

COURSE FACULTY

Jennifer Buchanan, DDS
Assistant Clinical Professor
of Oral and Maxillofacial Surgery
University of California,
San Francisco

Robson Capasso, MD
Chief of Sleep Surgery
Associate Professor of
Otolaryngology and Head
and Neck Surgery
Stanford University Medical
Center, Stanford, CA

Jolie L. Chang, MD, FACS
Associate Professor of
Otolaryngology – Head and Neck
Surgery; Director, Division of Sleep
Surgery, University of California,
San Francisco

COURSE FACULTY (CONT'D)

David M. Claman, MD
Professor of Medicine
Director, UCSF Sleep Disorders
Center; University of California,
San Francisco

Raj C. Dedhia, MD, MSCR
Assistant Professor of
Otorhinolaryngology –
Head and Neck Surgery
Director, Division of Sleep Surgery
Director, CPAP Alternatives Clinic
Perelman School of Medicine at
the University of Pennsylvania,
Philadelphia, PA

Michelle Guy, MD
Professor of Medicine
Division of General Internal
Medicine; Diplomate American
Board of Obesity Medicine
University of California,
San Francisco

Samuel T. Kuna, MD
Professor of Medicine
Perelman School of Medicine
University of Pennsylvania
Chief, Sleep Medicine Section
Crpl Michael J. Crescenz VA
Medical Center, Philadelphia, PA

Philip Kurien, MD
Assistant Professor in Residence
of Anesthesia
University of California,
San Francisco

Robert H. Lustig, MD, MSL
Professor Emeritus of Pediatrics
Division of Endocrinology
University of California,
San Francisco

Atul Malhotra, MD
Research Chief of Pulmonary,
Critical Care and Sleep Medicine
Peter C. Farrell Presidential Chair
in Respiratory Medicine;
Professor of Medicine
University of California, San Diego

COURSE FACULTY (CONT'D)

Garani S. Nadaraja, MD
Assistant Professor of
Otolaryngology – Head and Neck
Surgery; Division of Pediatric
Otolaryngology, University of
California, San Francisco;
Medical Director and Section
Chief, Pediatric Otolaryngology,
UCSF Benioff Children's Hospital
Oakland

Sampeter Odera, DMD, MD
Assistant Professor of
Oral and Maxillofacial Surgery
University of California,
San Francisco

Allan I. Pack, MBChB, PhD
John Mclot Professor of Medicine
Division of Sleep Medicine/
Department of Medicine
Perelman School of Medicine at
the University of Pennsylvania,
Philadelphia, PA

Kingman P. Strohl, MD
Professor of Medicine
Director, Sleep Medicine
Fellowship Program
Case Western Reserve University,
Cleveland, OH

Robert M. Wachter, MD
Professor and Chair of Medicine
University of California,
San Francisco

Edward M. Weaver, MD, MPH
Professor of Otolaryngology
Chief of Sleep Surgery
University of Washington
Staff Physician, Surgery Service
Seattle VA Medical Center,
Seattle, WA

faculty



Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

FRIDAY, FEBRUARY 14, 2020

7:00 am	<i>Registration and Continental Breakfast</i>	
7:55	Introduction	
8:00	Overview of Sleep	Richard J. Schwab, MD
8:30	Endotypes in OSA – Clinically Useful?	Atul Malhotra, MD
9:00	Anatomic Perspectives on Pathogenesis	Richard J. Schwab, MD
9:20	Whom Should You Fear? Driving and OSA	Kingman P. Strohl, MD
KEYNOTE ADDRESS		
9:40	Dx and Tx in OSA – Who, What, When?	Allan I. Pack, MBChB, PhD
10:10	<i>Coffee Break</i>	
10:40	Is AHI the Right Metric to Follow in OSA?	Andrew N. Goldberg, MD, MSCE
11:00	Cognitive Decline and OSA	Allan I. Pack, MBChB, PhD
11:20	Making the Most Out of CPAP	Samuel T. Kuna, MD
11:45	What is a CPAP “Failure”?	David M. Claman, MD
12:00 pm	<i>Lunch (On Your Own)</i>	
1:30	Lightning Rounds! Moderator: Andrew N. Goldberg, MD, MSCE	
	• Fixed CPAP vs. APAP	Samuel T. Kuna, MD
	• Cannabis...	David M. Claman, MD
	• O2 and Drugs for OSA	Atul Malhotra, MD
	• The Best EDS Medicine	Kingman P. Strohl, MD
	• Routine CO2 Measurement in PSG	Richard J. Schwab, MD
KEYNOTE ADDRESS		
2:10	The Three Faces of Metabolic Syndrome	Robert H. Lustig, MD, MSL
3:00	<i>Coffee Break</i>	
3:30	Cause and Effect - Obesity and OSA	Michelle Guy, MD
3:50	When Should You Suspect Obesity Hypoventilation Syndrome?	David M. Claman, MD
4:10	Is Your Gut Microbiome Making You Gain Weight?	Andrew N. Goldberg, MD, MSCE
4:30	Oral Appliances – You’re Not Using Them Enough!	Jennifer Buchanan, DDS
5:00 pm	<i>Adjourn</i>	
5:30pm – 7:00pm	Red and White Party Wine Reception Mingle with attendees, speakers, and their guests while tasting from a variety of different local wineries and enjoying samples of local California cuisine. Complimentary for conference registrants; guests welcome for an additional fee.	

program



SATURDAY, FEBRUARY 15, 2020

7:00 am *Continental Breakfast*

7:00 am- **OPTIONAL BREAKOUT SESSIONS** (*complimentary with registration*)

7:55am **How to Manage a Sleep Practice in 2020 - Lessons Learned:
What to Do with Home Sleep Studies?** Schwab/Malhotra/Claman/Strohl/Kuna
Techniques in OSA Surgery
Goldberg/Kezirian/Capasso/Nadaraja/Weaver/Chang/Dedhia/Odera

8:00 **The Year in Review** Allan I. Pack, MBChB, PhD

8:30 **Clinical Trials in OSA – What We’ve Done,
What We Need to Do** Samuel T. Kuna, MD

8:50 **Apps and Wearables for Sleep and Snoring** Robson Capasso, MD

9:05 **The Nose in OSA – Soup to Nuts** Edward M. Weaver, MD, MPH

9:25 **OSA in Children: What’s New?** Garani S. Nadaraja, MD

9:45 **Physical Exam: What’s Really Important?** Robson Capasso, MD

10:00 *Coffee Break*

10:30 **Drug-induced Sleep Endoscopy –
When Does it Help Me?** Eric J. Kezirian, MD, MPH

10:45 **The Many Flavors of Palate Surgery –
Which One is Best?** Edward M. Weaver, MD, MPH

11:05 **Lightning Rounds!** Moderator: Eric Kezirian, MD, MPH

- **The 5-minute Dental Exam for OSA** Jennifer Buchanan, DDS
- **My Best Palate Procedure for Snoring** Jolie L. Chang, MD
- **Oral Appliances – Combination Therapy** Jennifer Buchanan, DDS
- **Positional Therapy Tips and Tricks** Richard J. Schwab, MD
- **Options for Pain in the Opioid Crisis** Andrew N. Goldberg, MD, MSCE

11:40 **Cardiovascular Outcomes in OSA** Raj C. Dedhia, MD, MSCR

12:00 pm *Lunch (On Your Own)*

1:30 **Anesthetic Challenges in OSA Patients** Philip Kurien, MD

1:50 **Hypoglossal Nerve Stimulation –
Patient Selection** Kingman P. Strohl, MD

2:10 **Hypoglossal Nerve Stimulation –
Procedure and Outcomes** Jolie L. Chang, MD

2:30 **Panel: Hypoglossal Nerve Stimulation**
Moderator: Edward M. Weaver, MD, MPH
Jolie L. Chang, MD • Raj C. Dedhia, MD, MSCR • Eric J. Kezirian, MD, MPH
Richard J. Schwab, MD • Kingman P. Strohl, MD

3:00 *Coffee Break*

KEYNOTE ADDRESS

3:15 **Healthcare’s Digital Revolution:
(Finally) A Time for Optimism** Robert M. Wachter, MD

4:00 **Hypopharyngeal Surgery – Choosing Wisely** Eric J. Kezirian, MD, MPH

4:20 **Who Should Get Surgery of the Facial
Skeleton? MMA and Expansion** Sampeter Odera, DMD, MD

4:40 **Panel: Cases That Keep You Up at Night**
Moderator: Kingman P. Strohl, MD
Richard J. Schwab, MD • Atul Malhotra, MD • Samuel T. Kuna, MD
Eric J. Kezirian, MD, MPH • Andrew N. Goldberg, MD, MSCE

5:15 pm *Course Adjourns*

GENERAL INFORMATION

Advance registration closes 3 business days prior to start of course.

REGISTRATION INFORMATION

Tuition:	Early Bird by 11/1/19	After 11/1/19
Practicing Physicians	\$700	\$750
Advanced Practice Providers & Other Health Professionals	\$525	\$625
Residents/Fellows	\$425	\$525

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

REGISTER VIA

Online: SleepApnea.ucsf.edu

Mail: Complete course registration form and send with payment to:
UCSF Office of CME
3333 California Street, Suite 450
San Francisco, CA 94118

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.

On-Site Registration:

Generally we are able to accommodate on-site registration at our courses, however pre-registration is preferred to ensure that we have adequate course materials. Please check our website for up-to-date information on the course:

SleepApnea.ucsf.edu

REFUND POLICY

Cancellations received in writing before February 12, 2020 will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

CONFERENCE LOCATION

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

The newly renovated **Hotel Nikko** is just steps from Union Square and the Theatre District. A block of guestrooms has been reserved at the special UCSF conference rate of **\$299/night**. You are urged to make your reservations early. The cut off date is January 23, 2020, or until the group room block is filled. To make hotel reservations online, visit the *Location* section of the course website at SleepApnea.ucsf.edu. If you prefer to telephone in your reservation, call 800-248-3308 and identify yourself as a member of this UCSF conference to receive the special discounted rate.

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

AIR TRANSPORTATION AND RENTAL CAR

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

SYLLABUS – The syllabus will be available electronically approximately 1 week prior to the course. If you do not receive an email with the link, you can also go directly to the course web page at SleepApnea.ucsf.edu and find the syllabus link at the top of the page.

Hotel Nikko Union Square
222 Mason Street
San Francisco, CA 94102
(415) 394-1111
www.hotelnikkosf.com



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Mail to : UCSF Office of CME
3333 California Street, Suite 450
San Francisco, CA 94118
Fax: (415) 502-1795

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

Dr. Ms. Mr. Mrs. Mx.

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 or dietary restrictions:

Registration Fees:

Table with 3 columns: Tuition, Early Bird by 11/1/19, After 11/1/19. Rows include Practicing Physicians, Advanced Practice Providers & Other Health Professionals, Residents/Fellows.

WINE RECEPTION - TICKETS

Attendee Ticket to Reception Complimentary

(This ticket request confirms your attendance at the Friday Night Reception)

Additional Adult Ticket to Reception \$25 each

Child Ticket to Reception \$15 each

TOTAL

OPTIONAL BREAKOUT SESSIONS - (Included in registration fee, but pre-registration requested)

Please Choose: How to Manage a Sleep Practice in 2020 - Lessons Learned: What to Do with Home Sleep Studies?

Techniques in OSA Surgery

Breakout sessions will take place on Saturday February 15th from 7:00-7:55am in the Hotel Nikko

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

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



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3333 California Street, Suite 450 • San Francisco, CA 94118

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

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UPCOMING COURSES

Otolaryngology Update 2019

October 31 - November 2, 2019
Westin St. Francis Hotel • San Francisco, CA

27th Annual Advances in the Diagnosis and Treatment of Sleep Apnea and Snoring

February 12-14, 2021
Disney's BoardWalk Inn
Lake Buena Vista, FL

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 **14.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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 AAPA accepts category 1 credit from AOACCME, prescribed credit from AAFP, and *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

Pharmacists 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™*.

Family Physicians Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

American Board of Internal Medicine (ABIM) MOC Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **14.50 MOC points** in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit. **IMPORTANT:** The online course evaluation must be completed by the due date specified - no exception. Within 45 days after submitting your evaluation, we will report your MOC points.

American Board of Otolaryngology – Head and Neck Surgery MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn their required annual part II self-assessment credit in the American Board of Otolaryngology – Head and Neck Surgery's Continuing Certification program (formerly known as MOC). It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of recognizing participation. **IMPORTANT:** The online course evaluation must be completed by the due date specified - no exception. Within 45 days after submitting your evaluation, we will report your MOC points.