

29th ANNUAL

Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

Grand Hyatt Union Square
San Francisco, CA

New for 2024!

Tailored Content for
Advanced Practice
Providers

FRIDAY – SATURDAY (Presidents' Day Weekend)

February 16 -17, 2024

COURSE DIRECTORS

ANDREW N. GOLDBERG, MD, MSCE
University of California, San Francisco

ERIC J. KEZIRIAN, MD, MPH
University of California, Los Angeles

RICHARD J. SCHWAB, MD
University of Pennsylvania Medical Center

DAVID M. CLAMAN, MD
University of California, San Francisco

JOLIE L. CHANG, MD
University of California, San Francisco

Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

Grand Hyatt Union Square • San Francisco, CA

This multidisciplinary 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 new approaches for and recent advances in sleep apnea and snoring. Leaders in the field from Pulmonary and Critical Care Medicine, Otolaryngology – Head and Neck Surgery, Dentistry, Oral and Maxillofacial Surgery, 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.

- A special breakout for Advanced Practice Providers will highlight issues specific to this group and provide a primer for those starting in sleep care.
- 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, Dentistry, Family Practice, Internal Medicine, Cardiology, Neurology, Psychiatry, Anesthesia, and Geriatrics. Nurse practitioners, physician assistants, sleep respiratory therapy technologists and nurses will also find practical value by attending 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;
- Determine candidacy for hypoglossal nerve stimulation and identify steps in titration and management of implants;
- Assess the cognitive and neurological consequences of sleep apnea and sleep deprivation;
- Assess future developments in medical technology and how they will impact their practice;
- Improve patient assessment of sleep apnea and snoring using 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

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-in-Residence
Department of Head and Neck
Surgery, David Geffen School
of Medicine at UCLA
Los Angeles, CA

Richard J. Schwab, MD

Professor, Department of Medicine
Chief, Division of Sleep Medicine
University of Pennsylvania
Medical Center
Philadelphia, PA

Jolie L. Chang, MD

Associate Professor of
Otolaryngology – Head
and Neck Surgery;
Chief, Division of Sleep Surgery
University of California,
San Francisco

David M. Claman, MD

Professor of Medicine
Director, UCSF Sleep
Disorders Center
University of California,
San Francisco

COURSE FACULTY

Liza Ashbrook, MD

Assistant Professor of Neurology
UCSF Weill Institute for
Neurosciences
University of California,
San Francisco

Robson Capasso, MD

Professor of Otolaryngology -
Head and Neck Surgery
Chief of Sleep Surgery Division
Associate Dean
Digital Health Associate Director,
Stanford Center for Clinical
Research, Stanford University
School of Medicine, Stanford, CA

Peter Cistulli, MBA, PhD, FRACP

Professor of Sleep Medicine,
University of Sydney
Clinical Director of Sleep Medicine,
Royal North Shore Hospital
Sydney, Australia

COURSE FACULTY (CONT'D)

Raj C. Dedhia, MD, MSCR

Associate Professor of
Otorhinolaryngology & Medicine
Director, Division of Sleep Surgery
& CPAP Alternatives Clinic
Site Director, HUP Otolaryngology
Track, Sleep Medicine Fellowship
University of Pennsylvania
Perelman School of Medicine,
Philadelphia, PA

Megan Durr, MD

Associate Professor of
Otolaryngology – Head and
Neck Surgery; Interim Chief of
Otolaryngology; Zuckerberg
San Francisco General Hospital

Nalaka S. Gooneratne, MD

Associate Professor of Medicine
Director, Innovative Insomnia
Therapeutics Clinic
Division of Sleep Medicine,
Perelman School of Medicine,
University of Pennsylvania,
Philadelphia, PA

Katherine Malcolm, MD, MPH

Assistant Professor of Medicine
University of California,
San Francisco

Atul Malhotra, MD

Peter C. Farrell Presidential Chair
and Tenured Professor of Medicine
Research Chief of the Division
of Pulmonary, Critical Care,
Sleep Medicine and Physiology
Vice Chair of Medicine for
Research, University of California,
San Diego

Jennifer Montoure, MSN,

ARNP, FNP-C

Family Nurse Practitioner
San Francisco VA Medical Center

Garani S. Nadaraja, MD

Associate Professor of
Otolaryngology –
Head and Neck Surgery
Division of Pediatric
Otolaryngology
University of California,
San Francisco

Sampeter Odera, DMD, MD

Assistant Professor of Oral
and Maxillofacial Surgery
University of California,
San Francisco

COURSE FACULTY (CONT'D)

Allan I. Pack, MBChB, PhD, FRCP

John Miclot Professor of Medicine
Division of Sleep Medicine,
Department of Medicine
Perelman School of Medicine at
the University of Pennsylvania,
Philadelphia, PA

Aric Prather, PhD

Associate Professor of Psychiatry
UCSF Weill Institute for
Neurosciences
University of California,
San Francisco

Ilene Rosen, MD

Associate Professor of Medicine
Hospital of the University of
Pennsylvania; Assistant Dean
for Graduate Medical Education
Vice Chair for Education,
Department of Medicine
Perelman School of Medicine
University of Pennsylvania,
Philadelphia, PA

Kathleen Sarmiento, MD, MPH

Professor of Medicine
University of California,
San Francisco; VHA National
Program Executive Director,
Sleep Medicine; San Francisco
VA Health Care System

Diana Thiara, MD

Assistant Professor of Medicine
Director, UCSF Adult Weight
Management Program
University of California,
San Francisco

Amy F. Thomas Bash, MSN,

AGPCNP-BC

Adult-Gerontology Primary
Care Nurse Practitioner
San Francisco VA Medical Center

Edward M. Weaver, MD, MPH

Professor of Otolaryngology
University of Washington,
Seattle, WA; Staff Physician,
Surgery Service, VA Puget Sound
Health Care System

Rochelle Zak, MD

Associate Professor of Medicine
University of California,
San Francisco

faculty



Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

FRIDAY, FEBRUARY 16, 2024

7:00 am	<i>Registration and Continental Breakfast</i>	
7:55	Introduction	
8:00	Overview of Sleep Disorders 2024	Richard J. Schwab, MD
8:30	Quality and Quantity of Sleep in OSA	Aric Prather, PhD
8:50	Women with OSA: The Role of Menopause	Rochelle Zak, MD
9:10	The Microbiome and OSA	Andrew N. Goldberg, MD, MSCE

KEYNOTE ADDRESS

9:30	Weight Control - Diet, Surgery, Drugs – Landscape Disruption!	Diana Thiara, MD
10:10	<i>Coffee Break</i>	
10:40	Physical Exam and Anatomy in OSA	Megan Durr, MD
11:00	Pros and Cons of DISE	Eric J. Kezirian, MD, MPH
11:20	Multiphasic Imaging for OSA	Richard J. Schwab, MD
11:40	When to Refer for Surgery?	Edward Weaver, MD, MPH
12:00 pm	<i>Lunch (On Your Own)</i>	
1:30	Goal Directed Treatment: How and Why?	Jolie L. Chang, MD
1:45	Health Risk Reduction with Medical Therapy	Ilene Rosen, MD
2:00	Health Risk Reduction with Surgical Therapy	Raj C. Dedhia, MD, MSCR David M. Claman, MD
2:15	Panel: PAP Challenges – We All Have Them! Moderator: Kathleen Sarmiento, MD	Panelists: Richard J. Schwab, MD Katherine Malcolm, MD, MPH Raj C. Dedhia, MD, MSCR Ilene Rosen, MD
3:00	<i>Coffee Break</i>	
3:30 – 5:00 pm	Choose Your Track: Medicine, Surgery, APP	

MEDICAL TRACK

Moderator: Richard J. Schwab, MD

3:30 – 4:30 **Sleep Practice Challenges**

4:30 – 5:00 **Discussion** Liza Ashbrook, MD • David M. Claman, MD • Katherine Malcolm, MD, MPH • Aric Prather, PhD • Nalaka S. Gooneratne, MD

SURGICAL TRACK

Moderator: Andrew Goldberg, MD

3:30 – 4:00 **Surgical Techniques – How to...**

4:00 – 5:00 **Panel: Which Procedure? How to Choose**

Jolie L. Chang, MD • Megan Durr, MD • Raj C. Dedhia, MD, MSCR • Eric J. Kezirian, MD, MPH • Edward Weaver, MD, MPH • Sampeter Odera, DMD, MD • Robson Capasso, MD

ADVANCED PRACTICE PROVIDER TRACK

Moderator: Ilene Rosen, MD

3:30 – 5:00 **What to Expect as You Start in Sleep Medicine –A Primer for Advanced Practice Providers** Jennifer Montoure, MSN, ARNP, FNP-C • Amy Thomas Bash, MSN, AGPCNP-BC • Kathleen Sarmiento, MD, MPH • Rochelle Zak, MD

5:00 pm *Adjourn*

5:00 – 6:00 pm *Networking Reception*

SATURDAY, FEBRUARY 17, 2024

7:00 am	<i>Continental Breakfast</i>	
8:00	OSA Year in Review	Allan I. Pack, MBChB, PhD, FRCP
8:20	OSA in the Elderly	Nalaka S. Gooneratne, MD
8:40	Beyond the AHI – Best Metrics for OSA	Atul Malhotra, MD
9:00	Complementary and Alternative Med Options	Nalaka S. Gooneratne, MD
9:20	Lightning Rounds! Medications That Affect Sleep	
	<ul style="list-style-type: none"> • Cannabis • Oxybutynin • Acetazolamide • Modafinil • Melatonin 	David M. Claman, MD Atul Malhotra, MD Katherine Malcolm, MD, MPH Liza Ashbrook, MD Ilene Rosen, MD
10:00	<i>Coffee Break</i>	
10:30	Glymph: What is it and Why Should I Care?	Liza Ashbrook, MD
KEYNOTE ADDRESS		
10:45	OSA and Alzheimer’s Disease	Allan I. Pack, MBChB, PhD, FRCP
11:15	Lightning Rounds! OSA Interactions	
	<ul style="list-style-type: none"> • Obesity Hypoventilation Syndrome • Atrial Fibrillation • COVID-19 • Down Syndrome • Racial Disparities in OSA Treatment 	Kathleen Sarmiento, MD, MPH Katherine Malcolm, MD, MPH Kathleen Sarmiento, MD, MPH Garani S. Nadaraja, MD Robson Capasso, MD
12:00 pm	<i>Lunch (On Your Own)</i>	
1:30	Oral Appliances in OSA	Peter Cistulli, MBA, PhD, FRACP (via webcast)
1:50	Pediatric OSA – T&A and Then What?	Garani S. Nadaraja, MD
2:05	Multilevel Surgery Trials for OSA	Edward Weaver, MD, MPH
2:20	Surgery Shorts - Risks and Outcomes	
	<ul style="list-style-type: none"> • Palatopharyngoplasty 2024 • Maxillary Expansion • Maxillomandibular Advancement • Nasal Surgery • Postop Opioid Use 	Eric J. Kezirian, MD Raj C. Dedhia, MD, MSCR Sampeter Odera, DMD, MD Robson Capasso, MD Andrew Goldberg, MD
3:05	<i>Coffee Break</i>	
3:30	Panel: Hypoglossal Nerve Stimulation – Challenges	Panelists:
	Moderator: Eric J. Kezirian, MD, MPH	Megan Durr, MD
	<ul style="list-style-type: none"> • Patient Selection Criteria • Titration and Management • Anatomic Surgery in the Era of HNS 	Richard J. Schwab, MD Raj C Dedhia, MD, MSCR Jolie L. Chang, MD Robson Capasso, MD Atul Malhotra, MD
4:30	Consumer Tech: Wearables and Nearables	Jolie L. Chang, MD
4:45	New Technologies for OSA Detection	David M. Claman, MD
5:00	Newer OSA Treatments (Tongue and Phrenic Stimulation, Oral Negative Pressure)	Atul Malhotra, MD
5:15 pm	<i>Course Adjourns</i>	

GENERAL INFORMATION

Advance registration closes on February 14, 2024.

REGISTRATION INFORMATION

Tuition:	Early Bird ends	After
	1/7/24	1/8/24
Physicians/Dentists/ Oral Surgeons	\$695	\$745
Advanced Practice Providers	\$495	\$545
Physicians in Training	\$395	\$445

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 for CME, Box 0742
490 Illinois Street, Floor 8
San Francisco, CA 94143

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 14, 2024 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.

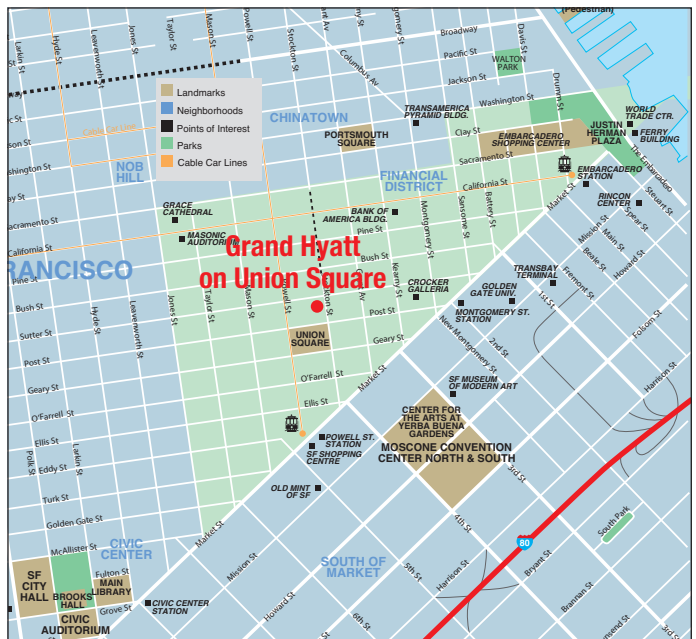
The **Grand Hyatt** is just steps from Union Square and features stunning views of the city. A block of guestrooms has been reserved at the special UCSF conference rate of **\$279/night**. You are urged to make your reservations early. The cut off date is **January 22, 2024**. To make hotel reservations online, visit the *Location* section of the course website at SleepApnea.ucsf.edu. If you prefer to telephone in your reservation, call 888-591-1234 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

UCSF has negotiated special fares with United Airlines. Please visit the *LOCATION* section on the course webpage at SleepApnea.ucsf.edu for more information and discount codes.

Grand Hyatt San Francisco
345 Stockton Street
San Francisco CA 94108
415-398-1234



University of California San Francisco
Office of CME • Box 0742

490 Illinois Street, Floor 8 • San Francisco, CA 94143

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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UCSF

UPCOMING COURSES

UCSF Otolaryngology Update 2023

November 9-11, 2023

Hotel Nikko

San Francisco, CA

ACCREDITATION

In support of improving patient care, the University of California, San Francisco is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians and Advanced Practice Providers:

UCSF designates this live activity for a maximum of **13.00 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™*.

Dentists UCSF designates this activity for **13.00** continuing education credits. Concerns or complaints about a CE provider may be directed to the provider, or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.

American Board of Internal Medicine

(ABIM) MOC Successful completion of this CME activity enables the participant to earn up to **13.00** MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points. Attendees must complete the course evaluation within 30 days of the activity completion in order to receive MOC credit.

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.

COURSE REGISTRATION • MOT24003

29th Annual ADVANCES IN SLEEP APNEA AND SNORING

February 16-17, 2024 • Grand Hyatt • San Francisco, California

Mail to : UCSF Office for CME • Box 0742
490 Illinois Street Floor 8
San Francisco CA 94143

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

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Would you like to be on our priority email list? Yes No

 Please indicate if you have any special needs or dietary restrictions: _____

Registration Fees:

Tuition:	Early Bird by 1/7/24	After 1/8/24
Physicians/Dentists/ Oral Surgeons	<input type="checkbox"/> \$695	<input type="checkbox"/> \$745
Advanced Practice Providers	<input type="checkbox"/> \$495	<input type="checkbox"/> \$545
Physicians in Training	<input type="checkbox"/> \$395	<input type="checkbox"/> \$445

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 before February 14, 2024 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: SleepApnea.ucsf.edu

