

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
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
2:15	Panel: PAP Challenges – We All Have Them! <i>Moderator:</i> Kathleen Sarmiento, MD	Panelists: Richard J. Schwab, MD David M. Claman, 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	
3:30 – 4:30	Medical Track Moderator: Richard J. Schwab, MD Sleep Practice Challenges	Panelists: Liza Ashbrook, MD David M. Claman, MD Katherine Malcolm, MD, MPH Aric Prather, PhD Nalaka S. Gooneratne, MD
4:30 – 5:00	Discussion	
3:30 – 4:00	Surgical Track Moderator: Andrew Goldberg, MD Surgical Techniques – How to...	Panelists: Jolie L. Chang, MD Megan Durr, MD Raj C. Dedhia, MD, MSCR Eric J. Kezirian, MD, MPH Edward Weaver, MD, MPH Robson Capasso, MD
4:00 – 5:00	Panel: Which Procedure? How to Choose	
3:30 – 5:00	Advanced Practice Provider Track <i>Moderator:</i> Ilene Rosen, MD What to Expect as You Start in Sleep Medicine – A Primer for Advanced Practice Providers	Panelists: Jennifer Montoure, MSN, ARNP, FNP-C Amy F. Thomas Bash, MSN, AGPCNP-BC Kathleen Sarmiento, MD, MPH Rochelle Zak, MD
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
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 (<i>via webcast</i>)
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 Julianna Rodin, MD Robson Capasso, MD Andrew Goldberg, MD
3:05	<i>Coffee Break</i>	
3:30	Panel: Hypoglossal Nerve Stimulation - Challenges	Panelists:
	Moderator: <i>Eric J. Kezirian, MD, MPH</i>	Richard J. Schwab, MD
	<ul style="list-style-type: none"> • Patient Selection Criteria • Titration and Management • Role of Anatomic Surgery in the Era of HNS 	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

Course Adjourns

Course Chairs

Andrew N. Goldberg, MD, MSCE

Professor and Vice Chair
Director, Division of Rhinology and Sinus Surgery
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University of California, San Francisco

Eric J. Kezirian, MD, MPH

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Faculty

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Digital Health Associate Director, Stanford Center for Clinical Research
Stanford University School of Medicine, Stanford, CA

Peter Cistulli, MBA, PhD, FRACP

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

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Atul Malhotra, MD

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Research Chief of the Division of Pulmonary, Critical Care, Sleep Medicine and Physiology
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Family Nurse Practitioner
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VHA National Program Executive Director, Sleep Medicine
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Staff Physician, Surgery Service
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