

27th ANNUAL

Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

Grand Hyatt Union Square • San Francisco, CA



FRIDAY – SATURDAY (Presidents' Day Weekend)

February 18 -19, 2022

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

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

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



Penn Medicine
Sleep Center

Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

Grand Hyatt Union Square • San Francisco, CA

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, 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, 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;
- Evaluate the advantages and disadvantages of home versus in-laboratory sleep testing;
- 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 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
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 General
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

(University of California, San Francisco)

Liza Ashbrook, MD

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

Robert B. Baron, MD, MS

Professor of Medicine
Associate Dean for Continuing
Medical Education
University of California,
San Francisco

COURSE FACULTY (CONT'D)

**Julianne Blythe, MPA, PA-C,
RPSGT**

Senior Physician Assistant
UCSF Sleep Disorders Center

Robson Capasso, MD

Chief of Sleep Surgery
Associate Professor of
Otolaryngology and
Head and Neck Surgery
Associate Dean of Research
Stanford University School of
Medicine, Stanford, CA

Peter Cistulli, MD

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

Megan Durr, MD

Chair of Sleep Surgery for The
Permanente Medical Group
Surgical Quality Lead for
Oakland Medical Center
Residency Program Director
Department of Otolaryngology
Head and Neck Surgery
Kaiser Permanente
Oakland, CA

**Chris Garvey, FNP, MSN, MPA,
MAACVPR**

Nurse Practitioner (retired)
UCSF Sleep Disorders Center

Christine Hong, DDS

Associate Professor
Graduate Orthodontics Program
Director; Division of Orthodontics
UCSF School of Dentistry

Andrew Krystal, MD

Ray and Dagmar Dolby
Distinguished Professor
Departments of Psychiatry
and Neurology
Vice-Chair for Research,
Department of Psychiatry
Director, Dolby Family Center
for Mood Disorders
Director, UCSF Interventional
Psychiatry Program
Co-Director, TMS &
Neuromodulation Clinic
University of California,
San Francisco

COURSE FACULTY (CONT'D)

Atul Malhotra, MD

Kenneth Moser Professor
of Medicine; Chief of the Division
of Pulmonary and Critical Care
University of California, San Diego

Sampeter Odera, DMD, MD

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

Allan I. Pack, MBChB, PhD

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

Eric Prather, PhD

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

Elizabeth Sanders, NP

VA San Francisco Health
Care System

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

Edward M. Weaver, MD, MPH

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

faculty



Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

FRIDAY, FEBRUARY 18, 2022

7:00 am	<i>Registration and Continental Breakfast</i>	
7:55	Introduction	
8:00	Overview of Sleep Disorders	Richard J. Schwab, MD
8:30	Sleep Deprivation and Your Health	Aric Prather, PhD
8:50	Personalization of Insomnia Therapy	Andrew Krystal, MD
9:10	COVID-19 – It Messes Up Sleep Too?	Kathleen Sarmiento, MD, MPH
KEYNOTE ADDRESS		
9:30	Developing a Personalized Approach to Obstructive Sleep Apnea	Allan I. Pack, MBChB, PhD
10:10	<i>Coffee Break</i>	
10:40	The Microbiome in OSA	Andrew N. Goldberg, MD, MSCE
11:00	Cardiovascular Outcomes in OSA	David M. Claman, MD
11:20	What's Glymph and Why Should You Care?	Liza Ashbrook, MD
11:40	Implications of Obstructive Sleep Apnea for Alzheimer's Disease	Allan I. Pack, MBChB, PhD
12:00 pm	<i>Lunch (On Your Own)</i>	
1:30	Lightning Rounds!	
	Moderator: Andrew N. Goldberg, MD, MSCE	
	• Pregnancy and OSA	Liza Ashbrook, MD
	• Oximetry Screening for OSA	Richard J. Schwab, MD
	• Position Therapy – Can You Make it Work?	David M. Claman, MD
	• Novel Imaging Techniques – Ultrasound	Richard J. Schwab, MD
	• International Consensus Statement – OSA	Jolie L. Chang, MD
	• Insomnia and Suicidality	Andrew Krystal, MD
	• Cannabis...	David M. Claman, MD
	• Apps and Wearables	Robson Capasso, MD
2:30	<i>Coffee Break</i>	
3:00	Panel: Nurse Practitioners and Physician Assistants in a Sleep Practice	
	Moderator: Richard J. Schwab, MD	Panelists:
		Chris Garvey, FNP, MSN, MPA, MAACVPR
		Julianne Blythe, MPA, PA-C, RPSGT
		Kathleen Sarmiento, MD, MPH
		David M. Claman, MD
		Elizabeth Sanders, NP
3:40	The Year in Review	Allan I. Pack, MBChB, PhD
4:00	Telemedicine – Here to Stay	Kathleen Sarmiento, MD, MPH
4:20	Imaging OSA	Richard J. Schwab, MD
4:40	Obesity and OSA	Robert B. Baron, MD, MS
5:15 pm	<i>Adjourn</i>	
5:30 pm –	Vino and Views Wine Reception	
7:00 pm	Take in the views at the top of the Grand Hyatt 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.	

SATURDAY, FEBRUARY 19, 2022

7:00 am *Continental Breakfast*

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

7:55am **How to Manage a Sleep Practice in 2022: Fiscal Management, Home and In-Lab Studies** Claman/Schwab/Malhotra/Sarmiento

Surgical Procedure Techniques in OSA

Goldberg/Kezirian/Chang/Weaver/Capasso

8:00 am **Panel: The Philips Recall – Challenges and Opportunities**

Moderator: Kathleen Sarmiento, MD, MPH

Panelists:

David M. Claman, MD

Atul Malhotra, MD

Richard J. Schwab, MD

8:40 **Big Data in OSA: What Have We Learned**

Atul Malhotra, MD

9:00 **Real World Data – OSA Outcomes**

Robson Capasso, MD

9:20 **When to Refer for Surgery? AASM Guidelines**

Edward M. Weaver, MD, MPH

9:40 **The Nose in OSA – Medical and Surgical Treatment**

Jolie L. Chang, MD

10:00 *Coffee Break*

KEYNOTE ADDRESS

10:30 **AHI as a Metric for OSA – Good Enough or Not Good at All?**

Atul Malhotra, MD

11:00 **The Opioid Crisis – Options for Post Op Pain**

Andrew N. Goldberg, MD, MSCE

11:20 **The Physical Examination and Endoscopy in OSA**

Megan Durr, MD

11:40 **What Does DISE Really Tell Us?**

Eric J. Kezirian, MD, MPH

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

1:30 **Oral Appliances in OSA – Better than CPAP?**

Peter Cistulli, MD

2:00 **Dental and Facial Assessment in OSA**

Sampeter Odera, DMD, MD

2:20 **Maxillary Expansion – What's the Evidence?**

Christine Hong, DDS

2:40 **Lightning Rounds!**

Moderator: Eric J. Kezirian, MD, MPH

• **MMA - Selection and Outcomes**

Sampeter Odera, DMD, MD

• **Epiglottic Collapse – Dx/Tx**

Jolie L. Chang, MD

2:55 *Coffee Break*

3:15 **Contemporary Surgery for the Palate**

Megan Durr, MD

3:35 **What Surgery Works in the Hypopharynx?**

Eric J. Kezirian, MD, MPH

3:55 **Multilevel Surgery Trials for OSA**

Edward M. Weaver, MD, MPH

4:15 **Treatments – New Technology on the Horizon**

Jolie L. Chang, MD

4:30 **Panel: Hypoglossal Nerve Stimulation**

Moderator: Eric J. Kezirian, MD, MPH

Panelists:

Jolie L. Chang, MD

Megan Durr, MD

Richard J. Schwab, MD

Robson Capasso, MD

5:15 pm *Course Adjourns*

program

GENERAL INFORMATION

Advance registration closes on February 16, 2022.

REGISTRATION INFORMATION

Tuition:	Early Bird ends 1/7/22	After 1/8/22
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 16, 2022 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 24, 2022** 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 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.

COVID GUIDELINES

This conference will follow city, state, and federal health and safety guidelines for meeting in person. COVID vaccination is required to attend this in-person conference. We will provide information on any additional requirements in advance of the conference.

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.

♻️ Printed on Recycled Paper



UPCOMING COURSES

28th Annual Advances in the Diagnosis and Treatment of Sleep Apnea and Snoring

February 17-19, 2023
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 **14.75 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 Application for CDE credit has been filed with the UCSF School of Dentistry.

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 **14.75 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.

27th Annual ADVANCES IN SLEEP APNEA AND SNORING

February 18-19, 2022 • 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

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

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

Registration Fees:

Table with 3 columns: Tuition, Early Bird by 1/7/22, After 1/8/22. Rows include Physicians/Dentists/Oral Surgeons, Advanced Practice Providers, and Physicians in Training.

WINE RECEPTION - TICKETS

Attendee Ticket to Reception Complimentary
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)

- How to Manage a Sleep Practice in 2022: Fiscal Management, Home and In-Lab Studies, and the Utility of APPs
Practical Techniques in OSA Surgery

Breakout sessions will take place on Saturday February 19th from 7:00-7:55 am in the Grand Hyatt

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 16, 2022 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