24th 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 16-17, 2018

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
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, 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 vs. in-laboratory sleep testing;

• Assess the medical and social consequences of sleep apnea and snoring;

• Examine how upper airway imaging can explain the mechanisms of action of upper airway treatments and how it can 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.
FRIDAY, FEBRUARY 16, 2018

7:00 am  Course Registration and Continental Breakfast
7:55  Introduction
8:00  Overview of Sleep Disorders Including Insomnia  Richard J. Schwab, MD
8:30  New Perspectives on the Pathogenesis of OSA – Physiologic Perspective  Robert Owens, MD
8:50  New Perspectives on the Pathogenesis of OSA – Anatomic Perspective  Richard J. Schwab, MD
9:10  Obesity Hypoventilation Syndrome – How Do We Identify and Treat These Patients?  David M. Claman, MD
9:30  Is AHI the Right Metric to Follow in OSA?  Andrew N. Goldberg, MD, MSCE, FACS
9:50  Telemedicine in OSA – New Approaches to Diagnosis and Management  Kathleen F. Sarmiento, MD, MPHTM
10:10  Coffee Break
10:40  Sleep Apnea in Women – How Is It Different?  Grace W. Pien, MD, MSCE
11:00  Managing the Driving Risks of OSA  Kingman P. Strohl, MD
11:20  Relationship Between Cognitive Function, Alzheimer’s Disease and OSA  Allan I. Pack, MB, ChB, PhD
11:40  Sleep Apnea and Cancer  Robert Owens, MD

12:00 pm  Lunch (On Your Own) OR Optional Breakout Sessions ($40 each, includes lunch):
- Polysomnography and Medical Case Presentations
- Practical Techniques in OSA Surgery

1:30  Pro-Con: CPAP Improves CV Outcomes in OSA  Pro: Samuel T. Kuna, MD
     Con: Allan I. Pack, MB, ChB, PhD
2:00  The Nuts and Bolts of CPAP Use – Titration, Tracking, Optimization  Grace W. Pien, MD, MSCE
2:30  Clinical Trials in OSA  Samuel T. Kuna, MD
2:50  Dental Screening in OSA – What to Look for…  Jennifer Buchanan, DDS
3:10  Coffee Break
3:40  Oral Appliances – Better than CPAP?  Peter Cistulli, MD
4:10  The Nose in OSA – Soup to Nuts  Edward M. Weaver, MD, MPH
4:30  CPAP Compliance Tips, Tricks, and Tracking  Moderator: Samuel T. Kuna, MD
     Panelists: Claman, Owens, Pien, Sarmiento, Schwab, Weaver
5:00 pm  Adjourn

5:00 – 7:00 pm  Reception
Enjoy small bites along with a scotch whiskey tasting, locally sourced wines and beverages on the top floor of the Grand Hyatt (complimentary for attendees; guests welcome for an additional fee).

REGISTRATION INFORMATION
Early Bird Ends - 11/14/17
Tuition:
$700.00  Physicians
$525.00  Allied Health Professionals/Nurse Practitioners/Pharmacists/Physician Assistants/Sleep Technicians
$425.00  Residents/Fellows
Regular Fee Begins - 11/15/17
Tuition:
$750.00  Physicians
$625.00  Allied Health Professionals/Nurse Practitioners/Pharmacists/Physician Assistants/Sleep Technicians
$525.00  Residents/Fellows

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

REGISTER VIA:
Online: 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: cme.ucsf.edu.
SATURDAY, FEBRUARY 17, 2018

7:30 am  Continental Breakfast

8:00  Sleep Disorders: The Year in Review  Allan I. Pack, MB, ChB, PhD
8:30  The Relationship of Obesity to OSA  Gary D. Foster, PhD
8:50  Is Your Gut Microbiome Making You Fat?  Andrew N. Goldberg, MD, MSCE, FACS
9:10  New Strategies in Weight Loss  Gary D. Foster, PhD
9:30  Bariatric Surgery for OSA – First Line in Some?  Matthew Lin, MD
9:50  Anesthesia in Overt and Covert OSA  Errol Lobo, MD, PhD
10:10  Coffee Break
10:40  OSA in Children – What’s New?  Garani Nadaraja, MD
11:10  Snoring – Effects and Treatment  Jolie L. Chang, MD
11:30  Apps and Consumer Devices for Sleep and OSA  Robson Capasso, MD
11:50  Question/Answer Session

12:00 pm  Lunch (On Your Own) OR Optional Breakout Sessions ($40 each, includes lunch):
- How to Blend Home and In-lab Sleep Studies
- 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  The Many Flavors of Palate Surgery – Which One Is Best?  Edward M. Weaver, MD, MPH
2:30  Surgery of the Hypopharynx – So Many Choices…  Eric J. Kezirian, MD, MPH
2:50  Coffee Break
3:10  Insights into the Treatment of SDB with Imaging  Richard J. Schwab, MD
3:30  MMA – Primary Treatment for OSA?  Sampeter Odera, DMD, MD
3:50  Hypoglossal Nerve Stimulation – It’s Here!  Jolie L. Chang, MD
4:10  Where Does HNS Fit into Your Treatment Plan?  Kingman P. Strohl, MD
4:30  Treatment of Obstructive Sleep Apnea  
Panelists: Claman, Goldberg, Kezirian, Owens, Pien, Schwab 
Moderator: Edward M. Weaver, MD, MPH
5:15 pm  Adjourn

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. 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 25, 2018, or until the group room block is filled. To make hotel reservations online, visit the Travel & Lodging section on the course website at www.cme.ucsf.edu. If you prefer to telephone in your reservation, call (888) 421-1442. Please identify yourself as a member of this UCSF conference to receive the special rate.

REFUND POLICY
Cancellations received in writing by February 15, 2018 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 cme.ucsf.edu for more information and discount codes.
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Mail to: UCSF Office of CME
P.O. Box 45368
San Francisco, CA 94145-0368
Fax: (415) 502-1795

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

☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms.

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Date of birth to be used as OCME registrant number: ______ / ______ / XX

Please indicate if you have any special needs: ________________________________

REGISTRATION FEES

Early Bird (Available until 11/14/17)
Physicians ______________________ $700
Allied Health Professionals/Nurses/Nurse Practitioners/Pharmacists/Physician Assistants/Sleep Technicians ______________________ $525
Residents/Fellows ______________________ $425

Regular Fee (After 11/14/17)
Physicians ______________________ $750
Allied Health Professionals/Nurses/Nurse Practitioners/Pharmacists/Physician Assistants/Sleep Technicians ______________________ $625
Residents/Fellows ______________________ $525

WINE RECEPTION – TICKETS
Attendee Ticket to Reception (This ticket request confirms your attendance at the Friday Night Reception) ______________________ Complimentary
Additional Adult Ticket to Reception ______________________ $25 each
Child Ticket to Reception ______________________ $15 each

OPTIONAL BREAKOUT SESSIONS – INCLUDES LUNC
Please Choose: ☐ Polysomnography and Medical Case Presentations OR ______________________ $40 Friday
☐ Practical Techniques in OSA Surgery
☐ How to Blend Home and In-lab Sleep Studies OR ______________________ $40 Saturday
☐ Surgical Case Presentations

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

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Refund Policy: Cancellations received in writing by 02/15/18 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: cme.ucsf.edu

Grand Hyatt on Union Square
345 Stockton Street, San Francisco, California, USA 94108
(415) 398-1234 • (888) 421-1442 • grandsanfrancisco.hyatt.com
COURSE DIRECTORS

Andrew N. Goldberg, MD, MSCE, FACS
Professor and Vice Chair
Director, Division of Rhinology and Sinus Surgery,
Roger Boles, MD Endowed Chair in 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 and Vice Chair
Division of Sleep Medicine
Pulmonary, Allergy and Critical Care Division
Department of Medicine
Perelman School of Medicine at the University of Pennsylvania

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

Matthew Lin, MD
Assistant Professor
Department of Surgery

Sampeter Odera, DMD, MD
Assistant Professor of Oral and Maxillofacial Surgery,
UCSF School of Dentistry

Robert Owens, MD
Assistant Professor of Medicine
University of California, San Diego

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

Kathleen F. Sarmiento, MD, MPH
Associate Professor of Medicine
Director, Sleep Medicine
San Francisco VA Healthcare System

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

Edward M. Weaver, MD, MPH
Professor of Otolaryngology;
Chief of Sleep Surgery, University of Washington
Seattle, WA

COURSE FACULTY

(University of California, San Francisco unless otherwise noted)

Jennifer Buchanan, DDS
Assistant Professor
UCSF School of Dentistry

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
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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

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