22nd ANNUAL
Advances in Diagnosis and Treatment of Sleep Apnea and Snoring
Grand Hyatt on Union Square
San Francisco, CA

FEBRUARY 12-13, 2016

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 Sleep Medicine, Otolaryngology-Head and Neck Surgery, Pulmonary and Critical Care Medicine, Oral and Maxillofacial Surgery, Dentistry, Pediatrics, Bariatric Surgery, Neurology and Obesity Research will share their medical and surgical expertise in didactic sessions, case presentations and workshops. 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, 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;
• Evaluate how upper airway imaging demonstrates the impact of treatments and may 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.

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

Optional Sessions are each worth 1.50 additional AMA PRA Category 1 Credits™.

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.

Pharmacy: 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™.

Physician Assistants: American Academy of Physician Assistants accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and AMA PRA Category 1 Credit™ from organizations accredited by the ACCME.
FRIDAY, FEBRUARY 12, 2016

7:15 am  Course Registration and Continental Breakfast

7:55  Introduction

8:00  Overview of Sleep Disorders Including Insomnia  Richard J. Schwab, MD

8:30  Pathophysiology, Phenotypes, and Clinical Presentation of Sleep Apnea  Atul Malhotra, MD

9:00  New Perspectives on the Pathogenesis of OSA – Anatomic Perspective  Richard J. Schwab, MD

9:20  Is AHI the Right Metric to Follow in OSA?  Andrew N. Goldberg, MD, MSCE

9:40  Cardiovascular Consequences in OSA  Atul Malhotra, MD

10:10  Coffee Break

10:40  Sleep Apnea in Women – Pregnancy and Menopause  Grace W. Pien, MD, MSCE

11:00  Complex Sleep Apnea – Is it a Disease?  David M. Claman, MD

11:20  Updates in Obesity – Hypoventilation Syndrome  Bernie Sunwoo, MD

11:40  Sleep Telemedicine – Does it Work?  Samuel T. Kuna, MD

12:00 pm  Lunch or Optional Breakout Sessions ($30 each, includes lunch):

- Polysomnography and Medical Case Presentations
- Practical Techniques in OSA Surgery

1:30  Portable Sleep Studies – A New Age Is Here  Samuel T. Kuna, MD

2:00  Snoring – Outcomes and Treatment  Jolie L. Chang, MD

2:20  CPAP – the Treatment of Choice for OSA?  Samuel T. Kuna, MD

2:50  The Nuts and Bolts of CPAP Use – Titration, Tracking, Optimization and When to Quit  Grace W. Pien, MD, MSCE

3:20  Reimbursement and Coding – What’s New for 2016  Marc I. Raphaelson, MD

3:40  Coffee Break

4:10  Oral Appliances – Better than CPAP?  Peter Cistulli, MD

4:40  The Nose in OSA – Soup to Nuts  Edward M. Weaver, MD, MPH

5:10  Treating Central Sleep Apnea in 2016 – If not ASV then What?  Allan I. Pack, MB, ChB, PhD

5:30 pm  Adjourn

5:30 –  Vino, Views and Brews Reception

7:00 pm  Enjoy local wines, beers, and delicacies on the top floor of the Grand Hyatt (complimentary for attendees; guests welcome for an additional fee).

GENERAL INFORMATION
REGISTRATION INFORMATION
Tuition:  $725  Physicians
$600  Nurses/Allied Health Professionals/Fellows
Payment may be made by Visa, MasterCard, AmEx or check.
REGISTER VIA:
Online:  www.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: www.cme.ucsf.edu.
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.
SATURDAY, FEBRUARY 13, 2016

7:30 am  Continental Breakfast
8:00  Sleep Disorders: The Year in Review  Allan I. Pack, MB, ChB, PhD
8:30  Obesity, Weight Loss, and OSA  Gary D. Foster, PhD
8:50  Is Your Gut Microbiome Making You Fat?  Andrew N. Goldberg, MD, MSCE
9:10  The Sugar Pandemic – Where We Are and What to Do  Kirsten Bibbins-Domingo, MD, PhD, MAS
9:40  Recent Advances in Obesity Treatment  Gary D. Foster, PhD
10:20  Coffee Break
10:50  OSA in Children – Diagnosis, Effects, and Treatment  Anna K. Meyer, MD, FAAP
11:40  Anesthesia and the OSA Patient  Errol Lobo, MD, PhD

12:00 pm  Lunch or Optional Breakout Sessions ($30 each, includes lunch):
(on your own)
• 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  UP3 – Is There a Better Way?  Edward M. Weaver, MD, MPH
2:40  Surgery of the Hypopharynx – So Many Choices…  Eric J. Kezirian, MD, MPH
3:10  Coffee Break
3:30  Insights into the Treatment of SDB with Imaging  Richard J. Schwab, MD
3:50  MMA – When and How?  Sampeter Odera, DMD, MD
4:10  Hypoglossal Nerve Stimulation – Has Its Time Come?  Eric J. Kezirian, MD, MPH
4:30  Novel Options for Snoring and OSA  Robson Capasso, MD
4:50  The Future of Sleep Medicine  Allan I. Pack, MB, ChB, PhD
5:10  Treatment of Obstructive Sleep Apnea  
Panelists: Kezirian, Malhotra, Schwab, Kuna, Goldberg
      Moderator: Edward M. Weaver, MD, MPH
5:40 pm  Adjourn
COURSE DIRECTORS
Andrew N. Goldberg, MD, MSCE
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COURSE FACULTY
(Kevin University of California, San Francisco unless otherwise noted)
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Professor and Director
Sleep Disorders Center
Department of Medicine

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University of Pennsylvania Medical Center and Chief, Sleep Medicine Section
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Errol P. Lobo, MD, PhD
Professor and Vice-Chair, Department of Anesthesiology and Perioperative Care; Medical Director, Perioperative Services

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Bernie Sunwoo, MD
Assistant Professor of Medicine
Division of Pulmonary, Critical Care, Allergy and Sleep Medicine
Edward M. Weaver, MD, MPH
Professor of Otolaryngology; Chief of Sleep Surgery, University of Washington Seattle, WA

Upcoming CME Courses
Sialendoscopy / Salivary Duct Surgery Course
November 4, 2015
Grand Hyatt, San Francisco, California
Otolaryngology Update 2015
November 5-7, 2015
Grand Hyatt, San Francisco, California
23rd Annual Advances in the Diagnosis and Treatment of Sleep Apnea and Snoring
February 17-19, 2017
Disney’s BoardWalk Inn
Lake Buena Vista, Florida

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22nd ANNUAL ADVANCES IN SLEEP APNEA AND SNORING

February 12-13, 2016

Grand Hyatt on Union Square • San Francisco, California

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San Francisco, CA 94145-0368
Fax: (415) 502-1795

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

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Please indicate if you have any special needs: ____________________________

REGISTRATION FEES

Physicians $725
Nurses/Allied Health Professionals/Residents/Fellows $600

WINE RECEPTION – TICKETS

Attendee Ticket to Reception Complimentary
Additional Adult Ticket to Reception $20 each
Child Ticket to Reception $10 each

OPTIONAL BREAKOUT SESSIONS – INCLUDES LUNCH

Please Choose:
☐ Polysomnography and Medical Case Presentations OR $30 Friday
☐ Practical Techniques in OSA Surgery
☐ How to Blend Home and In-lab Sleep Studies OR $30 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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