

## Friday, February 16, 2024

7:00 am	<i>Registration and Continental Breakfast</i>	
7:55	<b>Introduction</b>	
8:00	<b>Overview of Sleep Disorders 2024</b>	Richard J. Schwab, MD
8:30	<b>Quality and Quantity of Sleep in OSA</b>	Aric Prather, PhD
8:50	<b>Women with OSA: The Role of Menopause</b>	Rochelle Zak, MD
9:10	<b>The Microbiome and OSA</b>	Andrew N. Goldberg, MD, MSCE
9:30	<b>Weight Control - Diet, Surgery, Drugs - Landscape Disruption!</b>	Diana Thiara, MD
10:10	<i>Coffee Break</i>	
10:40	<b>Physical Exam and Anatomy in OSA</b>	Megan Durr, MD
11:00	<b>Pros and Cons of DISE</b>	Eric J. Kezirian, MD, MPH
11:20	<b>Multiphasic Imaging for OSA</b>	Richard J. Schwab, MD
11:40	<b>When to Refer for Surgery?</b>	Edward Weaver, MD, MPH
12:00 pm	<i>Lunch (On Your Own)</i>	
1:30	<b>Goal Directed Treatment: How and Why?</b>	Jolie L. Chang, MD
1:45	<b>Health Risk Reduction with Medical Therapy</b>	Ilene Rosen, MD
2:00	<b>Health Risk Reduction with Surgical Therapy</b>	Raj C. Dedhia, MD, MSCR
2:15	<b>Panel: PAP Challenges – We All Have Them!</b> <i>Moderator:</i> Kathleen Sarmiento, MD	<b>Panelists:</b> 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	<b>Choose Your Track – Medicine, Surgery, APP</b>	
3:30 – 4:30	<b>Medical Track Moderator:</b> Richard J. Schwab, MD <b>Sleep Practice Challenges</b>	<b>Panelists:</b> Liza Ashbrook, MD David M. Claman, MD Katherine Malcolm, MD, MPH Aric Prather, PhD Nalaka S. Gooneratne, MD
4:30 – 5:00	<b>Discussion</b>	
3:30 – 4:00	<b>Surgical Track Moderator:</b> Andrew Goldberg, MD <b>Surgical Techniques – How to...</b>	<b>Panelists:</b> 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	<b>Panel: Which Procedure? How to Choose</b>	
3:30 – 5:00	<b>Advanced Practice Provider Track</b> <i>Moderator:</i> Ilene Rosen, MD <b>What to Expect as You Start in Sleep Medicine – A Primer for Advanced Practice Providers</b>	<b>Panelists:</b> 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	<b>Networking Reception</b>	

## Saturday, February 17, 2024

7:00 am	<i>Continental Breakfast</i>	
8:00	<b>OSA Year in Review</b>	Allan I. Pack, MBChB, PhD, FRCP
8:20	<b>OSA in the Elderly</b>	Nalaka S. Gooneratne, MD
8:40	<b>Beyond the AHI – Best Metrics for OSA</b>	Atul Malhotra, MD
9:00	<b>Complementary and Alternative Med Options</b>	Nalaka S. Gooneratne, MD
9:20	<b>Lightning Rounds! Medications That Affect Sleep</b>	
	<ul style="list-style-type: none"> <li>• <b>Cannabis</b></li> <li>• <b>Oxybutynin</b></li> <li>• <b>Acetazolamide</b></li> <li>• <b>Modafinil</b></li> <li>• <b>Melatonin</b></li> </ul>	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	<b>Glymph: What is it and Why Should I Care?</b>	Liza Ashbrook, MD
10:45	<b>OSA and Alzheimer’s Disease</b>	Allan I. Pack, MBChB, PhD, FRCP
11:15	<b>Lightning Rounds! OSA Interactions</b>	
	<ul style="list-style-type: none"> <li>• <b>Obesity Hypoventilation Syndrome</b></li> <li>• <b>Atrial Fibrillation</b></li> <li>• <b>COVID-19</b></li> <li>• <b>Down Syndrome</b></li> <li>• <b>Racial Disparities in OSA Treatment</b></li> </ul>	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	<b>Oral Appliances in OSA</b>	Peter Cistulli, MBA, PhD, FRACP ( <i>via webcast</i> )
1:50	<b>Pediatric OSA – T&amp;A and Then What?</b>	Garani S. Nadaraja, MD
2:05	<b>Multilevel Surgery Trials for OSA</b>	Edward Weaver, MD, MPH
2:20	<b>Surgery Shorts - Risks and Outcomes</b>	
	<ul style="list-style-type: none"> <li>• <b>Palatopharyngoplasty 2024</b></li> <li>• <b>Maxillary Expansion</b></li> <li>• <b>Maxillomandibular Advancement</b></li> <li>• <b>Nasal Surgery</b></li> <li>• <b>Postop Opioid Use</b></li> </ul>	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	<b>Panel: Hypoglossal Nerve Stimulation - Challenges</b> <i>Moderator: Eric J. Kezirian, MD, MPH</i>	<b>Panelists:</b> Richard J. Schwab, MD Raj C Dedhia, MD, MSCR Jolie L. Chang, MD Robson Capasso, MD Atul Malhotra, MD
	<ul style="list-style-type: none"> <li>• Patient Selection Criteria</li> <li>• Titration and Management</li> <li>• Role of Anatomic Surgery in the Era of HNS</li> </ul>	
4:30	<b>Consumer Tech: Wearables and Nearables</b>	Jolie L. Chang, MD
4:45	<b>New Technologies for OSA Detection</b>	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  
Department of Otolaryngology – Head and Neck Surgery,  
University of California, San Francisco

#### **Eric J. Kezirian, MD, MPH**

Professor-in-Residence  
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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  
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#### **David M. Claman, MD**

Professor of Medicine  
Director, UCSF Sleep Disorders Center  
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### **Faculty**

#### **Liza Ashbrook, MD**

Associate Professor of Neurology  
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#### **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

#### **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  
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**Megan Durr, MD**

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Director of Quality  
Interim Chief of Otolaryngology,  
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**Katherine Malcolm, MD, MPH**

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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,  
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**Jennifer Montoure, MSN, ARNP, FNP-C**

Family Nurse Practitioner  
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Assistant Dean for Graduate Medical Education  
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VHA National Program Executive Director, Sleep Medicine  
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**Amy F. Thomas Bash, MSN, AGPCNP-BC**

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