

Update on Management of Sleep Apnea

June 17, 2017
1-Day Comprehensive Course



Obstruction

 **Weill Cornell Medicine**
Otolaryngology
Head & Neck Surgery

Update on Management of Sleep Apnea

June 17, 2017
1-Day Comprehensive Course

Location

Weill Cornell Medical College
Belfer Building
413 E. 69th Street
Room 204 A & B
New York, N.Y. 10021

COURSE INFORMATION

Registration Fee: \$150.00
Includes continental breakfast, lunch, and coffee breaks.

Register for the Course:
Registration/Disclosure Information
<http://cornellent.org/rsvp.html>

Please Contact:
Marie M. Toussaint
MPA, Credentialing Coordinator
Phone: 212-746-2226
Email: mot2005@med.cornell.edu

Accommodations

Accommodations may be made through the provided links.

Helmsley Guest Facility:
<http://www.nypguestfacility.com/>

Affinia Gardens NYC:
<http://www.affinia.com/gardens>

Course Co-Directors:

Maria V. Suurna, MD, FACS
Assistant Professor of Otolaryngology
Dept. of Otolaryngology-Head and Neck Surgery
Weill Cornell Medicine, New York, N.Y.

Ashutosh Kacker, MBBS, MD
Professor of Clinical Otolaryngology
Dept. of Otolaryngology-Head and Neck Surgery
Weill Cornell Medicine, New York, N.Y.

Special Guest Faculty

Martin Bassiur, DDS
Assistant Clinical Professor
Director, Orofacial Pain Management
and Dental Sleep Medicine
Mount Sinai Medical Center, New York, N.Y.

Ofer Jacobowitz MD, Ph.D, FAASM
Assistant Professor
Mount Sinai Medical Center, New York, N.Y.
Sleep Surgery and Sleep Medicine Specialist
ENT and Allergy Associates
Associate Director, Orange Regional Medical Center
for Sleep Disorders

Mark A. D'Agostino MD, FACS
Southern New England Ear Nose and Throat Group
Clinical Instructor Yale School of Medicine
Assistant Professor of Surgery Frank Netter School
of Medicine Quinnipiac University

Jordan C Stern, MD
Founder & CEO, BlueSleep

 **Weill Cornell Medicine**
Otolaryngology
Head & Neck Surgery
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Weill Cornell Medicine, Guest Faculty

Daniel A. Barone, MD, FAASM
Assistant Professor of Neurology
Center for Sleep Medicine

David A. Behrman, DMD
Associate Attending Oral and Maxillofacial Surgery
Associate Professor of Surgery
Chief, Oral & Maxillofacial Surgery and Dentistry
Division of Oral and Maxillofacial Surgery

Erica C. Jones, M.D., FACC
Associate Professor of Clinical Medicine
Director, HeartHealth Program
Director, Cardiology Fellowship Program
Departments of Medicine (Cardiology) and Radiology

Ana C. Krieger, MD, MPH, FCCP, FAASM
Associate Professor of Clinical Medicine
Medical Director, Center for Sleep Medicine
Departments of Medicine, Neurology
and Genetic Medicine

Alfons Pomp MD FACS FRCS
Leon C. Hirsch Professor
Vice Chairman, Department of Surgery
Chief, GI, Metabolic and Bariatric Surgery

Katherine H. Saunders, MD
Instructor of Medicine
Comprehensive Weight Control Center
Division of Endocrinology, Diabetes & Metabolism

Alan Z. Segal, MD
Associate Professor of Clinical Neurology
Director, New York Presbyterian-Cornell
Inpatient Neurology Services

Ralph Slepian, MD
Professor of Clinical Anesthesiology
Vice Chair, Clinical Operations
Department of Anesthesiology

Weill Cornell Medical College, Full-Time Faculty, Department of Otolaryngology-Head and Neck Surgery

Joshua I. Levinger, MD
Assistant Professor of Otolaryngology

Columbia University Herbert and Florence Irving Medical Center

Amy D. Atkeson, MD
Assistant Professor of Medicine
Division of Pulmonary, Allergy & Critical Care Medicine

Update on Management of Sleep Apnea

Morning Session

- 8:00-8:15 **Registration**
8:15-8:30 **Introduction**
Evaluation and Management of Sleep Disorders
8:30-8:50 **Evaluation of Patients with Sleep Disorders**
– Ana Krieger, MD
8:50-9:10 **Cardiac Manifestations of Undiagnosed and Untreated Sleep Apnea** – Erica Jones, MD
9:10-9:30 **Medical Implications of Untreated Snoring**
– Alan Segal, MD
9:30-9:50 **Perioperative Management of Patients with Sleep Apnea** – Ralph Slepian, MD
9:50-10:00 **Questions**
10:00-10:20 **Coffee Break**

Identified Practice Gaps/Educational Needs

Obstructive sleep apnea is a prevalent disorder and 18 million Americans are affected by it. \$3.4 billion estimated annual health care costs in the US are associated with undiagnosed sleep apnea. Physicians often fail to recognize patients with sleep apnea. This course will educate the audience on how to diagnose and treat sleep apnea. The participants will learn about the latest diagnostic techniques and treatment options for the patients affected by the disease.

Sleep apnea is a prevalent disorder and physicians in different specialties encounter and manage patients with sleep apnea. Each specialty offers unique treatment options. Physicians often lack knowledge or access to latest medical developments within different specialties. The participants will acquire skills on how to evaluate patients (exam, appropriate history, sleep study, etc.), how to medically (CPAP, oral appliances, etc.) and surgically treat the patients. They will acquire skills and competence on multidisciplinary approach to management of patients with sleep apnea to improve patient treatment outcomes and on establishing multispecialty networks.

The physicians have become more aware of health problems associated with untreated sleep apnea. Use of proper screening and diagnostic techniques will have significant impact on improving care of patients with sleep apnea. The course will teach the participants how to recognize patients with the disease, provide them with diagnostic skills and knowledge of multidisciplinary approach and referral channels for treatment of sleep apnea.

Technology Advances in Sleep Medicine

- 10:20-10:40 **Innovations in Diagnostics, Sleep data Monitoring, CPAP Treatment and Compliance**
– Daniel Barone, MD
10:40-11:00 **Telemedicine – New approach to Diagnosis and Treatment of Sleep Problems**– Jordan Stern, MD
Alternative to CPAP Treatment
11:00-11:20 **Medical Strategies for Weight Loss**
– Katherine Saunders, MD
11:20-11:40 **Positional Therapy** – Amy Atkeson, MD
11:40-12:00 **Oral Appliance Therapy** – Martin Bassiur, DDS
12:00-1:00 **Lunch**

Afternoon Session

- Surgery for OSA**
1:00-1:20 **Nasal Surgery and Sleep Disordered Breathing**
– Joshua Levinger, MD
1:20-1:40 **Oropharyngeal Surgery: UPPP vs Multilevel Surgery** – Ashutosh Kacker, MD

Target Audience

Specialties that treat sleep disorders.

This course is designed for physicians as well as nurses and other allied health professionals who specialize in the treatment and diagnosis of sleep disorders in the adult and pediatric community.

Educational Objectives

It is intended that this Weill Cornell CME activity will lead to improved patient care, including improvement in knowledge, competence, and performance. At the conclusion of this activity, participants should be able to:

- Describe the pathophysiology of obstructive sleep apnea (OSA) and the importance of various specialties in the treatment of this disease.
- Recognize the common causes of CPAP intolerance and understand the role of adjunctive or alternative therapies in the treatment of this disorder.
- Become familiar with most current sleep apnea medical and surgical evaluation and treatment options.
- Organize and implement a successful multidisciplinary team to treat patients with OSA.

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- 1:40-2:00 **Base of Tongue Surgery**– Mark D'Agostino, MD
2:00-2:20 **Maxillomandibular Advancement Surgery**
– David Behrman, DDS, MD
2:20-2:40 **Selective Neurostimulation Implant for OSA**
– Maria Suurna, MD
2:40-3:00 **Bariatric Surgery and OSA** – Alfons Pomp, MD
3:00-3:20 **New Technology in OSA Surgery**
– Ofer Jacobowitz, MD
3:20-3:30 **Questions**
3:30-3:50 **Coffee Break**
3:50-4:50 **Case Presentations**
Moderators:
– Ashutosh Kacker, MD
– Maria Suurna, MD
Panelists:
– Ana Krieger MD
– Ofer Jacobowitz MD
– Mark D'Agostino MD
– David Behrman DDS MD
– Martin Bassiur DDS

Accreditation and Credit Designation Statements

Weill Cornell Medical College is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Weill Cornell Medical College designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credit(s)*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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