

14th ANNUAL

# Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

**NEW LOCATION!**

**Four Seasons Hotel  
San Francisco, CA**

FRIDAY - SUNDAY  
**FEBRUARY 15-17, 2008**  
PRESIDENTS' DAY WEEKEND

## **COURSE DIRECTORS**

**ANDREW N. GOLDBERG, MD, MSCE**  
University of California, San Francisco

**ERIC J. KEZIRIAN, MD, MPH**  
University of California, San Francisco

**RICHARD J. SCHWAB, MD**  
University of Pennsylvania Medical Center



# faculty

## COURSE CHAIRS

### **ANDREW N. GOLDBERG, MD, MSCE**

Professor, Department of Otolaryngology–Head and Neck Surgery  
University of California, San Francisco CA

### **ERIC J. KEZIRIAN, MD, MPH**

Assistant Professor, Department of Otolaryngology–Head and Neck Surgery  
University of California, San Francisco CA

### **RICHARD J. SCHWAB, MD**

Associate Professor, Pulmonary, Allergy and Critical Care Division  
Division of Sleep Medicine, Department of Medicine  
University of Pennsylvania Medical Center, Philadelphia PA

## COURSE FACULTY { University of California, San Francisco CA unless otherwise note }

### **David M. Claman, MD**

Associate Professor, Department of Medicine; Director, Sleep Disorders Center Medicine

### **William C. Dement, MD, PhD**

Director, Sleep Disorders Clinic and Laboratory; Stanford School of Medicine, Stanford CA

### **Gary D. Foster, PhD**

Director, Center for Obesity Research and Education  
Professor, Medicine and Public Health; Temple University, Philadelphia PA

### **Richard L. Goode, MD**

Professor of Otolaryngology; Stanford School of Medicine, Stanford CA

### **Christian Guilleminault, MD**

Associate Director, Sleep Disorders Clinic and Research Center at Stanford  
Professor, Psychiatry and Behavioral Sciences; Stanford School of Medicine, Stanford CA

### **David W. Kim, MD**

Assistant Professor of Otolaryngology  
Director, Division of Facial Plastic and Reconstructive Surgery

### **Samuel T. Kuna, MD**

Associate Professor, University of Pennsylvania  
Chief, Pulmonary, Critical Care and Sleep Section; Philadelphia Veterans Affairs Medical Center  
University of Pennsylvania Medical Center, Philadelphia PA

### **Kasey K. Li, MD, DDS**

Adjunct Associate Clinical Professor in Sleep Medicine  
Department of Psychiatry; Stanford School of Medicine, Stanford CA

### **David N. Neubauer, MD, MA**

Associate Director, Johns Hopkins Sleep Disorders Center  
Assistant Professor, Psychiatry; Johns Hopkins University School of Medicine, Baltimore MD

### **Allan I. Pack, MB, ChB, PhD**

Professor, Chief, Division of Sleep Medicine, Department of Medicine  
Director, Center for Sleep and Respiratory Neurobiology  
University of Pennsylvania Medical Center, Philadelphia PA

### **Marc I. Raphaelson, MD**

Director, Greater Washington Sleep Disorders Center; Rockville MD

### **Robert W. Riley, DDS, MD**

Associate Clinical Professor; Stanford School of Medicine, Stanford CA

### **Stanley J. Rogers, MD**

Associate Professor, Department of Surgery

### **Kristina W. Rosbe, MD, FAAP**

Associate Professor, Otolaryngology and Pediatrics, Director of Pediatric Otolaryngology

### **David C. Stanton, DMD, MD**

Associate Professor, Department of Oral Maxillofacial Surgery  
Director, Residency Program; University of Pennsylvania Medical Center

### **Edward M. Weaver, MD, MPH**

Associate Professor of Otolaryngology, Surgical Program Director of Sleep Disorders Center  
University of Washington and Harborview Medical Center, Seattle WA

## COURSE OVERVIEW

This course has been coordinated through the University of California, San Francisco, the Penn Sleep Centers and the Department of Otorhinolaryngology: Head and Neck Surgery 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 of sleep science from Pulmonary and Critical Care Medicine, Otolaryngology, Head and Neck Surgery, and Oral and Maxillofacial Surgery will share their medical and surgical expertise in didactic sessions and during a panel discussion. There will be ample opportunity for interaction with participating faculty. A course syllabus, complete with program outline and up-to-date references will be provided to each participant.

## TARGET AUDIENCE

This continuing medical education program is intended for the physician in Otolaryngology, Pulmonary Medicine, Oral Maxillofacial Surgery, Family Practice, Internal Medicine, Neurology and Psychiatry. Sleep and respiratory therapy technologists are also invited to attend this program.

## OBJECTIVES

*Upon completion of this course, participants should be able to:*

- ▶ Discuss new developments in the pathogenesis, diagnosis and management of patients with sleep disordered breathing.
- ▶ Identify new and alternative treatments for sleep apnea and snoring.
- ▶ Discuss the ramifications of sleep apnea and driving.
- ▶ Assess new insights from upper airway imaging.
- ▶ Review the medical, social and economical consequences of sleep apnea and snoring.

## HOW TO ENROLL

**\$675 Physicians**

**\$575 Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows**

Pre-registration is preferred to ensure that registrants receive a syllabus and CME Certificate at the course. Payment can be made by Visa, MasterCard, American Express or check. **Register via:**

**Online** [www.cme.ucsf.edu](http://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 registration form to  
**415/ 502 1795**

*{ please include your credit card number }*

## ON-SITE REGISTRATION

Generally we are able to accommodate on-site registration at our courses. 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](http://www.cme.ucsf.edu)**

## REFUNDS

Cancellation requests received in writing before the first day of the course will be refunded, less a **\$75** administrative fee. No refunds will be made on cancellations received after that date.

## ACCREDITATIONS

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 educational activity for a maximum of 14.25 AMA PRA Category Credit(s)<sup>™</sup>. Physician should only claim 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. For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category Credit(s)<sup>™</sup> issued by organizations accredited by the ACCME. 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 Credit(s)<sup>™</sup>.

# course schedule

## FRIDAY – FEBRUARY 15, 2008

- 7:00 – 8:00 am **REGISTRATION, CONTINENTAL BREAKFAST AND EXHIBIT VIEWING**
- 8:00 – 8:30 **Overview of Sleep Disorders** Richard J. Schwab  
▶ Normal Sleep Architecture, Sleep Deprivation  
▶ Narcolepsy, Insomnia, Parasomnias, Menopause, PLM
- 8:30 – 9:00 **Outcomes and Multidisciplinary Treatment of Insomnia**  
David N. Neubauer  
▶ Effect of Insomnia on Outcomes  
▶ New Behavioral and Hypnotic Treatments
- 9:00 – 9:30 **Pathophysiology and Clinical Presentation of Sleep Apnea**  
Allan I. Pack  
▶ Definitions – UARS, RERA, OSA, REM Related Apnea  
▶ Epidemiology, Genetics, Pathogenesis
- 9:30 – 9:50 **Indications for Ambulatory Sleep Studies** Samuel T. Kuna  
▶ Who Should Have a Home Sleep Study?  
▶ What is the Best Equipment?
- 9:50 – 10:10 **Outcome Measures in OSA** Andrew N. Goldberg  
▶ Biomarkers, QOL, Cognitive Effects  
▶ Sleep Study Indices, Snoring
- 10:10 – 10:40 **BREAK AND EXHIBIT VIEWING**
- 10:40 – 11:00 **Relationship of Sleep Apnea to Obesity** Gary D. Foster  
▶ Metabolic syndrome, insulin and leptin resistance  
▶ Update on Sleep Ahead Study
- 11:00 – 11:20 **Diagnosis/Management of Obesity-Hypoventilation Syndrome**  
David M. Claman
- 11:20 – 11:50 **Cardiovascular Consequences of Sleep Apnea** Samuel T. Kuna  
▶ Myocardial Infarction, Arrhythmias, CHF  
▶ Hypertension, Stroke
- 11:50 – 12:10 pm **Should Patients with Sleep Apnea Drive?** Allan I. Pack  
▶ Medicolegal Risks  
▶ When to Revoke a License
- 12:10 – 12:40 **CPAP: The Treatment of Choice for SDB** Samuel T. Kuna  
▶ Clinical Outcomes with CPAP  
▶ CPAP Compliance
- 12:40 – 1:10 **BOX LUNCH**
- 1:10 – 1:30 **New PAP Interfaces and Adherence Tracking Systems**  
Richard J. Schwab  
▶ CPAP, BiPAP, AutoPAP  
▶ New Interfaces and CPAP Tracking
- 1:30 – 1:50 **Nasal Evaluation and Non-surgical Therapy in SDB**  
Edward M. Weaver  
▶ Significance of Nasal Obstruction  
▶ Evaluation and Medical Treatment of Nasal Obstruction
- 1:50 – 2:10 **Physical Examination and Endoscopy for OSA** Eric J. Kezirian  
▶ Normal and Abnormal Upper Airway Anatomy  
▶ Drug Induced Sleep Endoscopy

- 2:10 – 2:30 **Critical Review of T&A in Treatment of Sleep Apnea in Children**  
Kristina W. Rosbe
- 2:30 – 3:00 **Pediatric OSA Treatment: Beyond T&A** Kasey K. Li  
 ▶ Nasal Obstruction  
 ▶ Maxillary and Maxillomandibular Expansion
- 3:00 – 3:30 **BREAK AND EXHIBIT VIEWING**
- 3:30 – 4:00 **Health and Societal Costs of Adult and Pediatric OSA**  
Christian Guillemineault
- 5:15 – 7:15 **WINE TASTING RECEPTION** {Registration Required}  
Four Seasons Hotel
- 4:15 – 5:15 **SIMULTANEOUS BREAK-OUT SESSIONS** {Registration Required}
- ▶ **Seminar in Medical Techniques/Decision Making\***  
Guillemineault/Kuna/Neubauer/Pack/Schwab
- or
- ▶ **Surgical Lab for Sleep Apnea Techniques\*\***  
Goldberg/Goode/Kezirian/Li/Riley/Stanton/Weaver
- \*Case presentations with an emphasis on medical treatments. Bring cases for presentation and discussion!*
- \*\*Limited to 30. Hands on experience with surgical techniques (palatal implants, genioglossus advancement, radiofrequency and tongue suspension).*

## **SATURDAY – FEBRUARY 16, 2008**

- 7:15 – 8:00 am **CONTINENTAL BREAKFAST AND EXHIBIT VIEWING**
- 8:00 – 8:30 **How to Achieve Weight Loss in Sleep Apnea** Gary D. Foster  
 ▶ Behavioral Strategies for Weight Loss  
 ▶ Role of Medications
- 8:30 – 8:50 **Indications for Bariatric Surgery in Patients with Sleep Apnea**  
Stanley J. Rogers  
 ▶ Indications  
 ▶ Outcome Data
- 8:50 – 9:20 **Overview of Oral Appliances and their Clinical Indications**  
David S. Stanton  
 ▶ Indications  
 ▶ What is the Best Oral Appliance?
- 9:20 – 9:40 **Surgical Treatment of Nasal Obstruction** David W. Kim  
 ▶ Septoplasty, Turbinate Surgery  
 ▶ Advanced Techniques
- 9:40 – 10:00 **Perioperative Management of OSA Patients** Andrew N. Goldberg  
 ▶ Sleep Apnea Surgery  
 ▶ Non-Upper Airway Surgery
- 10:00 – 10:30 **BREAK AND EXHIBIT VIEWING**
- 10:30 – 10:50 **Insights into Management of SDB Utilizing Upper Airway Imaging**  
Richard J. Schwab  
 ▶ Phenotyping the Pharynx  
 ▶ Upper Airway Changes with Surgery, Appliances, CPAP, Weight Loss
- 10:50 – 11:20 **Identifying Sites of Obstruction in OSA** Eric J. Kezirian  
 ▶ Techniques for Identifying Sites of Obstruction  
 ▶ Correlating the Sites of Obstruction with Surgical Options
- 11:20 – 11:50 **Surgical Treatment of the Soft Palate** Edward M. Weaver  
 ▶ Methods – Office Based vs Operating Room  
 ▶ Outcomes Data and Complications

- 11:50 – 12:20 pm      **Surgical Treatment: Hypopharynx and Maxillomandibular Advancement** Robert W. Riley  
 ▶ Methods – Office Based vs Operating Room  
 ▶ Outcome Data and Complications
- 12:20 – 12:40      **New Technologies for Treatment of Snoring and Sleep Apnea**  
 Richard L. Goode  
 ▶ Evolving Surgical Approaches  
 ▶ New Techniques and Technologies
- 12:40 – 1:10      **BOX LUNCH** { For Break-Out Participants }
- 1:10 – 2:10      **SIMULTANEOUS BREAK-OUT SESSIONS** { Registration Required }  
 ▶ **Seminar in Surgical Techniques/Decision Making**  
 Goldberg/Goode/Kezirian/Li/Riley/Stanton/Weaver  
 or  
 ▶ **Management of a Fiscally Sound Sleep Lab\***  
 Marc I. Raphaelson
- \*This session will use a "town hall" format to discuss various economic aspects of sleep medicine.*

## **SUNDAY – FEBRUARY 17, 2008**

- 7:15 – 8:00 am      **CONTINENTAL BREAKFAST AND EXHIBIT VIEWING**
- 8:00 – 8:45      **Medical Economics and Reimbursement** Marc I. Raphaelson  
 ▶ Update on CPT Coding  
 ▶ Reimbursement for PSG, CPAP, Oral Appliances, Surgery
- 8:45 – 9:30      **The Politics of Sleep** William C. Dement
- 9:30 – 10:15      **Sleep Disorders: Year in Review** Allan I. Pack  
 ▶ Update on Sleep Apnea  
 ▶ Update on Narcolepsy, PLMs, Insomnia
- 10:15 – 11:00      **Pro/Con Debate: Surgery is Indicated in the Treatment of Sleep Apnea**  
 ▶ Pro: Edward M. Weaver  
 ▶ Con: Allan I. Pack
- 11:00      **ADJOURN AND CME CERTIFICATES**

### **UPCOMING COURSES** { all in San Francisco, CA unless otherwise noted }

- ▶ **Audiology Amplification Update VIII** October 19–20, 2007
- ▶ **UCSF Otolaryngology Update** November 8–10, 2007 *and* November 5–7, 2009
- ▶ **Pacific Rim Otolaryngology Head and Neck Surgery Update Conference**  
 February 16–19, 2008 *and* February 14–17, 2009 { Honolulu, Hawaii }
- ▶ **Head and Neck Endocrine Surgery** October 24–25, 2008
- ▶ **UCSF Voice Conference** October 16–18, 2008
- ▶ **15th Annual Advances in Diagnosis and Treatment of Sleep Apnea and Snoring**  
 February 13–15, 2009 { Orlando, Florida }





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You may also reach us by calling the Office of Continuing Medical Education at  
415/ 476 4251 or email [info@ocme.ucsf.edu](mailto:info@ocme.ucsf.edu)

**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. Four Seasons Hotel, San Francisco, is just steps from the Yerba Buena cultural district, two blocks from Union Square, the Financial District, Moscone Convention Center and the Museum of Modern Art. The Four Seasons creates a distinctive luxury experience with heart-of-the-city access to all that San Francisco offers. A block of guestrooms has been reserved at the special UCSF conference rate of **\$269** for a limited view room or **\$289** for a Run of House room. You are urged to make your reservations early. The cut off date is **Tuesday, January 15, 2008** or until the group room block is filled. After this date, rooms will be provided on a space-available basis only. To make hotel reservations, please call the hotel directly at **415/ 633 3000** and please identify yourself as a member of this UCSF conference to receive the special rate.

**HOTEL POLICIES** Reservations must be cancelled at least 24 hours in advance or a one-night's stay {and applicable taxes} will be charged. A credit card number is required to confirm your reservation. Check-in is 3:00 pm. Check-out is 12:00 noon. Reservation requests made after **Tuesday, January 15, 2008** will be honored at the conference room-rates on a space-available basis. Room rates are subject to all state and local taxes {currently 14%, subject to change without notice}. By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Please take this into consideration when making your accommodation decisions.

**RENTAL CAR** Hertz is offering special rates for participants of this conference; simply call **1-800/ 654-2240** and refer to identification number **03BW0127** or call your travel agent. You may also make reservations at **www.Hertz.com**. Advance reservations are recommended.

**AIR TRANSPORTATION** Special arrangements have been made with Montgomery Travel. Simply call **1-800/ 391-2287** or complete the form on the UCSF web page at **www.montgomerytravel.com**. In addition to offering lower rates than published airfares, ticketed passengers may take advantage of the 24-hour emergency service. There is a **\$35** service fee. UCSF OCME has negotiated special fares with American and United Airlines for our course attendees. You may use the following tour codes to book on your own: American **1-800/ 433-1790**, code 15273 or United **1-800/ 521-4041**, code 510CF.