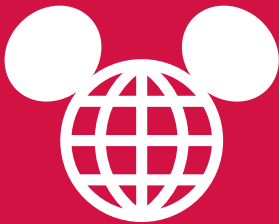


Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

Disney's
Boardwalk Inn
Resort



February 16–18, 2007
(Presidents' Day
Weekend)
Orlando, Florida

Presented by:



University of Pennsylvania Health System



New Program!

COURSE DIRECTORS

Richard J. Schwab, MD

Associate Professor,

Pulmonary, Allergy and Critical Care Division
Division of Sleep Medicine, Department of Medicine
University of Pennsylvania Medical Center

Andrew N. Goldberg, MD, MSCE

Professor

Department of Otolaryngology—Head and Neck Surgery
University of California, San Francisco

GUEST FACULTY

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*Director, Center for Obesity Research and Education
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John M. Leteria

CEO, Neurocare, Inc., Newton, MA

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*Adjunct Associate Clinical Professor in Sleep Medicine
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Stanford School of Medicine, Stanford, CA*

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

Marc I. Raphaelson, MD

*Director, Greater Washington Sleep Disorders Center
Rockville, Maryland*

Edward M. Weaver, MD, MPH

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

UNIVERSITY OF PENNSYLVANIA FACULTY

Samuel T. Kuna, MD

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

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*Professor, Chief, Division of Sleep Medicine
Department of Medicine
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Director, Residency Program
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Noel N. Williams, MB, BCh, MCh

*Assistant Professor of Surgery
Director, Bariatric Surgery Program
University of Pennsylvania Medical Center*

COURSE OVERVIEW

This course has been coordinated through 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 Oral Maxillofacial Surgery, Otolaryngology, and Pulmonary and Critical Care Medicine 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, including application of laser surgery, radiofrequency ablation, coblation, site directed surgical treatments, weight loss including laproscopic bariatric surgery.
- 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.

ACKNOWLEDGEMENT OF SUPPORT

We would like to give special recognition to the following organizations who have contributed to this continuing medical education program:

Respironics Sepracor Takeda Pharmaceuticals

Arthrocare Corporation	Nellcor Puritan Bennett (Melville), Ltd.
Aspire Medical	Neurocare Inc.
Cephalon	Neurocrine Biosciences
Ellman International, Inc.	RESMED
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Gyrus ENT	Sanofi-Aventis
Influ-ENT Medical	SNAP Laboratories
Itamar Medical	Sunrise Medical/DeVilbiss
King Pharmaceuticals	Synthes Maxillofacial
Lippincott, Williams and Wilkins	VIASYS Healthcare (SensorMedics)
NeilMed Products	W.B. Saunders

GENERAL INFORMATION

ACCREDITATION

The University of Pennsylvania School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DESIGNATION OF CREDIT

The University of Pennsylvania School of Medicine designates this educational activity for a maximum of **15.5 AMA PRA Category I Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

DISCLOSURES

University of Pennsylvania School of Medicine Office of Continuing Medical Education adheres to the ACCME Standards for Commercial Support. Faculty disclosure information will be made available during the activity. Faculty members are also expected to disclose to participants any discussion of off-label and/or investigational use of pharmaceutical products or devices during their presentations.

REGISTRATION FEES

This CME activity offers an early registration discount for registrations received by **December 15, 2006**. The standard registration fee of \$625.00 will apply to all registrations post-marked after December 15th. Seating capacity is limited. We encourage participants to register early.

Early Registration Fee	\$575.00	Physicians
Standard Registration Fee	\$625.00	Physicians

Students, allied health professionals and spouses are eligible for a reduced registration fee of \$350.00.

Fees include continental breakfast and a refreshment break each day, one ticket to the EPCOT fireworks reception and all course materials.

We will confirm all registrations in writing. If you do not receive a confirmation letter within 2-3 weeks of sending in your form, please contact us at 215-662-2137 to be sure that we received your registration.

CANCELLATION AND REFUND POLICY

If a participant must cancel his/her registration, refunds are possible if written notification is received by **January 18, 2007**. No refunds will be given after this date. (All refunds are subject to a \$50.00 service charge.) You may fax your cancellation to 215-662-4515 or email: bonnie.rosen@uphs.upenn.edu. If you have any questions please call 215-662-2137. The University reserves the right to cancel or postpone any activity due to any unforeseen circumstances. In the event of cancellation or postponement by the University, we will refund registration fees but will not be responsible for any related costs or expenses to participants including cancellation charges assessed by airlines, hotels or travel agencies.

DISNEY'S BOARDWALK INN RESORT

This course will be held in the Conference Center at Disney's Boardwalk Inn Resort. This upscale waterfront resort is steeped in nostalgia and old fashioned charm. Guest rooms are bright and spacious and offer a variety of views. Room service, a concierge desk, health club, business center, babysitting, self parking, valet parking, laundry services, Wireless (Wi-Fi) Internet access and high speed Internet access are all available on site. The "Boardwalk" is located within walking distance to EPCOT and is easily accessible to all Disney theme parks and attractions via water launch or bus. The resort offers an exciting array of activities; relax by two "quiet" pools or take an exciting slide down the "Keister Coaster" at the large pool and playground area. There is a two-mile jogging trail. Tennis, croquet, bike and surrey rentals are also available on site. Golf courses are located near-by; for tee times just call 407-WDW-PLAY. The Boardwalk itself features several outstanding restaurants, nightclubs and activities. Whether you bring your family or come yourself, you are sure to enjoy everything this unique complex has to offer. For driving directions or additional hotel information call 407-939-5100. For restaurant reservations call 407-WDW-Dine. Some reservations can be made 180 days in advance.

HOTEL RESERVATIONS

Overnight rooms are available at the Boardwalk Inn beginning Wednesday, February 14th at a special discounted sleep apnea conference rate of **\$262.00** per night for single or double occupancy. This rate does not include taxes (currently 11%). For reservations call the **Group Reservations Office at 407-934-3372 and identify yourself as a participant in the University of Pennsylvania Sleep Apnea Conference**. All reservations must be made by **January 16, 2007** to receive this special rate. Reservations will be accepted based upon space availability, and rates may increase if you call after January 16th. Rooms are available on a first come, first served basis and may sell out quickly. If rooms at this hotel sell out, an alternative hotel may be offered to you. You will need to guarantee your reservations with a credit card or deposit. We urge you to plan ahead and make your arrangements early!! For your convenience, Disney now also offers **Disney's Magical Express** transportation to and from the Orlando Airport. Make arrangements while booking your hotel room and save money on taxis and rental cars.

DISNEY THEME PARK TICKETS

Meeting/Convention theme park tickets are available for course participants and their families. Buying tickets in advance is a great way to receive discounted tickets and avoid waiting in lines. These unique 1-2-3-4-5-day tickets are your passport to the Disney world of fun! You can order tickets while you make your hotel reservations or you can call 407-566-5600 or go online to www.tickets.disneyparkevents.com. Additional information will be sent with your course registration confirmation.

COURSE SCHEDULE

Optional Break-out Sessions

(Registration required; Lunch is included)

Friday, February 16, 2007

1:00pm *Box Lunch*

1:30pm **Management of a Fiscally Sound Sleep Lab**

*Marc I. Raphaelson, MD
John Leteria*

Registration is limited. This session will use a "town hall" format to discuss various economic aspects of sleep medicine.

—OR—

1:30pm **Surgical Lab for Sleep Apnea Techniques**

*Andrew N. Goldberg, MD, MSCE
Eric J. Kezirian, MD, MPH
Kasey K. Li, MD, DDS
David C. Stanton, MD, DMD
Edward M. Weaver, MD, MPH*

Registration is limited. Participants will gain hands-on experience with newer surgical techniques (i.e. palatal implants, tongue suspension, radiofrequency) for snoring and OSA.

Saturday, February 17, 2007

1:00pm *Box Lunch*

1:30pm **New Hypnotics and Behavioral Strategies for the Treatment of Insomnia**

David N. Neubauer, MD, MA

This lecture will be a state-of-the-art review on new methods to treat insomnia.

—OR—

1:30pm **Surgical Case Presentations**

*Andrew N. Goldberg, MD, MSCE
Eric J. Kezirian, MD, MPH
Kasey K. Li, MD, DDS
David C. Stanton, MD, DMD
Edward M. Weaver, MD, MPH*

Controversial surgical case presentations will be reviewed. Registrants are welcome to bring cases for presentation and discussion as time allows.

Friday, February 16, 2007

7:15am–7:55am

Registration, Continental Breakfast, and Exhibit Viewing

7:55am–8:00am

Introductions and Course Announcements

8:00am–8:30am

Overview of Sleep Disorders

Richard J. Schwab, MD

- Normal sleep architecture/sleep deprivation
- Narcolepsy, insomnia, parasomnias, menopause, PLMs

8:30am–8:50am

Sleep Deprivation in Housestaff

Ilene M. Rosen, MD, DABSM

- Work Hours
- Ramifications

8:50am–9:20am

Pathophysiology and Clinical Presentation of Sleep Apnea

Allan I. Pack, MB, ChB, PhD

- Definitions - UARS, RERA, OSA, REM related apnea
- Epidemiology, genetics, pathogenesis

9:20am–9:40am

Outcome Measures in OSA

Andrew N. Goldberg, MD, MSCE

- Biomarkers, QOL, cognitive effects
- PSG, snoring

9:40am–10:00am

Diagnosis and Management of Obesity-Hypoventilation Syndrome

Richard J. Schwab, MD

- Diagnostic criteria
- Management

10:00am–10:30am

Indications for Ambulatory Sleep Studies

Samuel T. Kuna, MD

- Who should have a home sleep study?
- What is the best equipment?

10:30am–11:00am

BREAK AND EXHIBIT VIEWING

11:00am–11:30am

PSG Scoring and PSG Artifacts

Ilene M. Rosen, MD, DABSM

- Children to adults
- What does the non-sleep physician need to know?

11:30am–12:00pm

Should Patients with Sleep Apnea Drive?

Allan I. Pack, MB, ChB, PhD

- Medicolegal risk, when to revoke a license
- Ramifications for the trucking industry

12:00pm–12:30pm

Cardiovascular Consequences of Sleep Apnea

Samuel T. Kuna, MD

- Myocardial infarction, arrhythmias, CHF
- Hypertension, stroke

12:30pm–1:00pm

Sleep Disorders – Year in Review

Allan I. Pack, MB, ChB, PhD

- Update on sleep apnea
- Update on narcolepsy, PLM's, insomnia

Friday, February 16, 2007
8:00pm–9:30pm



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Umminations Fireworks and Dessert Reception

EPCOT's French Island

- Private Dessert Buffet
- Spectacular fireworks display and laser show
- Free for participants (additional fee for family or guests)
- Advance registration required – see registration form



Supported in part by

RESPIRONICS

Saturday, February 17, 2007

- 7:30am–8:00am *Continental Breakfast and Exhibit Viewing*
- 8:00am–8:30am **Relationship of Sleep Apnea to Obesity**
Gary Foster, PhD
- Metabolic syndrome, insulin and leptin resistance
 - Update on Sleep Ahead Study
- 8:30am–9:00am **CPAP: The Treatment of Choice for SDB**
Samuel T. Kuna, MD
- Clinical outcomes with CPAP
 - CPAP compliance
- 9:00am–9:30am **The Nuts and Bolts of the Delivery of Positive Airway Pressure**
Ilene M. Rosen, MD, DABS
- CPAP BiLevel systems, Auto-CPAP
 - New interfaces
- 9:30am–10:00am **How to Achieve Weight Loss in Patients with Sleep Apnea**
Gary Foster, PhD
- Behavioral strategies for weight loss
 - Role of medications
- 10:00am–10:30am **Indications for Bariatric Surgery in Patients with Sleep Apnea**
Noel N. Williams, MB, BCh, MCh
- Indications
 - Outcome data
- 10:30am–11:00am **BREAK AND EXHIBIT VIEWING**
- 11:00am–11:30am **An Overview of Oral Appliances and Their Clinical Indications**
David C. Stanton, MD, DMD
- Indications/ASDA recommendations
 - What is the best oral appliance?
- 11:30am–12:00pm **Physical Examination, Cephalometrics and Endoscopy for OSA**
Eric J. Kezirian, MD, MPH
- Normal and abnormal upper airway anatomy
 - Drug induced sleep endoscopy
- 12:00pm–12:30pm **Insights into the Management of SDB Utilizing Upper Airway Imaging**
Richard J. Schwab, MD
- Phenotyping the pharynx
 - Upper airway changes with surgery, appliances, CPAP, weight loss
- 12:30pm–1:00pm **Medical Economics and Reimbursement**
Marc I. Raphaelson, MD
- Update on CPT coding
 - Reimbursement for PSG, CPAP, oral appliances, surgery

Sunday, February 18, 2007

- 7:30am–8:00am *Continental Breakfast and Exhibit Viewing*
- 8:00am–8:30am **Nasal Evaluation and Therapy in Patients with SDB**
Edward M. Weaver, MD, MPH
- Significance of septal deviation and obstruction
 - Nasal dilators, septoplasty, treatment of rhinosinusitis
- 8:30am–9:00am **Peri-Operative Management of OSA**
Andrew N. Goldberg, MD
- Patients with sleep apnea surgery
 - Nonapneic surgery in patients with apnea
- 9:00am–9:30am **Identifying Sites of Obstruction in Patients with OSA**
Eric J. Kezirian, MD, MPH
- Techniques for identifying sites of obstruction
 - Correlating the site of obstruction with surgical options
- 9:30am–10:00am **Surgical Treatment of the Soft Palate for OSA**
Andrew N. Goldberg, MD, MSCE
- Methods—office based vs. operating room
 - Outcome data/complications
- 10:00am–10:30am **Critical Review of T & A in the Treatment of Sleep Apnea in Children**
Kasey K. Li, MD, DDS
- Presentation of sleep apnea in children
 - Indications for tonsillectomy
- 10:30am–11:00am **BREAK AND EXHIBIT VIEWING**
- 11:00am–11:30am **Surgical Treatment of the Hypopharynx including Maxillo-Mandibular Advancement**
Kasey K. Li, MD, DDS
- Methods—office based vs. operating room
 - Outcome data/complications
- 11:30am–12:00pm **New Technologies for Sleep Disordered Breathing**
Eric J. Kezirian, MD, MPH
- New applications of existing technologies
 - Evolving surgical approaches
- 12:00pm–12:30pm **Pro/Con Debate: Is Surgery Indicated in the Treatment of Sleep Apnea**
 - Pro – *Kasey K. Li, MD, DDS*
 - Con – *Richard J. Schwab, MD*
- 12:30pm–1:00pm **Surgical Approach to OSA 2007**
Edward M. Weaver, MD, MPH
- Selection of patients
 - Selection of surgical procedures
- 1:00pm **CLOSING REMARKS AND EVALUATIONS**

Participants must sign in each day, complete a credit request form and submit it to the course registration desk in order to receive CME Credits



UPCOMING AND ONGOING EVENTS

The Penn Rhinoplasty Course: Aesthetic and Functional Rhinoplasty

University of Pennsylvania, Philadelphia, PA
November 3–4, 2006

This course is directed by Dr. Daniel Becker and co-directed by Drs. Ara Chalian and Stephen Goldstein. Guest Faculty include: Drs. Pearlman, Park, Williams, Farrior and Pribitkin. The program is designed to review the fundamentals and advanced techniques of rhinoplasty through a combination of didactic lectures, panel discussions, case presentations, demonstration rhinoplasties, and a hands-on laboratory.

The Penn International Rhinology Course: Advances in Management of Sino-nasal Disease

Ritz Carlton Hotel, Philadelphia
March 8–10, 2007

This exciting CME program is directed by David W. Kennedy, MD, James N. Palmer, MD, Alexander G. Chiu, MD and Noam A. Cohen, MD, PhD. The course will focus on the frontal and sphenoid sinuses, pediatric sinusitis, chronic sinusitis, and other problems in rhinology. Difficult cases, prevention and management of complications will be reviewed. Live surgery will be performed by Drs. Kennedy and Palmer and will be telecasted to the surgical theatre where course participants can interact with the surgeons. New technologies and image guided sino-nasal surgeries will be presented in demonstration cadaver dissections performed by Drs. Stammberger and Chiu. A hands-on laboratory dissection with powered instrumentation, drills and image-guidance technology is available. Early registration is recommended; enrollment is limited.

4th International Update Course: Otolaryngology Underwater

Fantasy Island Beach Resort, Roatan, Honduras
May 8–13, 2007

This course is designed for otolaryngologists who would like to combine a first class otolaryngology meeting with superb SCUBA opportunities. As with the previous "underwater" courses, it will feature distinguished faculty from around the world and cover a broad spectrum of topics including sinus surgery, head and neck surgery, otology/neurotology, pediatric otolaryngology and more. Early registration is recommended. Space is limited! For information about this beautiful location go to www.fantasyislandresort.com.

Visiting Mini Fellowship in Endoscopic Sinus Surgery at University of Pennsylvania Department of Otorhinolaryngology

The FESS mini fellowship program is designed for practicing otolaryngologists with significant exposure to the field. The course is a 3 or 4 day one-on-one clinical experience where two participants spend time with Dr. David Kennedy, Dr. James Palmer and Dr. Alexander Chiu during their office hours, observing them in surgery and performing a cadaveric dissection. It is a recommended experience for otolaryngologists who already have significant experience with endoscopic surgical techniques and who would like to refine their management both in the operating room and in the office. Participants are encouraged to present CT's from their own difficult cases or interesting patients. Mini fellowships are offered once per month. Call for dates and availability.

The University of Pennsylvania School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. These activities have been approved for AMA PRA credit.

Nondiscrimination Statement

The University of Pennsylvania values diversity and seeks talented students, faculty and staff from diverse backgrounds. The University of Pennsylvania does not discriminate on the basis of race, sex, sexual orientation, gender identity, religion, color, national or ethnic origin, age, disability status as a Vietnam Era Veteran or disabled veteran in the administration of educational policies, programs or activities; admissions policies scholarship and loan awards; athletic or other University administered programs or employment. Questions or complaints regarding this policy should be directed to the Executive Director, Office of Affirmative Action, Suite 228, Sansom Place East, 3600 Chestnut Street, Philadelphia, PA 19104-6106 or 215-898-6993 (Voice) or 215-898-7803 (TDD).

Services for the Disabled or Special Arrangements

If special arrangements are required for an individual with a disability or if anyone has any special requests in order to attend this meeting please contact Bonnie Rosen in the Department of Otorhinolaryngology at 215-662-2137 by February 1, 2007.



For Course Brochures or More Information:

Contact Bonnie Rosen

Phone: 215-662-2137

Fax: 215-662-4515

E-mail: bonnie.rosen@uphs.upenn.edu

Web Site: <http://www.uphs.upenn.edu/pennorl>

MEETING REGISTRATION FORM

Thirteenth Annual!

ADVANCES IN DIAGNOSIS AND TREATMENT OF SLEEP APNEA AND SNORING

February 16–18, 2007

First Name _____
Last Name _____ MD PhD DO DDS DMD
Address _____

City _____ Last 4 digits of Social Security # _____
State _____ Zip _____ Country _____
Daytime Phone (_____) _____ Fax (_____) _____
E-Mail _____ Medical Specialty _____

Tuition Fees

Early Registration Fee (before December 15th) _____ @ \$575.00 = \$ _____
Standard Registration Fee (after December 15th) _____ @ \$625.00 = \$ _____
Other _____ \$ _____

Optional Break-Out Sessions Please check ONE per day if you would like to participate in a breakout session(s).
Registration is required, space is limited.

Friday, February 16, 2007: Management of a Fiscally Sound Sleep Lab Surgical Lab for Sleep Apnea Techniques
Saturday, February 17, 2007: Surgical Case Presentations Insomnia Session

EPCOT Illuminations Dessert Reception • Friday, February 16, 2007

Registration is required if you would like to attend.

Course Participant _____ free
Each Adult Guest _____ @ \$ 20.00 = \$ _____
Each Child 3 and Up (under 3 years old are free) _____ @ \$ 10.00 = \$ _____

Total Amount Enclosed \$ _____

Check Payable to: The Department of Otorhinolaryngology (U.S. dollars only, drawn on a U.S. bank)

Please charge my credit card: Mastercard Visa American Express

Credit Card # _____ Expiration Date _____

Signature _____

By signing above, I authorize this credit card charge.

All registrations will be confirmed in writing. If you do not receive a confirmation letter within 2 weeks of sending in your form please contact us to be sure that we received your registration.

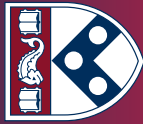
Mail Registration and Payments to

Bonnie Rosen/CME Registration
University of Pennsylvania Medical Center
Department of Otorhinolaryngology
3400 Spruce Street • 5 Ravdin
Philadelphia, PA 19104

Or... FAX to 215-662-4515

For questions concerning your course registration or any upcoming events, please contact Bonnie Rosen:

Phone 215-662-2137 • Fax 215-662-4515 • E-mail bonnie.rosen@uphs.upenn.edu



University of Pennsylvania Medical Center
Department of Otorhinolaryngology - 5 Ravdin
3400 Spruce Street
Philadelphia, PA 19104

*Thirteenth
Annual!*

**ADVANCES IN
DIAGNOSIS AND
TREATMENT
OF SLEEP APNEA
AND SNORING**

**February 16–18, 2007
(Presidents' Day Weekend)**

Orlando, Florida

**Department of Otorhinolaryngology:
Head and Neck Surgery**

Division of Sleep Medicine

Pulmonary, Allergy and Critical Care Division

Department of Medicine

**University of Pennsylvania
Medical Center**

Non-Profit Organization
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Philadelphia, PA

Mark Your Calendar!