

27th ANNUAL

# Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

Grand Hyatt Union Square • San Francisco, CA



FRIDAY – SATURDAY (Presidents' Day Weekend)

## February 18 -19, 2022

### 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

**DAVID M. CLAMAN, MD**  
University of California, San Francisco

**JOLIE L. CHANG, MD**  
University of California, San Francisco



Penn Medicine  
Sleep Center

# Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

Grand Hyatt Union Square • San Francisco, CA

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 Pulmonary and Critical Care Medicine, Otolaryngology – Head and Neck Surgery, Dentistry, Oral and Maxillofacial Surgery, Bariatric Surgery, Neurology, and Obesity Research will share their medical and surgical expertise in didactic sessions, case presentations, and workshops with the intent to close practice gaps in physician knowledge and competence for diagnosing and managing sleep disordered breathing and complications resulting thereof. Patients with sleep disordered breathing are highly prevalent in every physician's practice, and complications related to the disease can manifest in a number of ways to the detriment of patient health and well-being. 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, Dentistry, Family Practice, Internal Medicine, Cardiology, Neurology, Psychiatry, Anesthesia, and Geriatrics. Nurse practitioners, physician assistants, sleep respiratory therapy technologists and nurses will also find practical value by attending 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;
- Evaluate the advantages and disadvantages of home versus in-laboratory sleep testing;
- Assess the cognitive and neurological consequences of sleep apnea and sleep deprivation;
- Assess future developments in medical technology and how they will impact their practice;
- Improve patient assessment of sleep apnea and snoring using imaging;
- Provide new information to patients regarding the association between obesity and obstructive sleep apnea and the outcomes of medical and surgical treatment of obesity.

#### 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 and Vice Chair,  
USC Caruso Department  
of Otolaryngology –  
Head & Neck Surgery  
Keck School of Medicine of the  
University of Southern California  
Los Angeles, CA

**Richard J. Schwab, MD**

Professor, Department of Medicine  
Medical Director, Penn Sleep  
Center; Perelman School of  
Medicine at the University  
of Pennsylvania  
Philadelphia, PA

**Jolie L. Chang, MD**

Associate Professor of  
Otolaryngology – Head and Neck  
Surgery; Chief, Division of General  
Otolaryngology – Head and Neck  
Surgery; Chief, Division of Sleep  
Surgery; University of California,  
San Francisco

**David M. Claman, MD**

Professor of Medicine  
Director, UCSF Sleep Disorders  
Center; University of California,  
San Francisco

#### COURSE FACULTY

(University of California, San Francisco)

**Liza Ashbrook, MD**

Assistant Professor of Neurology  
UCSF Weill Institute for  
Neurosciences  
University of California,  
San Francisco

**Robert B. Baron, MD, MS**

Professor of Medicine  
Associate Dean for Continuing  
Medical Education  
University of California,  
San Francisco

#### COURSE FACULTY (CONT'D)

**Julianne Blythe, MPA, PA-C,  
RPSGT**

Senior Physician Assistant  
UCSF Sleep Disorders Center

**Robson Capasso, MD**

Chief of Sleep Surgery  
Associate Professor of  
Otolaryngology and  
Head and Neck Surgery  
Associate Dean of Research  
Stanford University School of  
Medicine, Stanford, CA

**Peter Cistulli, MD**

Professor of Sleep Medicine,  
University of Sydney and  
Clinical Director of Sleep Medicine,  
Royal North Shore Hospital  
Sydney, Australia

**Megan Durr, MD**

Chair of Sleep Surgery for The  
Permanente Medical Group  
Surgical Quality Lead for  
Oakland Medical Center  
Residency Program Director  
Department of Otolaryngology  
Head and Neck Surgery  
Kaiser Permanente  
Oakland, CA

**Chris Garvey, FNP, MSN, MPA,  
MAACVPR**

Nurse Practitioner (retired)  
UCSF Sleep Disorders Center

**Christine Hong, DDS**

Associate Professor  
Graduate Orthodontics Program  
Director; Division of Orthodontics  
UCSF School of Dentistry

**Andrew Krystal, MD**

Ray and Dagmar Dolby  
Distinguished Professor  
Departments of Psychiatry  
and Neurology  
Vice-Chair for Research,  
Department of Psychiatry  
Director, Dolby Family Center  
for Mood Disorders  
Director, UCSF Interventional  
Psychiatry Program  
Co-Director, TMS &  
Neuromodulation Clinic  
University of California,  
San Francisco

#### COURSE FACULTY (CONT'D)

**Atul Malhotra, MD**

Kenneth Moser Professor  
of Medicine; Chief of the Division  
of Pulmonary and Critical Care  
University of California, San Diego

**Sampeter Odera, DMD, MD**

Assistant Professor of Oral  
and Maxillofacial Surgery  
University of California,  
San Francisco

**Allan I. Pack, MBChB, PhD**

John Miclot Professor of Medicine  
Division of Sleep; Medicine/  
Department of Medicine  
Perelman School of Medicine  
at the University of Pennsylvania  
Philadelphia, PA

**Eric Prather, PhD**

Associate Professor of Psychiatry  
UCSF Weill Institute  
for Neurosciences  
University of California,  
San Francisco

**Elizabeth Sanders, NP**

VA San Francisco Health  
Care System

**Kathleen Sarmiento, MD, MPH**

Professor of Medicine  
University of California,  
San Francisco  
VHA National Program Executive  
Director, Sleep Medicine  
San Francisco VA Health  
Care System

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

Professor of Otolaryngology  
University of Washington,  
Seattle, WA  
Staff Physician, Surgery Service,  
VA Puget Sound Health Care  
System

faculty



# Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

## FRIDAY, FEBRUARY 18, 2022

7:00 am	<i>Registration and Continental Breakfast</i>	
7:55	<b>Introduction</b>	
8:00	<b>Overview of Sleep Disorders</b>	Richard J. Schwab, MD
8:30	<b>Sleep Deprivation and Your Health</b>	Aric Prather, PhD
8:50	<b>Personalization of Insomnia Therapy</b>	Andrew Krystal, MD
9:10	<b>COVID-19 – It Messes Up Sleep Too?</b>	Kathleen Sarmiento, MD, MPH
<b>KEYNOTE ADDRESS</b>		
9:30	<b>Developing a Personalized Approach to Obstructive Sleep Apnea</b>	Allan I. Pack, MBChB, PhD
10:10	<i>Coffee Break</i>	
10:40	<b>The Microbiome in OSA</b>	Andrew N. Goldberg, MD, MSCE
11:00	<b>Cardiovascular Outcomes in OSA</b>	David M. Claman, MD
11:20	<b>What's Glymph and Why Should You Care?</b>	Liza Ashbrook, MD
11:40	<b>Implications of Obstructive Sleep Apnea for Alzheimer's Disease</b>	Allan I. Pack, MBChB, PhD
12:00 pm	<i>Lunch (On Your Own)</i>	
1:30	<b>Lightning Rounds!</b>	
	Moderator: Andrew N. Goldberg, MD, MSCE	
	• <b>Pregnancy and OSA</b>	Liza Ashbrook, MD
	• <b>Oximetry Screening for OSA</b>	Richard J. Schwab, MD
	• <b>Position Therapy – Can You Make it Work?</b>	David M. Claman, MD
	• <b>Novel Imaging Techniques – Ultrasound</b>	Richard J. Schwab, MD
	• <b>International Consensus Statement – OSA</b>	Jolie L. Chang, MD
	• <b>Insomnia and Suicidality</b>	Andrew Krystal, MD
	• <b>Cannabis...</b>	David M. Claman, MD
	• <b>Apps and Wearables</b>	Robson Capasso, MD
2:30	<i>Coffee Break</i>	
3:00	<b>Panel: Nurse Practitioners and Physician Assistants in a Sleep Practice</b>	
	Moderator: Richard J. Schwab, MD	
	Panelists:	
	Chris Garvey, FNP, MSN, MPA, MAACVPR	
	Julianne Blythe, MPA, PA-C, RPSGT	
	Kathleen Sarmiento, MD, MPH	
	David M. Claman, MD	
	Elizabeth Sanders, NP	
3:40	<b>The Year in Review</b>	Allan I. Pack, MBChB, PhD
4:00	<b>Telemedicine – Here to Stay</b>	Kathleen Sarmiento, MD, MPH
4:20	<b>Imaging OSA</b>	Richard J. Schwab, MD
4:40	<b>Obesity and OSA</b>	Robert B. Baron, MD, MS
5:15 pm	<i>Adjourn</i>	
5:30 pm –	<b>Vino and Views Wine Reception</b>	
7:00 pm	Take in the views at the top of the Grand Hyatt while tasting from a variety of different local wineries and enjoying samples of local California cuisine. Complimentary for conference registrants; guests welcome for an additional fee.	

## SATURDAY, FEBRUARY 19, 2022

7:00 am *Continental Breakfast*

7:00 am- **OPTIONAL BREAKOUT SESSIONS** (*complimentary with registration*)

7:55am **How to Manage a Sleep Practice in 2022: Fiscal Management, Home and In-Lab Studies** Claman/Schwab/Malhotra/Sarmiento

**Surgical Procedure Techniques in OSA**

Goldberg/Kezirian/Chang/Weaver/Capasso

8:00 am **Panel: The Philips Recall – Challenges and Opportunities**

Moderator: Kathleen Sarmiento, MD, MPH

Panelists:

David M. Claman, MD

Atul Malhotra, MD

Richard J. Schwab, MD

8:40 **Big Data in OSA: What Have We Learned**

Atul Malhotra, MD

9:00 **Real World Data – OSA Outcomes**

Robson Capasso, MD

9:20 **When to Refer for Surgery? AASM Guidelines**

Edward M. Weaver, MD, MPH

9:40 **The Nose in OSA – Medical and Surgical Treatment**

Jolie L. Chang, MD

10:00 *Coffee Break*

### KEYNOTE ADDRESS

10:30 **AHI as a Metric for OSA – Good Enough or Not Good at All?**

Atul Malhotra, MD

11:00 **The Opioid Crisis – Options for Post Op Pain**

Andrew N. Goldberg, MD, MSCE

11:20 **The Physical Examination and Endoscopy in OSA**

Megan Durr, MD

11:40 **What Does DISE Really Tell Us?**

Eric J. Kezirian, MD, MPH

12:00 pm *Lunch (On Your Own)*

1:30 **Oral Appliances in OSA – Better than CPAP?**

Peter Cistulli, MD

2:00 **Dental and Facial Assessment in OSA**

Sampeter Odera, DMD, MD

2:20 **Maxillary Expansion – What's the Evidence?**

Christine Hong, DDS

2:40 **Lightning Rounds!**

Moderator: Eric J. Kezirian, MD, MPH

• **MMA - Selection and Outcomes**

Sampeter Odera, DMD, MD

• **Epiglottic Collapse – Dx/Tx**

Jolie L. Chang, MD

2:55 *Coffee Break*

3:15 **Contemporary Surgery for the Palate**

Megan Durr, MD

3:35 **What Surgery Works in the Hypopharynx?**

Eric J. Kezirian, MD, MPH

3:55 **Multilevel Surgery Trials for OSA**

Edward M. Weaver, MD, MPH

4:15 **Treatments – New Technology on the Horizon**

Jolie L. Chang, MD

4:30 **Panel: Hypoglossal Nerve Stimulation**

Moderator: Eric J. Kezirian, MD, MPH

Panelists:

Jolie L. Chang, MD

Megan Durr, MD

Richard J. Schwab, MD

Robson Capasso, MD

5:15 pm *Course Adjourns*

program

### GENERAL INFORMATION

Advance registration closes on February 16, 2022.

### REGISTRATION INFORMATION

Tuition:	Early Bird ends 1/7/22	After 1/8/22
Physicians/Dentists/ Oral Surgeons	<b>\$695</b>	<b>\$745</b>
Advanced Practice Providers	<b>\$495</b>	<b>\$545</b>
Physicians in Training	<b>\$395</b>	<b>\$445</b>

Payment may be made by Visa, MasterCard, AmEx or check.

### REGISTER VIA

**Online:** [SleepApnea.ucsf.edu](http://SleepApnea.ucsf.edu)

**Mail:** Complete course registration form and send with payment to:

**UCSF Office for CME, Box 0742**  
490 Illinois Street, Floor 8  
San Francisco, CA 94143

**Phone:** To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.

### On-Site Registration:

Generally we are able to accommodate on-site registration at our courses, however pre-registration is preferred to ensure that we have adequate course materials. Please check our website for up-to-date information on the course:

[SleepApnea.ucsf.edu](http://SleepApnea.ucsf.edu)

### REFUND POLICY

Cancellations received in writing before February 16, 2022 will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

### 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.

The **Grand Hyatt** is just steps from Union Square and features stunning views of the city. A block of guestrooms has been reserved at the special UCSF conference rate of **\$279/night**. You are urged to make your reservations early. The cut off date is **January 24, 2022** or until the group room block is filled. To make hotel reservations online, visit the *Location* section of the course website at [SleepApnea.ucsf.edu](http://SleepApnea.ucsf.edu). If you prefer to telephone in your reservation, call 888-591-1234 and identify yourself as a member of this UCSF conference to receive the special discounted rate.

*By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.*

### AIR TRANSPORTATION

UCSF has negotiated special fares with United Airlines. Please visit the *LOCATION* section on the course webpage at [SleepApnea.ucsf.edu](http://SleepApnea.ucsf.edu) for more information and discount codes.

### COVID GUIDELINES

This conference will follow city, state, and federal health and safety guidelines for meeting in person. COVID vaccination is required to attend this in-person conference. We will provide information on any additional requirements in advance of the conference.

### Grand Hyatt San Francisco

345 Stockton Street  
San Francisco CA 94108  
415-398-1234



University of California San Francisco  
Office of CME • Box 0742

490 Illinois Street, Floor 8 • San Francisco, CA 94143  
For more information, visit our website at [cme.ucsf.edu](http://cme.ucsf.edu)  
You may also reach us by calling the Office of CME at  
(415) 476-4251 or emailing [info@ocme.ucsf.edu](mailto:info@ocme.ucsf.edu).

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## UPCOMING COURSES

### 28th Annual Advances in the Diagnosis and Treatment of Sleep Apnea and Snoring

February 17-19, 2023  
Disney's BoardWalk Inn  
Lake Buena Vista, FL

## 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 **14.75 AMA PRA Category 1 Credits™**. Physicians should claim only the 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.

**Nurses** For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME.

**Physician Assistants** AAPA accepts category 1 credit from AOACCME, prescribed credit from AAFP, and *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

**Pharmacists** 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™*.

**Dentists** Application for CDE credit has been filed with the UCSF School of Dentistry.

**Determination of credit is pending.**

### American Board of Internal Medicine (ABIM) MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **14.75 MOC** points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit. **IMPORTANT:** The online course evaluation must be completed by the due date specified – no exception. Within 45 days after submitting your evaluation, we will report your MOC points.

### American Board of Otolaryngology – Head and Neck Surgery MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn their required annual part II self-assessment credit in the American Board of Otolaryngology – Head and Neck Surgery's Continuing Certification program (formerly known as MOC). It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of recognizing participation. **IMPORTANT:** The online course evaluation must be completed by the due date specified – no exception. Within 45 days after submitting your evaluation, we will report your MOC points.

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Registration Information: (415) 476-5808
Course Information: (415) 476-4251

Dr. Ms. Mr. Mrs. Mx.

LAST NAME FIRST M.I.

DEGREE SPECIALTY

ADDRESS

CITY STATE ZIP

DAYTIME PHONE FAX

EMAIL

Address Label Code Letter (see address label: example, A, B, C, D, etc.)

Would you like to be on our priority email list? Yes No

Please indicate if you have any special needs or dietary restrictions:

Registration Fees:

Table with 3 columns: Tuition, Early Bird by 1/7/22, After 1/8/22. Rows include Physicians/Dentists/Oral Surgeons, Advanced Practice Providers, and Physicians in Training.

WINE RECEPTION - TICKETS

Attendee Ticket to Reception Complimentary
Additional Adult Ticket to Reception \$25 each
Child Ticket to Reception \$15 each
TOTAL

OPTIONAL BREAKOUT SESSIONS - (Included in registration fee, but pre-registration requested)

- How to Manage a Sleep Practice in 2022: Fiscal Management, Home and In-Lab Studies, and the Utility of APPs
Practical Techniques in OSA Surgery

Breakout sessions will take place on Saturday February 19th from 7:00-7:55 am in the Grand Hyatt

Make checks payable to UC Regents

Please charge my credit card: Visa MasterCard AmEx for \$

CARD # EXPIRATION DATE

NAME ON CARD (PLEASE PRINT) AUTHORIZED SIGNATURE

Refund Policy

Cancellations received in writing before February 16, 2022 will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date. Please check our website for up-to-date information on the course: SleepApnea.ucsf.edu