

# Update on Management of Sleep Apnea

June 17, 2017  
1-Day Comprehensive Course



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

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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](mailto: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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New York, NY 10021

**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

**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

**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

**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.

**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.

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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