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Director, Bariatric Surgery Program
University of Pennsylvania Health System, Philadelphia, PA

COURSE OVERVIEW
This course has been coordinated through the Penn Division of Sleep Medicine and the Department of Otorhinolaryngology–Head and Neck Surgery at the University of Pennsylvania and the Department of Otolaryngology–Head and Neck Surgery at the University of California, San Francisco. 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 Otolaryngology, Pulmonary and Critical Care Medicine, Sleep Medicine and Oral Maxillofacial Surgery will share their medical and surgical expertise in didactic lectures and optional break-out sessions. There will be ample opportunity for interaction with participating faculty. A course syllabus will be provided to each participant. In order to “go green” the syllabus will be provided via flash drive.

TARGET AUDIENCE
This continuing medical education program is intended for the physician in Otolaryngology, Pulmonary Medicine, Sleep Medicine, Oral Maxillofacial Surgery, Dentistry, Family Practice, Internal Medicine, Neurology, Cardiology, and Psychiatry. Nurses and 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 medical and surgical treatments for sleep apnea and snoring
• Discuss ramifications of sleep apnea and driving
• Assess new insights from upper airway imaging
• Discuss the association between obesity and obstructive sleep apnea and the outcomes of medical and surgical treatment of obesity
• Review the medical, social and economical consequences of sleep apnea and snoring

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 16 AMA PRA Category 1 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 in the conference materials and syllabi. Faculty members are also expected to disclose to participants any discussions of off-label and/or investigational uses of pharmaceutical products within their presentations.
REGISTRATION FEES
This CME activity offers an early registration discount for registrations received by December 15, 2010. The standard registration fee of $675.00 will apply to all mail-in registrations post-marked and all online registrations submitted after December 15th. Seating capacity is limited. We encourage participants to register early.

PHYSICIANS
Early Registration: $625 • Standard Registration: $675
NURSES, ALLIED HEALTH PROFESSIONALS, SLEEP TECHNICIANS, RESIDENTS & FELLOWS: $575

Optional break-out sessions are offered on Friday and Saturday. Participants may register for one break-out session each day. Break-out registration fee of $40.00 per session includes lunch on that day. Registration fees include program, breakfast, refreshment break each day, 1 complimentary ticket to the EPCOT® fireworks reception and all course materials.

We will confirm all registrations by email. If you do not receive a confirmation within 2 weeks of registration please contact 215-349-5382.

CANCELLATION AND REFUND POLICY
If a participant must cancel his/her course registration, refunds are possible if written notification is received by January 14, 2011. Refunds will not be processed after this date. All refunds are subject to a $75.00 cancellation fee. Please email your cancellation notification to cathy.lafferty@uphs.upenn.edu or fax to 215-662-4515. For more information please call 215-349-5382. The University reserves the right to cancel or postpone any activity due to unforeseen circumstances. In the event of cancellation or postponement by the University or course directors, we will refund registration fees but will not be responsible for any related costs, charges or expenses to participants including cancellation charges assessed by airlines, hotels or travel agencies.

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 215-898-4861 (Voice) or 215-898-7903 (TTD).

Services for the Disabled or Special Arrangement
If special arrangements are required for an individual with a disability, or for any reason, to attend this meeting please contact Cathy Lafferty at 215-349-5382 or email cathy.lafferty@uphs.upenn.edu by February 1, 2011.

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, concierge, health club, business center, babysitting, self parking, valet parking, laundry services, wireless Wi-Fi 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. There are two “quiet” pools and a large pool with a playground area. Tennis, croquet, bike and surrey rentals are also available on site and there is a two-mile jogging trail. Golf courses are located nearby. For tee times just call 407-WDW-GOLF. On the Boardwalk itself there are several outstanding restaurants, nightclubs and boardwalk 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 information call 407-939-5100. For dining reservations call 407-WDW-Dine. Advance dining reservations are recommended and most may be made 6 months ahead of time.

UNIVERSITY OF PENNSYLVANIA SLEEP APNEA CONFERENCE REGISTRATION FEE
If you have any questions, please contact Cathy Lafferty at 215-349-5382 or email cathy.lafferty@uphs.upenn.edu.

RELOCATION SERVICES
If you are relocating for course participants and their families. You can order tickets while you make your hotel reservation or you can call 407-566-5600. Options include 1 day tickets for park entry after 2pm and after 4pm as well as park hopper tickets for 2-5 days. Additional information will be sent to all course registrants. The Disney parks feature something for everyone, from the seven whimsical lands in the Magic Kingdom®, to the iconic Starship Earth and World Showcase at Epcot®, to the rides and shows at Disney’s Hollywood Studios, to Disney’s Animal Kingdom’s Kilimanjaro Safari® and Expedition Everest™ and everything in between, to the two awesome water parks at Typhoon Lagoon and Blizzard Beach!

OTHER ORLANDO ATTRACTIONS
The Orlando area also offers a wide variety of other activities, sure to please everyone in your family or group—Universal Studios (The Wizarding World of Harry Potter™ is NOW OPEN!), SeaWorld, Gatorland, Buena Vista Waterports, Orlando Balloon Rides, and the Kennedy Space Center – just to name a few!
FRIDAY, FEBRUARY 18, 2011

7:00–7:55am  Registration, Continental Breakfast, & Exhibit Viewing

7:55–8:00am  Introduction & Course Announcements

8:00–8:30am  Overview of Sleep Disorders  
Richard J. Schwab, MD  
• Sleep deprivation  
• Narcolepsy, parasomnias, menopause, PLMs, RBD

8:30–8:50am  Polysomnography Scoring and an Update on ABIM Sleep Medicine Examination 2011  
Ilene M. Rosen, MD  
• PSG in children to adults; new scoring rules  
• Discussion of the ABIM examination in 2011

8:50–9:20am  Diagnosis, Consequences and Treatment of Insomnia  
Nalaka S. Gooneratne, MD  
• Effect of insomnia on outcomes  
• New behavioral and hypnotic treatments

9:20–9:40am  Sleep Deprivation in Medical Professionals  
Ilene M. Rosen, MD  
• Effect of sleep deprivation on medical care  
• New work rules for housestaff

9:40–10:00am  Complementary and Alternative Medications for Sleep Disorders  
Nalaka S. Gooneratne, MD  
• Herbal medication  
• Do they work?

10:00–10:30am  Epidemiology, Genetics and Pathogenesis of Sleep Apnea  
Allan I. Pack, MB, ChB, PhD  
• Who is at risk?  
• New developments

10:30–11:00am  Break & Exhibit Viewing

11:00–11:20am  Geriatric Sleep Apnea: What does it Mean?  
Nalaka S. Gooneratne, MD  
• Who should be treated?  
• Should we care?

11:20–11:50am  Portable Sleep Studies: Are They Ready for Prime Time?  
Samuel T. Kuna, MD  
• Medicare guidelines - CMS update  
• Diagnostic algorithms for ambulatory sleep studies

11:50am–12:10pm  Outcome Measures in OSA  
Andrew N. Goldberg, MD, MSCE  
• Biomarkers, QOL, cognitive effects  
• Sleep study indices, snoring

12:10–12:40pm  OSA in Commercial and Non-Commercial Drivers: Public Safety Issues  
Allan I. Pack, MB, ChB, PhD  
• Medicolegal risk, when to revoke a license  
• Ramifications for the trucking industry

12:40–1:10pm  Cardiovascular Consequences of Sleep Apnea  
Samuel T. Kuna, MD  
• Myocardial infarction, arrhythmias, CHF  
• Hypertension, stroke

1:10–1:30pm  Lunch

1:30–2:30pm  Sleep Board Review: Polysomnography, Artifacts and SDB  
Nalaka S. Gooneratne, MD  
Samuel T. Kuna, MD  
Allan I. Pack, MB, ChB, PhD  
Marc I. Raphaelson, MD  
Ilene M. Rosen, MD  
Richard J. Schwab, MD

Registration is limited. This session will review polysomnography, artifacts and cases associated with sleep disorders.

or

1:30–2:30pm  Surgical Lab for Sleep Apnea Techniques  
Andrew N. Goldberg, MD, MSCE  
Eric J. Kezirian, MD, MPH  
Kasey K. Li, MD, DDS  
Erica R. Thaler, MD  
Edward M. Weaver, MD, MPH

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

8:00–9:30pm  ILLUMINATIONS  
FIREWORKS & DESSERT RECEPTION AT EPCOT’S FRENCH ISLAND  
• Private Dessert Buffet  
• Spectacular fireworks display and laser show  
• Free for participants (additional fee for family or guests)  
• Advance reservations are required – see registration form

Supported in part by:  
PHILIPS RESPIRONICS
SATURDAY, FEBRUARY 19, 2011

7:30–8:00am  **Continental Breakfast & Exhibit Viewing**

8:00–8:30am  **The Obesity Epidemic and its Relationship to Sleep Apnea**
Gary D. Foster, PhD
- Metabolic syndrome, Type II DM, insulin resistance
- Update on Sleep Ahead Study

8:30–9:00am  **Sleep Disorders: Year in Review 2011**
Allan I. Pack, MB, ChB, PhD
- Update on sleep apnea
- Update on narcolepsy, PLMs, insomnia

9:00–9:30am  **CPAP: Evidence-Based Treatment of Choice for SDB**
Samuel T. Kuna, MD
- Clinical outcomes with CPAP
- CPAP adherence

9:30–10:00am  **The Nuts and Bolts of the Delivery of Positive Airway Pressure**
Ilene M. Rosen, MD
- CPAP BiLevel systems, Auto-CPAP
- New interfaces

10:00–10:30am  **CPAP Adherence Tracking: How Should it be Used?**
Richard J. Schwab, MD
- Clinical guidelines
- What should be monitored at 12 weeks?

10:30–11:00am  **Break & Exhibit Viewing**

11:00–11:30am  **Medical Weight Loss and Sleep Apnea**
Gary D. Foster, PhD
- Behavioral strategies for weight loss
- Role of medications

11:30am–12:00pm  **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

12:00–12:30pm  **Upper Airway Physical Examination and Identifying Sites of Obstruction in Patients with OSA**
Eric J. Kezirian, MD, MPH
- Drug-induced sleep endoscopy
- Correlating the site of obstruction with surgical options

12:30–1:00pm  **Reimbursement for CPAP, OA, Surgery & PSGs (including Portable Studies)**
Marc I. Raphaelson, MD
- 2011 updates
- Can portable sleep studies be cost effective?

OPTIONAL LUNCH AND BREAK-OUT SESSION
Registration/additional fee required; lunch is included.

1:10–1:30pm  **Lunch**

1:30–2:30pm  **Medicare Guidelines, Management of a Fiscally Sound Sleep Lab and Portable Sleep Studies**
Marc I. Raphaelson, MD
Registration is limited. This session will use a “town hall” format to discuss various economic aspects of sleep medicine.

or

1:30–2:30pm  **Surgical Case Presentations**
Andrew N. Goldberg, MD, MSCE
Eric J. Kezirian, MD, MPH
Kasey K. Li, MD, DDS
Erica R. Thaler, MD
Edward M. Weaver, MD, MPH
Controversial surgical case presentations will be reviewed.
SUNDAY, FEBRUARY 20, 2011

7:30–8:00am  Continental Breakfast & Exhibit Viewing

8:00–8:30am  Oral Appliances and their Clinical Indications in OSA
Peter Cistulli, MD, PhD
• Indications
• What is the best oral appliance?

8:30–9:00am  Nasal Evaluation/Therapy and Sinusitis in Patients with SDB
Erica R. Thaler, MD
• Significance of septal deviation and obstruction
• Nasal dilators, septoplasty, treatment of rhinosinusitis

9:00–9:30am  Bariatric Surgery in Patients with Sleep Apnea
Noel N. Williams, MB, BCh, MCh
• What type of bariatric surgery?
• Indications and outcome data in OSA

9:30–9:50am  Perioperative Management of OSA
Andrew N. Goldberg, MD, MSCE
• Patients with sleep apnea surgery
• Nonapneic surgery in patients with apnea

9:50–10:15am  T & A in the Treatment of Sleep Apnea in Children
Kasey K. Li, MD, DDS
• Presentation of sleep apnea in children
• Indications for tonsillectomy

10:15–10:40am  Break & Exhibit Viewing

10:40–11:00am  What is the Role of UPPP in OSA?
Edward M. Weaver, MD, MPH
• Who is a good candidate?
• Outcome data/complications

11:00–11:25am  Selecting Hypopharyngeal Surgery in OSA
Eric J. Kezirian, MD, MPH
• Factors associated with outcomes after various procedures
• Patient indications

11:25–11:55am  Maxillomandibular Advancement and Maxillary Expansion for OSA
Kasey K. Li, MD, DDS
• Specific patient indications
• Outcome data/complications

11:55am–12:30pm  Novel Options for Treating OSA in 2011 and Beyond
Eric J. Kezirian, MD, MPH and Erica R. Thaler, MD
• Robotic base of tongue surgery
• Electrical stimulation, magnets, suspension technology
• Provent nasal devices

12:30–1:00pm  Surgical Approach to OSA 2011: What Should Be Done Today?
Edward M. Weaver, MD, MPH
• Selection of patients
• Selection of surgical procedures

1:10–1:15pm  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

1:15pm  Adjourn
COURSE REGISTRATION FORM

17th Annual Advances in Diagnosis and Treatment of Sleep Apnea and Snoring
February 18–20, 2011

NAME ________________________________________________
□ MD □ DO □ PhD □ DDS □ DMD □ OTHER ______________________

CITY ___________________________ STATE COUNTRY ZIP ________

PHONE (______) _____________________________ FAX (______) _____________________________

E-MAIL ________________________________________________________________________

MEDICAL SPECIALTY __________________________

TUITION FEES

Physicians
Early Registration Fee (before December 15th) _______ @ $625 = $_______
Standard Registration Fee (after December 15th) _______ @ $675 = $_______

Nurses, Allied Health Professionals,
Sleep Technicians, Residents, Fellows _______ @ $575 = $_______

OPTIONAL BREAK-OUT SESSIONS
Please check ONLY ONE PER DAY if you would like to participate in a break-out session. Pre-registration is required. Space is limited; cost includes lunch.

Friday, February 18, 2011
☐ Sleep Board Review: Polysomnography, Artifacts & SDB _______ @ $30 = $_______
☐ Surgical Lab for Sleep Apnea Techniques _______ @ $30 = $_______
(No CME credit available for Surgical Lab)

Saturday, February 19, 2011
☐ Medicare Guidelines, Management of a Fiscally _______ @ $30 = $_______
Sound Sleep Lab and Portable Sleep Studies
☐ Surgical Case Presentations _______ @ $30 = $_______

EPIC® ILLUMINATIONS DESSERT RECEPTION
Friday, February 18, 2011, 8:00–9:30pm, French Island
Free for course registrants; additional guest tickets available. All must be pre-registered.

Course Participant _______ @ $0 = $_______
Spouse or Adult Guest(s) _______ @ $20 = $_______
Children 3 and up (under 3 are free) _______ @ $10 = $_______

TOTAL AMOUNT DUE: $_________

METHOD OF PAYMENT
☐ CHECK payable to “The Trustees of the University of Pennsylvania” (US Dollars only, drawn on a US bank)
☐ CREDIT CARD: ☐ Visa ☐ Mastercard ☐ American Express

CREDIT CARD # ___________________________ SECURITY CODE ________
EXP. DATE ________ SIGNATURE ____________________________

by signing above I authorize this credit card charge

3 WAYS TO REGISTER
1. Go online to www.uphs.upenn.edu/pennorl, click on CME Programs and follow the course registration link.
2. Mail Registration Form and payment to:
   University of Pennsylvania, Conference Services,
   Attn: Sleep Course 2011, 3702 Spruce Street,
   Stouffer Commons, Philadelphia, PA 19104
3. Fax Registration Form to 215-573-8452.

FOR QUESTIONS OR ADDITIONAL INFORMATION, PLEASE CONTACT:
Cathy Lafferty
Phone: 215-349-5382
Fax: 215-662-4515
Email: cathy.lafferty@uphs.upenn.edu

ALL REGISTRATIONS WILL BE CONFIRMED BY EMAIL
UPCOMING AND ONGOING EVENTS

5th International Update Course:
Otolaryngology Underwater
Nov. 2–7, 2010 • Plaza Resort Bonaire, Netherlands Antilles
A superb lecture series combined with spectacular scuba diving opportunities. This popular 4-day continuing medical education program is intended for practicing Otolaryngologists interested in updating their knowledge and reviewing contemporary diagnosis and treatment techniques in a broad spectrum of topics including rhinology, robotic and skull base surgery, facial plastic surgery, pediatric otolaryngology and otology. The course is directed by Dr. David Kennedy and Dr. Bert O’Malley, Jr; distinguished faculty from around the world will be featured.

PENN International Rhinology and Skull Base Dissection Course
Mar. 10–12, 2011 • The Westin Philadelphia
This comprehensive 3-day continuing medical education program in Rhinology and Skull Base Surgery features an outstanding national and international faculty. The course focuses on medical and surgical advances in the management of sino-nasal disease and skull base disorders. There will be specific emphasis on the frontal and sphenoid sinuses, chronic rhinosinusitis, skull base surgery, medical therapy, pediatric sinusitis, image guidance and powered instrumentation and endoscopic management of benign and malignant skull base tumors. Difficult cases, prevention, diagnosis and management of complications arising from sinus disease and skull base surgery will be reviewed. Live surgical cases and demonstration cadaveric dissections will be presented. The course also offers the opportunity for hands-on cadaver dissection laboratories with powered instrumentation, drills and image-guidance systems at every station. A special highlight of the program is the Distinguished Skull Base Professorship.

Visiting Mini Fellowship in Endoscopic Sinus Surgery
University of Pennsylvania
Department of Otorhinolaryngology – Head and Neck Surgery
This program is designed for practicing Otolaryngologists with a significant interest in endoscopic sinus surgery and management of sinus and nasal problems. The course is a 3-day, one-on-one clinical experience where participants may spend time with Dr. David Kennedy and Dr. James Palmer during their office hours, observing them in surgery, and performing a cadaveric dissection. It will be of particular benefit to Otolaryngologists who have been to didactic courses, developed some experience with FESS and identified specific problem areas in the surgical management of patients with sinus disease. A maximum of two Otolaryngologists is admitted to the mini fellowship at any one time, allowing for a close one-on-one experience with the faculty. Participants are encouraged to present CT scans from their own difficult or interesting patient cases. Mini Fellows are invited to attend Wednesday evening clinical conferences and Thursday morning Grand Rounds.

18TH ANNUAL ADVANCES IN DIAGNOSIS AND TREATMENT OF SLEEP APNEA AND SNORING
February 17–18, 2012 • President’s Day Weekend
San Francisco, California

FOR COURSE BROCHURE OR MORE INFORMATION, CONTACT:
CATHY LAFFERTY
CME Coordinator
Phone: 215-349-5382 • Fax: 215-662-4515
Email: cathy.lafferty@uphs.upenn.edu
http://www.uphs.upenn.edu/pennorl/