

5th Annual Sleep Medicine Symposium: What's New Under the Moon

Dorrance Hamilton Building
1001 Locust Street, Philadelphia, PA 19107

Friday, November 17, 2017
(Preliminary Agenda/Subject to Change)

Friday, November 17, 2017		7:00AM - 4:15PM
7:00AM - 7:30AM	<i>Registration, Continental Breakfast, & Exhibits</i>	
7:30AM - 7:45AM	Welcoming and Introduction	Karl Doghramji, MD Michael J. Vergare, MD
Session I: Insomnia <i>Moderator: Karl Doghramji, MD</i>		
7:45AM - 8:00AM	Management of Insomnia: Where Are We, and Where Are We Going?	Karl Doghramji, MD
8:00AM - 8:40AM	<u>Keynote Address: Novel Developments in the Pharmacological Management of Insomnia</u> David Nelson Neubauer, MD Associate Professor of Psychiatry and Behavioral Sciences Johns Hopkins School of Medicine * Baltimore, MD	
8:40AM - 9:15AM	Alternative Nutraceuticals and Nonprescription Pharmacological Therapeutics for Sleep Disorders	Dimitri Markov, MD, RPH
9:15AM - 9:50AM	Adverse Effects of Psychotropic Medications on Sleep Continuity and Architecture	William C. Jangro, DO
9:50AM - 10:25AM	Cognitive Behavioral Therapy for Insomnia	Caryn Seebach, PsyD
10:25AM - 10:45AM	Questions and Panel Discussion <i>Moderator: Karl Doghramji, MD</i> Panelists: William C. Jangro, MD; Dimitri Markov, MD, RPH; David Nelson Neubauer, MD; Caryn Seebach, PsyD	
10:45AM - 11:15AM	<i>Break & Exhibits</i>	
11:15AM - 12:00PM	<i>Breakout Sessions (3): Clinical Considerations in Sleep Apnea Diagnosis and Management</i>	
	<u>Breakout Session #1 – Surgical Procedures for the Treatments of Sleep Apnea</u> <i>Moderator: Maurits S. Boon, MD</i> <i>Panelist: Colin Huntley, MD</i>	
	<u>Breakout Session #2 – Hospital Sleep Medicine: Methodology and Practical Considerations</u> <i>Moderators: Gayley Blaine Webb, MSN, CRNP; Zhanna Fast, MD</i> <i>Panelists: Ashley Adams, RRT; Katrina Flemming, RRT; Robert Tavella, R. PSG. T, MPH</i>	
	<u>Breakout Session #3 - Hands-on: The Mosaic of Treatments for Sleep Apnea</u> <i>Moderators: Ritu G. Grewal, MD</i> <i>Panelists: Kathy Tran, DO; Theodora Fynn, MD</i>	



12:00PM - 1:00PM	<i>Lunch & Exhibits</i>	
<u>Session II: Primary Sleep Disorders</u> <u>Moderator: Karl Doghramji, MD</u>		
1:00PM - 1:30PM	Surgical Weight Management in the Treatment of Sleep Apnea	Michael R. Kammerer, MD
1:30PM - 2:00PM	Medical Weight Management in the Treatment of Sleep Apnea	Janine V. Kyrillos, MD, FACP
2:00PM - 2:30PM	Oral Appliances in the Management of Sleep Apnea	Marlind Alan Stiles, DMD
2:30PM - 2:45PM	<i>Break & Exhibits</i>	
2:45PM - 3:15PM	Sleep Related Movement Disorders	Jeffrey B. Ratliff, MD
3:15PM - 3:55PM	Fatigue and Daytime Sleepiness: Distinctions, Interactions, and Treatments	John Khoury, MD
3:55PM - 4:15PM	Questions and Panel Discussion <i>Moderator:</i> Karl Doghramji, MD <i>Panelists:</i> John Khoury, MD; Janine V. Kyrillos, MD, FACP; Jeffrey B. Ratliff, MD; Marlind Alan Stiles, DMD	
4:15PM	Adjournment	