

Virginia Academy of Sleep Medicine

14th Annual Conference

Richmond Hilton Short Pump Hotel & Spa

NOVEMBER 3 & 4, 2022

MEETING INFORMATION

Sleep Medicine is a rapidly expanding field and this conference will provide attendees with an effective and efficient forum to keep up with the latest research and continually update their clinical knowledge.

Course Objectives

At the conclusion of this program, participants will be able to:

- Define how sleep medicine can be integrated with other medical specialties such as dentistry, otolaryngology, and sports medicine.
- Contrast methods of evaluation and treatment of sleep disorders across the life span.
- Evaluate the diagnoses and treatments of sleep disorders and sleep-related symptoms.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Eastern Virginia Medical School and Virginia Academy of Sleep Medicine. Eastern Virginia Medical School is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation

Eastern Virginia Medical School designates this live activity for a maximum of 10.75 *AMA PRA Category 1 Credits*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Credit Claim Instructions

Each attendee will receive an email from EVMS with the evaluation link after the conference. Once you complete the evaluation, you will receive a certificate.

Poster Session

The posters will be available for viewing on Friday. Please refer to the agenda for the times. CME credit can be claimed for the poster session. Prizes will be awarded to the top posters.

Exhibits

We extend our sincere appreciation to companies that have supported this conference. All refreshments will be served in the exhibit area. Please visit the vendors!

Play to Win Raffle

At registration, attendees will be given a "Play to Win" game card. Visit all of the vendors to get a signature from each one. We will raffle off **two** great prizes! The raffle will be held on Friday after the lunch break. You must be present to win.

VASM

Susan McConnell | Society Manager
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AGENDA

THURSDAY, NOVEMBER 3

PREFUNCTION AREA

3:30 – 4:30 PM **Registration | Visit Vendors**

CAPITAL A - F BALLROOMS

4:30 – 4:35 PM **Welcome**
Joshua Sill, MD
President, VASM

4:35 – 5:15 PM **Sleep Surgery**
Kirk Withrow, MD
Associate Professor
Director of Salivary and Sleep Surgery
University of Alabama at Birmingham

5:15 – 5:55 PM **Sleeping Together: A Collaborative Model for Medicine and Dentistry**
Asim Roy, MD & Rob Kibler
SleepDDS

5:55 – 6:35 PM **Over the Counter Sleep Supplements**
Melody Hawkins, MD
Inova Children's Sleep Center
Fairfax, VA

PREFUNCTION AREA

6:35 – 7:30 PM **Welcome Reception**

AGENDA

FRIDAY, NOVEMBER 4

PREFUNCTION AREA

7:00 – 8:00 AM

**Registration | Continental Breakfast with Vendors
Poster Session**

CAPITAL A - F BALLROOMS

8:00 – 8:25 AM

Welcome & VASM Business Meeting

8:25 – 8:40 AM

*Recognition of Physician, Dental & Sleep Technologist
Award Winners*
Recognition of Katherine Florio Vorona Scholarship Recipients

8:40 – 9:30 AM

Year in Review

David J. Leszczyszyn, MD, PhD

*Central Virginia VA Health Care System &
VCU School of Medicine
Richmond, VA*

9:30 – 10:10 AM

**Sleeping Well and Staying in Rhythm: Implications for
Cardiometabolic and Neurologic Health**

Phyllis Zee, MD

*Director, Center for Circadian and Sleep Medicine
Chief of Sleep Medicine in the Department of Neurology
Benjamin and Virginia T. Boshes Professor of Neurology
Professor of Neurology (Sleep Medicine)
Northwestern Medicine | Evanston, IL*

10:10 - 10:50 AM

**New Theories On Sleep Bruxism as a Protective Mechanism
of Airway Obstruction: The Dental / Medical Connection**

Jerald H. Simmons, MD

*Comprehensive Sleep Medicine Associates
Houston, TX*

PREFUNCTION AREA

10:50 - 11:10 AM

Morning Break with Vendors | Poster Session

CAPITAL A - F BALLROOMS

11:10 - 11:50 AM

Pediatric Insomnia: Updates and Cases

Michael Strunc, MD

*Children's Hospital of the King's Daughters
Norfolk, VA*

11:50 - 12:30 PM

Central Sleep Apnea & Cheyne-Stokes Respiration

Alan R. Schwartz, MD

*Adjunct Professor, University of Pennsylvania Perelman
School of Medicine
Part-time Faculty, Vanderbilt University School of Medicine
Professor (ret.), Johns Hopkins University*

PREFUNCTION AREA

12:30 - 1:15 PM

Lunch with Vendors | Poster Presentations

CAPITAL A - F BALLROOMS

1:15 - 1:30 PM

Legislative Update

Joshua Sill, MD

*Eastern Virginia Medical School
Sentara Medical Group
Norfolk, VA*

1:30 - 2:10 PM

Sleep and Human Performance: Operational Sleep Medicine

Jennifer Creamer, MD

*LTC, MC
NCC Sleep Medicine Fellowship Program Director*

2:10 - 2:50 PM

Combination Therapy = Synergy

J. Michael Adame DDS, D.ABDSM

*Adame Dental Sleep Medicine
Edinburg, TX*

PREFUNCTION AREA

2:50 - 3:10 PM

Afternoon Break with Vendors | Poster Session

PHYSICIAN BREAKOUT | 3:10 – 5:00 PM

CAPITAL G BALLROOM

3:10 - 4:05 PM

OSA Panel

Moderator: [Ryan Nord, MD](#) | VCU Health

Panelists: [Harmeet Chiang, DDS](#) | VCU School of Dentistry

[Daniel Hawkins, DMD](#) | VCU Health

*[Stephen Bakos, MD, PhD](#) | ENT & Facial Plastic Surgery
Center of Fredericksburg*

[Michael Polsky, MD](#) | Pulmonary Associates of Richmond

4:05 - 5:00 PM

**The FULL Scope of Sleep Testing from the Lab to the Home,
from One to EVERY Night**

[Jerald H. Simmons, MD](#)

*Comprehensive Sleep Medicine Associates
Houston, TX*

SLEEP TECHNOLOGIST BREAKOUT | 3:10 – 5:00 PM

CAPITAL A - F BALLROOMS

3:10 - 4:05 PM

Obesity Hypoventilation

[Joseph Anderson, RPSGT, RST, RPFT, CRT-NPS, CCSH, FFAST](#)

Clinical Manager

Sovah Health

Martinsville, VA

4:05 - 5:00 PM

Artificial Intelligence in Sleep Medicine

[Maha Alattar, MD](#)

Associate Professor, Department of Neurology

VCU Health

Richmond, VA

DENTAL SLEEP BREAKOUT | 3:10 – 5:00 PM
SHORT PUMP ROOM

3:10 - 4:05 PM

Models of Practice and Combination Therapy, What Are The Options?

J. Michael Adame DDS, D.ABDSM

Adame Dental Sleep Medicine

Edinburg, TX

4:05 - 5:00 PM

Deep Dive into Portable Monitoring for Dentists

Gregory Essick, DDS

UNC Adams School of Dentistry

Chapel Hill, NC

PEDIATRICS BREAKOUT – 3:10 -5:00 PM
HENRICO ROOM

3:10 - 4:05 PM

Pediatric Hypoventilation Disorders:

A Review of ROHHAD, Prader Willi, and CCHS Syndrome

Melody Hawkins, MD

Inova Children's Sleep Center

Fairfax, VA

4:05 - 5:00 PM

Pediatric Restless Legs Syndrome

Wendy Edlund, MD

Children's Hospital of the King's Daughters

Norfolk, VA

5:00 PM

Adjourn



POSTER PRESENTATIONS

Waveform Analysis and Grading in Upper Airway Stimulation

Thomas H. Fitzpatrick IV, MD

Department of Otolaryngology – Head and Neck Surgery, Virginia Commonwealth University

Should Lateral Wall Collapse be a Contraindication for Hypoglossal Nerve Stimulation?

Thomas H. Fitzpatrick IV, MD

Department of Otolaryngology – Head and Neck Surgery, Virginia Commonwealth University

Screening for Obstructive Sleep Apnea Syndrome (OSAS) in Primary Care

Danielle N. Ogle FNP-BC, MSN, BSN, RN

Carilion Clinic

Solriamfetol Real World Experience Study (SURWEY): Safety, Effectiveness, and Experience During Follow-Up for Patients with Narcolepsy from Germany

Gregory Parks, PhD

Axsome Therapeutics

Solriamfetol Real World Experience Study (SURWEY): Initiation and Titration Strategies Among Physicians Prescribing Solriamfetol for Patients with Narcolepsy from Germany

Gregory Parks, PhD

Axsome Therapeutics

Preclinical Pharmacology of Solriamfetol: Potential Mechanisms for Wake Promotion

Gregory Parks, PhD

Axsome Therapeutics

The Impact of Telemedicine on Sleep Center Access

Shekar Raman, MD

Integrated Sleep Disorders Center

Central Virginia VA Health Care System, Richmond

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FOR THE SUPPORT OF OUR VENDORS!

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