

Virginia Academy of Sleep Medicine

15TH ANNUAL CONFERENCE

NOVEMBER 2 & 3, 2023 | RICHMOND HILTON HOTEL & SPA AT SHORT PUMP



#VASM2023

CONFERENCE DESCRIPTION

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.

TARGET AUDIENCE

Sleep Medicine Physicians, Sleep Technologists, Dentists, Otolaryngologists, other medical professionals, Residents and Medical Students.

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 The American Academy of Sleep Medicine and the Virginia Academy of Sleep Medicine. The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians.

AASM designates this live activity for *AMA PRA Category 1 Credits™*:

Virginia Academy of Sleep Medicine 15th Annual Conference - Maximum of 12.5.

AASM Continuing Education Credits (CECs) for sleep technologists are offered for this live activity. AASM designates this live activity for AASM CECs:

Virginia Academy of Sleep Medicine 15th Annual Conference - Maximum of 12.5.

The AASM will issue all other non-physicians a letter of attendance for activities designated for *AMA PRA Category 1 Credits™*.

Physicians and all other participants should claim only the credit commensurate with the extent of their participation in the activity.

VASM SPEAKERS



RICHARD PARISI, MD
Year in Review
TPMG Lung & Sleep Specialists at
Williamsburg



ERIK ST. LOUIS, MD
**REM Sleep Behavior Disorder;
Prodromal Synucleinopathy
and Beyond**
Mayo Clinic



MARGARET BLATTNER, MD, PHD
**Idiopathic Hypersomnia:
Diagnostic Challenges and
Emerging Therapies**
Beth Israel Deaconess Medical Center



ELLEN WERMTER, FNP, DBSM
**Narcolepsy Treatments:
Beyond Medications**
Charlottesville Neurology and
Sleep Medicine



MELODY HAWKINS, MD
**Polysomnography Indications
and How to Interpret a
Polysomnography Report**
Inova



DANIEL COHEN, MD
**Shift Work Dragging
you Down?**
Sentara Healthcare/Eastern
Virginia Medical School



**THOMAZ FLEURY CURADO,
MD, PhD**
**Sleep Surgery: From the Classic
to Today's Updated Algorithm**
Case Western Reserve University



KATHERINE S. PHILLIPS, DDS
**The Benefits & Indications for
Combination Therapy for the
Treatment of Obstructive Sleep**
Restore TMJ & Sleep Therapy



SCOTT HAINES, MD
**Obstructive Sleep Apnea in
Neuro-Ophthalmology**
Virginia Commonwealth University



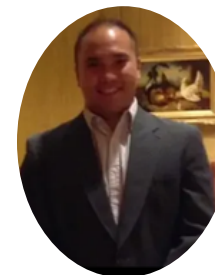
RAMAN MALHOTRA, MD
**Scoring Manual: What's New
and What Could Be Next?**
Washington University



NATASHA MROCZEK, PSYD
**From Restlessness to Refreshment: The
Power of Cognitive Behavioral Therapy for
Insomnia (CBT-I)**
Central Virginia VA Health Care System



JOSHUA SILL, MD
Legislative Update
EVMS



RYAN ACDA, RPSGT
**Sleep and Artificial Intelligence.
Staying Relevant in the Age of AI**
Veterans Affairs Medical Center

AGENDA | THURSDAY, NOVEMBER 2, 2023

3:15 - 4:15 PM

PREFUNCTION AREA

Registration Opens | Visit Exhibitors

4:15 - 4:20 PM

CAPITAL A - F BALLROOM

Welcome

Elsa Mathew, MD

VASM President

4:20 - 5:00 PM

Obstructive Sleep Apnea in Neuro-Ophthalmology

Scott Haines, MD

*Virginia Commonwealth University Departments of Neurology & Ophthalmology
Richmond, VA*

5:00 - 5:40 PM

Sleep Surgery: From the Classic to Today's Updated Algorithm

Thomaz Fleury Curado, MD, PhD

Case Western Reserve University | South Euclid, OH

5:40 - 6:20 PM

Idiopathic Hypersomnia: Diagnostic Challenges and Emerging Therapies

Margaret S. Blattner, MD, PhD

Beth Israel Deaconess Medical Center | Boston, MA

6:20 - 6:30 PM

Q & A

6:30 - 7:30 PM

PREFUNCTION AREA

Welcome Reception | Poster Sessions

7:30 - 8:30 PM

CAPITAL G BALLROOM

Optional Sponsored Dinner | Avadel

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AGENDA | FRIDAY, NOVEMBER 3, 2023

- 7:00 - 8:00 AM **PREFUNCTION AREA**
Registration Opens | Continental Breakfast
Exhibit Hall Opens | Poster Session
- 7:00 - 7:45 AM **CAPITAL G BALLROOM**
Optional Sponsored Breakfast | Harmony Biosciences
- 8:00 - 8:20 AM **CAPITAL A-F BALLROOMS**
Welcome & VASM Business Meeting
Elsa Mathew, MD
VASM President
- 8:20 - 8:35 AM **Recognition of Physician & Sleep Technologist Award Winners**
- 8:35 - 9:25 AM **Year in Review**
Richard Parisi, MD
Clinical Research Director
TPMG Lung & Sleep Specialists at Williamsburg | Williamsburg, VA
- 9:25 - 10:05 AM **Scoring Manual: What's New and What Could Be Next?**
Raman Malhotra, MD
Professor of Neurology
Washington University | St. Louis, MO
- 10:05 - 10:15 AM **Q & A**
- 10:15 - 10:45 AM **PREFUNCTION AREA**
Morning Break
Poster Session | Visit Exhibitors

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AGENDA | FRIDAY, NOVEMBER 3, 2023

- 10:45 - 11:25 AM **CAPITAL A-F BALLROOMS**
REM Sleep Behavior Disorder; Prodromal Synucleinopathy and Beyond
Erik St. Louis, MD, MS
Professor of Neurology and Medicine
Mayo Clinic College of Medicine and Science | Rochester, MN
- 11:25 AM - 12:05 PM **The Benefits and Indications for Combination Therapy for the Treatment of Obstructive Sleep**
Katherine Phillips, DDS
Restore TMJ & Sleep Therapy | The Woodlands, TX
- 12:05 - 12:15 PM **Q & A**
- 12:15 - 1:15 PM **PREFUNCTION AREA**
Boxed Lunches | Poster Session | Visit Exhibitors
- 12:15 - 1:15 PM **CAPITAL G BALLROOM**
Optional Sponsored Lunch | Jazz Pharmaceuticals
- 1:15 - 1:20 PM **CAPITAL A-F BALLROOMS**
Poster Award / "Play to Win" Raffle Prizes
- 1:20 - 2:00 PM **Narcolepsy Treatments: Beyond Medications**
Ellen Wermter, FNP, DBSM
Charlottesville Neurology and Sleep Medicine | Charlottesville, VA
- 2:00 - 2:20 PM **Legislative Update**
Joshua Sill, MD
Sentara Healthcare / Eastern Virginia Medical School | Norfolk, VA
- 2:20 - 2:30 PM **Q & A**

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AGENDA | FRIDAY, NOVEMBER 3, 2023

2:30 - 3:00 PM

PREFUNCTION AREA

Afternoon Break | Visit Exhibitors | Poster Session

3:00 - 5:00 PM

VASM BREAKOUT 1 | CAPITAL G BALLROOM

3:00 – 3:40 PM

The Role of Physician Extenders in a Sleep Center

Kathy Cavanaugh, FNP-BC, DNP

Central Virginia VA Health Care System | Richmond, VA

3:40 – 4:20 PM

Sleep and Epilepsy: Strange Bedfellows No More

Erik St. Louis, MD, MS

Professor of Neurology and Medicine

Mayo Clinic College of Medicine and Science | Rochester, MN

4:20 – 5:00 PM

From Restlessness to Refreshment: The Power of Cognitive Behavioral Therapy for Insomnia (CBT-I)

Natasha Mroczek, PsyD

Central Virginia VA Health Care System | Richmond, VA

3:00 - 5:00 PM

VASM BREAKOUT 2 | CAPITAL A - F BALLROOMS

3:00 – 3:40 PM

Sleep and Artificial Intelligence: Staying Relevant in the Age of AI

Ryan Acda, RPSGT

Veterans Affairs Medical Center | Richmond, VA

3:40 – 4:20 PM

Polysomnography Indications and How to Interpret a Polysomnography Report

Melody Hawkins, MD

Fairfax Neonatal Associates | Fairfax, VA

4:20 – 5:00 PM

Shift Work Dragging you Down?

Daniel Cohen, MD

Clinical Chief of Neurology | Sentara

Chair, Department of Neurology | Eastern Virginia Medical School | Norfolk, VA

AGENDA | FRIDAY, NOVEMBER 3, 2023

3:00 - 5:00 PM

VASM BREAKOUT 3 | HENRICO ROOM

3:00 – 5:00 PM

Managing Complications and Failures of Oral Appliance Therapy

Katherine Phillips, DDS

Restore TMJ & Sleep Therapy

The Woodlands, TX

5:00 PM

Adjourn

Non-CME Product Theaters



THURSDAY, NOVEMBER 2 | 7:30 PM

HILTON SHORT PUMP | CAPITAL G BALLROOM

Dinner sponsored by Avadel Pharmaceuticals

The First and Only Extended Release Oxybate for your Adult Patients with Narcolepsy

John Khoury, MD



FRIDAY, NOVEMBER 3 | 7:00 AM

HILTON SHORT PUMP | CAPITAL G BALLROOM

Breakfast sponsored by Harmony Biosciences

The First and Only Histaminergic Treatment for Excessive Daytime Sleepiness (EDS) or Cataplexy in Narcolepsy

*Richard Bogan, MD, FCCP, FAASM; Medical Director of SleepMed
Columbus, South Carolina*



FRIDAY, NOVEMBER 3 | 12:15 PM

HILTON SHORT PUMP | CAPITAL G BALLROOM

Lunch sponsored by Jazz Pharmaceuticals

A Treatment for Adult Patients with Idiopathic Hypersomnia

James Roy, MD, PhD

POSTER PRESENTATIONS

Mitigating Infection Risk in Upper Airway Stimulation

Mihai A. Bentan, Naushin S. Ali¹, Thomas H. Fitzpatrick IV², Albina S. Islam², Ryan S. Nord²

¹Virginia Commonwealth University School of Medicine, Richmond, Virginia, United States

²Virginia Commonwealth University, Department of Otolaryngology - Head and Neck Surgery, Richmond, Virginia, United States

SURVEY Study of Solriamfetol: Initiation, Titration, Safety, Efficacy, and Follow-Up Experience for Patients with OSA in Germany

Yaroslav Winter, MD¹; Geert Mayer, MD²; Sylvia Kotterba, MD³; Heike Benes, MD⁴; Lothar Burghaus, MD⁵; Iresha Abeynayake, MPH⁶; Samantha Floam, DMD⁶; Hannah Kwak⁶; Gregory Parks, PhD⁶; Ulf Kallweit, MD^{7,8}

¹Mainz Comprehensive Epilepsy and Sleep Medicine Center, Department of Neurology, Johannes Gutenberg-University, Mainz, Germany;

²Hephata Klinik, Schwalmstadt, Germany and Philipps University Marburg, Marburg, Germany;

³Klinikum Leer gGmbH, Leer, Klinik für Geriatrie und Neurologie, Germany;

⁴Somni bene GmbH Institut für Medizinische Forschung und Schlafmedizin Schwerin GmbH, Schwerin, Germany;

⁵Department of Neurology, Heilig Geist-Hospital, Cologne, Germany;

⁶Axsome Therapeutics, New York, USA;

⁷Center for Biomedical Education and Research, and

⁸Professorship for Narcolepsy and Hypersomnolence Research, University Witten/Herdecke, Witten, Germany

Effects of Solriamfetol on Cognition in Participants with Cognitive Impairment Associated with Excessive Daytime Sleepiness in Obstructive Sleep Apnea: SHARP Study Results

Hans P. A. Van Dongen*¹, Eileen B. Leary*², Christopher Drake³, Richard Bogan⁴, Judith Jaeger⁵, Russell Rosenberg⁶, Caroline Streicher², Hannah Kwak², Jay Bates², Herriot Tabuteau²

¹Department of Translational Medicine and Physiology & Sleep and Performance Research Center, Washington State University, Spokane, WA, USA;

²Axsome Therapeutics, New York, NY;

³Henry Ford Health System, Detroit, MI, USA

⁴SleepMed, Inc., Columbia, SC, USA;

⁵CognitionMetrics, Stamford, CT, USA;

⁶Neurotrials Research Inc., Atlanta, GA, USA; *equal contribution

The Hypoxic Respiratory Therapist

Dr. Nida Zaheer (IM-PGY3- Sovah Health Danville)

Dr. Kimberly Bird (Sovah Pulmonology/critical care, Sleep consultant)

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