

Virginia Academy of Sleep Medicine

# 17TH ANNUAL CONFERENCE

OCTOBER 9 & 10, 2025 | RICHMOND HILTON HOTEL & SPA AT SHORT PUMP



#VASM2025

# 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, Physician Assistants, Nurse Practitioners, 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

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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 Macon and Joan Brock Virginia Health Sciences at Old Dominion University and Virginia Academy of Sleep Medicine. Macon and Joan Brock Virginia Health Sciences at Old Dominion University is accredited by the ACCME to provide continuing medical education for physicians.

### CREDIT DESIGNATION

Macon and Joan Brock Virginia Health Sciences at Old Dominion University designates this live activity for a maximum of 11.5 AMA PRA Category 1 Credits *TM*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# AGENDA | THURSDAY, OCTOBER 9, 2025

- 3:00 PM **PREFUNCTION AREA**  
**Registration Opens | Visit Exhibitors**
- 3:45 - 3:50 PM **CAPITAL A - F BALLROOM**  
**Welcome**  
Sean Hesselbacher, MD  
*VASM President*
- 3:50 – 4:30 PM **Beyond CPAP: A Sleep Physician's Take on Surgical Options**  
Michael Polsky, MD  
*Sleep Physician*  
*Pulmonary Associates of Richmond*
- 4:30 – 5:10 PM **Medications for the Treatment of Obesity and Sleep Apnea**  
Pamela Brandt, DO  
*Director of Obesity Medicine*  
*Inova Health System*
- 5:10 – 5:50 PM **CAPITAL A - E BALLROOM**  
**Artificial Intelligence in Sleep Medicine**  
Maha Alattar, MD  
*Associate Professor of Neurology*  
*Interim Division Chief of Sleep Medicine*  
*Virginia Commonwealth University*
- 5:50 – 6:30 PM **School Start Times**  
TBD
- 6:30 - 7:30 PM **PREFUNCTION AREA**  
**Welcome Reception | Poster Sessions**
- 7:30 PM **CAPITAL G BALLROOM**  
**Optional Sponsored Dinner | Inspire**

# AGENDA | FRIDAY, OCTOBER 10, 2025

- 7:00 - 8:00 AM **PREFUNCTION AREA**  
**Registration Opens | Continental Breakfast**  
**Exhibit Hall Opens | Poster Session**
- 7:00 - 8:00 AM **CAPITAL G BALLROOM**  
**Optional Sponsored Breakfast | Axsome**
- 8:00 - 8:20 AM **CAPITAL A - F BALLROOMS**  
**Welcome & VASM Business Meeting**  
*Sean Hesselbacher, MD*  
*VASM President*
- 8:20 - 8:30 AM **Recognition of Physician, Dental & Sleep Technologist Award Winners**  
**Recognition of Katherine Florio Vorona Scholarship Recipient(s)**
- 8:35 - 9:35 AM **Year in Review**  
*Ruth Benca, MD, PhD*  
*Kate Mills Snider Professor and Chair*  
*Department of Psychiatry and Behavioral Medicine*  
*Wake Forest University School of Medicine*
- 9:35 - 10:15 AM **From Zzz's to CT's: The Role of Advanced Cardiac Imaging in OSA, OHS and in their Management**  
*Zachariah Nealy, MD, M.Ed*  
*Cardiac Imager and Visiting professor at UVA*  
*Riverside Regional Medical Center, University of Virginia*  
*Department of Kinesiology*
- 10:15 - 10:45 AM **PREFUNCTION AREA**  
**Morning Break**  
**Poster Session | Visit Exhibitors**

# AGENDA | FRIDAY, OCTOBER 10, 2025

10:45 - 11:45 AM

## VASM BREAKOUT 1 | CAPITAL A - F BALLROOMS

10:45 - 11:15 AM

### TBD

Sharon Keenan, PhD, REEGT, RPSG, D ABSM  
*Stanford School of Medicine*

11:15 - 11:45 AM

### TBD

James Lambert, RPSGT  
*Virginia Commonwealth University*

## VASM BREAKOUT 2 | CAPITAL G

10:45 - 11:45 AM

10:45 - 11:15 AM

### Sleep Disorders in Cerebrovascular Disease

Maha Alattar, MD  
*Associate Professor of Neurology  
Interim Division Chief of Sleep Medicine  
Virginia Commonwealth University*

11:15 - 11:45 AM

### Billing & Coding

Charles Bae, MD  
*Associate Professor of Clinical Medicine (Sleep Medicine)  
University of Pennsylvania Perelman School of Medicine*

## VASM BREAKOUT 3 | SHORT PUMP ROOM

10:45 - 11:45 AM

10:45 - 11:15 AM

### Beyond the Oral Appliance: Navigating Technological Advances in Sleep Apnea Therapy

Aaron Glick, DDS  
*Adjunct Clinical Associate Professor  
University of Texas Health Science School of Dentistry at Houston*

11:15 - 11:45 AM

### Benefits of Multi-Night Calibration Studies with Dental Devices

Michael Pagano, DDS  
*Virginia Total Sleep*

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# AGENDA | FRIDAY, OCTOBER 18, 2024

- 11:45 - 12:40 PM      **PREFUNCTION AREA**  
**Boxed Lunch | Poster Session | Visit Exhibitors**
- 11:45 – 12:40 PM      **HENRICO ROOM**  
**Sponsored Lunch | Avadel**
- 12:40 – 1:20 PM      **CAPITAL A - F BALLROOMS**  
**Sleep at Altitude**  
Nathaniel Gordon, MD  
*Assistant Professor*  
*Old Dominion University*
- 1:20 – 2:00 PM      **New RLS Guidelines**  
Elias Karroum, MD, PhD  
*Associate Professor of Neurology*  
*University of Virginia*
- 2:00 – 2:10 PM      **Education Committee Update**  
Sean Hesselbacher, MD  
*Assistant Professor, Program Director, Sleep Medicine Fellowship*  
*Old Dominion University*
- 2:10 – 2:35 PM      **PREFUNCTION AREA**  
**Afternoon Break**  
**Poster Session | Visit Exhibitors**
- 2:35 – 2:45 PM      **Legislative Committee Update**  
Joshua Sill, MD  
*Professor, Department of Medicine*  
*Old Dominion University*

# AGENDA | FRIDAY, OCTOBER 18, 2024

- 2:45 – 3:25 PM     **Sleep Tech Contributions to Sleep Medicine**  
Sharon Keenan, PhD  
*Founder, Director, The School of Sleep Medicine, Inc.*  
*Adjunct Lecturer, Stanford University School of Medicine and Adjunct Faculty, Oregon Institute of Technology*
- 3:25 – 4:05 PM     **Diaphragmatic Pacing for Central Sleep Apnea**  
Richard Shepard, MD  
*Associate Professor School of Medicine Internal Medicine*  
*Virginia Commonwealth University*
- 4:05 – 4:45 PM     **A New Era in Combination Therapy: Hypoglossal Nerve Stimulation & Oral Appliance Therapy**  
Aaron Glick, DDS  
*Adjunct Clinical Associate Professor*  
*University of Texas Health Science School of Dentistry at Houston*
- Harmeet Chiang, DDS  
*Vice Chair, Department of General Practice*  
*Interim Director of AEGD Residency Program Associate Professor*  
*VCU School of Dentistry*
- 4:45 – 5:00 PM     **Closing Remarks | Raffle Winners | Adjourn**



# POSTER PRESENTATIONS

## **Mixed Methods of Treatment in Sleep Apnea: Phrenic Nerve Stimulation Combined with Positive Pressure Ventilation**

Thomas Wall, DO

SOVAH Health, Danville, Virginia

## **Long-Term Cardiovascular Risk in Pregnant Patients with Obstructive Sleep Apnea**

Matthew Joong H Lee, BS

Virginia Commonwealth University, Richmond, Virginia

## **ENCORE: Topline Results of a Phase 3 Open-Label Extension and Randomized-Withdrawal Trial of AXS-12 in Narcolepsy**

Johnna Devine, PharmD

Axsome Therapeutics (Industry Poster)

## **Investigating the Public Perception of Insomnia Amongst University Students**

Therasita Long, Candidate for BS Biology and Psychology

Christopher Newport University, Newport News, Virginia

## **COVID-19 Infection Increases the Risk of Subsequent Diagnosis of Dementia in Patients with Obstructive Sleep Apnea**

Iman Adibi

Virginia Commonwealth University, Richmond, Virginia

## **Sleeping while Queer: Impacts of Sexual and Gender Identity-related Concerns on Sleep Health in the LGBTQ+ Community Before and After the 2025 US Presidential Election**

Stephanie Manuli, MPH

Project Sleep

## **Relationships of OSA Symptoms and Prescription Medication Use for Insomnia to Healthcare Utilization Among US Adults, NHANES 2017-March 2020**

Amanda Banaag, MPH

Old Dominion University, Norfolk, Virginia

## **Glucagon-Like Peptide Receptor Agonists (GLP-1RAs) as Cardiovascular Risk Modifiers in Obstructive Sleep Apnea and Obesity: A Real-World Study**

Jaeun Ahn, MD

Old Dominion University, Norfolk, Virginia



# Non-CME Product Theaters



**THURSDAY, OCTOBER 9 | 7:15 PM**

HILTON SHORT PUMP | CAPITAL G BALLROOM

Dinner sponsored by Inspire



**FRIDAY, OCTOBER 10 | 7:00 AM**

HILTON SHORT PUMP | CAPITAL G BALLROOM

Breakfast sponsored by Axsome



**FRIDAY, OCTOBER 10 | 11:55 AM**

HILTON SHORT PUMP | HENRICO ROOM

Lunch sponsored by Avadel

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## GOLD SUPPORTERS



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