

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, Advanced Practice Providers, 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 CreditsTM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MOC CREDITS

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 11.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

If an attendee is seeking ABIM MOC credits, ODU CME will send the test via a Qualtrix link.

Credit MUST be claimed within 30 days.

AGENDA | THURSDAY, OCTOBER 9, 2025

- 3:00 PM **PREFUNCTION AREA**
Registration Opens | Visit Exhibitors
- 3:45 - 3:50 PM **CAPITAL A - E BALLROOMS**
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 **Artificial Intelligence in Sleep Medicine**
Maha Alattar, MD
Associate Professor of Neurology
Interim Division Chief | VCU Health Center for Sleep Medicine
- 5:50 – 6:30 PM **ADHD and Sleep: A Bidirectional Relationship**
Aarthi P. Vemana, MD
Director, Inova Children's Sleep Center
Inova Children's Hospital
- 6:30 - 7:30 PM **PREFUNCTION AREA**
Welcome Reception | Poster Sessions
- 7:30 PM **CAPITAL G BALLROOM**
Optional Sponsored Dinner | Inspire
Ticket required

AGENDA | FRIDAY, OCTOBER 10, 2025

- 7:00 - 8:00 AM **PREFUNCTION AREA**
Registration Opens | Buffet 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 - E BALLROOMS**
Welcome & VASM Business Meeting
Sean Hesselbacher, MD
VASM President
- 8:20 - 8:35 AM **Recognition of Award Winners**
Recognition of Katherine Florio Vorona Scholarship Recipients
- 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'sto MRI's, Echo's and CT's:Advanced Cardiac Imaging in OSA and OHS**
Zachariah Nealy, MD, M.Ed
Cardiac Imager and Visiting Professor
Riverside Regional Medical Center
University of Virginia | Department of Kinesiology
- 10:15 - 10:45 AM **PREFUNCTION AREA**
Morning Break
Poster Session | Visit Exhibitors

10:45 - 11:45 AM

VASM TECH BREAKOUT | CAPITAL F BALLROOM

10:45 - 11:15 AM

Pediatric Sleep Disorders: Impact of Lack of Diagnosis

Sharon Keenan, PhD, REEGT, RPSG, DABSM

Adjunct Lecturer, Stanford University School of Medicine

11:15 – 11:45 AM

OSA Treatment: A Tech's Perspective

James Lambert, RPSGT

Lead Sleep Technician | Bon Secours Mercy Health

10:45 - 11:45 AM

VASM PHYSICIAN BREAKOUT | CAPITAL A - E BALLROOMS

10:45 - 11:15 AM

Sleep Disorders in Stroke (TIA)

Maha Alattar, MD

Associate Professor of Neurology

Interim Division Chief | VCU Health Center for Sleep Medicine

11:15 – 11:45 AM

Billing and Coding: Practical Tips and Updates

Charles Bae, MD, MHCI

Associate CHIO for Connected Health Strategy, Associate Professor of Medicine and Neurology | Penn Medicine

10:45 - 11:45 AM

VASM DENTAL SLEEP BREAKOUT | HENRICO ROOM

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

Michael Pagano, DDS, D. ABDSM

Virginia Total Sleep

AGENDA | FRIDAY, OCTOBER 10, 2025

11:45 - 12:40 PM

PREFUNCTION AREA

Buffet Lunch | Poster Session | Visit Exhibitors

11:45 – 12:40 PM

CAPITAL G BALLROOM

Optional Sponsored Lunch | Avadel

Ticket required

12:40 – 1:20 PM

CAPITAL A - E BALLROOMS

Sleep at Altitude

Nathaniel Gordon, MD

Assistant Professor of Medicine

Chief, Medical Director, Division of Sleep Medicine

Department of Medicine, ODU

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

CAPITAL A - E BALLROOMS

Legislative Committee Update

Joshua Sill, MD

Professor, Department of Medicine

Old Dominion University

- 2:45 – 3:25 PM **The Role of Technologists (and Technology) in Sleep Medicine: Past, Present and Future**
Sharon A Keenan, PhD, RPSGT, REEGT, DABSM
Founder, Director, The School of Sleep Medicine, Inc.
Adjunct Lecturer, Stanford University School of Medicine
Adjunct Faculty, Oregon Institute of Technology
- 3:25 – 4:05 PM **Phrenic Nerve Pacing for Central Sleep Apnea**
Richard Shepard, MD
Associate Professor of Medicine
VCU Health Pauley Heart Center
- 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 | Poster Winners**
Adjourn

POSTER PRESENTATIONS

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

Iman Adibi, BS

Virginia Commonwealth University

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

Iman Adibi, BS

Virginia Commonwealth University

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

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

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

Johnna Devine, PharmD

Axsome Therapeutics

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

Clinical Outcomes of Hypoglossal Nerve Stimulation Versus Continuous Positive Airway Pressure in Obstructive Sleep Apnea

Aaron Tucker, BA

Virginia Commonwealth University

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

Thomas Wall, DO

SOVAH Health

Non-CME Product Theaters



THURSDAY, OCTOBER 9 | 7:30 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 | 11:45 AM

HILTON SHORT PUMP | CAPITAL G BALLROOM

Lunch sponsored by Avadel

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