

# VIRGINIA ACADEMY OF SLEEP MEDICINE 12th Annual (*Virtual!*) Conference



November 12 - 13, 2020

This is a joint conference for the Virginia Academy of Sleep Medicine & Southern Sleep Society



## CONFERENCE DESCRIPTION

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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

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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 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.

## AMA CREDIT DESIGNATION STATEMENT

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The American Academy of Sleep Medicine (AASM) designates this activity for a maximum of **12.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AASM CECs | The American Academy of Sleep Medicine (AASM) will offer AASM Continuing Education Credits (CECs) to sleep technologists who attend the Virginia Academy of Sleep Medicine 12th Annual (Virtual!) Conference. A maximum of 12.50 credits will be awarded.

## PROGRAM COMMITTEE MEMBERS

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Michael Strunc, MD (Chair), Jonathan Clark, RPSGT, Erika Mason, DDS, Joshua Sill, MD, Mariana Szklo-Coxe, PhD, Marion Wotring, RPSGT, Pearl Yu, MD.

# SPEAKERS



**RYAN ACDA, RPSGT**

Bedside Manners in Time of  
Pandemic  
Veterans Affairs Medical Center



**NANCY COLLOP, MD**

Wearable Technology: Devices that  
Measure and Quantify Sleep  
Emory Sleep Center



**DALILA LEWIS, MD**

Sleep and Epilepsy: Pediatric  
Population  
Medical University of South  
Carolina



**DEBBIE AKERS, RPSGT, FFAST**

Developing a Seamless Link  
Between the Sleep Study & DME  
Medical Equipment Distributors



**SHAFROKH JAVAHERI, MD**

OSA and Excessive Sleepiness  
Prevalence, Mechanisms and  
Treatment  
University of Cincinnati College of  
Medicine



**WILLIAM ORR, PHD**

What Every Sleep Doctor Needs to  
Know about Gastroenterology  
University of Oklahoma Health  
Sciences Center



**RICK BOGAN, MD**

Medications for Treatment of  
Narcolepsy  
University of South Carolina School  
of Medicine



**JOYCE LEE-IANNOTTI, MD**

Running a Sleep Lab during COVID  
University of Arizona College of  
Medicine-Phoenix



**JUDITH OWENS, MD**

Melatonin Use in Children:  
The Promise and the Peril  
Harvard Medical School



# SPEAKERS



**BEN POTENZIANO**

Sleep Science - Why it's Essential  
to Athlete Performance, Health  
and Injury Prevention  
*Pittsburgh Pirates*



**ASIM ROY, MD**

Difficult OSA Patients!!  
Tricks for Successful Therapy  
*Northeast Ohio Medical University*



**CAROL ROSEN, MD**

Impact of COVID-19 on Sleep  
Health  
*Professor Emerita  
Case Western Reserve  
University School of Medicine*



**JOSHUA SILL, MD**

Legislative Update  
*Eastern Virginia Medical School*



**RUSSELL ROSENBERG, PhD**

Cannabis for Sleep Disorders:  
Smoke and Mirrors?  
*Neurotrials Research*



**ALEXANDER VAUGHAN, DDS**

Oral Appliance Therapy  
*Virginia Total Sleep*



**KENT WERNER, MD**

TBI-sleep-glymphatics System-  
neurodegeneration  
*Uniformed Services University*

# AGENDA

## THURSDAY, NOVEMBER 12 | GENERAL SESSION

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- 3:00 – 4:00 PM [Visit Virtual Exhibit Booths | Participate in the Virtual Raffle](#)
- 4:00 – 4:05 PM **Welcome**  
*Mike Strunc, MD*  
VASM President
- 4:05 – 4:40 PM **Running a Sleep Lab during COVID**  
*Joyce K. Lee-Iannotti MD*  
Director, Banner University Medical Center Sleep Disorders Center-Phoenix  
Program Director, Sleep Medicine Fellowship, University of Arizona College of Medicine-Phoenix
- 4:40 – 5:15 PM **Difficult OSA Patients!! Tricks for Successful Therapy**  
*Asim Roy, MD*  
Medical Director, Ohio Sleep Medicine Institute  
Assistant Clinical Professor, Northeast Ohio Medical University
- 5:15 – 5:20 PM [Stretch Break](#)
- 5:20 – 5:55 PM **Sleep and Epilepsy: Pediatric Population**  
*Dalila Lewis, MD, FAAP*  
Division Chief, Pediatric Neurology  
Pediatric Epileptologist, Medical University of South Carolina
- 5:55 – 6:30 PM **Sleep Science - Why it's Essential to Athlete Performance, Health and Injury Prevention**  
*Ben Potenziano, M.Ed., L-ATC*  
Assistant Athletic Trainer, Pittsburgh Pirates  
Former Strength and Conditioning Coach, San Francisco Giants  
*Meeta Singh MD*  
Section Head and Service Chief  
Henry Ford Sleep Disorders Clinic
- 6:45 – 7:30 PM [Virtual Happy Hour!](#)

# AGENDA

## FRIDAY, NOVEMBER 13 | MORNING SESSION

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7:00 – 8:00 AM

**Visit vendors in Virtual Exhibit Booths**  
**Participate in the Virtual Raffle**

7:00 – 8:00 AM

Harmony Biosciences Virtual Coffee Chat Presentation  
A First-in-Class Treatment for EDS in Narcolepsy  
Presented by Russell Rosenberg, MD | NeuroTrials Research, Inc.  
When it's time, [Click Here to join](#)  
*This session does not qualify for CME or AASM CECs for Sleep Techs*

8:00 – 8:30 AM

**Welcome & VASM Business Meeting**  
**Recognition of Physician, Dental & Sleep Technologist Awards**

8:30 – 9:20 AM

**Impact of COVID-19 on Sleep Health**  
*Carol Rosen, MD*  
Professor Emerita  
Case Western Reserve University School of Medicine, Cleveland OH

9:20 – 10:05 AM

**Cannabis for Sleep Disorders: Smoke and Mirrors?**  
*Russell Rosenberg, Ph.D.*  
Chief Science Officer and CEO  
NeuroTrials Research

**10:05 – 10:10 AM**

**Stretch Break**

10:10 – 10:55 AM

**Dental Sleep Medicine Update**  
*Alexander Vaughan, DDS*  
Virginia Total Sleep  
Glen Allen, VA

10:55 - 11:40 AM

**Sleep, the Military, and the Glymphatic System**  
*Kent Werner, MD*  
Assistant Professor, Department of Neurology  
Uniformed Services University

# AGENDA

## FRIDAY, NOVEMBER 13 | AFTERNOON SESSION

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- 11:40 AM – 12:40 PM **Poster Session**  
[Visit Virtual Exhibit Booths | Participate in the Virtual Raffle](#)
- 11:40 AM – 12:40 PM **Jazz Sponsored Virtual Lunch Presentation**  
Why You Should Consider Another Approach to Treating Key Symptoms in Patients With Narcolepsy  
Presented by W. Chris Winter, MD  
When it's time, [Click Here](#) to join  
*This session does not qualify for CME or AASM CECs for Sleep Technologists*
- 12:40 – 12:55 PM **Legislative Update**  
*Josh Sill, MD*  
Eastern Virginia Medical School
- 12:55 – 1:40 PM **What Every Sleep Doctor Needs to Know about Gastroenterology**  
*William C. Orr, PhD*  
Clinical Professor of Medicine  
University of Oklahoma Health Sciences Center
- 1:40 – 1:45 PM** **Stretch Break**
- 1:45 – 2:35 PM **Medications for Treatment of Narcolepsy**  
*Rick Bogan, MD, FCCP*  
Associate Clinical Professor  
University of South Carolina School of Medicine
- 2:35 – 3:20 PM **OSA and Excessive Sleepiness**  
**Prevalence, Mechanisms and Treatment**  
*Shahrokh Javaheri, MD*  
Professor Emeritus of Medicine  
University of Cincinnati College of Medicine

# AGENDA

3:20 – 3:25 PM

**Stretch Break**

3:25 – 4:10 PM

**Wearable Technology: Devices that Measure and Quantify Sleep**

*Nancy Collop, MD*

Director

Emory Sleep Center

4:10 – 4:55 PM

**Melatonin Use in Children: The Promise and the Peril**

*Judith Owens, MD, MPH*

Director, Center for Pediatric Sleep Disorders

Professor of Neurology

Harvard Medical School

## SLEEP TECH SESSION

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4:55– 5:25 PM

**Bedside Manners in Time of Pandemic**

*Ryan Acda, RPSGT*

Veterans Affairs Medical Center

5:25 – 5:55 PM

**Developing a Seamless Link Between the Sleep Study & DME**

*Debbie Akers, RRT, RPSGT, FAAST*

Medical Equipment Distributors



# POSTER PRESENTATIONS

## MULTIDISCIPLINARY APPROACH TO TREAT PATIENT WITH SEVERE OBSTRUCTIVE SLEEP APNEA WITH MANDIBULAR ADVANCEMENT DEVICE: A CASE REPORT

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Elsa Mathew (1), Ryan Nord (2), **Harmeet Chiang** (2)

(1) *Richmond VAMC*

(2) *Virginia Commonwealth University*

## HYPOGLOSSAL NERVE STIMULATION IN VETERANS WITH OBSTRUCTIVE SLEEP APNEA

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Fernandez AD, Raman S, Mathew EV

Integrated Sleep Disorders Center, Central Virginia Veterans Affairs Health System

Virginia Commonwealth University School of Medicine

## AROUSAL THRESHOLD IN SLEEP APNEA PATIENTS WITH EXCESSIVE DAYTIME SLEEPINESS

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Pahnwat Tonya Taweeseedt (1), Shyamsunder Subramanian (2), Sean Hesselbacher (3,4), Salim R. Surani (1,5)

(1) *Bay Area Medical Center, Corpus Christi, TX*

(2) *Sutter Gould Medicine Foundation, CA*

(3) *Eastern Virginia Medical School, Norfolk, VA*

(4) *Hampton VA Medical Center, Hampton, VA*

(5) *Texas A&M University*

## AROUSAL THRESHOLD IN SLEEP APNEA PATIENTS AND OBESITY

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Pahnwat Tonya Taweeseedt (1), Salim R Surani (1,2), Sean Hesselbacher (3,4), Shyamsunder Subramanian (5)

(1) *Bay Area Medical Center, Corpus Christi, TX*

(2) *Texas A&M University*

(3) *Eastern Virginia Medical School, Norfolk, VA*

(4) *Hampton VA Medical Center, Hampton, VA*

(5) *Sutter Gould Medicine Foundation, CA*



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Children's Specialty Group  
*Norfolk, VA*

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Sleep Disorders Center  
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*Fairfax, VA*

