

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

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 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

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

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



JOSHUA SILL, MD

Legislative Update
Eastern Virginia Medical School



CAROL ROSEN, MD

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



MEETA SINGH, MD

Sleep and Circadian Science -
Implications for Professional
Athletes' Performance and Health
Henry Ford Sleep Disorders Clinic



RUSSELL ROSENBERG, PhD

Cannabis for Sleep Disorders:
Smoke and Mirrors?
Neurotrials Research



ALEXANDER VAUGHAN, DDS, MS

Dental Sleep Medicine Update
Virginia Total Sleep



ASIM ROY, MD

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



J. KENT WERNER, Jr. MD, PhD

Sleep, the Military, and the
Glymphatic System
Uniformed Services University



AGENDA

THURSDAY, NOVEMBER 12 | GENERAL SESSION

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 and Circadian Science - Implications for Professional Athletes' Performance and Health**
Ben Potenziano, MEd, 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 with Mixologist](#)



AGENDA

FRIDAY, NOVEMBER 13 | MORNING SESSION

- | | |
|------------------|--|
| 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.
<i>This session does not qualify for CME or AASM CECs for Sleep Techs</i> |
| 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
<i>Carol Rosen, MD</i>
CWRU School of Medicine
Department of Pediatrics, Professor Emerita |
| 9:20 – 10:05 AM | Cannabis for Sleep Disorders: Smoke and Mirrors?
<i>Russell Rosenberg, PhD</i>
Chief Science Officer and CEO
NeuroTrials Research |
| 10:05 – 10:10 AM | Stretch Break |
| 10:10 – 10:55 AM | Dental Sleep Medicine Update
<i>Alexander T. Vaughan, DDS, MS</i>
Virginia Total Sleep
Glen Allen, VA |
| 10:55 - 11:40 AM | Sleep, the Military, and the Glymphatic System
<i>J. Kent Werner, Jr., MD, PhD</i>
Assistant Professor, Department of Neurology, USU
Research Director, Sleep Disorders Center, WRNMMC |

AGENDA

FRIDAY, NOVEMBER 13 | AFTERNOON SESSION

- 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
This session does not qualify for CME or AASM CECs for Sleep Technologists
- 12:40 – 12:55 PM **Legislative Update**
Josh Sill, MD, FACP, FCCP
Associate Professor of Medicine
Pulmonary, Critical Care & Sleep Medicine
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, FAASM
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, FCCP, FAASM
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

Boston Children's Hospital

Professor of Neurology

Harvard Medical School

SLEEP TECH SESSION

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

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

(1) *Richmond VAMC*

(2) *Virginia Commonwealth University*

HYPOGLOSSAL NERVE STIMULATION IN VETERANS WITH OBSTRUCTIVE SLEEP APNEA

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

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

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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Fairfax, VA





THE VASM IS GRATEFUL FOR THE SUPPORT OF OUR VENDORS!

VENDOR RAFFLE!

During each break, be one of the first three people to visit a virtual exhibit booth **and** chat with a vendor to be entered into a raffle for the chance to win one of these great prizes: PowerBeats wireless earphones, a Bose speaker, and a Samsung galaxy smartwatch!

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COFFEE CHAT | FRIDAY, NOVEMBER 13 | 7:00 - 8:00 AM EST

Harmony Biosciences Virtual Coffee Chat Presentation

A First-in-Class Treatment for EDS in Narcolepsy

Presented by Russell Rosenberg, MD

NeuroTrials Research, Inc.

Atlanta, GA

LUNCH SPEAKER | FRIDAY, NOVEMBER 13 | 11:40 AM - 12:40 PM EST

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