Workshops in Sleep Medicine

Portable Monitoring
November 6, 2010

The Sleep Apnea Examination
November 7, 2010

Register online at www.aasmnet.org
Register for both hands-on workshops to take up to 25% off of registration fees!

Important Dates

October 8, 2010
Advanced Registration Deadline to Receive Reduced Registration Fees
October 8, 2010
Deadline to Reserve Hotel Rooms at Discounted Rate of $99/Night
October 15, 2010
Cancellation Deadline
November 6, 2010
Workshops in Sleep Medicine: Portable Monitoring

Course Description
This course will cover topics ranging from the AASM guidelines on identification of patients appropriate for portable monitoring to scoring of portable studies. An interactive session will review electrode application and preparation of the patient for the recording. Use of positive airway pressure treatment will also be discussed.

Target Audience
This course is intended for sleep medicine professionals seeking a review of the appropriate uses of portable monitors in the diagnosis and management of sleep disorders.

Overall Course Objectives
Upon completion of the course, attendees will be able to:
• Discuss the AASM guidelines for portable monitoring;
• Assess appropriate patient selection;
• Analyze the data provided by portable monitors; and
• Define issues involved in the management of patients using portable monitors.

Faculty
Richard Berry, MD—Course Chair
W. McDowell Anderson, MD
Reena Mehra, MD

Advanced Registration Fees:
On or before October 8, 2010
One workshop: $300 (member); $395 (nonmember)
Both workshops: $500 (member); $595 (nonmember)

Regular Registration Fees:
After October 8, 2010
One workshop: $345 (member); $440 (nonmember)
Both workshops: $575 (member); $640 (nonmember)

Preliminary Schedule and Topics

SATURDAY, NOVEMBER 6, 2010

7:00am - 8:00am
Registration and Continental Breakfast*

8:00am - 8:10am
Introduction
Richard Berry, MD

8:10am - 9:00am
Portable Monitoring – Review of the AASM Clinical Guidelines
Reena Mehra, MD

9:00am - 10:00am
Who Should Have a Portable Monitoring Study? Assessing Risk and Exclusion Factors
W. McDowell Anderson, MD

10:00am - 10:15am
Break

10:15am - 12:15pm
Nuts and Bolts of Portable Monitoring
Richard Berry, MD

12:15pm - 1:15pm
Lunch*

1:15pm - 2:15pm
Portable Monitoring in Practice
Faculty

2:15pm - 3:15pm
Indirect Measures of Sleep Related Breathing Disorders – Oximetry, PAT and Beyond
W. McDowell Anderson, MD

3:15pm - 3:30pm
Break

3:30pm - 4:30pm
Scoring and Reviewing Portable Monitoring Data
Reena Mehra, MD

4:30pm - 5:30pm
The Home Sleep Patient: Portable Monitoring, Auto-Titration and Follow-up without a Laboratory Study
Richard Berry, MD

* These meals are provided; attendees are responsible for all other meals.
Workshops in Sleep Medicine: The Sleep Apnea Examination

Date: November 7, 2010
Location: AASM National Office • Darien, IL (Chicago suburb)
Course Faculty: Ofer Jacobowitz, MD, PhD; Columbia University, Middletown, NY
CME Credits: 8.00
Advanced Registration Deadline: October 8, 2010

Register for both hands-on workshops to take up to 25% off of registration fees!

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 8, 2010</td>
<td>Advanced Registration Deadline to Receive Reduced Registration Fees</td>
</tr>
<tr>
<td>October 8, 2010</td>
<td>Deadline to Reserve Hotel Rooms at Discounted Rate of $99/night</td>
</tr>
<tr>
<td>October 15, 2010</td>
<td>Cancellation Deadline</td>
</tr>
<tr>
<td>November 7, 2010</td>
<td>Workshops in Sleep Medicine: The Sleep Apnea Examination</td>
</tr>
</tbody>
</table>

Course Description
This course will provide didactic sessions on the features of the upper airway that are risk factors for obstructive sleep apnea and will describe methods of upper airway assessment. Sessions will review areas that are the focus for surgical treatment of apnea. Finally, faculty will guide participants in performing the sleep apnea examination.

Target Audience
This course is intended for sleep medicine professionals seeking knowledge and practice of the detailed examination of the upper airway for the diagnosis and management of patients with obstructive sleep apnea syndrome.

Overall Course Objectives
Upon completion of the course, attendees will be able to:
- Identify the static and dynamic features of the nasal airway that affect obstructive sleep apnea and its treatment with CPAP;
- Assess the oral and pharyngeal anatomy relevant to the diagnosis, medical and surgical treatment of obstructive sleep apnea;
- Explain methods of anatomical assessment and advanced surgical treatment of obstructive sleep apnea in children;
- Identify anatomical structures amenable to surgical treatment in adults;
- Describe the relation of airway inflammation and obstructive sleep apnea; and
- Practice the physical examination of the sleep apnea airway using basic and advanced tools such as peak flow meters and fiberoptic endoscopes.

Faculty
Ofer Jacobowitz, MD, PhD—Course Chair
Michael Friedman, MD
Suman Golla, MD
Paul Schalch, MD
Sally Shott, MD

Advanced Registration Fees:
On or before October 8, 2010
One workshop: $300 (member); $395 (nonmember)
Both workshops: $500 (member); $595 (nonmember)

Regular Registration Fees:
After October 8, 2010
One workshop: $345 (member); $440 (nonmember)
Both workshops: $575 (member); $640 (nonmember)

Preliminary Schedule and Topics

SUNDAY, NOVEMBER 7, 2010

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am - 8:00am</td>
<td>Registration and Continental Breakfast*</td>
</tr>
<tr>
<td>8:00am - 8:20am</td>
<td>The Importance of the Sleep Apnea Examination</td>
</tr>
<tr>
<td>Ofer Jacobowitz, MD, PhD</td>
<td></td>
</tr>
<tr>
<td>8:20am - 9:15am</td>
<td>Examination of the Oral Cavity and Pharynx for Obstructive Sleep Apnea</td>
</tr>
<tr>
<td>Ofer Jacobowitz, MD, PhD</td>
<td></td>
</tr>
<tr>
<td>9:15am - 10:15am</td>
<td>Nasal Airway Anatomy and Examination for Obstructive Sleep Apnea</td>
</tr>
<tr>
<td>Michael Friedman, MD</td>
<td></td>
</tr>
<tr>
<td>10:15am - 10:30am</td>
<td>Break</td>
</tr>
<tr>
<td>10:30am - 11:15am</td>
<td>Pediatric Sleep Apnea – Use of Cine MRI to Determine Site(s) of Obstruction</td>
</tr>
<tr>
<td>Sally Shott, MD</td>
<td></td>
</tr>
<tr>
<td>11:15am - 12:00pm</td>
<td>Allergy and Airway Inflammation in Obstructive Sleep Apnea</td>
</tr>
<tr>
<td>Suman Golla, MD</td>
<td></td>
</tr>
<tr>
<td>12:00pm - 1:00pm</td>
<td>Lunch*</td>
</tr>
<tr>
<td>1:00pm - 5:15pm</td>
<td>OSA Physical Examination: Practical Faculty</td>
</tr>
</tbody>
</table>

* These meals are provided; attendees are responsible for all other meals.

Questions? Contact the AASM meeting department by e-mail to education@aasmnet.org or by phone to 630-737-9700
How to Register
There are 3 ways to register for AASM Sleep Education Series courses:

1. **Online.** [www.aasmnet.org/sleepedseries.aspx](http://www.aasmnet.org/sleepedseries.aspx) *(credit card only)*
2. **Fax.** 630-737-9789 *(credit card only)*
3. **Mail.** American Academy of Sleep Medicine
   Attn: Meeting Department
   2510 North Frontage Road
   Darien, IL 60561
   *(check or credit card)*

Confirmation and Registration Disclaimer
Registration is limited. Please register early. Confirmation letters will be sent via e-mail within one week of receipt of registration form and payment. All attendees must pre-register; on-site registration will not be accepted. The AASM will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for a course.

Cancellation Policy
Written notification must be submitted to the AASM meeting department for registration cancellation. A $50.00 administrative fee will be withheld on cancellations postmarked prior to the cancellation deadline. After this date, no refunds will be available. Refunds are not provided to no-shows. The AASM reserves the right to cancel any of these courses and provide a full refund should conditions warrant. The refund will only include the cost of registration for the event.

Registration Categories
**Members**
To register as a member, the registrant must currently be an individual member of the American Academy of Sleep Medicine (AASM). If the AASM is unable to confirm that the individual is a member, the individual will be registered as a nonmember at the nonmember prevailing fees.

**Employees of Center Member**
To register as an employee of an AASM center member (with a maximum of four registrants), the registrant must currently be employed at a sleep center or sleep lab that is currently a member of the AASM. If the AASM is unable to confirm that the center or lab is a member of the AASM, the individual will be registered as a nonmember at the nonmember prevailing fees.

**Nonmembers**
Want to register for the member price, but you’re not a member? If you are not an individual member of the AASM and would like to become a member, join the AASM to receive instant savings including reduced course registration fees, a subscription to the journals *SLEEP* and *Journal of Clinical Sleep Medicine*, and much more. Visit the AASM website at [www.aasmnet.org](http://www.aasmnet.org) for more information about membership including a complete listing of benefits and a description of all membership categories. Membership is on a calendar-year basis (January 1–December 31). Beginning on October 1, 2010, individuals may apply for membership for the 2011 membership-year and receive the remainder of the 2010 membership-year for free.

Continuing Medical Education
The American Academy of Sleep Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

These courses have been planned and implemented in accordance with the Essential Areas and Their Elements of the ACCME by the American Academy of Sleep Medicine.

The AMA Council on Medical Education mandates that accredited providers only offer **AMA PRA Category 1 Credits™** to physicians. The AASM will issue non-physicians a letter of attendance for activities designated for **AMA PRA Category 1 Credits™**.

The American Academy of Sleep Medicine will award up to **20.50 AMA PRA Category 1 Credits™** for the Interpreting Sleep Studies and Intensive Scoring Workshop courses, **11.25 AMA PRA Category 1 Credits™** for the Pharmacology and Sleep Medicine course, **10.00 AMA PRA Category 1 Credits™** for the Comprehensive Evaluation and Management Coding course, **8.00 AMA PRA Category 1 Credits™** for the Workshops in Sleep Medicine: Portable Monitoring course and **8.00 AMA PRA Category 1 Credits™** for the Workshops in Sleep Medicine: Sleep Apnea Examination course. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Register online at [www.aasmnet.org/sleepedseries.aspx](http://www.aasmnet.org/sleepedseries.aspx).
Registration Form

Registration Information (Please print or type clearly)

Last Name: ____________________________ First Name: ____________________________ Degree(s): ____________________________
Address: ________________________________________________________________
City: ____________________________ State: ________ Zip/Postal Code: __________ Country: ____________________________
Phone: ____________________________ Fax: ____________________________ E-mail: ____________________________
Special Needs/Accommodations: ____________________________________________

Specialty (Check all that apply)
☐ Sleep Medicine ☐ Internal Medicine ☐ Pulmonary Medicine ☐ Neurophysiology
☐ Otorhinolaryngology ☐ Pediatrics ☐ Psychiatry ☐ Psychology
☐ Neurology ☐ Nursing ☐ Other ____________________________

Attendee List Permission (Check one)
I give my permission to include my contact information on an attendee list to be distributed to course attendees. ☐ Yes ☐ No

Membership Dues for Nonmembers
(Choose one. Membership dues are based on the date that the registration is received by the AASM national office)

<table>
<thead>
<tr>
<th>Membership Category</th>
<th>2010 Membership-year (Through 9/30/10)</th>
<th>2011 Membership-year (On or after 10/1/10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Members</td>
<td>☐ $125</td>
<td>☐ $200</td>
</tr>
<tr>
<td>Student Members</td>
<td>☐ $20</td>
<td>☐ $40</td>
</tr>
<tr>
<td>Affiliate Members</td>
<td>☐ $125</td>
<td>☐ $200</td>
</tr>
<tr>
<td>Affiliate Industry Members</td>
<td>☐ $250</td>
<td>☐ $400</td>
</tr>
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Registration Fees
(Choose the appropriate registration fee(s). Registration fees are based on the date that the registration is received at the AASM national office.)

Interpreting Sleep Studies
Option #1: Interpreting Sleep Studies course ONLY

<table>
<thead>
<tr>
<th>Membership Category</th>
<th>On or before 9/24/10</th>
<th>After 9/24/10</th>
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</thead>
<tbody>
<tr>
<td>AASM Member</td>
<td>☐ $495</td>
<td>☐ $550</td>
</tr>
<tr>
<td>Employee of an AASM Member Center/Lab*</td>
<td>☐ $495</td>
<td>☐ $550</td>
</tr>
<tr>
<td>Nonmember</td>
<td>☐ $650</td>
<td>☐ $750</td>
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Option #2: Interpreting Sleep Studies course AND Intensive Scoring Review Workshop

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<th>Membership Category</th>
<th>On or before 9/24/10</th>
<th>After 9/24/10</th>
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<tbody>
<tr>
<td>AASM Member</td>
<td>☐ $645</td>
<td>☐ $725</td>
</tr>
<tr>
<td>Employee of an AASM Member Center/Lab*</td>
<td>☐ $645</td>
<td>☐ $725</td>
</tr>
<tr>
<td>Nonmember</td>
<td>☐ $875</td>
<td>☐ $1000</td>
</tr>
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</table>

Questions? Contact the AASM meeting department by e-mail to education@aasmnet.org or by phone to 630-737-9700
Registration Form (cont.)

Pharmacology and Sleep Medicine

<table>
<thead>
<tr>
<th></th>
<th>On or before 10/1/10</th>
<th>After 10/1/10</th>
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</thead>
<tbody>
<tr>
<td>AASM Member</td>
<td>$450</td>
<td>$500</td>
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<tr>
<td>Employee of an AASM Member Lab*</td>
<td>$450</td>
<td>$500</td>
</tr>
<tr>
<td>Nonmember</td>
<td>$600</td>
<td>$650</td>
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Comprehensive Evaluation and Management Coding

<table>
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<th>On or before 10/4/10</th>
<th>After 10/4/10</th>
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<tbody>
<tr>
<td>AASM Member</td>
<td>$450</td>
<td>$500</td>
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<tr>
<td>Employee of an AASM Member Lab*</td>
<td>$450</td>
<td>$500</td>
</tr>
<tr>
<td>Nonmember</td>
<td>$600</td>
<td>$650</td>
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</tbody>
</table>

Workshops in Sleep Medicine

Option #1: One Workshop (Either Portable Monitoring OR Sleep Apnea Examination)

Check one:  
- [ ] Portable Monitoring Workshop
- [ ] Sleep Apnea Examination Workshop

<table>
<thead>
<tr>
<th></th>
<th>On or before 10/8/10</th>
<th>After 10/8/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>AASM Member</td>
<td>$300</td>
<td>$345</td>
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<tr>
<td>Employee of an AASM Member Lab*</td>
<td>$300</td>
<td>$345</td>
</tr>
<tr>
<td>Nonmember</td>
<td>$395</td>
<td>$440</td>
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Option #2: Save when you Register for Both Workshops (Portable Monitoring AND Sleep Apnea Examination)

<table>
<thead>
<tr>
<th></th>
<th>On or before 10/8/10</th>
<th>After 10/8/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>AASM Member</td>
<td>$500</td>
<td>$575</td>
</tr>
<tr>
<td>Employee of an AASM Member Lab*</td>
<td>$500</td>
<td>$575</td>
</tr>
<tr>
<td>Nonmember</td>
<td>$595</td>
<td>$640</td>
</tr>
</tbody>
</table>

*If registering as an employee of an AASM center/lab member, please provide the name of your facility and your accreditation/membership number.

Name: _____________________________________________________________

Accreditation/Membership Number: ___________________________________

Method of Payment

☐ Check made payable to the AASM (U.S. funds drawn on a U.S. bank)

Credit Card:

☐ VISA    ☐ MasterCard    ☐ American Express

Card#: ___________________________________________ Exp. Date: ___________ /

Validation Code**: ________________ Cardholders Name: __________________________

Billing Address: ____________________________________________________________

__________________________________________________________________________

Signature: ___________________________ Date: __________________________

**For a VISA or MasterCard, the validation code is the last 3 numbers in the signature box. For an American Express, the validation code is the 4 numbers above the credit card number.

Register online at www.aasmnet.org/sleepedseries.aspx.
**Location & Room Reservations**
All courses will all be held at the AASM national office, 2510 North Frontage Road, Darien, Illinois 60561. The AASM has reserved a block of guest rooms at the Aloft Bolingbrook, 500 Janes Ave., Bolingbrook, Illinois 60440, at a special group rate (see details below for each course). Space is limited, so please make reservations well in advance; the group rate will no longer be available if all rooms in the block sell out. Reservations must be made by individual attendees directly with the hotel’s reservation department by calling (877) 462-5638. To receive the special group rate, you must identify yourself as part of the AASM course group. Check-in time is 3:00pm and check-out time is 12:00pm.

**Interpreting Sleep Studies** ● October 22-24, 2010
Rate: $99/night
Cut-off Date: September 24, 2010

**Pharmacology and Sleep Medicine** ● October 30-31, 2010
Rate: $99/night
Cut-off Date: October 1, 2010

**Comprehensive Evaluation and Management Coding** ● November 1-2, 2010
Rate: $78/night
Cut-off Date: October 4, 2010

**Workshops in Sleep Medicine: Portable Monitoring and Sleep Apnea Examination** ● November 6-7, 2010
Rate: $99/night
Cut-off Date: October 8, 2010

**Transportation**
Save on your airfare by booking with our official travel agent: Corporate Travel Solutions/American Express. Call toll-free (800) 526-4540, Monday–Friday from 8:00am–5:00pm Central, or e-mail res@ctsinc.com and reference the AASM. Airfare savings are subject to availability; we suggest you make your arrangements as soon as you receive your registration confirmation.

The airports nearest to the AASM national office are O’Hare International Airport and Midway International Airport. O’Hare is approximately 23 miles from the office. Midway is approximately 18 miles from the office. Because you will be traveling to a suburb, we recommend that you do not pick-up a taxi outside of the baggage claim exit as these taxis will charge at 1.5 times the metered rate to take you to the hotel. Rather, contact American Taxi via phone at 630-920-9480 after you pick-up your baggage at the airport. An automated system will guide you through the reservation process and provide you with a cab number and a pick-up location. Taxi service to and from the airport is approximately $40.00 each way. Please anticipate 30-40 minutes for travel time to and from either airport.

**Questions?**
For information or questions regarding the courses, please contact:

Randi Prince, Meeting Planner
2510 North Frontage Road
Darien, IL 60561
Phone: 630-737-9700
Fax: 630-737-9789
E-mail: education@aasmnet.org
Website: www.aasmnet.org