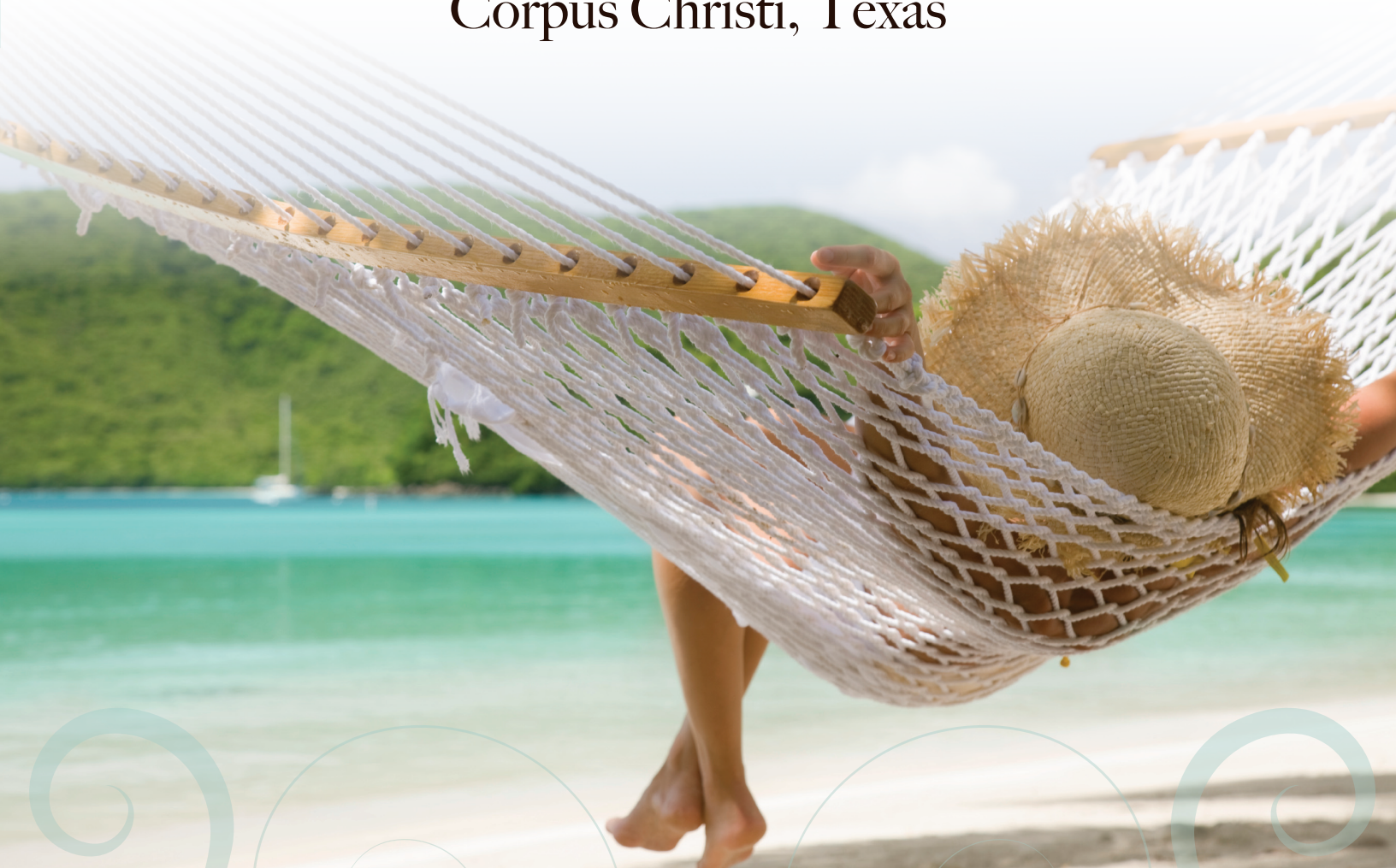




TEXAS A&M
HEALTH SCIENCE CENTER
COASTAL BEND HEALTH EDUCATION CENTER

Sleep Conference 2009

Saturday, September 19
Corpus Christi, Texas



Salim Surani, M.D., M.P.H., M.S.H.M., F.A.C.P., F.C.C.P., F.A.A.S.M.
Course Director



TEXAS A&M
HEALTH SCIENCE CENTER

COASTAL BEND HEALTH EDUCATION CENTER

6300 Ocean Drive
NRC Suite 3500, Unit 5861
Corpus Christi, Texas 78412

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Distinguished Faculty for Sleep Conference 2009

Sairam Parthasarathy, M.D.

*Assistant Professor of Medicine, University of Arizona
Chief of Research, Southern Arizona Veterans Affairs Health Care System, Tucson, AZ*

Kannan Ramar, M.D.

*Assistant Professor of Medicine Division of Pulmonary, Sleep, and Critical Care Medicine
Mayo Clinic, Rochester, MN*

Kingman Strohl, M.D.

*Professor of Medicine
Case Western Reserve University, Cleveland, OH*

Shyam Subramanian, M.D.

*Assistant Professor of Medicine Section of Pulmonary, Critical Care, and Sleep Medicine
Baylor College of Medicine, Houston, TX*

The Texas A&M Health Science Center Coastal Bend Health Education Center is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Texas A&M Health Science Center Coastal Bend Health Education Center designates this educational activity for a maximum of 7 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

CME activities approved for the American Academy of Family Physicians credit are recognized by the American Osteopathic Association (AOA) as equivalent to AOA 2 credit.

Application for credit has been filed with the American Association of Respiratory Care (AARC). Determination of credit is pending.

Application for credit has been filed with the American Association of Sleep Medicine (AASM). Determination of credit is pending.

Educational Need and Program Goal

Millions of Americans suffer from sleep disorders that affect their health and daily functioning. Many of these people have never been diagnosed or treated. It is important to provide educational resources that inform medical professionals about the latest clinical advances, management and treatment options for sleep disorders.

This one-day seminar is designed to provide health care providers with knowledge of sleep disorder pathophysiology and its connection to the prevalence and treatment modalities.

Target Audience

This program is designed for family and general practice physicians, internal medicine physicians, pediatricians, pulmonologists, nurse practitioners, physician assistants, polysomnographic technologists, respiratory therapists and other interested health care professionals.

Educational Methods

Lectures accompanied by PowerPoint presentations, open discussions, case studies and question/answer sessions in a setting conducive to audience participation.

Planning Committee:

Salim Surani, M.D., M.P.H., M.S.H.M., F.A.C.P., F.C.C.P., F.A.A.S.M.

Course Director

Pulmonology and Sleep Medicine—Private Practice

*Clinical Assistant Professor, Texas A&M Health Science Center College of Medicine,
Corpus Christi, TX*

Laurie Combs, M.B.A.

CME Program Coordinator

Texas A&M Health Science Center Coastal Bend Health Education Center, Corpus Christi, TX

Leyla Flores Embree

CME Program Coordinator

Texas A&M Health Science Center Coastal Bend Health Education Center, Corpus Christi, TX

Roy Aguilar, RPSGT

Clinical Coordinator, Torr Sleep Center, Corpus Christi, TX

Hector Bernal, RRT

Director of Respiratory/Radiology, Kindred Hospital, Corpus Christi, TX

Agenda for Sleep Conference 2009

<i>Time</i>	<i>Topic/Speaker</i>	<i>Objectives</i>
7:30 – 8:00 a.m.	<i>Registration/ Visit the Exhibitors</i>	
8:00 – 8:15 a.m.	<i>Welcome</i> Salim Surani, M.D.	
8:15 – 9:00 a.m.	<i>Sleep and Safety</i> Kingman Strohl, M.D.	<ul style="list-style-type: none"> • List behavioral factors related to driving performance that is impacted by sleepiness, sleep loss or sleep disorders. • Compare sleepiness and alcohol effects in terms of impairment in performance. • List the effective counter measures for reducing the impact of sleepiness. • Develop a personal plan for the assessment and reporting of problem sleepiness.
9:00 – 9:15 a.m.	<i>Break/Visit the Exhibitors</i>	
9:15 – 10:00 a.m.	<i>Insomnia</i> Shyam Subramanian, M.D.	<ul style="list-style-type: none"> • Identify risk factors for insomnia, and determine the appropriate screening, diagnosis and treatment of insomnia.
10:00 – 11:00 a.m.	<i>Sleep and Cardiovascular Disease</i> Kannan Ramar, M.D.	<ul style="list-style-type: none"> • Explain the normal cardiovascular physiology during sleep. • Discuss the acute cardiovascular effects of sleep disordered breathing. • Review the chronic cardiovascular effects of Obstructive Sleep Apnea (OSA).
11:00 a.m. – 12:00 p.m.	<i>Pathophysiology of Sleep-Related Breathing Disorders</i> Sairam Parthasarathy, M.D.	<ul style="list-style-type: none"> • Identify the pathophysiology of sleep-related breathing disorders.
12:00 – 1:00 p.m.	<i>Lunch/Visit the Exhibitors</i>	

Agenda for Sleep Conference 2009

<i>Time</i>	<i>Topic/Speaker</i>	<i>Objectives</i>
1:00 – 2:00 p.m.	<i>Ethics of Sleep</i> Kingman Strohl, M.D.	<ul style="list-style-type: none">• Examine the dimensions involved in risk assessment for sleepiness in terms of drivers licensing.• Discuss the role of the physician as to the impact of sleepiness in regard to fatigue management programs for hospital operations and medical training.• Discuss if hours-of-service rules apply to practicing physicians as well as medical trainees.
2:00 – 2:45 p.m.	<i>Sleep and Pediatrics</i> Shyam Subramanian, M.D.	<ul style="list-style-type: none">• Identify the pathophysiology and different sleep disorders in the pediatric population.
2:45 – 3:00 p.m.	<i>Break/Visit the Exhibitors</i>	
3:00 – 3:45 p.m.	<i>OSA and Stroke</i> Kannan Ramar, M.D.	<ul style="list-style-type: none">• Analyze the association between OSA and stroke.• Identify stroke risk factors predisposed by OSA.• Assess whether OSA is a consequence of stroke, and to review the effectiveness of CPAP.
3:45 – 4:45 p.m.	<i>Sleep Related Breathing Disorder and Metabolic Syndrome</i> Sairam Parthasarthy, M.D.	<ul style="list-style-type: none">• Identify the inter-relationship between sleep-disordered breathing and metabolic syndrome characterized by abdominal obesity, dyslipidemia, hypertension, insulin resistance, pro-thrombotic and pro-inflammatory states.
4:45 – 5:00 p.m.	<i>Closing Remarks/Evaluations</i>	
5:00 p.m.	<i>Adjourn Conference</i>	

Sleep Conference 2009

Saturday, September 19
Solomon P. Ortiz Center
402 Harbor Drive
Corpus Christi, Texas

Registration Form

Registration Fees (Cash or check only)

	Pre-registration	On-site Registration
Physicians/Physician Assistants/Nurse Practitioners	\$125	\$150
Other Health Care Professionals	\$75	\$100

Please type or print clearly:

Name

Address

City

State

ZIP

Daytime Phone Number

E-mail Address

Title/Specialty

Make checks payable to:

Texas A&M Health Science Center
Coastal Bend Health Education Center
(TAMHSC-CBHEC)

Mail to:

Texas A&M Health Science Center
Coastal Bend Health Education Center
6300 Ocean Drive, NRC 3500, Unit 5861
Corpus Christi, TX 78412

Fax to:

(361) 991-2071

Please note: You may fax your registration form to the number above before the date of the conference and pay the pre-registration price at the door. Notification of registration cancellation must be received by **September 11, 2009**, to obtain a refund. No refunds will be made after this date. A W-9 form will be requested in order to process your refund. Alternatively, you may choose to apply the registration fee to a future conference. A \$25 administration fee will be retained from all cancellations.

Special needs: If you require special dietary and/or physical assistance or would like further information, please contact Laurie Combs, Program Coordinator at (361) 992-5905.