

CONTEMPORARY SURGICAL CONCEPTS AND TECHNIQUES IN SNORING AND SLEEP-DISORDERED BREATHING

Sponsored by:

**Stanford University School of Medicine
Stanford Sleep Disorders Clinic, Center of Excellence
&
The Sleep Education and Research Foundation**

Over a Quarter Century of Sleep Medicine at Stanford University

This course will consist of a 2-day symposium featuring didactic lectures on medical and surgical management of Sleep-Disordered Breathing. Video demonstrations of our contemporary surgical procedures will be presented. An update on the evolving technology and usage of temperature controlled radiofrequency for nasal turbinates, soft palate and tongue will also be reviewed.

This symposium is designed for medical specialists, otolaryngology/head and neck surgeons, as well as oral and maxillofacial surgeons concerned with medical and surgical therapy of snoring and sleep-disordered breathing.

**April 11 & 12, 2003
The Hyatt Regency, San Francisco Airport
Burlingame, California**

Course Director: Robert W. Riley, DDS, MD, Nelson B. Powell, MD

Physicians: \$950.00

Residents: \$650.00

Space is limited

Includes course syllabus, continental breakfast, lunch and a cocktail reception on Friday night at the Hyatt Regency Hotel

For further information and registration forms, contact:

**The Sleep Education and Research Foundation
750 Welch Road, Suite 321
Palo Alto, CA 94304
(650) 462-2762 Fax: (650) 462-2763
www.sleepeducationandresearch.com**

Co-sponsored by: Stryker Leibinger, Inc., Gyrus, ENT and MicroAire Surgical Instruments, Inc.

COURSE OVERVIEW

The Stanford Sleep Disorders Clinic, Center of Excellence has been the leader in sleep research since its conception by Dr. William C. Dement in 1970. It became the first Center of Excellence at the Stanford University School of Medicine in 1997. Christian Guilleminault, M.D., one of the world's experts in sleep research, coined the term "obstructive sleep apnea" in 1972. Drs. Robert W. Riley and Nelson B. Powell, collaborating over a period of twenty years at Stanford, developed multiple surgical procedures to improve clinical outcomes over uvulopalatopharyngoplasty in the treatment of this entity. Their Facial Reconstructive Surgical Group was the first to investigate the basic science and clinical applications involved in the use of temperature controlled radiofrequency for SDB. In addition, they are presently investigating the use of distraction-osteogenesis for maxillomandibular advancement surgery.

This course reviews, in didactic lectures, the history of sleep medicine, polysomnography interpretation, and medical therapies available for treating sleep-disordered breathing, as well as the rationale, indications, techniques and clinical outcomes for the surgical management of this syndrome. This review will also cover the benefits of using:

1. the step by step procedures and philosophy of the Riley-Powell Surgical Protocol
2. radiofrequency technology for management of nasal obstruction, snoring and sleep-disordered breathing
3. distraction osteogenesis in maxillomandibular advancement surgery

COURSE OBJECTIVES

At the completion of this course, the participants should be able to:

- identify the signs and symptoms of SDB
- understand the pathophysiologic and behavioral derangements associated with SDB
- list conditions causing excessive daytime sleepiness
- describe the important parameters of a sleep study
- assess the limitations of a split-night or ambulatory sleep study
- discuss the medical therapeutic options with your patients
- present the indications for surgery and the preoperative work-up for SDB
- identify important co-morbidities and aspects of risk management

- discuss the available palatal surgical procedures
- discuss the genioglossus advancement procedure
- discuss the hyoid suspension procedure
- discuss the rationale for maxillomandibular advancement surgery
- be familiar with evolving technology for snoring and SDB

TARGET AUDIENCE

Participants in this course will be clinicians or health care personnel who treat patients with sleep-related breathing disorders and who are seeking an advanced overview of the specific medical and surgical procedures used in the Powell – Riley Stanford Surgical Protocol.

ACCREDITATION

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians. The Stanford University School of Medicine takes responsibility for the content, quality, and scientific integrity of this CME activity.

The Stanford University School of Medicine designates this continuing medical education activity for up to **13.0 credit hours** in Category 1 of the Physician’s Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

GENERAL INFORMATION

Registration Check-In:

Date Friday, April 11, 2003
Time 7:30-8:00 a.m.
Location The Hyatt Regency
San Francisco Airport
1333 Bayshore Highway
Burlington, California 94010, USA
(800) 720-0059

If you have any special needs for this activity, please specify: _____

Refunds A handling fee of \$200.00 will be retained to cover administration costs should cancellation occur after March 15, 2003 and no refunds are possible after the course has begun.

Accommodations

Participants in the course are responsible for their own lodging arrangements. A block of rooms has been reserved at the luxurious Hyatt Regency Hotel, however, space is limited. Guest room rates are \$159.00 for single or \$184.00 for a double occupancy. The reservation cut off date is March 10, 2003. After the cutoff date, guest room rates are upon availability. Please call for reservations at (800) 720-0059. Other hotel options are available upon request.

Overnight parking is \$13.00 per night. Valet parking is available at \$18.00 per night. A complimentary shuttle every 15 minutes can transport you between the Hyatt Regency Hotel and the San Francisco International Airport.

SCHEDULE

Friday, April 11, 2003

7:30-8:00 am

Registration and Continental Breakfast

8:00 Introduction & Welcome, *Robert W. Riley, DDS, MD*

8:15 A Conversation with the Father of Sleep Medicine,
William C. Dement, MD, PhD

8:45 Objective Testing- What a Surgeon Should Know, *Jed Black, MD*

9:15 Neurobehavioral Alterations and Performance in SDB, *Nelson Powell, MD*

9:45 Evaluation and Treatment of Children with SDB,
Christian Guilleminault, MD

10:15-10:45

Break with Exhibitors

10:45 Medical Therapy and the Role of Obesity, *Nelson Powell, MD*

11:15 The Powell-Riley Stanford Surgical Protocol, *Robert W. Riley, DDS, MD*

12:00 History and Biophysics of TCRF, *Nelson B. Powell, MD*

12:30-2:00

Lunch and Open Discussion, Li, Hester, and Chang

2:00 TCRF of the Nose and Palate, *Kasey K. Li, DDS, MD*

2:30 TCRF of the Tongue (Current Method and a New Approach), *Robert W. Riley, DDS, MD*

3:00 Round Table Discussion on TCRF: Powell, Riley, Li, Hester, and Chang

3:30 – 3:45 Break with Exhibitors

3:45 -5:30 Video Patient Documentaries:

I. Pre-surgical Evaluation-

- a. Physical Examination
- b. Lateral Cephalometric Analysis
- c. Fiberoptic Nasopharyngoscopy

II. Counseling-

- a. Medical Options
- b. Surgical Options, Risks, Success Rates
- c. Follow-up

5:30-7:00 pm **Cocktail Reception**

7:00 pm Adjourn

Saturday, April 12, 2003

7:30-8:00 am **Continental Breakfast**

8:00 Rationale and Treatment Approaches to Nasal Obstruction in SDB, *Edward W. Chang, MD, DDS*

8:30 Phase I: Retropalatal Obstruction, Techniques, Caveats, and Pitfalls, *Jerome E. Hester, MD*

9:30 Phase I: Hypopharyngeal Obstruction, Techniques, Caveats, and Pitfalls, *Robert W. Riley, DDS, MD*

10:30 **Break with Exhibitors**

11:00 Phase II: Maxillomandibular Advancement, Osteogenesis Distraction, Techniques, Caveats, and Pitfalls, *Kasey K. Li, DDS, MD*

12:00 Roundtable Discussion: Surgery for SDB, Powell, Riley, Li, Hester, and Chang

12:30 Summary *Nelson B. Powell, MD*

1:00 pm Adjourn

COURSE DIRECTORS

Robert W Riley, DDS, MD

Professor of Surgery and Assistant Professor of Sleep Medicine
Stanford University School of Medicine
Stanford, California

Nelson B. Powell, MD

Clinical Professor of Surgery and Clinical Professor of Sleep Medicine
Stanford University School of Medicine
Stanford, California

COURSE FACULTY

William C. Dement, MD PhD

Lowell W. and Josephine Q. Berry
Professor of Psychiatry and Behavioral Sciences
and Co-Director, Stanford Sleep Disorders
Center of Excellence
Stanford University School of Medicine
Stanford, California,
Chairman, The National Commission on Sleep Disorders Research

Christian Guilleminault, MD

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Clinical Assistant Professor of Surgery
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Stanford, California

Edward W. Chang, DDS, MD

Palo Alto, California

REGISTRATION FORM
Contemporary Surgical Concepts and Techniques
in Snoring and Sleep-Disordered Breathing
April 11 & 12, 2003 • The Hyatt Regency Hotel, San Francisco Airport

First Name _____ Last Name _____ Degree _____

Address _____

City _____ State _____ Zip Code _____ Country _____

Telephone _____ Fax _____ E-mail _____

Physician \$950.00 Physician Update\$750.00* Resident \$650.00 **

* Physician must have previously attended one of our courses.

** (letter from Training Program Director must be included with registration)

Payment Information: Check MasterCard Visa

Total Remitted: _____ Credit Card Number _____

Exp Date: _____

Card Holder Signature _____

Note: Fees will go to a non-profit foundation whose mission statement centers solely on the advancement of sleep education and research.

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