



**Sleep Technologists:**  
Earn up to 6.5 CEUs  
through AAST!

**Respiratory  
Therapists:**  
Earn up to 6.5  
through AARC!

**Dentists, Dental Hygienists  
and Dental Assistants**  
Earn up to 8 CEUs  
through the AK Board  
of Dental Examiners!

# February 28, 2014

The Alaska Sleep Clinic Presents:  
**Mushing in the New Era of Sleep Medicine II  
& Dental Sleep Medicine – Fundamentals and Beyond**  
Embassy Suites Hotel Anchorage, AK

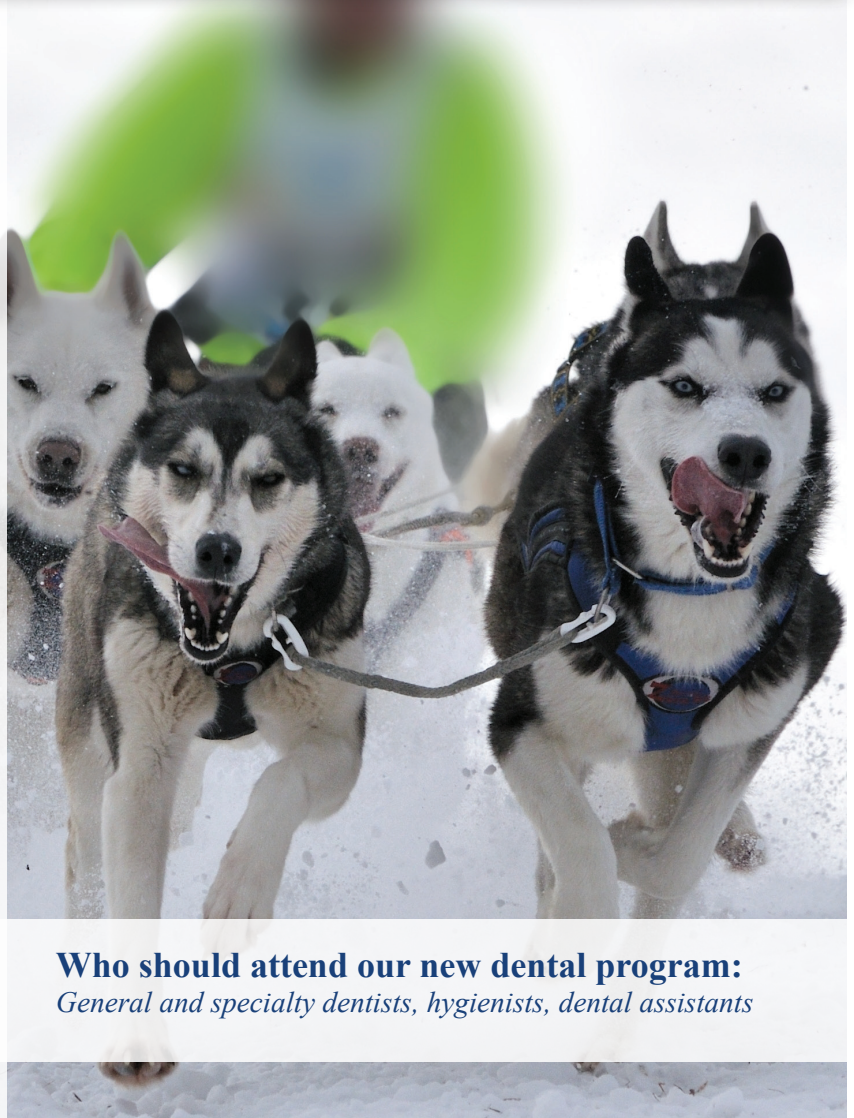
Join us Friday February 28 for the latest informative information on cutting edge sleep medicine, then stick around for a weekend of Iditarod festivities...

Here is just a small part of what you'll take away from this year's exciting Mushing in the New Era of Sleep Medicine conference:

- Better ways to diagnose and treat Narcolepsy
- How to identify and diagnose REM Behavior Disorders
- Understanding of Traumatic Brain Disorders and their effect on sleep
- When to use Auto Servo Ventilation for Central Sleep Apneas
- Recognizing and treating Parasomnias in children
- How to achieve better CPAP compliance through Group Support

**Who should attend this informative conference:**

*Sleep Practitioners, as well as Anesthesiologists, Family Practitioners, Internists, Neurologists, Otolaryngologists, Pediatricians, Pulmonologists, Dentists, Dental Hygienists, Dental Assistants, Nurse Practitioners, Nurses, Physician Assistants, Respiratory Therapists and Sleep Technologists and other practitioners with an interest in sleep medicine.*



**Who should attend our new dental program:**  
*General and specialty dentists, hygienists, dental assistants*

As always you'll take away so much new sleep information you'll be the go to dog back at the office.

## Mush! Hike! All Right! Let's Go!

# HERE'S WHAT YOU'LL LEARN...

8:00am -9:00am:

### **Recent Advances in the Understanding of Narcolepsy**

*Presented by Michael Thorpy, MD*

Your first presentation of the morning will take a look current state of our understanding of narcolepsy. Dr. Thorpy will provide you with a background into the genetic and pathophysiological features of disease to help you better understand it origins. He will also help you to recognize subtle symptoms of narcolepsy to help you make better preliminary diagnosis. Finally he'll discuss not only the current treatments for narcolepsy, but also share some very exciting options that may be just a few years away.

9:00am-10:00am:

### **Traumatic Brain Injury and Sleep**

*Presented by Allen Boone, RPSGT, RST, CCRC*

Sleep disorders are a common problem with victims of traumatic brain injuries. In this session Mr. Boone will first look the nature and pathophysiology of traumatic brain injuries. He will then discuss which high-risk activities are most likely to contribute to brain injuries. You will also learn the current state-of-the-art treatments that are being used to help improve patient outcomes, the role brain injuries can play in regards to sleep disorders, and how successfully treating the sleep problems can often aid in a fuller recovery.

10:30am-11:30am:

### **Achieving CPAP Acceptance & Adherence Through Group Support and Dynamics – Meeting your customer's needs in a challenging business environment**

*Presented by Pam Minkley, RPSGT, RRT, CPFT*



Ms. Minkley will use this session to give you a clearer idea of how the changing healthcare environment will effect the treatment of sleep disorders. She will discuss the evolving relationship between you the healthcare provider and your patients and customers. She will also provide the

most current information on group-focused models for CPAP setup and management and how using this approach has shown to lead to better long-term compliance among participants.

12:30am-1:30pm:

### **Legs that annoy, Legs that endanger**

*Presented by Alec Glass, MD*

When patients describe that they talk, shout, hit, punch, kick or fly out of bed while sleeping, they may be showing signs of a sleep problem known as REM Behavior Disorder (RBD). It's a problem that can ultimately hurt your patients or their loved one. Restless Leg Syndrome (RLS) often considered an annoyance to be live with can cause a real disturbance in patient's sleep patterns. In this session Dr. Glass discusses how to recognize and treat RBD and RLS, as well as the short- and long-term implications of both disorders.

1:30pm-2:30pm:

### **Parasomnias of Childhood**

*Presented by Ross Dodge, MD*

Nightmares, night terrors and sleepwalking are among the parasomnias known to affect children. In this session Dr. Dodge will explore the various development stages of pediatric sleep and the possible causes of the onset of various parasomnias. He will identify key and important differences between Non-REM and REM parasomnias and provide keys to identifying the disorders in your young patients. Finally he will review the current and most successful treatment options for patients suffering from pediatric parasomnias.



2:45pm-4:15pm:

### **Is Auto Servo Ventilation Right for Everyone with Central Sleep Apnea? Understanding your role in delivering optimal therapy**

*Presented by Pam Minkley, RPSGT, RRT, CPFT*

Central Sleep Apnea is thought to be associated with a number of different neurologic problems, as well as heart or kidney failure. Patients stop breathing when the brain fails to tell the body to breathe. In contrast to obstructive sleep apnea no effort is even made to inhale. In this session Ms. Minkley will share the complex physiologies of associated with CSA, list algorithms for advanced therapy devices designed to treat CSA and help understand how to match patient pathologies with PAP therapy algorithms.



# About our Winning Team of CONFERENCE PRESENTERS:



**Allen Boone, RPSGT, RST, CCRC**  
**Associate Clinical Director, SleepMed Inc.**

A University of Toledo graduate, Mr. Boone started his career in sleep medicine technology in 1987. He earned his RPSGT in 1993, and his CCRC in 2012. Mr. Boone is currently an Associate Clinical Director for SleepMed, Inc. (SC). He is primarily responsible for data management and creating protocol-related

materials for clinical pharmaceutical trials. He also develops sleep-related educational services, along with providing technical support to multiple areas within SleepMed community. He is currently serves as a Director-at-Large on the AAST Board of Directors. His previous activities have included a Boards Part 3 Examiner for the BRPT, contributing writer for several periodicals and educational services, as well as a frequent speaker at regional and national meetings.



**Ross Dodge, MD, Pediatric Sleep Specialist**

In addition to being the Director of Pediatric Sleep Medicine at Alaska Sleep Clinic, Dr. Dodge is currently the Medical Director at the Sleep Disorders Center located at Joint Base Elmendorf-Richardson (JBER). He completed a Fellowship in Sleep Medicine at San Antonio Uniformed Services Health Education Consortium. Dr. Dodge is Board Certified in Internal

medicine and Board Eligible in Sleep Medicine. He also provides sleep-related presentations for the medical staff at JBER and has contributed to a variety of medical articles on sleep-related topics.



**Graham "Alec" Glass, MD**

Dr. Glass is the Medical Director at Alaska Sleep Clinic. He is fellowship-trained in Movement Disorders by the Mayo Clinic and has worked as a Neurologist and Movement Disorders Specialist here in Anchorage AK and with the Sleep Medicine Practice Pathway at the University of

California San Francisco Medical Center/San Francisco Veterans Administration Medical Center. He is a frequent lecturer on Sleep and Neurological disorders. He has also written numerous peer-reviewed papers and articles on his neurological research. He serves as an Ad-hoc Peer Reviewer for the *Annals of Neurology*, *Movement Disorders Journal* and *Muscle and Nerve*.



**Michael J. Thorpy, MD**

Dr. Thorpy is board-certified in Sleep Disorders Medicine and Neurology and a professor of neurology at Albert Einstein College of Medicine. He is the author of seven books, including *The Encyclopedia of Sleep and Sleep Disorders* and more than 50 articles including in *The New England Journal of Medicine*. In 2012, Dr. Thorpy was awarded the National

Sleep Foundation Lifetime Achievement Award and is a recipient or the Nathaniel Kleitman Award from the American Sleep Disorders Association. Additionally, Dr. Thorpy is frequently quoted in the media, including *The New York Times*, *The Washington Post*, and *Good Housekeeping*. He has appeared on the "Today Show," "20/20," and "Donahue" and has given more than 100 television, radio and print interviews.



**Pam Minkley, RPSGT, RRT, CPFT**

Ms. Minkley is boarded in respiratory care and pulmonary function, as well as a sleep technologist. She has vast experience in clinical, research and educational sleep medicine and technology beginning with training at Stanford School of Sleep Medicine where she still serves as guest faculty. Ms. Minkley proposed the sleep center at Ingham Medical Center in

Lansing, MI in 1983 and grew it from a one bed shared space location to a 10 bed center with a clinic. She worked in clinical and research sleep medicine and technology 28 years training numerous technologists and fellows. She is a Past President of the AAST and continues to serve on several advisory committees and with the BRPT as a content expert.

## Your Conference Itinerary At a Glance

<b>7:00-8:00am:</b>	Breakfast and Registration
<b>8:00-9:00am:</b>	Recent Advances in the Understanding of Narcolepsy, Michael Thorpy MD
<b>9:00-10:00am:</b>	Traumatic Brain Injury and Sleep, Allen Boone, RPSGT, RST, CCRC
<b>10:00-10:30am:</b>	Break
<b>10:30-11:30am:</b>	Achieving CPAP Acceptance & Adherence Through Group Support and Dynamics Meeting your customer's needs in a challenging business environment, Pam Minkley, RPSGT, RRT, CPFT
<b>11:30-12:30pm:</b>	Lunch
<b>12:30-1:30:</b>	Legs that annoy, Legs that endanger, Alec Glass, MD
<b>1:30-2:30pm:</b>	Parasomnias of Childhood, Ross Dodge, MD
<b>2:30-2:45am:</b>	Break
<b>2:45-4:15pm:</b>	Is Auto Servo Ventilation Right for Everyone with Central Sleep Apnea? Understanding your role in delivering optimal therapy, Pam Minkley, RPSGT, RRT, CPFT
<b>4:15-4:45pm:</b>	Closing comments

# Dentists, get ready to run with the big dogs...

## Dental Sleep Medicine – Fundamentals and Beyond

Obstructive sleep apnea affects more than 10% of your adult patients. Left untreated, it can lead to major health problems. These include an increased risk of hypertension, myocardial infarct, stroke, diabetes and kidney disease. As a dental practitioner, you can help patients recognize the need for diagnosis and through the use of oral appliance therapy treat many patients with obstructive sleep apnea. This course is designed to give you a basic understanding of normal sleep and the pathophysiology of sleep disordered breathing. During one intensive day we will cover the basics of diagnosis, interaction with the medical community, clinical protocol for oral appliance therapy, the different types of oral appliances, appropriate patient selection and side effects.

### Here is what you will take away from this intensive course in Dental Sleep Medicine:

- You will understand how obstructive sleep apnea (OSA) differs from normal sleep
- You will recognize the roles of physicians and dentists in the management of patients with OSA
- You will understand how to use oral appliance therapy (OAT) as a treatment modality for OSA
- You will understand the clinical care pathway in the provision of OAT in your dental practice

## About our Double Lead

# CONFERENCE PRESENTERS:



**Leslie Dort, DDS, MSc(Health Research),  
Dip ABDSM**

Dr. Leslie Dort is a Calgary dentist whose practice is limited to treating sleep disordered breathing and TMJ issues. She works in a multi-disciplinary sleep center in conjunction with physicians and respiratory therapists. She is a clinical lecturer in the surgery department at the University of Calgary and is a member of the American Academy of Sleep Medicine Practice Parameters for Oral Appliance Therapy task force. She is also the current editor of the Journal of Dental Sleep Medicine. Dr. Dort is affiliated with the University of Calgary and is currently involved in research related to oral appliance therapy for sleep disorders and the development of best practice guidelines in dental sleep medicine.



**Rose D. Sheats, DMD, MPH**

Dr. Sheats was Associate Professor and Graduate Orthodontic Program Director at the University of North Carolina School of Dentistry in Chapel Hill. A graduate of the Harvard School of Dental Medicine with an orthodontic certificate from the University of Florida and a Masters in Public Health from Johns Hopkins University, she is a Diplomate of the American Board of Orthodontics. As a board-certified orthodontist, she has been providing oral appliances to patients since 1997 and has been a member of the American Academy of Dental Sleep Medicine (AADSM) since 2001. She is a member of the Board of Directors of the AADSM and participated on their task force to develop the definition of an effective oral appliance. She is an associate editor of the new AADSM Journal of Dental Sleep Medicine, serves as a reviewer for Sleep and Breathing and is a consultant to the University of North Carolina Sleep Disorders Center.

### Your Dental Conference Itinerary At a Glance

<b>9:00am-9:30am</b>	Normal Sleep (physiology, sleep need, circadian rhythm) / <i>Presented by Dr. Sheats</i>
<b>9:30am-10:00am</b>	Pathophysiology of OSA / <i>Presented by Dr. Dort</i>
<b>10:00am-10:15am</b>	Health break and questions
<b>10:15am-11:15am</b>	Diagnosis and practice parameters – Health care provider collaboration / <i>Presented by Dr. Dort</i>
<b>11:15am-12:00pm</b>	Types of Appliances, consultation and oral exam / <i>Presented by Dr. Sheats</i>
<b>12:00pm-1:00pm</b>	Lunch
<b>1:00pm-1:30pm</b>	Clinical Care pathway / <i>Presented by Dr. Dort</i>
<b>1:30pm-2:00pm</b>	Bite registration / <i>Presented by Dr. Dort</i>
<b>2:00pm-2:45pm</b>	Side effects and side effect management / <i>Presented by Dr. Sheats</i>
<b>2:45pm-3:00pm</b>	Break & Questions
<b>3:00pm-3:30pm</b>	Reimbursement / <i>Presented by Dr. Sheats</i>
<b>3:30pm-4:00pm</b>	Discussion with Dr. Dort and Dr. Sheats

## Save some energy for all the Iditarod festivities

After the conference we know that you'll want to take advantage of all the activities going on in and around Anchorage like the World Champion Outdoor Hockey Tournament, The Miner's and Trapper's Charity Ball, the Rondy Melodrama or the Alaska Hold'Em Tournament of Champions. And don't forget the start of the Iditarod itself on Saturday morning. For details on all the Iditarod fun we encourage you to visit the Fur Rendezvous at [www.furrondy.net](http://www.furrondy.net), or the official Iditarod site at [www.iditarod.com](http://www.iditarod.com) or use the QR codes below to visit the site on your smart phone.



Embassy Suites  
600 East Benson Boulevard  
Anchorage, AK 99503  
(907) 332-7000



**Come Gee, Come Haw.**

## Register for Mushing in the New Era of Sleep Medicine II or Dental Sleep Medicine Fundamentals and Beyond now! Seating for both programs is limited.

**Register before February 15th and receive a free USB card loaded with all your conference materials!**

We want to go green and make things convenient for you too. Your USB card comes loaded with all conference handouts and materials ready to be loaded directly onto your computer for easy use!

### How to Register:

*Register early as space is limited!* Registration Rates: 125.00/person

Please choose which conference you want to attend:

- Yes, Please register me for Mushing in the New Era of Sleep Medicine II
- Yes, Please register me for Dental Sleep Medicine – Fundamentals and Beyond

**Note: Each attendee needs to submit a separate form**

Name of Attendee: \_\_\_\_\_

Credentials (check all that apply):  MD  DO  RPSGT  NP  PA  DDS/DMD  RRT  RN  RDH  Other

Email \_\_\_\_\_

**Method of Payment** (Check one) Check made payable to the Alaska Sleep Clinic (U.S. funds drawn on a U.S. bank)

Credit Card  VISA  MasterCard

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Validation Code\*\* \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Email: \_\_\_\_\_

Billing Address \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*\*For VISA or MasterCard, the validation code is the last three numbers in the signature box.

**Please fax your completed application with payment info attention to Kevin at (907) 770-8965 or email to [info@alaskasleep.com](mailto:info@alaskasleep.com). For further info call (907) 770-9104.**



Or to **register on-line** go to <http://www.alaskasleep.com/sleep-services/seasonal-education-seminars/> or use the QR code to visit the site on your smart phone