

Faculty

Antonio Padua, MD Pulmonary, Sleep Medicine and Critical Care

Jonathan Torrens, MD Pulmonary and Critical Care Fellow San Juan City Hospital

Javier Torres, MD Pulmonary and Critical Care Fellow San Juan City Hospital

Ivanisse Ortiz Velez, MD Pulmonary and Critical Care Fellow San Juan City Hospital

Hector Collazo, MD Pulmonary and Critical Care Fellow San Juan City Hospital

Claudia Quiles, MD Pulmonary and Critical Care Fellow San Juan City Hospital

Greysa Gonzalez, MD Pulmonary and Critical Care Fellow San Juan City Hospital

Luis Alfredo de Jesus Vargas, MD, RPSGT, RST, Pulmonary, Critical Care and Sleep Medicine Specialist / Assistant Professor Ad Honorem UPR School of Medicine / Attending Pulmonary & Critical Care Fellowship Program San Juan City Hospital/ School of Medicine / Medical Director Sleep Disorders Diagnosis Center Caguas PR / Medical Co - Director of PROSLEEP Sleep Disorders Diagnosis Centers

Daniel E Font, MD Pulmonary and Critical Care Fellow San Juan City Hospital

Ruth A Santos, MD Pulmonary & Critical Care Specialist/Associate Professor RCM School of Medicine, Founder and CEO of PROSLEEP Sleep Disorders Diagnosis Centers

Maria T Vega Martinez, MD Pulmonary, Critical Care and Sleep Specialist/Associate Professor RCM School of Medicine, Medical Director of PROSLEEP Sleep Disorders Diagnosis Centers

Karl Lang, MD Pulmonary, Cardiology, Sleep Medicine & Critical Care Specialist

Angelica Benitez, RPSGT, RST CEO and Education Director of Global Sleep Education Star Program

Juan Garcia, MD Pulmonary and Critical Care Fellow San Juan City Hospital

George Fahed Iñigo, MD, Pulmonary, Critical Care and Sleep Medicine Specialist, Medical Director & Founder of Somnos Comprehensive Sleep & Respiratory Clinics, Associate Professor Ponce School of Medicine

Edgardo Prieto Agostini, MD, Psychiatrist, Medical Director San Juan de Capestrano Partial Hospitalization Program

Joseph Castillo, MD, BSN, RN, RPSGT, CCSH, RST, FAASM, FAAST

How To Register

For information, please contact Maribel Marrero at (787) 637 – 0256 or by e mail to:

Marie.marrero@hotmail.com or Pulmodoc@hotmail.com

To register for the meeting, please complete the following registration form and return it with your fee payable to:

Luis A de Jesus Vargas, MD

P.O. Box 8127; Caguas, PR 00726

or by Fax to 787 746 5729

Free Registration without Credits

Registration Fee \$250.00 with Continuing Education Credits for Polysomnographic Technologists*

Name: _____ :

Health Profession: _____

Address: _____

City: _____ State: _____ ZIP CODE _____

Tel: _____ E Mail: _____ @ _____



Sleep Medicine & Polysomnography Topics

2024

August 17 & 18, 2024

AAST Program Number A31872

Zoom Meeting 813 0424 9418

&

HIMA Plaza Suite 314

500 Degetau Ave Caguas PR

Continued Medical Education Credits

*“American Association of Sleep Technologists CEC Program Application has been submitted for approval”

Designation and Grant Support Statement

This course is supported (in Part) by an unrestricted educational grant from:

Sleep Disorders Diagnosis Center
PD Plaza, Suite 4, 112 Gautier
Benitez Ave, Caguas

Yust Sleep Education STAR Program

ProSleep Sleep Disorders Diagnosis Centers

Remote: Zoom Meeting

Conference Room 813 0424 9418

In Person:

HIMA Plaza I Suite 314

500 Degetau Ave Caguas PR

Registration Form:

Fax to 787 746 5729

or

E mail to:

mariemarrero@hotmail.com

Target Audience

Sleep Technologists
Respiratory Therapists
Physicians

Objectives

At the conclusion of the activity, the participant will be able to:

- Update knowledge on Sleep Related Breathing Disorders Evaluation and Treatment
- Update knowledge on Insomnia evaluation and treatment
- Update knowledge on Circadian Rhythm Disorders evaluation and treatment
- Review diagnosis and treatment of Sleep Related Breathing Disorders in Neuromuscular Diseases
- Review evaluation and management of Movement Disorders
- Understand the indications for the PAP NAP desensitization and mask fitting evaluation
- Update Home Sleep Apnea Testing
- Review common cardiac arrhythmias associated to sleep related breathing disorders
- Review the use of artificial intelligence in sleep medicine for diagnosis, treatment and follow up
- Review the neurobiology of sleep/wake cycles and the role of neurotransmitters in insomnia disorder
- Differentiate the mechanisms and clinical profiles in psychiatric disorders

Saturday, August 17, 2024

6:00 AM – 7:00 AM Registration, Welcome and Pre-Test

7:00 AM – 8:00 AM Narcolepsy & MSLT – Antonio Padua, MD

8:00 AM – 9:00 AM Sleep Related Breathing Disorders & Cardiac Dysrhythmias – Karl Lang, MD

9:00 AM – 10:00 AM Under the Covers: Diagnosis and Treatment of Insomnia – Edgardo Prieto Agostini, MD

10:00 AM – 10:15 AM **Break**

10:15 AM – 11:15 AM Obstructive Sleep Apnea & Obesity: An Update – George Fahed Inigo, MD

11:15 AM – 12:15 PM Sleep Related Breathing Disorders in Neuromuscular Patients – Ruth A Santos, MD

12:15 PM – 1:00 PM **Lunch – Yust Sleep Education BRPT Approved STAR Program – Angelica Benitez Yusti**

1:00 PM – 2:00 PM Non Invasive Mechanical Ventilation in Neuromuscular Patients – Ruth A Santos, MD

2:00 PM – 3:00 PM Sleep Related Breathing Disorders in the ICU – Maria T Vega Martinez, MD

3:00 PM – 3:15 PM **Break**

3:15 PM – 4:45 PM Circadian Rhythm Disorders: Diagnosis and Treatment – Jonathan Torrens Olan, MD

4:45 PM – 5:45 PM Insomnia Classification and Diagnosis: ICSD3 Review – Javier Torres, MD

5:45 PM – 6:00 PM Questions & Answers Session

Sunday, August 18, 2024

6:00 AM – 7:00 AM Registration & Welcome

7:00 AM – 8:00 AM PAP NAP Evaluation & Masks Interfaces Selection: Our Experience – Angelica Benitez, RPSGT

8:00 AM – 9:00 AM Home Sleep Apnea Testing: Review – Hector Omar Collazo Santiago, MD

9:00 AM – 10:00 AM Artificial Intelligence Use in Sleep Medicine Part I- Joseph Castillo, MD, BSN, RN, RPSGT, CCSH, RST

10:00 AM – 10:15 AM **Break**

10:15 AM – 11:15 AM Artificial Intelligence Use in Sleep Medicine Part II- Joseph Castillo, MD, BSN, RN, RPSGT, CCSH, RST

11:15 AM – 12:15 PM OSAS & COPD Overlap Syndrome – Greysa Gonzalez, MD

12:15 PM – 1:00 PM **Lunch – Mask Fit AR Mask Selection App Clinical Use Experience Update – Cox Tan-Ngo, CEO**

1:00 PM – 2:00 PM Medications & Sleep – Daniel E Font Rivera, MD

2:00 PM – 3:00 PM Sleep Endocrinology – Claudia Quiles, MD

3:00 PM – 3:15 PM **Break**

3:15 PM – 4:15 PM Restless Legs Syndrome: UpDate – Ivanisse Ortiz Velez, MD

4:15 PM – 5:15 PM Mandibular Repositioning Devices (OA) treatment in OSAS: Our Experience – Luis A de Jesus Vargas, MD, RPSGT

5:15 PM – 5:30 PM Questions & Answers Session and Post Test Discussion