



Obstructive sleep apnea (OSA) is a sleep disorder characterized by pauses in breathing during sleep. As it disrupts normal physiological sleep common symptoms of OSA include unexplained daytime sleepiness, restless sleep, and loud snoring with periods of silence followed by gasps. Less common symptoms are morning headaches, insomnia, trouble concentrating, mood changes such as irritability and anxiety also depression, forgetfulness; increased heart rate and/or blood pressure, decreased sex drive; unexplained weight gain; increased urination and/or nocturia, gastroesophageal reflux disease, and heavy night sweats.

OSA is common and without treatment it increases the risk of health complications such as heart disease, diabetes, obesity, and depression leading to increased health care utilization and medication costs. Also the economic costs of undiagnosed OSA are staggering due to lost productivity, work place accidents and motor vehicle collisions. The American Academy of Sleep Medicine (AASM) therefore stated that "In an age of constant activity, the solution to improving the nation's health may lie in helping it sleep better."

This one day course will help you to understand the etiology and pathogenesis of OSA. It will also update you on the incidence and prevalence of OSA and the estimated effect on economy and health care costs. It will discuss the current diagnostic modalities (sleep studies and drug induced sleep endoscopy) and debate the different treatment modalities including continuous positive airway pressure (CPAP), mandibular advancement devices (MAD), upper airway surgery, positional therapy, upper airway neurostimulation, bariatric surgery, as well as multimodality treatments.



## LEARNING OBJECTIVES

- Understand the heterogenous nature of anatomical obstruction in obstructive sleep apnea
- Learn how to identify the site of the obstruction and determine if CPAP, MAD, and/or surgery is required
- Understanding the different steps in applying a MAD
- Learning the surgical steps involved in common and specialized surgical interventions for OSA
- Identify peri-operative morbidity and how to manage this in surgical treatment of OSA
- Recognize the latest innovations and interventions in OSA treatment

## FACULTY

Prof. Nico de Vries, MD PhD  
Otorhinolaryngologist  
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Otorhinolaryngologist/Head Neck Surgeon  
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General Surgery  
Albert Sweitzer Ziekenhuis, Dordrecht

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## COLLABORATION

- This course was organized by:
- Department of Otorhinolaryngology/Head and Neck Surgery, University Hospital Sveti Duh
  - Department of Clinical Psychophysiology and Center for Sleep Disorders, University Psychiatric Hospital Vrapče, Zagreb



# OBSTRUCTIVE SLEEP APNEA

ONE DAY INTENSIVE COURSE  
ON OBSTRUCTIVE SLEEP APNEA  
SYNDROME, CURRENT STATE  
OF THE ART

OCTOBER 22, 2018  
ZAGREB - CROATIA

## WELCOME TO ZAGREB

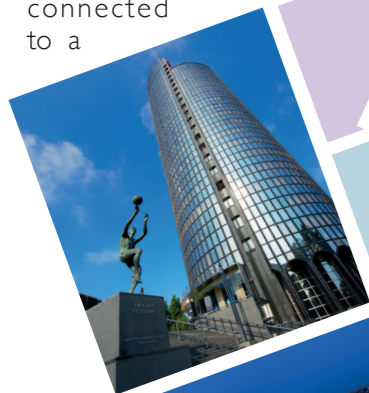
Zagreb is a beautiful, happy, cultural and artistic city. In 2017 it was chosen by The Lonely Planet as "The best destination in Europe". The cosmopolitan buzz of Zagreb will strike you, although the old Upper Town has not lost an ounce of its medieval charm. Zagreb is special and everything is accessible on foot.

Zagreb also has a vibrant night-life hosting many restaurants, clubs and bars. The center of the city is closely connected to a

new modern airport that was recently opened, making the city easily reachable from many other European cities. Around Zagreb you can find spa facilities, biking routes, parks, mountains, wine farms, and peaceful woodlands. The Croatian coastline is just 2 hours away and famous for its beaches, sailing and warm summers.

## HOTEL DUBROVNIK

The course venue is in Hotel Dubrovnik, which is an 4 star hotel situated on the main square of the Zagreb center. It serves a wide choice of room types and rates, but its 220 rooms each have an authentic atmosphere. The hotel offers modern comfort and an enjoyable price-quality ratio.



## PROGRAM

### MONDAY OCTOBER 22, 2018

<b>08.25 - 08.30</b>	<b>Introduction</b>	Filipović
<b>Moderator:</b> Šimunjak		
08.30 - 08.50	What is this thing called OSA(S)?	Lohuis
08.50 - 09.10	Evolution of OSAS: diagnostics and treatment	deVries
09.10 - 09.30	Polygraphy and polysomnography	deVries
09.30 - 09.50	Sleep disorders and the neurologist	Krmpotić
09.50 - 10.10	Drug Induced Sleep Endoscopy	deVries
10.10 - 10.30	Late complications of OSAS and their burden on health insurance costs	deVries
<b>10.15 - 10.45</b>	<b>Coffee Break</b>	
<b>Moderator:</b> Filipović		
11.00 - 11.30	Positional therapy	deVries
11.00 - 11.20	CPAP	Hoekema
11.20 - 12.00	MAD	Hoekema
12.00 - 12.30	Guidelines of diagnosis & treatment of OSA in Croatia versus Western Europe	Šimunjak
<b>12.00 - 13.00</b>	<b>Lunch</b>	
<b>Moderator:</b> Lohuis		
13.20 - 13.40	OSA and the role of the nose surgery	Lohuis
13.40 - 14.00	OSA and surgery of palate, tongue and hyoid	deVries
14.00 - 14.20	OSA, bariatric surgery and dietetics	de Raaff
14.20 - 14.40	OSA and maxillofacial surgery	Hoekema
14.40 - 15.00	Hypoglossal nerve stimulation: where are we headed?	deVries
<b>14.30 - 15.00</b>	<b>Coffee Break</b>	
<b>Moderator:</b> de Vries		
15.30 - 16.15	Interactive session using cases with participation of the audience <i>Drug Induced Sleep Endoscopy: translation to treatment advice</i>	all speakers
16.15 - 17.00	Interactive session using cases with participation of the audience <i>Cases on therapy</i>	all speakers
<b>17.00</b>	<b>Drinks and certificates</b>	

## COURSE DIRECTORS

Peter J.F.M. Lohuis, MD PhD  
Boris Filipović, MD PhD

## LANGUAGE

The official language of the course will be English

## COURSE VENUE

Hotel Dubrovnik - Congress rooms  
Ljudevita Gaja 1  
PP 246, 10000 Zagreb  
Croatia

## FURTHER INFORMATION

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## REGISTRATION

ONLINE: [www.OSA-meeting-Zagreb.com](http://www.OSA-meeting-Zagreb.com)  
E-MAIL: [info@OSA-meeting-Zagreb.com](mailto:info@OSA-meeting-Zagreb.com)

## REGISTRATION FEE:

Before 01-07-2018 € 200,00 (residents € 150,00)  
After 01-07-2018 € 250,00 (residents € 200,00)

## PAYMENT:

Organisation: Onderwijs aan Medici  
Name of the bank: ABN AMRO  
Bank address: Utrecht - The Netherlands  
BIC/Swift code: ABNANL2A  
IBAN code: NL40ABNA0623685396  
Description: 'OSA Meeting Zagreb' + your full name



[www.OSA-meeting-Zagreb.com](http://www.OSA-meeting-Zagreb.com)

