



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, 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

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Christel de Raaff, MD
General Surgery
Albert Sweitzer Ziekenhuis, Dordrecht

Sponsored by:  

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

SEPTEMBER 13, 2019
ZAGREB - CROATIA

WELCOME TO ZAGREB

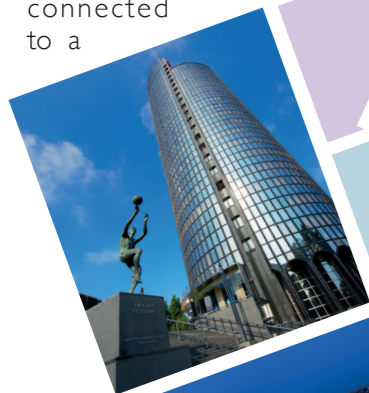
Zagreb is a beautiful, happy, cultural and artistic city. In 2017 it was chosen by The Lonely Planet as "The best destination in Europe". The cosmopolitan buzz of Zagreb will strike you, although the old Upper Town has not lost an ounce of its medieval charm. Zagreb is special and everything is accessible 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 FRIDAY SEPTEMBER 13, 2019

08.25 - 08.30	Introduction	Filipović
Moderator: Šimunjak		
08.30 - 08.50	What is this thing called OSA?	Lohuis
08.50 - 09.10	Evolution of OSA: diagnostics and treatment	deVries
09.10 - 09.30	Polygraphy and polysomnography	Tan
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 OSA and their burden on health insurance costs	deVries
10.30 - 11.00	Coffee Break	
Moderator: Filipović		
11.00 - 11.20	Positional therapy	deVries
11.20 - 11.40	CPAP	Hoekema
11.40 - 12.10	MAD	Hoekema
12.10 - 12.30	Guidelines of diagnosis & treatment of OSA in Croatia versus Western Europe	Šimunjak
12.30- 13.20	Lunch	
Moderator: 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
15.00 - 15.30	Coffee Break	
Moderator: de Vries		
15.30 - 15.50	OSA network development	Tan
15.50 - 17.00	Interactive session using cases with participation of the audience Case examples	all speakers
17.00	Drinks and certificates	

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

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REGISTRATION FEE:

Before 01-07-2019 € 225,00 (residents € 175,00)
After 01-07-2019 € 275,00 (residents € 225,00)

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

