

# Inova Neuroscience and Spine Institute Neuroscience Grand Rounds *Sleep Symposium*

**Thursday  
October 24th, 2019**

1:00pm- 3:00pm

**Inova Fairfax Hospital**

Physicians Conference Center,

Lower Level Rooms A-D

3300 Gallows Rd. Falls Church, VA 22042

**RSVP Required by October 18th, 2019**

[marie.bermudez@inova.org](mailto:marie.bermudez@inova.org) or call 703.776.3130



Eric B. Sklar, MD  
Neurology/Sleep Medicine  
*Topic: SLEEP APNEA: OVERVIEW AND CONSEQUENCES*



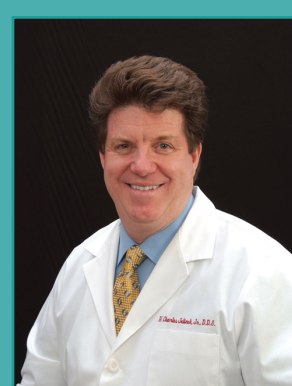
Virginia Runko, PhD, CBSM, DBSM  
Licensed Psychologist, Behavioral  
Sleep Medicine Specialist & Diplomate  
*Topic: COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA*



Maria Tadic, RD, CSOWM  
Registered Dietician  
*Topic: MANAGING SLEEP APNEA WITH NUTRITION*



Amit Vaid, MD  
Pulmonary/Sleep Medicine  
*Topic: SLEEP APNEA: POSITIVE AIRWAY PRESSURE TREATMENT*



Howard Charles Jelinek, Jr DDS  
Board Certified - American Board of  
Dental Sleep Medicine Diplomate  
*Topic: HOW SLEEP APNEA AFFECTED MY LIFE*



Amir H. Moazzez, MD, FCAS  
Bariatric Surgeon  
*Topic: BARIATRIC SURGERY: A TREATMENT FOR SLEEP APNEA*



Timothy Egan, MD  
Ear, Nose, and Throat/Sleep  
Medicine  
*Topic: HYPOGLOSSAL NERVE STIMULATION THERAPY FOR OBSTRUCTIVE SLEEP APNEA*

## Learning Objectives:

- Understand the fundamentals and importance of sleep.
- Learn Behavioral Sleep management of anxiety, insomnia, sleep apnea, stress, weight loss, etc.
- Learn treatment options such as minimally invasive bariatric surgery, oral appliance, diet, exercise, etc.

**Accreditation:** The Inova Office of Continuing Medical Educations is accredited by the Medical Society of Virginia to sponsor continuing medical education for physicians.

## Target Audience:

Patients, Caregivers, Dieticians, Nutritionists, Therapists, Nurses, Physicians in all specialties and subspecialties and all other allied healthcare professionals.

**Credit Designation:** The Inova Office of Continuing Medical Education designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 2.0 credits in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.