

REST ASSURED: SLEEP MEDICINE FOR THE PRIMARY CARE PROVIDER

COURTYARD PITTSBURGH UNIVERSITY CENTER– BALLROOM
100 LYTTON AVENUE, OAKLAND

Agenda

FRIDAY, OCTOBER 17, 2025

7:00-8:00 AM	Registration and Breakfast
8:00-8:05 AM	Welcome & Introduction
8:05-8:35 AM	Sleep Disordered Breathing-Risk Factors, Testing, and Diagnosis <i>Mazen El Ali, MD</i> <i>Assistant Professor of Medicine</i> <i>Director, Sleep Laboratory, UPMC Mercy, Montefiore and</i> <i>Monroeville</i>
8:35-8:50 AM	Positive Pressure Therapy for OSA <i>Aaron Palmquist, MD</i> <i>Clinical Assistant Professor of Medicine</i>
8:50-9:05 AM	Troubleshooting PAP Therapy and Partnering with DME <i>Bethany Mingle, PA-C</i> <i>Physician Assistant in Sleep Medicine</i>
9:05-9:35 AM	Alternate Therapies for Treatment of Sleep Apnea <i>Ryan Soose, MD</i> <i>Associate Professor, Department of Otolaryngology-Head and</i> <i>Neck Surgery</i>
9:35-9:45 AM	Q&A
9:45-10:00 AM	Refreshment Break/Vendor Visit
10:00-10:45 AM	Interactive Stations (<i>Carnegie Room</i>) <ul style="list-style-type: none">• PSG• Home Sleep Studies• Masks• Oral Appliances• PAP Devices
10:45-11:05 AM	GLP-1 Therapy for OSA <i>Emma Oldham, CRNP</i> <i>Certified Nurse Practitioner in Sleep Medicine</i>

11:05-11:20 AM	Perioperative OSA <i>Patrick Strollo, MD, FACP, FCCP, FAASM</i> <i>Vice Chair for Veterans Affairs, Department of Medicine</i> <i>Vice President Medical Service Line, VA Pittsburgh Health System</i> <i>Professor of Medicine and Clinical and Translational Science</i>
11:20-11:40 AM	Beyond OSA-Hypoventilation and Central Sleep Apnea <i>Sanjay Patel, MD, MS</i> <i>Professor of Medicine, Epidemiology, & Clinical and Translational Science</i> <i>Director, Center for Sleep and Cardiovascular Outcomes Research</i> <i>Medical Director, UPMC Comprehensive Sleep Disorders Program</i>
11:45 AM-12:45 PM	Lunch/Vendor Visit
12:45-1:15 PM	Current Trends in the Management of Restless Legs Syndrome <i>Avinash Aggarwal, MD</i> <i>Clinical Associate Professor of Neurology</i>
1:15-1:45 PM	Hypersomnia-Assessment and Management <i>Charles Atwood, MD, FCCP, FAASM</i> <i>Associate Professor of Medicine</i> <i>Director, Sleep Disorders Program, VA Pittsburgh Healthcare System</i>
1:45-2:00 PM	Parasomnia Disorders <i>Venkatesh Krishnamurthy, MBBS</i> <i>Associate Professor of Medicine</i> <i>Director, Outpatient Sleep Medicine Clinics</i>
2:00-2:15 PM	Q&A
2:15-2:30 PM	Refreshment Break/Vendor Visit
2:30-3:00 PM	Insomnia-Assessment and Pharmacologic Management <i>Daniel Buysse, MD</i> <i>UPMC Professor of Sleep Medicine</i> <i>Professor of Psychiatry and Clinical and Translational Science</i>
3:00-3:30 PM	Behavioral Treatment of Insomnia (with Case Study) <i>Deborah Gillman, PhD</i> <i>Staff Psychologist, UPMC Comprehensive Lung Center</i>
3:30-3:45 PM	COMISA <i>Patrick Strollo, MD, FACP, FCCP, FAASM</i> <i>Vice Chair for Veterans Affairs, Department of Medicine</i> <i>Vice President Medical Service Line, VA Pittsburgh Health System</i> <i>Professor of Medicine and Clinical and Translational Science</i>

3:45-4:00 PM

Consumer Wearables

Kimberly Van Dongen, DO

Clinical Assistant Professor of Medicine

4:00-4:15 PM

Summary

4:15 PM

Adjournment
