



State SLEEP Conference

YaleCME
CONTINUING MEDICAL EDUCATION

Presented by

Yale School of Medicine's Department of Internal Medicine, Section of Pulmonary, Critical Care, & Sleep Medicine

Circadian Medicine: Insights from the Clinic



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Wednesday, November 20, 2019 @ 2-3 pm

The Anlyan Center, TAC S-447

Moderator: Lauren Tobias, MD

There is no corporate support for this activity

This course will fulfill the licensure requirement set forth by the State of Connecticut

ACCREDITATION

The Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

TARGET AUDIENCE

Attending physicians, house staff/fellows, medical students, nurses, physician assistants.

NEEDS ASSESSMENT

Circadian rhythms are ubiquitous in all organisms. These rhythms maintained through a complex molecular transcription-translation feedback loop, which is present throughout the body. Circadian medicine has been classically associated with disorders of abnormal timing of the sleep-wake cycle, however circadian dysfunction can play a role in a wide range of pathology, ranging from the increased risk for malignancy and cardiometabolic disease in shift workers to the changes in circadian amplitude that often precede the classical symptoms of neurodegenerative disorders. As our understanding of the importance of circadian dysfunction in disease grows, we need to develop better clinical techniques for identifying circadian rhythms. Finally, the role of circadian based strategies for disease management will be discussed. Overall this review highlights the need to bring time to all aspects of medicine, emphasizing circadian medicine as a prime example of both personalized and precision medicine.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Review the molecular, cellular and physiological regulation of central and peripheral circadian rhythms.
2. Appreciate the impact of circadian disruption and the risk for cardiometabolic and neuropsychiatric disorders and the potential of integrating the time domain into the practice medicine.
3. Apply circadian based approaches to the treatment of circadian rhythm sleep-wake disorders and associated medical co-morbidities.

DESIGNATION STATEMENT

The Yale School of Medicine designates this live activity for 1 *AMA PRA Category 1 Credit(s)*TM. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

FACULTY DISCLOSURES

Lauren Tobias, MD, Course Director – No conflicts of interest
Phyllis Zee, MD – Merck, Sanofi-Medley, Jazz, Pear, Phillips, Eisai, Apnimed, Teva, Medscape

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