



State SLEEP Conference

Presented by

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

Upper Airway Resistance Syndrome (UARS)



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Wednesday, April 24, 2019, 2-3 pm

The Anlyan Center, TAC S-447

Moderator: Ian Weir, 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

The term *upper airway resistance syndrome* (UARS) was coined to describe a group of patients who did not meet the criteria for diagnosis of obstructive apnea-hypopnea syndrome and thus were left untreated. After more than two decades, the diagnosis and pathophysiology of UARS have remained mainly debatable and most of the patients with UARS have remained undiagnosed and untreated. On one hand, UARS could carry a risk for cardiovascular diseases, and on the other hand, take a toll on affected individuals quality of life considering its correlation with excessive sleepiness, fatigue, insomnia, and depressive mood. In the light of its importance and general lack of awareness about UARS we deemed this talk informative and necessary.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will learn to:

1. History of upper airway resistance syndrome
2. Definition, diagnosis, and pathophysiology of UARS
3. Treatment of UARS over time

DESIGNATION STATEMENT

The Yale School of Medicine designates this live activity for 1 *AMA PRA Category 1 Credit(s)*[™]. 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
Ali Ershadi, MD – No conflicts of interest

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