



State Sleep Conference

Presented by

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

# Should Mild Obstructive Sleep Apnea be Treated?



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**Wednesday, April 11, 2018, 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**

Mild obstructive sleep apnea is a highly prevalent condition. However, it is unclear whether this condition is associated with important clinical consequences. In addition, there is uncertainty among clinicians concerning the necessity to treat patients with mild obstructive sleep apnea. Thus, there is a clinical need to review with sleep clinicians, the evidence linking mild obstructive sleep apnea to adverse clinical outcomes and data demonstrating that treatment improves these outcomes.

**LEARNING OBJECTIVES**

At the conclusion of this activity, participants will learn to:

1. Attendees will gain a greater understanding of the ambiguities associated with classifying severity of obstructive sleep apnea.

2. Attendees will learn whether mild obstructive sleep apnea is associated with a higher risk of adverse neurocognitive and cardiovascular outcomes.
3. Attendees will learn whether treatment mild obstructive sleep apnea improves neurocognition and cardiovascular outcomes.

**DESIGNATION STATEMENT**

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

**FACULTY DISCLOSURES**

Lauren Tobias, MD – No conflicts of interest  
Stuart Fun Quan, MD – Best Doctors, Synchrony Healthcare Communications, Global Data

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