



December Seminar State Sleep Conference

Presented by

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

OSA: Is Treatment Really Necessary?



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Wednesday, December 20, 2017, 2-3 pm

The Anlyan Center, TAC S-447

Host: Meir Kryger, 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

Obstructive sleep apnea (OSA) is a highly prevalent sleep disorder, and treatment of OSA with continuous positive airway pressure (CPAP) is common practice. Justification for treatment is predicated on the presumed health risks of untreated OSA and benefits of CPAP on symptoms and cardiovascular outcomes. Over the past several years, results of several highly publicized clinical studies raise questions about the true impact of CPAP on cardiovascular health. The purpose of this lecture is to review what is known about OSAs impact on various important health outcomes and discuss when treatment for OSA may or may not be necessary.

LEARNING OBJECTIVES

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

1. Review the association between OSA and cardiovascular outcomes
2. Review the data that raise doubts about the effectiveness of CPAP on cardiometabolic health
3. Review the impact of mild OSA and discuss if and when treatment is warranted

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
Jeff S Kwon, MD – No conflicts of interest

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