



State Sleep Conference

Presented by

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

# **A Morbidly Obese Type I Diabetic Teenager with Sleep Apnea, Nocturnal Eating, and Cushingoid Features. Where to Start?**



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**Wednesday, May 30, 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**

Nocturnal eating disorders consist of two main types of eating behaviors. They are SRED (Sleep Related Eating Disorders) and Night Eating Syndrome (NES). They have both common and unique clinical characteristics and have a challenging chronic course (R. Auger Psychiatry 2006).

This lecture will discuss their definitions, clinical characteristics, and available treatment options. This lecture will also discuss an uncommon medical condition causing nocturnal eating behaviors.

**LEARNING OBJECTIVES**

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

1. Review a clinical case of nocturnal sleep eating behavior.
2. Discuss the definition, clinical characteristics and pathophysiology of nocturnal eating behavior.
3. Discuss the current treatment options of nocturnal eating behavior.

**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, Course Director – No conflicts of interest  
Christopher Williams, MD – No conflicts of interest

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