

**Upstate Sleep Teaching Day**  
**New Academic Building Room 4414**  
**Friday, April 20, 2018**  
**Speakers, Topics, and Objectives**

**Antonio Culebras, MD**  
**Professor of Neurology**  
**SUNY Upstate Medical University**

***“Clinical Intersection between Sleep Disordered Breathing and Vascular Dementia”***

Objectives:

1. Describe the relationship between sleep apnea and vascular dementia
  2. Recognize the signs of vascular dementia related to sleep apnea
  3. Discuss the management of sleep apnea related to stroke and vascular dementia
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**Karen L. Teelin, MD, MSED, FAAP**  
**Assistant Professor of Pediatrics, Director, Section of Adolescent Health**  
**Director, Section of Adolescent Medicine**  
**Director, A-GEMS Clinic**  
**SUNY Upstate Medical University**  
**Golisano Children’s Hospital**

***“Evaluating Fatigue in Adolescents: Ever Get Tired of it?”***

Objectives:

1. Review the differential diagnosis of fatigue in adolescents
  2. Increase confidence in addressing fatigue in adolescents
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**Ramesh Sachdeva, MD**  
**Sr. Vice President, Strategic Affairs, Regional Strategy & Quality**  
**Professor of Pediatrics – Critical Care**  
**SUNY Upstate Medical University**

***“The Effect of Sleep Deprivation on Human Behavior”***

Objectives:

1. Review the effects of sleep deprivation on human performance
  2. Discuss the legal and policy implications of sleep deprivation in the field of medicine
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**Dragos N. Manta, MD**  
**Assistant Professor of Medicine**  
**Director, Upstate Sleep Lab**  
**SUNY Upstate Medical University**  
**Board Certified in Pulmonary, Critical Care and Sleep Medicine**

***“Insomnia Update: How to Avoid Over-Prescribing Hypnotics”***

Objectives:

1. Diagnose insomnia
  2. Discuss mimics and associated conditions of insomnia
  3. Explore non-pharmacological interventions for insomnia
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**Zafer Sultant, MD**  
**Director, Pediatric Pulmonary and Sleep Medicine**  
**SUNY Upstate Medical University**  
**Golisano Children’s Hospital**

***“Hypersomnias”***

Objectives:

1. Review the differential diagnosis of hypersomnias
  2. Discuss evaluations and treatments of hypersomnias
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**Ioana Amzuta, MD, FCCP, D-ABSM**  
**Assistant Professor of Medicine**  
**SUNY Upstate Medical University**  
**Board Certified in Pulmonary, Critical Care and Sleep Medicine**

***“OSA and Cardiovascular Disease”***

Objectives:

1. Discuss the impact of OSA on the cardiovascular system
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