

A CME and CE Workshop for Physicians and Licensed Health Care Professionals On:

Alternative Treatments for Sleep Apnea

Presentation Overview

Obstructive sleep apnea (OSA) is a common disorder with major neurocognitive and cardiometabolic sequelae. It is more prevalent in males, and a major risk factor is aging, with obesity being a major reversible risk factor. First-line treatment for sleep apnea is continuous positive airway pressure (CPAP), which has been shown in randomized trials to improve symptoms as well as blood pressure. Alternative therapies are now emerging to promote weight loss or the toning of upper airway muscles. Considerable progress has been made in our understanding of this condition, allowing us to move beyond a one-size-fits-all approach.

At the end of the program, attendees should be able to:

- Identify two to three OSA risk factors
- Describe the OSA pathogenesis
- Compare issues with health equity in OSA
- Identify one to two alternative OSA therapies
- Assess one to two the future of OSA therapy

1.5 CME and CE Credits Offered



EVENT INFORMATION

When:

Wednesday,
March 12, 2025

Time:

Noon–1:30 p.m.

Where:

Zoom webinar

For questions, please email continuingeducation@caloptima.org.

Space is limited! Please RSVP by Monday, **March 10, 2025**, through the link or QR code below:

<https://bit.ly/3CbW0si>



In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact Quynh Tran at 657-235-6865 two weeks before the meeting date.

Guest Speaker:

Atul Malhotra, M.D.



Dr. Malhotra is a pulmonary intensivist with expertise in the fields of sleep medicine and critical care. He is the Vice Chair of Medicine for Research and Research Chief of Pulmonary, Critical Care, Sleep Medicine and Physiology at the University of California, San Diego (UCSD). Dr. Malhotra received his medical degree from the University of Alberta and completed his post-doctorate training as a clinical and research fellow at Harvard Medical School. He is one of the leading researchers in the field of sleep medicine, conducting many clinical studies as the principal investigator. Dr. Malhotra taught at the Massachusetts Institute of Technology and Harvard Medical School and has written over 525 articles and conducted more than 325 article reviews. He has received numerous awards and accolades for his work and teachings. Dr. Malhotra served as president of the American Thoracic Society (2015–2016) and sits on several committees at UCSD. Since moving to San Diego, Dr. Malhotra has been clinically active in the intensive care units and the sleep clinic at UCSD. He directs a large National Institute of Health (NIH)-funded laboratory and is a sleep medicine specialist at The UCSD Sleep Center of Excellence, which embraces new technology, including patient engagement, cloud-based monitoring, telemedicine visits and electronic screening for perioperative risk.

CME Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine, School of Medicine and CalOptima Health. The University of California, Irvine, School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement: The University of California, Irvine, School of Medicine designates this virtual activity for a maximum of *1.5 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: All individuals who planned this event do not have financial interests to disclose, except Dr. Malhorta. He has disclosed that he is a consultant for Eli Lilly and Company, Livanova and Zoll Medical. Dr. Malhorta's presentation has been peer-reviewed for clinical validation, balance and bias.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency and implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and ACCME to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, www.meded.uci.edu/cme, for AB 1195 and AB 241 resources.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. Course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350.

NCHEC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.

AGENDA:

Noon: Welcome/
Introduction — Richard
Pitts, DO, PhD.,
Chief Medical Officer,
CalOptima Health

12:05 p.m.: Guest
Speaker —
Atul Malhotra, M.D.,
Vice Chair of Medicine
for Research and
Research Chief of
Pulmonary, Critical Care,
Sleep Medicine and
Physiology, UCSD.

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

For questions,
please email
[continuingeducation@
caloptima.org](mailto:continuingeducation@caloptima.org).

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