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# AVIISHA'S OSA EDUCATION WEBINARS SCHEDULE

2011-2012

[www.aviisha.com/webinars](http://www.aviisha.com/webinars)



## **Instructions**

Our webinars, hosted by Dr. Avi Ishaaya, MD, are broadcasted on the first Monday of every month at 1pm PST. They are free to attend. Please click on the "Join As Guest" buttons below or simply go to <http://connectpro18419703.adobeconnect.com/webinar> and select "Join As Guest."

## OSA SYMPTOMS AND DIAGNOSTIC TOOLS

When: Nov-07-2011 1:00 pm PST

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

What are the signs and symptoms of OSA? How is OSA screened for? What questionnaires exist to help identify people at risk for sleep apnea?

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## OSA COMORBIDITIES AND COMPLICATIONS

When: Jan-02-2012 1:00 pm PST

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

What are OSAs comorbidities? What complications arise out of untreated OSA? Can CPAP treatment address these complications? In this webinar, Dr. Avi discusses the dangers of OSA and the urgent need to diagnose and treat it.

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## OSA: DEFINITION, CAUSES, AND PREVALENCE

When: Dec-05-2011 1:00 pm PST

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

Join us as we discuss the fundamentals of sleep apnea. Who does it affect? How many people are affected? What causes it? Q&A to follow.

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## RISK FACTORS THAT PREDISPOSE A PATIENT TO OSA

When: Feb-06-2012 1:00 pm PST

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

This webinar will examine the scientific literature concerning risk factors for OSA. Dr. Avi will review the behaviors and physical characteristics that increase the likelihood of obstructive sleep apnea.

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## EVALUATING PATIENTS FOR OSA

When: Mar-05-2012 1:00 pm PST

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

How are patients evaluated for OSA? What should a physician look for? What screening tools for OSA provide its physicians? How does a physician prescribe a home sleep test for a patient identified as being at risk for OSA? Join us as Dr. Avi explains how to evaluate patients for OSA and how to prescribe a home sleep test. Brief Q&A to follow.

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## APNEAS, HYPOPNEAS, AND THE SLEEP STUDY

When: May-07-2012 1:00 pm PST

Length: 30 minutes

Presented by: Nalani Santiago-Kalmanson, RPSGT

How is obstructive sleep apnea diagnosed? What is a sleep study, and how is a sleep study scored? In this webinar, Dr. Avi will discuss the differences between apneas, hypopneas, and other sleep disturbances and how they are measured.

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## READING, SCORING AND INTERPRETING THE HOME SLEEP TEST

When: Jun-04-2012 1:00 pm PST

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

In this session, Nalani Santiago-Kalmanson, RPSGT will discuss how to read, score and interpret the Home Sleep Test polysomnogram.

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## UNDERSTANDING THE HOME SLEEP TEST SCORING REPORT

When: Jul-02-2012 1:00 pm PST

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

What is the Home Sleep Test Scoring report? What information does it contain? How can a physician understand that information and form a diagnosis? In this webinar, Dr. Avi Ishaaya will discuss how to read and understand the HST Scoring Report. Short Q&A to follow.

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## OSA TREATMENT

When: Aug-06-2012 1:00 pm PST

Aug-06-2012 1:00 pm PST

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

In this presentation, we compare at the various methods of treating OSA, including their benefits, costs, and efficacy. We explain why PAP therapy is considered the "gold standard" in treating sleep apnea.

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## PAP THERAPY SUCCESSES AND CHALLENGES

When: Sep-04-2012 1:00 pm PST

Aug-06-2012 1:00 pm PST

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

What factors mitigate the success of CPAP and APAP therapy? What obstacles stand in the way of treatment and how do we address them? In this presentation, Dr. Avi will discuss the research concerning PAP failure and outline the strategies for overcoming them.

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## PAP ADHERENCE

When: Nov-05-2012 1:00 pm

Length: 30 minutes

Presented by: Dr. Avi Ishaaya, MD

In this webinar, we take a close look at PAP adherence and identify specific solutions to common patient complaints. We will also discuss a general strategy for improving adherence to treatment.

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