

We present our 18th Course on Obstructive Sleep Apnea (OSA). During this **ENGLISH edition** of the course, we will review the advantages of drug-induced sleep endoscopy (DISE), as well as major techniques for tongue and palate surgery and myofunctional and dental treatment of OSA.

Come and join us with master conferences, attend live surgery seminars and participate in cadaver-dissection workshops.



REGISTRATION: Limited to 30 participants for dissection and 100 participants for lectures and live surgery.

FEE: 1,500 € INCLUDING: lectures, surgical videos, attendance of live surgery and participation in dissection.

750€ INCLUDING: lectures, workshops and live surgery.

TECHNICAL SECRETARIAT:

www.ifmec.com

Phone (+34) 672492972

Email: secretaria@ifmec.com

18th Course on OSA

English Edition

15th-17th April, 2026

Hospital Universitario de Fuenlabrada

Location: Círculo de Bellas Artes

Facultad de Medicina de la UAM

DIRECTORS:

Prof. Guillermo Plaza, Dr. Peter Baptista, Dr. Carlos O'Connor.



INVITED FACULTY:

Tucker Woodson, Ewa Olszewska,
Ryan Cheong, Uri Alkan,
Sumit Samant, Anand Raju,
Manuele Casale, Antonio Moffa,
Marina Carrasco



Master lectures, workshops, live surgery and cadaver dissection

www.ifmec.com

DIRECTORS

Peter Baptista. Otorhinolaryngology Dep. Al Zahra Hospital. Dubai, UAE.

Carlos O'Connor. Chief of Otorhinolaryngology Dep. Hospitales QuirónSalud Marbella, Málaga, y Campo de Gibraltar, Cádiz, Spain.

Guillermo Plaza. Chief of Otorhinolaryngology Dep. Hospital Universitario de Fuenlabrada. Professor at Universidad Rey Juan Carlos. Hospital Sanitas La Zarzuela. Madrid, Spain.

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LOCAL FACULTY FROM MADRID

Felipe Ahumada. Otorhinolaryngology, HU Fuenlabrada. Hospital La Zarzuela.

Marta Alcaraz. Otorhinolaryngology, Hospital Sanitas La Moraleja.

Gabriela Bosco. Otorhinolaryngology Dep. HU Fuenlabrada. Hospital La Zarzuela.

Patricia Fernández Sanjuán. Odontology, Sleep Unit, Hospital La Zarzuela.

Julia Herrero. Pneumology. Dep. Fundación Jiménez Díaz.

Lourdes Maniegas. Maxillofacial Surgery. Fundación Jiménez Díaz. Madrid. Spain.

Paula Mazzei. Otorhinolaryngology Dep. Hospital La Zarzuela.

Iván Méndez-Benegassi. Otorhinolaryngology Dep. HU Rey Juan Carlos

Marta Morato. Otorhinolaryngology Dep. Hospital Quirón San José.

Andrés Navarro. Otorhinolaryngology Dep. HU Fuenlabrada. Hospital La Zarzuela.

Nuria Pérez-Martín. Otorhinolaryngology Dep. HU Niño Jesús.



SCIENTIFIC PROGRAMME WEDNESDAY 15th ... Círculo de Bellas Artes

09:00 Introduction to OSA. PLAZA

09:30 OSA International Guidelines: Consensus or Controversy. PLAZA

10:00 Airway Phenotypes in Adult Sleep Apnea. WOODSON

10:30 From Phenotypes to Endotypes: Rethinking Patient Selection in Obstructive Sleep Apnea. BAPTISTA

11:00 OSA and Heart Failure- How to Diagnose and Treat. OLSZEWSKA

11:30 OSA and Cancer. CARRASCO

12:00 COFFEE BREAK

12:30 Beyond Obstruction Sleep Apnea: The Relevance of Mixed Sleep Disorders. MOFFA

13:00 COMISA. ALKAN

13:30 Office Exam in OSA: Much More than Anatomy. NAVARRO

14:00 Redefining Concepts in OSA Diagnosis. O'CONNOR

14:30 LUNCH

15:30 Upper Airway Exam to Point Out Which Structure to Treat. CARRASCO

16:00 Polysomnography vs Home Sleep Tests. AHUMADA-HERRERO

16:30 AHI is not Enough: Beyond Polysomnography. CASALE

17:00 Women and OSA: Different Clues. BOSCO

17:30 Adding Sleep Healthcare to your ENT Practice - How I did it. SAMANT

18:00 COFFEE BREAK

18:30 Artificial Intelligence in Obstructive Sleep Apnea: From Diagnosis to Personalized Therapy BAPTISTA

19:00 Democratising Artificial Intelligence in Obstructive Sleep Apnea. CHEONG

19:30 Artificial Intelligence Application in OSA. MENDEZ-BENEGASSI

20:00 New technologies for Diagnosis and Treatment of Sleep Breathing Disorders. MOFFA

20:30 ADJOURN

21:00 FACULTY DINNER



THURSDAY 16th ... Círculo de Bellas Artes

08:00 Pediatric OSA: New Clues. MAZZEI
08:30 Treatment of the Pediatric OSA in the Complicated Case. CASALE
09:00 Tonsillectomy vs Tonsillotomy in Children. PÉREZ-MARTÍN
09:30 Children with OSA: More than Tonsils. MORATO
10:00 OSA in Elderly: Redefining Surgical Possibilities. MOFFA

10:30 COFFEE BREAK

11:00 DISE Basics and Pharyngeal Patterns. AHUMADA
11:20 Advanced DISE: Oral Appliance Adjustment. FERNÁNDEZ-SANJUAN
11:50 Advanced DISE: DISE-CPAP. BOSCO
12:10 DISE 2.0. MENDEZ-BENEGASSI
12:30 Limitations of Current DISE Interpretation: New Classification Framework. RAJU

13:00 LUNCH

13:30 Primary Snoring Treatment. PLAZA
14:00 When CPAP fails: Multimodality Treatment. ALCARAZ
14:30 Understanding the Upper Airway Anatomy Before Starting Sleep Surgery. RAJU
15:00 Evolution of Palate Surgery for OSA. WOODSON
15:30 Lateral Pharyngoplasty. O'CONNOR
16:00 Barbed Pharyngoplasties. BAPTISTA

16:30 COFFEE BREAK

17:00 Palatal Surgery for OSA and Perioperative Considerations. Where is the Consensus? OLSZEWSKA
17:30 Hammock Procedure for Palate and Tongue Base. SAMANT
18:00 Management of Base of Tongue Collapse in OSA Patients. ALKAN
18:30 Role of Epiglottis in OSA. RAJU
19:00 Tongue Base and Epiglottis: Coblation® vs TORS. PLAZA
19:30 Hypoglossal Nerve Stimulation: Current Evidence, Indications, and Future Directions. BAPTISTA
20:00 Neuromodulation for Adult Sleep Apnea. WOODSON

20:30 COCKTAIL DINNER



FRIDAY 17th MORNING ... Hospital Universitario de Fuenlabrada

WORKSHOPS

08:30 Oral Devices for OSA. FERNÁNDEZ-SANJUAN
09:00 Why Myofunctional Therapy Works in OSA. O'CONNOR

LIVE SURGERY

09:30- 13:30 DISE & PHARYNGOPLASTIES

FINAL SHORT LECTURES

13:00 Pharmacological Treatment of OSA. PLAZA
13:15 Neoadjuvant GLP-1 Receptor Agonists in Sleep Surgery. CHEONG
13:30 Telemedicine Myofunctional Therapy: How I do it. O'CONNOR
13:45 OSA Surgery on Trial. CARRASCO

15:00 BUS from Hospital to University

FRIDAY 17th ... AFTERNOON ... Universidad Autónoma de Madrid

CADAVER DISSECTION

15:30 Surgical Anatomy for OSA surgery. O'CONNOR
16:00-20:00

- Different Pharyngoplasty Modalities
- Tongue-Base Surgery
- Coblation® vs Bizact™ surgery

20:30 ADJOURN

Course venue on the 15th and 16th: Círculo de Bellas Artes (Calle Alcalá nº 42, Madrid)
Morning of the 17th: Hospital Universitario de Fuenlabrada (Camino del Molino nº 4)
Afternoon of the 17th: Facultad de Medicina de la Universidad Autónoma de Madrid (direct entrance via Calle Arturo Duperier nº4, Madrid)
On the 17th a bus provided by the organization will pick participants at 7:45 near the Círculo de Bellas Artes (exact location to be determined) to go to the Hospital.