

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:

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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

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LOCAL FACULTY FROM MADRID

Felipe Ahumada. Otorhinolaryngology, HU Fuenlabrada. Hospital La Zarzuela.
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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 Discussion
~~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 Tonsillectomy vs Tonsillotomy in Children. MORATO
09:00 Treatment of the Pediatric OSA in the Complicated Case. PÉREZ-MARTÍN
09:30 How to deal with Primary Snoring. PLAZA

10:00 COFFEE BREAK

10:30 DISE Basics and Pharyngeal Patterns. AHUMADA
11:00 Advanced DISE: Oral Appliance Adjustment. FERNÁNDEZ-SANJUAN
11:30 Advanced DISE: DISE-CPAP. MORATO
12:00 DISE 2.0. MENDEZ-BENEGASSI
12:30 Limitations of Current DISE Interpretation: New Classification Framework. RAJU
13:00 Artificial Intelligence Application in OSA. MENDEZ-BENEGASSI

13:30 LUNCH

14:30 Awake surgery for SBD: when and how? CASALE
15:00 When CPAP fails: Multimodality Treatment. ALCARAZ
15:30 Understanding the Upper Airway Anatomy Before Starting Sleep Surgery. RAJU
16:00 Evolution of Palate Surgery for OSA. WOODSON
16:30 Lateral Pharyngoplasty. O'CONNOR
17:00 Barbed Pharyngoplasties. BAPTISTA
17:30 Palatal Surgery for OSA and Perioperative Considerations. Where is the Consensus? OLSZEWSKA

18:00 COFFEE BREAK

18:30 Hammock Procedure for Palate and Tongue Base. SAMANT
19:00 Role of Epiglottis in OSA. RAJU
19:30 Tongue Base Surgery: Coblation® vs TORS. PLAZA
20:00 Neuromodulation for Adult Sleep Apnea. WOODSON
20:30 Hypoglossal Nerve Stimulation: Future Directions. BAPTISTA

21:30 TAPA 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 Maxillofacial treatments for OSA. MANIEGAS
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.