



SINGAPORE SLEEP, ALLERGY &  
RHINOLOGY CONFERENCE



# 13<sup>TH</sup> SINGAPORE SLEEP, ALLERGY & RHINOLOGY CONFERENCE

27 - 29 July 2023

@ One Farrer Hotel

## PROGRAMME





## 2<sup>ND</sup> SARC SLEEP WORKSHOP DAY 1: THURSDAY, 27 JULY 2023

TIME	SESSIONS	ONE FARRER HOTEL
0700 – 0800	REGISTRATION	Foyer, Level 6
	<b>OPENING CEREMONY</b>	Grand Ballroom 1, Level 6
0800 – 0810	<b>Introduction &amp; Welcome Address</b> Dr Leong Jern-Lin, Organising Chairman, 13 <sup>th</sup> SARC 2023	
0810 – 0820	<b>Opening Address by Guest of Honour</b>	
	<b>PLENARY LECTURE I: SLEEP</b>	Grand Ballroom I, Level 6
<b>Moderators</b>	<b>Prof Hsu Pon Poh</b>	
0820 – 0900	<b>DISE PhOP - Beyond the Sites of Collapse</b> Dr Eric Thuler, USA	
0900 – 0920	<b>Panel Discussion</b>	
	<b>SLEEP LECTURES I: SLEEP ENDOSCOPY</b>	Napier Room, Level 6
<b>Moderators</b>	<b>Dr Han Hong Juan</b>	
0920 – 0940	<b>DISE Deep Dive</b> Dr Phua Chu Qin, Singapore	
0940 – 1020	<b>Role of DISE in Management of United Airway Disease in Children</b> Dr Retno Wardani & Dr Elvie Zulka, Indonesia	
1020 – 1040	<b>DISE for Other Indications than Upper Airway Surgery and Upper Airway Stimulation</b> Prof Nico de Vries, The Netherlands	
1040 – 1110	<b>Coffee &amp; Tea Break</b>	Grand Ballroom II, Level 6
	<b>SLEEP LECTURES II: THE TONGUE IN OSA</b>	Napier Room, Level 6
<b>Moderators</b>	<b>Dr Paul Mok</b>	
1110 – 1130	<b>Patient Selection for OSA Surgery</b> Dr John Loh, Singapore	
1130 – 1150	<b>TORS for OSA: Present and Future</b> Dr Eric Thuler, USA	
1150 – 1210	<b>Association of Backscattered Ultrasonographic Imaging of the Tongue With Severity of Obstructive Sleep Apnea in Adults</b> A/Prof Stanley Liu, USA	
1210 – 1230	<b>Discussion on Tongue Reduction Surgery</b>	
1230 – 1330	<b>Lunch</b>	Grand Ballroom II, Level 6
	<b>SLEEP LECTURES III: SURGICAL ALGORITHMS FOR OSA</b>	Napier Room, Level 6
<b>Moderators</b>	<b>Prof Hsu Pon Poh</b>	
1330 – 1430	<b>Panel Discussion: How to Select Surgical Algorithms for OSA</b> Panelist: A/Prof Stanley Liu, Dr Eric Thuler, Prof Nico de Vries, Dr John Loh, Dr Phua Chu Qin, Dr Leonard Soh	

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TIME	SESSIONS	ONE FARRER HOTEL
	<b>SLEEP LECTURES IV: PALATAL AND NASAL PROCEDURES FOR OSA</b>	Napier Room, Level 6
<b>Moderators</b>	<b>Dr Chong Khai Beng</b>	
<b>1430 – 1450</b>	<b>Pediatric OSA: Standard of Care and What's Next</b> Dr Annabelle Tay, Singapore	
<b>1450 – 1510</b>	<b>Role of Maxillary Deficiency in OSA</b> Dr Eric Thuler, USA	
<b>1510 – 1530</b>	<b>Enhancing OSA Treatment: Advanced Septoplasty and Palatoplasty Techniques</b> Prof Lee Tae-Hoon, South Korea	
<b>1530 – 1550</b>	<b>Discussion on Palatal Surgery for Obstructive Sleep Apnea (OSA)</b>	
<b>1550 – 1620</b>	<b>Coffee &amp; Tea Break</b>	Grand Ballroom II, Level 6
	<b>SLEEP LECTURES V: STIMULATION SURGERY AND WEIGHT MANAGEMENT FOR OSA</b>	Napier Room, Level 6
<b>Moderators</b>	<b>Dr Terry Tan</b>	
<b>1620 – 1640</b>	<b>Hypoglossal Nerve Stimulation for Sleep Apnea: Comparison of Systems and Updates</b> Dr Leonard Soh, Singapore	
<b>1640 – 1700</b>	<b>Results of Upper Airway Stimulation in Different Disease Severity Categories</b> Prof Nico de Vries, The Netherlands	
<b>1700 – 1730</b>	<b>Discussion on Hypoglossal Nerve Stimulation (HGNS)</b>	
	<b>End of Day 1</b>	

## 2<sup>ND</sup> SARC SLEEP WORKSHOP DAY 2: FRIDAY, 28 JULY 2023

**VENUE** ACADEMIA, SINGAPORE GENERAL HOSPITAL CAMPUS  
PROCEDURAL SKILLS LAB, BASEMENT 1

**TIME**      **SESSIONS**

0800 – 0805 Welcome & House Keeping Message

0805 – 0820 CADAVERIC DEMONSTRATION

Nasal Surgery

Instructor: Prof Tae-Hoon Lee / Dr Leonard Soh

0820 – 0900 CADAVERIC DISSECTION

0900 - 0930 CADAVERIC DEMONSTRATION

Palate Surgery

Instructor: Dr Eric Thuler

0930 - 1030 CADAVERIC DISSECTION

1030 - 1100 COFFEE/TEA BREAK

1100 - 1130 CADAVERIC DEMONSTRATION

Tongue Base & Epiglottis Surgery

Instructor: Dr Terry Tan

1130 – 1230 CADAVERIC DISSECTION

1230 – 1330 LUNCH

1330 – 1400 CADAVERIC DEMONSTRATION

Hyoid Suspension

Instructor: Prof Nico de Vries

1400 – 1500 CADAVERIC DISSECTION

1500 – 1530 CADAVERIC DEMONSTRATION

Hypoglossal Nerve

Instructor: Prof Nico de Vries

1530 – 1600 COFFEE / TEA BREAK

1600 - 1700 CADAVERIC DISSECTION

End of Workshop