



# The Danish Obstructive Sleep Apnea Symposium

Management Options, Patient Selection and Outcomes

5<sup>th</sup>-6<sup>th</sup> October  
2023

Comwell Køge Strand  
Strandvejen 111  
4600 Køge  
Denmark

# The Danish ENT Academy Obstructive Sleep Apnea Symposium 2023

## The language of the Symposium is English

Dear Colleagues and Friends,

[The Danish ENT Academy](#) is delighted to host the Obstructive Sleep Apnea (OSA) Symposium 2023. The Symposium is being held on the 5<sup>th</sup> and 6<sup>th</sup> of October 2023 at the [Comwell Køge Strand Hotel](#), Strandvejen 111, 4600 Køge, Denmark.

We welcome you all, both presenters and delegates to this exciting scientific program, translating new basic knowledge to clinical practice focusing on new diagnostic and therapeutic options in the management of OSA.

We have a great line up of speakers, both Danish and International. There is included a poster section, and we encourage submissions to this research presentation platform.

We trust this will provide fruitful and productive discussion for all our sleep apnea colleagues, both doctors and nurses. The language of the Symposium is English

Køge is a small town in the Danish region of Zealand, about 34 km southwest of the Capital [Copenhagen](#). Although the city was burned to the ground around 1350, it developed into one of Denmark's largest ports and trading cities. The glory of past centuries can be seen in the many well-preserved half-timbered houses from the sixteenth and seventeenth centuries. Despite the fire, Køge is considered one of the best-preserved medieval towns in Denmark. The historic town center with its cobblestone streets makes you feel like you have stepped into another era. Around have been built several royal castles, which can be easily reached by bicycle. There is a beautiful harbour with many world class restaurants along the wharf. A wonderful place for an evening dinner, or a relaxing glass of wine.

We welcome you to the Symposium, to Køge and to Denmark.

[The Danish ENT Academy](#)

For registration: Fill out [application form](#)

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## The Danish ENT Academy Obstructive Sleep Apnea Symposium 2023

### Speakers



#### **Professor Bhik Kotecha**

Professor Bhik Kotecha is an international renowned ENT surgeon from London, UK. His primary focuses are snoring and obstructive sleep apnea. His other specialty interests include assessing and treating sleep-related breathing disorders, upper airway obstruction, and voice and swallowing disorders. He is honorary clinical professor at Barts and the London School of Medicine. He has published more than 100 articles in peer-reviewed journals, has written chapters in and published textbooks, and has lectured nationally and internationally. He has also been a guest on TV programs such as BBC World, The Discovery Channel and Radio 4 (amongst others), bringing awareness to the problems of obstructive sleep apnea and other sleep related disorders.

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#### **Professor Poul Jørgen Jennum**

Professor Poul Jørgen Jennum is the Head of The Danish Center for Sleep Medicine, in the Department of Neurophysiology at Rigshospital, Copenhagen, Denmark. His research interests include:

- Basic molecular, clinical, and electrophysiological research in early disease detection of sleep disorders/neurodegenerative diseases.
- Machine learning in the diagnosis and management of brain diseases.
- Health and socioeconomic consequences of sleep/neurological disorders.

He has over 400 publications related to his research in Sleep Disorders

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#### **Professor Claudio Vicini MD**

Professor Claudio Vicini is the Director of the Head & Neck Department and Head of the Units of Otolaryngology and Head and Neck Surgery of the Morgagni-Pierantoni Hospital in Forlì and Infermi in Faenza, University of Bologna School of Medicine in Romagna. Professor Vicini is known throughout the world for the surgical treatment of Sleep Apnea Syndrome. Professor Vicini has personally devised and tested numerous innovative surgical techniques in this area, making OSAS surgical therapy an increasingly viable therapeutic option. He has published over 250 peer reviewed articles on OSA and surgical interventions, with particular focus on multi-level surgical options, including Robotic Surgery. He also has considerable experience in the management of vertigo in ENT patients.

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**Eva Kirkegaard Kiær Ph.D.**

Eva Kirkegaard Kiær is Head of the Danish Center for Sleep Surgery at Rigshospital as well as a Consultant ENT Head and Neck Surgeon at Rigshospital in Copenhagen, Denmark. Here she has established the diagnostic investigations and surgical therapeutic options for patients with Obstructive Sleep Apnea.

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**Professor Johan Hellgren**

Professor Johan Hellgren is Head of Department at the Institution of Clinical Sciences as well as ENT-specialist and chief physician at the ENT clinic in Sahlgrenska Hospital, specialising in nose/sinus diseases and face traumatology. He regularly presents in scientific meetings both nationally and internationally and recently opened the XXIII Congress of the Nordic Association of Otolaryngology in Gothenburg Sweden.

Prof Hellgren is the Swedish Representative on the Nordic Association of ORL-HNS. His research areas include “The United Airways”, rhinitis, dental sinusitis, COPD, and sleep disorders in children. He also is actively studying patient rated outcomes after nasal septum surgery. He has research collaborations on this, and other topics, with Lund, Uppsala, Bergen, and Sydney, among others. He has also devoted a lot of time to in researching various objective nose measurement methods such as rhinomanometry, acoustic rhinometry and PNIF etc. Prof Hellgren is also investigating the link between CRS and risk factors such as COPD, GERD, and occupational exposure to irritants in large population cohorts.

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**Asbjørn Kørvel-Hanquist**

Asbjørn Kørvel-Hanquist is a Consultant ENT Head and Neck Surgeon at Zealand University Hospital Køge. He has been working with obstructive sleep apnea for several years. His research areas include investigating screening tools and therapeutic options for sleep apnea

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**Prof. Dr. med. Joachim T. Maurer**

Professor Dr Joachim T. Maurer MD is an internationally recognised expert for the treatment of sleep disorders, in particular obstructive sleep apnea and snoring. He is Vice-Chairman of the University Hospital in Mannheim, University of Heidelberg, and Director of the associated Sleep Disorders Center. In addition, he lectures as an Honorary Professor at the Hochschule Mannheim, University of Applied Sciences, Faculty of Information Technology. He is a fellow and honor award recipient of the German Society of Otolaryngology/Head and Neck Surgery and received numerous awards of the American Academy of Otolaryngology/Head and Neck Surgery, the Polish Rhinologic Society, and the Rumanian Rhinologic Society. He is Vice-President of the task force “sleep medicine” of the German Society of Otolaryngology/Head and Neck Surgery and of the association of sleep medicine specialists of Baden-Württemberg. Dr. Maurer has authored original research articles, review articles, and book chapters on OSA and snoring in many scientific and medical journals. He edited a textbook on sleep medicine and is associate editor of “Sleep and Breathing”, “European Annals of Otorhino-laryngology Head and Neck disease” and “Somnology” and peer reviewer of multiple journals. He regularly appraises sleep disorder centers, is examiner for applicants in sleep disorder specialization, and course director for “Diagnosis and treatment of sleep disorder breathing” and “Surgery for sleep disordered breathing” for two decades.

His research focuses on pathophysiology and functional treatment of obstructive sleep apnea. He is primary investigator in several clinical trials or Inspire’s Upper Airway Stimulation and ImThera Medical Targeted Hypoglossal Nerve Stimulation as well as other innovative treatments.

For ten years he supports and launches ENT-Department with residents’ training in the District of Ruli, Rwanda. Dr. Maurer has a wife and two children and enjoys reading, cycling, history and studying languages.

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**Panagis Drakatos, MD, Ph.D.**

Panagis Drakatos is a Consultant in Sleep & Respiratory Medicine at the Sleep Centre at Guys’ and St Thomas’ NHS Trust in London, UK. He is also Honorary Senior Lecturer at the Faculty of Life Sciences & Medicine, Kings College London. He completed his training in respiratory medicine and his PhD in sleep medicine from the University Medical School of Patras Greece and the Chest Diseases Hospital of Southwest Greece. He then specialised in sleep medicine at Guy’s and St Thomas’s NHS Foundation Trust and received the European sleep specialist accreditation. He is the recipient of the 2015 Lyn Davis Award from the British Sleep Society. His research interests include: Sleep disorder breathing (obstructive sleep apnea, central sleep apnea), Parasomnias, Restless leg syndrome and periodic leg movements of sleep, Narcolepsy and Idiopathic hypersomnia.

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**Professor Liselotte Sonnesen Ph.D., Dr. Odont**

Professor Liselotte Sonnesen is professor and head of the postgraduate education in Orthodontics and the Dental Sleep Clinic, Department of Odontology at the University of Copenhagen. She is a professor at the School of Medicine and Dentistry, James Cook University, Australia, and specialist in Orthodontics at the Department of Oral Maxillofacial Surgery, Rigshospital. She studied dentistry and later orthodontics at the University of Copenhagen. She is certified in international criteria and diagnostics in temporomandibular muscles and joint disorders (DC/TMD) from the DC/TMD Training and Calibration Centre in Malmö and is certified in Dental Sleep Medicine from the European Academy of Dental Sleep Medicine.

She is an experienced national and international course speaker and teacher. She has published numerous international peer reviewed papers and book chapters and acts as a referee for dental and medical journals. She is principal investigator, research leader and supervisor for several national and international research projects, mainly in the field of growth and development, orofacial function, upper airways, and Dental Sleep Medicine. She is appointed editorial board member of international dental journals, research committees and academic councils, and is president of the Danish Orthodontic Society.

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**Migle Skumaniene**

Migle Skumaniene is the Lead Surgeon of the Sleep Apnea Clinic at the ENT department of [The Zealand University Hospital](#), Køge Denmark.

Her clinical areas of interest include the management of Obstructive Sleep Apnea, Rhinoplasty, and Functional Endoscopic Sinus Surgery.

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**Anna Højager Christiansen, MD, Ph.D.-student**

Anna Højager is a Ph.D.-student from the MENToR (Maxillofacial, Ear, Nose and Throat Research) group at the department of Otorhinolaryngology and Maxillofacial surgery at Zealand University Hospital Køge. One of her main areas of research is obstructive sleep apnea and she is the principal investigator of several projects investigating obstructive sleep apnea and the relationship to arrhythmias and cardiovascular disease.

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### **Thora Grothe Thomsen**

Thora is a nurse and Research leader at the Ear, Nose, Throat and Maxillofacial Surgery Department at Zealand University Hospital, Denmark and Associate Professor at the Institute for Regional Health Research at the University of Southern Denmark. A central theme in her research is user involvement – both at organizational and clinical level. From 2020 till 2022 she has been head of an interdisciplinary Danish-Swedish EU-funded innovation and research project, which focused on the development of holistic treatment options for people with sleep apnea.  
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### **Professor Anders Broström**

Anders Broström is a professor of Health and Nursing Science at Jönköping University, Jönköping, Sweden. He is a member of the Swedish Association for Sleep Research and Sleep Medicine. He has been involved in teaching for over 20 years, both at Linköping and Jönköping Universities in Sweden. He is a PhD supervisor in clinically based sleep medicine research. He is also an examiner in bachelor's and master's degrees and PhD programs. He has over 180 publications in the field of health science/nursing with a focus on nocturnal breathing disorders (obstructive sleep apnea) in people with high blood pressure and heart failure. He is a referee for many international journals including the European Journal of Cardiovascular Nursing, European Journal of Heart failure, Journal of Cardiovascular Nursing, Journal of Clinical Nursing, Progress in Cardiovascular Nursing.  
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### **Mathias Sarkez-Knudsen, MD**

Mathias is a medical doctor with a special interest in sleep medicine and sleep related breathing disorders. He is a certified somnologist and member of the European Sleep Research Society. He has international experience from collaboration in an EU funded project on multidisciplinary treatment of obstructive sleep apnea. His research focuses around improving knowledge, treatment and collaborations within the field of obstructive sleep apnea.  
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Hanna Ahonen, Dental hygienist, Ph.D, Jönköping University  
Hanna Ahonen is a licensed dental hygienist and lecturer in oral health sciences. She worked in dental care from 2006, first in private dental care and from 2011/12 as a teacher at the dental hygienist training centre at e Hälsohögskolan in Jönköping. Her Ph.D focused on oral health in people with CPAP-treated obstructive sleep apnea. In addition to clinical aspects such as periodontal disease and caries, she is very interested in how people who have CPAP describe or experience their oral health. By taking part in their perspective, we in dentistry can contribute to both increased compliance and the maintenance of oral health during treatment  
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# The Danish ENT Academy Obstructive Sleep Apnea Symposium 2023

## PROGRAM

The language of the Symposium is English

Venue: The [Comwell Køge Strand Hotel](#), Strandvejen 111, 4600 Køge, Denmark.

Thursday 5<sup>th</sup> October 2023

Day 1

**0800 0825 Registration, Coffee & Pastry**

**0825 0830 Welcome**

Migle Skumaniene

**Session 1 Introduction Session:**

0830 0915 Opening Lecture: OSA: from Dickens to Da Vinci

Bhik Kotecha

0915 1000 Sleep Pathology: an Overview

Poul Jørgen Jennum

1000 1030 Obstructive Sleep Apnea

Panagis Drakatos

**1030 1100 Break/Poster Presentations/Trade Display**

1100 1130 The importance of drug-induced sedation endoscopy (D.I.S.E.) techniques in surgical decision making

Eva Kirkegaard Kiær

1130 1200 Reconsidering first-line treatment for OSA

Claudio Vicini

**1200 1300 Lunch/Poster Presentations/Trade Displays**

**Session 2 Evaluation and therapies in OSA (Alternative: Nursing Plenary Session)**

1300 1330 Efficacy of nasal surgery in OSA

Joachim T. Maurer

1330 1400 Daytime neuromuscular Therapy

Bhik Kotecha

1400 1430 OSA in children and adolescents

Eva Kirkegaard Kiær

1430 1500 Surgery vs ventilation in adult severe OSA

Claudio Vicini

**1500 1530 Break/Poster Presentations/Trade Displays**

1530 1600 RFA and palatal implants

Joachim T. Maurer

1600 1630 Parasomnias in OSA patients

Poul Jørgen Jennum

1630 1700 Nasal resistance in OSA

Johan Hellgren

**End of Day One**

1700 1800 The Danish Society for Sleep Surgeons Meeting (Dansk Søvnikirurgisk Selskab)

Meeting Room K4

**1930 Course Dinner**

[Comwell Hotel Køge](#)

Strandvejen 111

4600 Køge

# The Danish ENT Academy Obstructive Sleep Apnea Symposium 2023

## PROGRAM

The language of the Symposium is English

Venue: The [Comwell Køge Strand Hotel](#), Strandvejen 111, 4600 Køge, Denmark.

Friday 6<sup>th</sup> October 2023

Day 2

**0800 0900 Coffee & Pastry/Trade Displays**

**Session 3 Surgery in Obstructive Sleep Apnea**

0900 0930 Multilevel radiofrequency ablation for snoring and OSA Bhik Kotecha

0930 1000 Hyoid Suspension in Multilevel OSA

1000 1030 Combined transoral robotic tongue base surgery and palate surgery in OSA Claudio Vicini

**1030 1100 Break/Poster Presentations/Trade Displays**

1100 1130 Hypoglossal Nerve Stimulation Joachim T. Maurer

1130 1200 Transoral robotic surgery for OSAS: outcomes and economic considerations Claudio Vicini

**1200 1300 Lunch/Poster Presentations/Trade Displays**

**Session 4 Research, Innovation & Future Perspectives**

1300 1330 Inspire's Upper Airway Stimulation Joachim T. Maurer

1330 1400 Dentofacial aspects and mandibular advancement device (MAD) treatment in patients with OSA Liselotte Sonnesen

1400 1430 The influence of the nasal airway on OSA Johan Hellgren

1430 1500 MENTOR Research: OSA Asbjørn Kørvel-Hanquist

**1500 1530 Break/Poster Presentations/Trade Displays**

1530 1600 Silent atrial fibrillation in OSA patients Anna Højager Christiansen  
awaiting confirmation Awaiting Confirmation

1600 1630 Presentation and Prize for two best Posters Asbjørn Kørvel-Hanquist

**1700 Closure/Evaluation/Certification Migle Skumaniene**

## The Danish ENT Academy Obstructive Sleep Apnea Symposium 2023

Plenary Session: Thursday 5<sup>th</sup> October 2023: 13:00 - 1700

The language of the Symposium is English

The [Comwell Køge Strand Hotel](#), Strandvejen 111, 4600 Køge, Denmark.

### Plenary Session:

1300	1345	With the CPAP mask as a companion throughout life - what knowledge and network do patients need?	Thora Grothe Thomsen
1345	1430	OSA multidisciplinary meetings and treatment benefits	Mathias Sarkez-Knudsen
1430	1500	How can CPAP patients maintain their oral health?	Hanna Ahonen

### 1500 1530 Break/Poster Presentations/Trade Displays

1530	1615	The bothersome side effects of CPAP treatment	Anders Broström
1615	1700	The OSA team: Challenges and Expectations	Thora Grothe Thomsen

### End of Day One

1700	1800	The Danish Society for Sleep Surgeons Meeting (Dansk Søvnikirurgisk Selskab)	Meeting Room 1/2
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1930	Course Dinner	<a href="#">Comwell Hotel Køge</a> Strandvejen 111 4600 Køge
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## REGISTRATION: Fill out [application form](#)

The Danish ENT Academy Obstructive Sleep Apnea Symposium 2023

Dates: 5<sup>th</sup> and 6<sup>th</sup> October 2023

The language of the Symposium is English

Venue: The [Comwell Køge Strand Hotel](#), Strandvejen 111, 4600 Køge, Denmark.

To register: Fill out the [application form](#)

Fee (incl: moms)	Early Bird: up to 31/05/23	Standard: from 1/6/23
Consultants & Senior registrars:	3000 Danish kroner	3500 Danish kroner
Nurse Colleagues:	2500 Danish kroner	3000 Danish kroner
Junior doctors:	2500 Danish kroner	3000 Danish kroner

**Symposium Accommodation:** Comwell Køge Strand Hotel

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**For Conference rate quote:** **Obstructive Sleep Apnea Symposium Oct 5/6 2023**

### General Terms and Conditions

- 1 Cancellation policy: Written cancellations only will be accepted. If you cancel your registration no later than 1<sup>st</sup> July 2023 your registration is cancelled, and the fee fully refunded. Cancellation from the 2nd of July 2023 will not be refunded. Non-attendance is not refunded.
- 2 If the conference is cancelled by the organiser, the symposium fee will be fully refunded.
- 3 The Symposium will use the English language
- 4 The organizers reserve the right to change the programme (for instance change of lecturers, cancellation of lectures, et cetera). This will not entitle the conference participant for any compensation.
- 5 All personal data is protected under The EU General Data Protection Regulations (GDPR) Regulation (EU) 2016/679
- 6 See [website](#) for further information and updates

**Enquiries:** Mike Papesch

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**Junior ENT Doctor Poster Presenters**

Contact: Asbjørn Kørvel-Hanquist: [asbp@regionsjaelland.dk](mailto:asbp@regionsjaelland.dk)

**The Danish ENT Academy OSA Symposium Delegate List (alphabetical by last name)**

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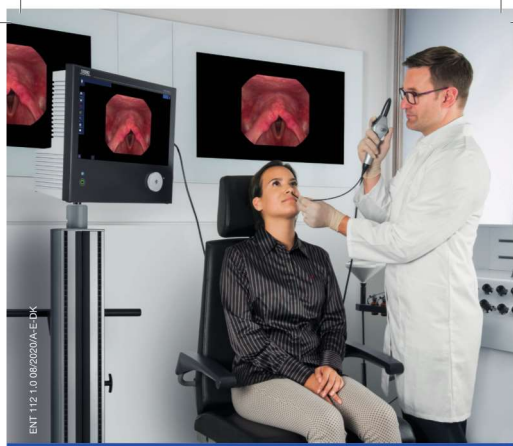
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## Useful Information: The Danish ENT Academy Obstructive Sleep Apnoea Symposium

The language of the Symposium is English

To register mail: [mikepapesch@gmail.com](mailto:mikepapesch@gmail.com) **NEED TO CHANGE THIS**

Website: <https://www.entzealand.dk>

Poster Presentations: Contact Asbjørn Kørvel-Hanquist: [asbp@regionsjaelland.dk](mailto:asbp@regionsjaelland.dk)

Venue: [Comwell Køge Strand Hotel](#), Strandvejen 111, 4600 Køge, Denmark.

Accommodation: Comwell Køge Strand Hotel

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mail: [rbj@comwell.com](mailto:rbj@comwell.com)

phone: +45 56643697

For Conference rate quote: **Obstructive Sleep Apnea Symposium Oct 5/6 2023**

**Transport:** The closest train station to the Hotel is Køge Station. There is a direct train from Copenhagen Central Train Station. The journey takes around 35 minutes. It is a short 10-minute walk from Køge train station to the Comwell Køge Hotel

### Symposium Organisers

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## The Danish ENT Academy Obstructive Sleep Apnea Symposium 2023

### Acknowledgements



Thank you all for joining us for [The Danish ENT Academy](#) Obstructive Sleep Apnea Symposium 2023. We hope it will be a stimulating couple of days of education and discussion around our specialty of Obstructive Sleep Apnea.

A warm thank you to all the speakers who have given their time and expertise to make this a successful symposium.

Thanks to my colleagues Migle Skumaniene and Asbjørn Kørvel-Hanquist for their work in bringing this symposium to fruition.

Thanks to the Academy members who have worked hard to organize this symposium.

Thanks also to the sponsors for their support, without which this meeting would not have been possible.

Lastly, a special thanks to our tireless departmental secretary Christina Krejsler Lundgren who has devoted much time and energy helping us through all the back work involved in holding this meeting.

We look forward to The Danish ENT Academy Paediatric Symposium in 2024. See the [website](#) for updates of courses and Symposia.

Kind regards,

Mike Papesch FRACS  
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**Notes**

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