



# INSSAICON

## 2023

**Annual conference of the  
Indian Association of Surgeons for Sleep Apnoea**

**14th, 15th & 16th July 2023 | AIG HOSPITALS, HYDERABAD**

**LIVE Surgery**

**Hands-on  
DISE Workshop**

- Practice Interventional DISE
- PAP Titration with DISE

**Soft tissue surgery on  
animal models**

**CONFERENCE  
HIGHLIGHTS**

**Skeletal Surgery on  
3D printed models**

**Grand Quiz with  
attractive prizes**



Patrons

**Dr. Mohan Kameswaran  
Dr. Vinaya Kumar EC  
Dr. Deenadayal DS**

President, IASSA

**Dr. Vijaya Krishnan P**

Secretary, IASSA

**Dr. Dipankar Datta**

Organizing Chairman

**Dr. Srinivas Kishore Sistla**

Organizing Secretary

**Dr. Vidyasagar D**



**Dr. Vijaya Krishnan P**

President  
IASSA



**Dr. Srinivas Kishore S**

Organizing Chairman  
IASSACON 2023



**Dr. Dipankar Datta**

Secretary  
IASSA

## INTERNATIONAL FACULTY



**Prof Toh Song Tar**

Head & Senior Consultant in the  
Department of Otolaryngology and Head,  
Singhealth Duke-NUS Sleep Centre  
Singapore



**Dr. Rodolfo Lugo Saldaña**

Director  
Iberoamerican Sleep Surgery Society  
Mexico



**Dr. Jeevanan Jahendran**

Consultant Otorhinolaryngologist,  
Pantai Cheras Medical Centre and  
Pantai Hospital, Kuala Lumpur  
Malaysia



**Dr. Stuart Grayson Mackay**

Honorary Clinical Professor  
Wollongong Hospital - Department of  
Otorhinolaryngology  
Australia



**A/Prof. Darren Mansfield**

Epworth Sleep Centre  
Monash University  
Melbourne  
Australia

Via Zoom



**Dr. Peter Baptista Jardim**

Specialist ENT  
Al Zahra Hospital  
Dubai

Via Zoom



**Dr. Stanley Yung Liu**

Associate Professor of  
Otolaryngology, and by courtesy, of  
Plastic and Reconstructive Surgery at  
Stanford University School of  
Medicine, USA

Via Zoom



**Dr. Audrey Yoon**

Adjunct Assistant Professor,  
Stanford Sleep Medicine Center,  
Stanford University, USA  
Dr. Audrey Yoon

Via Zoom



**Dr. Sujeet Rajan**

Senior Consultant - Pulmonologist  
and Sleep Specialist, Bombay  
Hospital And Medical Research  
Centre, Mumbai

Via Zoom



**Dr. Shereen Lim**

Airway Health Specialist  
Australia

## SCIENTIFIC COMMITTEE

**Dr. Deenadayal DS**

**Dr. Vikas Agrawal**

**Dr. Seemab Shaikh**

**Dr. Vidyasagar R**

**Dr. Vishwanath Gella**

**Dr. Ramakanth R Dubbudu**

**Dr. Amjad Khan**

**Dr. Rahul Modi**

**Dr. Anupam Kanodia**

**Dr. R Chandra Shekar Reddy**

**Dr. Gayatri Moghe**

**Dr. Kranthi Kumar Reddy**

**Dr. Kaushal Sheth**

**Dr. Vijay Praveen**

**Dr. Sandeep Dachuri**

**Dr. M. Santhosh Kumar**

**Dr. Saba Fatima**

**Dr. Rahul Nahar**

**Dr. Shivam Sharma**



Organised By  
**Department of ENT,  
Head & Neck Surgery**

**Day 1 | 14th July**

TIME	TOPICS	SPEAKERS
08:00 AM	<b>REGISTRATION</b>	
08:30 - 11:00 AM	<b>LIVE SURGERY</b>	
11:00 - 11:15 AM	Functional Evaluation of Adult OSA	Dr Kamal Pandyan
11:15 - 11:30 AM	Pathophysiology of OSA	Dr Anupam Kanodia
11:30 - 11:45 AM	Interpretation of PSG for the Sleep Surgeon	Dr Ranjini Raghavan
11:45 - 12:00 PM	Understanding Phenotypes and Endotypes in Adult OSA	Dr Rahul Modi
12:00 - 12:15 PM	Importance of Interdisciplinary Collaboration in Addressing OSA	Dr Jeevanan
12:15 - 12:30 PM	How to get Optimum Results from DISE	Dr Kaushal Seth
12:30 - 12:45 PM	Interpretation of DISE: Beyond Classifications	Dr Vikas Agarwal
12:45 - 01:00 PM	Comprehensive Airway Analysis for OSAS Patients	Dr Vijaykrishnan
01:00 - 01:20 PM	Palatopharyngeus Dissection and Mobilisation: Manoeuvre for any Advance OSA Surgery	Dr Rudolfo Lugo
01:20 - 02:00 PM	<b>LUNCH</b>	
02:00 - 02:15 PM	Comorbidities and OSA: An Alarming Situation?	Dr Shivam Sharma
02:15 - 02:30 PM	Is it OHS or OSA ?	Dr Sujeet Rajan
02:30 - 02:50 PM	Long term outcomes of SAMS trial	Dr Stuart Mckay
02:50 - 03:10 PM	SRBD in Women: What Are We Missing ?	Dr Jeevanan
03:10 - 03:30 PM	Role of Anaesthetist in OSA Surgery	Dr Sneha
03:30 - 03:45 PM	Decision making in PAP therapy	Dr Sujeet Rajan
03:35 - 04:00 PM	<b>TEA BREAK</b>	
04:00 - 04:45 PM	<b>PANEL : Picking the Right Fruit :How to Achieve the Right Patient Selection for Surgery?</b> Moderator: Dr Deendaya Panelists: Dr Seemab   Dr Dipankar Dutta   Dr R vidyasagar   Dr Kranti   Dr Gautam Dr Sukhwinder	
04:45 - 05:30 PM	<b>INAUGURATION</b>	Dr Srinivas Kishore Sistla
05:30 - 06:30 PM	Fireside Chat on Improving Public Awareness and Acceptability	
06:30 PM	<b>VIDEO BY DR CHANDRA</b>	

**Day 1 | 14th July**

TIME	TOPICS	SPEAKERS
08:00 AM	<b>REGISTRATION</b>	
08:30 - 11:00 AM	<b>LIVE SURGERY</b>	
11:00 - 11:15 AM	Identificartion and assessment of pediatric adolescent and adult phenotypes who will benefit from Dental treatment	Dr Gayatri Moghe
11:15 - 11:30 AM	Osa and snoring: Why and How to take to the medical colleges	Dr Rahul Gupta
11:30 - 11:45 AM	Evaluation of the Craniofacial Phenotypes in OSA	Dr Ramakant Reddy
11:45 - 12:00 PM	OSAS: An Anatomical Soft Tissue Perspective	Dr Amjad khan
12:00 - 12:15 PM	Pediatric Sleep: Myth or Fact	Dr Lata Kasturi
12:15 - 12:30 PM	Growth modification protocol for children with SBD	Dr Audrey Yoon
12:30 - 12:45 PM	Untying the Ties: Need to Address?	Dr Sarvana Kumar
12:45 - 01:00 PM	Can We Prevent OSA: Orofacial Growth and SRBD	Dr Mihir Shah
01:00 - 01:20 PM	Adding Sleep to a Busy Practice: How to Balance the Patient Mix?	Dr Rahul Modi
01:20 - 02:00 PM	<b>LUNCH</b>	
02:00 - 02:15 PM	Setting the Teeth Straight- How an Orthodontist Contributes to Evaluation of Sleep Apnea?	Dr Reji Abhraham
02:15 - 02:30 PM	Sleep questionnaires and sleep studies: What the future holds ?	Dr Darren Mansfield
02:30 - 02:50 PM	Early Palatal Expansion	Dr Shireen Lim
02:50 - 03:10 PM	Oncological Associations in OSA	Dr Song Tar Toh
03:10 - 03:30 PM	Resection vs reconstructive pharyngoplasty - the road ahead	Dr Ranjini Raghavan
03:30 - 03:45 PM	Update in the Management of Pediatric OSA	Dr Sandeep Bansal
03:45 - 04:00 PM	<b>TEA BREAK</b>	



Day 2 | 15th July

TIME	TOPICS	SPEAKERS
08:00 - 09:00 AM	<b>INSTRUCTIONAL COURSE :</b> Approach to the Patient With OSA	
09:00 - 11:15 AM	<b>LIVE SURGERY</b>	
11:15 - 11:30 AM	Role of Nose: Beyond Septoturbinoplasty	Dr Vikas Agarwal
11:30 - 11:50 AM	Surgical and non surgical maxillary expansion for SBD	Dr Audrey Yoon
11:50 - 12:05 PM	Pediatric OSA: Complications of Adenotonsillectomy	Dr Naveen Patel
12:05 - 12:20 PM	Tips and tricks for palatal surgery	Dr Vijaykrishnan
12:20 - 12:40 PM	Base of Tongue and Epiglottic Surgery in OSA Patient	Dr Rudolfo Lugo
12:40 - 01:20 PM	Dr Mohan Kameswaran Oration Holistic Management of OSA	Dr Song Tar Toh
01:20 - 02:00 PM	<b>LUNCH</b>	
02:00 - 02:15 PM	Tips and Tricks in Tongue Base Surgery	Dr R Vidyasagar
02:15 - 02:35 PM	Hypoglossal Nerve Stimulation Implant for for OSA	Dr Song Tar Toh
02:35 - 02:50 PM	Modified Genioglossus Advancement	Dr Susan Sebastian
02:50 - 03:05 PM	Role of CPAP in Sleep Surgical Decision Making	Dr Deepanker Datta
03:05 - 03:25 PM	<b>DEBATE :</b> Dise vs Cine MR	Dr Seemab Sheikh <b>Vs</b> Dr Vikas Agarwal <b>Final Comments:</b> Dr. Vijay Krishnan
03:25 - 03:40 PM	<b>TEA BREAK</b>	
03:40 - 03:55 PM	SRBD Beyond Adenotonsillectomy: Long Term Study	Dr SM Khorshed Mazumder
03:55 - 04:10 PM	Comprehensive Approach to Better Sleep Management	Dr Sudeep Rajan
04:10 - 04:25 PM	Barbed Pharyngoplasty: When, Why and How?	Dr Seemab Sheikh
04:25 - 04:40 PM	Complications and Side Effects After Barbed Pharyngoplasty	Dr Shaktesh
04:40 - 05:00 PM	Salpingoplasty and It's Role in OSA Management	Dr R Anand
04:55 - 06:00 PM	<b>PANEL :</b> MULTIDISCIPLINARY MANAGEMENT OF OSA <b>Moderator :</b> Dr Srinivas Kishore <b>Panelists :</b> Dr Sujeet Rajan   Dr Jeevanan Dr Rahul Modi   Dr P Vijay krishnan   Dr Gayatri	
06:00 PM	<b>GENERAL BODY MEETING</b>	

**Day 2 | 15th July**

TIME	TOPICS	SPEAKERS
08:00 - 09:00 AM	<b>INSTRUCTIONAL COURSE:</b> Oral Appliances	
09:00 - 11:15 AM	<b>LIVE SURGERY</b>	
11:15 - 11:30 AM	Cone Beam CT: Treasure Trove of Information	Dr Sukhwinder
11:30 - 11:50 AM	Zeta Pharyngoplasty: Tips and Tricks	Dr Dipankar Datta
11:50 - 12:05 PM	Skeletal Surgery Options in OSA	Dr Sukhwinder Bindra
12:05 - 12:20 PM	Why MAD over CPAP	Dr Kranthi Kumar Reddy
12:20 - 12:40 PM	OSA Treatment in the Elderly	Dr Peter Baptista
12:40 - 01:20 PM	Oration in Hall A	Dr Song Tar Toh
01:20 - 02:00 PM	<b>LUNCH</b>	
02:00 - 02:15 PM	Sleep questionnaires and sleep studies: What the future holds	Dr Darren Mansfield
02:15 - 02:35 PM	MMA	Dr Gautam Dendukari
02:35 - 02:50 PM	Potential biomarkers linked to OSA	Dr Rahul Nahar
02:50 - 03:05 PM	Role of Bariatric Surgery in OSA	Dr Abhishek Katyawar
03:05 - 03:25 PM	<b>DEBATE:</b> Single Stage or Multistage	Dr Sampoorna Ghosh <b>Vs</b> Dr Atul Pore <b>Final Comments:</b> Dr R Vidyasagar
03:25 - 03:40 PM	<b>TEA BREAK</b>	
03:40 - 03:55 PM	Recalcitrant Pediatric OSA after T&A	Dr Yogesh Nepune
03:55 - 04:10 PM	Avoiding Failures in Sleep Surgery	Dr Srinivas Kishore
04:10 - 04:25 PM	Barbed suture palatoplasty : Tailoring the right procedure	Dr Varun Rai
04:25 - 04:40 PM	Allianza Technique With a Modification for an Effective Lateral Expansion	Dr Vidyasagar D
04:40 - 05:00 PM	MAD: Effectiveness and Evidence	Dr Nivedita Kumar



**Day 3 | 16th July**

TIME	TOPICS	SPEAKERS
08:00 - 09:00 AM	<b>INSTRUCTIONAL COURSE :</b> PSG Scoring and Interpretation : Somnomedics	Dr Pankaj Arora Dr Lata Kasturi
09:00 - 09:15 AM	Cognitive, Balance and swallowing issues in OSA	Dr Sandeep Bansal
09:15 - 09:30 AM	Beyond AHI: SLEEPGOAL	Dr Atul pore
09:30 - 09:45 AM	Setting up a Nursing Home for Sleep Surgery Practice: Benefits and Hurdles	Dr R Vidyasagar
09:45 - 10:00 AM	Partial Epiglottectomy With Harmonic Scalpel: Easy and Effective Way for Level 4 Obstructions	Dr Vidyasagar D
10:00 - 10:15 AM	Tick-tock Tech: How Smart Watches, AI and Gadgets are Changing the Rhythm of Sleep Medicine	Dr Shashidhar
10:15 - 10:30 AM	Seeing the Sounds of Sleep	Dr Stanley Yung Liu
10:30 - 10:45 AM	Complications in OSA Surgery	Dr Srinivas Kishore
10:45 - 11:00 AM	OSA and Insomnia: Manifestations and Treatment	Dr Phani Prashant
11:00 - 11:15 AM	<b>TEA BREAK</b>	
11:15 - 11:35 AM	Burden of SRBD in Indian Scenario and It's Implications	Dr Abhishek Goyal
11:35 - 11:50 AM	Troubleshooting the Non-Responder to Treatment	Dr Vijaykrishnan
11:50 - 12:10 PM	<b>DEBATE :</b> Only Soft Tissue vs Only Skeletal Surgery	Dr Dipankar Datta <b>Vs</b> Dr Gautam Dendukari <b>Final Comments:</b> Dr Srinivas Kishore
12:10 - 12:25 PM	Management of Non OSA Snorer	Dr Devendra Rai
12:25 - 12:40 PM	Pediatric OSA: Seeds of OSA are Sown in Infancy Only	Dr Bilagyi
12:40 - 01:00 PM	Recent updates in SRBD management	Dr Peter Baptista
01:00 - 01:45 PM	Dr. Vikas Agarwal Oration DISE : Look before to Leap	Dr Rudolfo Lugo
01:45 - 02:15 PM	<b>LUNCH</b>	
02:15 - 03:15 PM	<b>PANEL:</b> MANAGING FAILURES IN OSA AND LONG TERM MANAGEMENT <b>Panelists:</b> Dr Vishwanath Gella   Dr Vikas Dr SSK   Dr Ranjini	Dr Song Tar Toh
03:15 Onwards	QUIZ AND VALEDICTORY Dr Vidyasagar R   Dr Rahul Modi Dr Anupam   Dr Rahul Nahar	

**Day 3 | 16th July**

TIME	TOPICS	SPEAKERS
08:00 - 09:00 AM	<b>INSTRUCTIONAL COURSE</b> : Myofunctional Therapy	Dr Mihir Shah Dr Gayatri Moghe/ Kranti
09:00 - 09:15 AM	Personalising OSA Treatment Algorithms in the ERA of Precision Medicine	Dr Rahul Modi
09:15 - 09:30 AM	Digital Health and Sleep	Dr Dipankar Dutta
09:30 - 09:45 AM	Clinical Applications of AI in Sleep Medicine: A Sleep Clinician's Perspective	Dr Vishwanath Gella
09:45 - 10:00 AM	Growth Modulation in the Pediatric and Adult Population	Dr Gayatri Moghe
10:00 - 10:15 AM	Strategies for Prevention and Awareness Campaigns in OSA	Dr Jas Simran
10:15 - 10:30 AM	Role of Myofunctional Therapy in OSA	Dr Mihir Shah
10:30 - 10:45 AM	Osa and snoring: Why and How to take to the medical colleges	Dr Rahul Gupta
10:45 - 11:00 AM	Role of non anatomical traits in improving treatment outcomes in OSA	Dr PVLN Murthy
11:00 - 11:15 AM	<b>TEA BREAK</b>	
11:15 - 11:35 AM	Medicolegal Aspects in OSA Practice	Dr Seemab Sheikh
11:35 - 11:50 AM	Challenges to Establish and Manage Sleep Services in Low Resource Countries	Dr Yogesh Nepune
11:50 - 12:10 PM	<b>DEBATE</b> : Outcome measures CPAP s Surgery (Skeletal + Soft tissue)	Dr Abhishek Goyal <b>Vs</b> Dr Rahul Modi <b>Final Comments:</b> Dr Seemab Sheikh
12:10 - 12:25 PM	Dynamic MRI Revisited	Dr Seemab Sheikh
12:25 - 12:40 PM	My Journey as a Sleep Surgeon	Dr Raghvendra
12:40 - 01:00 PM	Minimally invasive Sinus surgery in OSA	Dr Kuljit Singh
01:00 - 01:45 PM	<b>ORATION IN HALL A</b>	Dr Rudolfo Lugo
01:45 - 02:15 PM	<b>LUNCH</b>	

