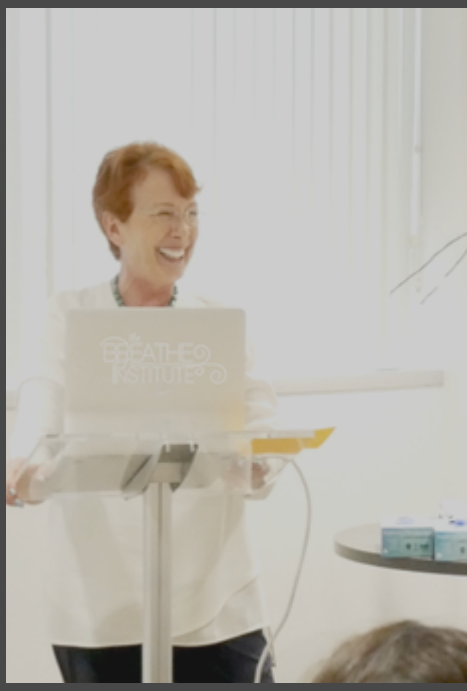
LEARNING OBJECTIVES

This course is designed to give a solid understanding of our process of assessing, screening, and diagnosing sleep disordered breathing. Attendees will spend several days immersed in our individualized, function based approach, including hands on suture training, live surgical demonstrations and engaging lectures.



- INTERPRETATION OF SLEEP STUDIES & OTHER DIAGNOSTIC MODALITIES
- CO-MORBIDITIES & RISKS OF OSA
- PATHOLOGY & PHYSIOLOGY
- UPPER AIRWAY RESISTANCE SYNDROME (UARS)
- MOUTH BREATHING & NASAL RE-EDUCATION
- THE ROLE OF MEDICATION
- IMPORTANCE OF SLEEP HYGIENE
- SLEEP MEDITATION GUIDES
- THE ROLE OF THE AUTONOMIC NERVOUS SYSTEM
- OVERVIEW OF CPAP & ORAL APPLIANCE THERAPY
- ADVANCED SURGICAL OPTIONS
- INFLAMMATION & INFECTIONS
- PEDIATRIC SLEEP-DISORDERED BREATHING AND MAXILLOFACIAL DEVELOPMENT
- TONGUE-TIE DIAGNOSIS IN CHILDREN & ADULTS
- OROMYOFUNCTIONAL ASSESSMENT
- ORAL HABIT (EX: THUMB, DIGIT, PACIFIER SUCKING)
- ORAL-FACIAL MUSCULATURE
- NEUROMUSCULAR RE-EDUCATION/ EXERCISES TO IMPROVE ORAL RESTING POSTURE
- LABIAL COMPETENCY
- IDENTIFYING COMPENSATIONS FOR TONGUE-TIE
- PRE/POST-OP MYOFUNCTIONAL THERAPY
- WHEN A PATIENT IS READY FOR THE FRENULOPLASTY
- SURGICAL TECHNIQUES USING SCISSORS & SUTURES
- HANDS-ON SUTURING ON SYNTHETIC TISSUE
- IDENTIFYING THE ENDPOINTS FOR RELEASE
- UNDERSTANDING THE AFTERCARE PROCESS
- PROPER WOUND HEALING

NOTE: *IN RESPONSE TO THE FREQUENCY OF REQUESTS FOR MORE INFO ON OPERATIONS, BILLING AND BEST PRACTICES WE HAVE ADDED A 3RD DAY. OUR GOAL IS TO EMPOWER YOU WITH A MUCH DEEPER UNDERSTANDING OF ALL THINGS CLINICALLY AND OPERATIONALLY RELATED TO THE SUBJECT MATTER HEREIN.*

JOIN US FOR A DYNAMIC LEARNING EXPERIENCE

COURSE PROGRAM

TUITION: $2,495

FUNCTIONAL SLEEP & BREATHING

DAY 01

Day one will commence with lecture and an overview on how to assess, diagnose, and treat the entire spectrum of sleep-disordered breathing. Also covering when, why, and how to collaborate with a multidisciplinary team to deliver optimized care. Sets the foundation leading to day two.

FUNCTIONAL APPROACH TO FRENULOPLASTY

DAY 02

Day two will focus on all things tongue-tie. With an emphasis on improving the outcomes of tongue-tie release surgeries through lecture, case reviews and, group discussion.

PROTOCOL & PRACTICE MGMT WORKSHOPS

DAY 03

Day three will delve into group engagement and live demonstrations of surgical and therapeutic techniques. including hands on myofunctional therapy assessment as well as suture and laser training. Expect to learn examination, and surgical techniques through hands on evaluations and demonstrations. Additionally, there will be a key focus on operational implementation best practices. .

INCLUDES:

- **Digital Resources Folder**
- **Listing on TBI Ambassador Directory**
- **Future TBI Course Discounts**

ALLIED HEALTH PROFESSIONALS + THERAPISTS

30% OFF

= $1,747

KEYNOTE SPEAKER
DR. SOROUSH ZAGHI

Dr. Zaghi is a graduate of Harvard Medical School, UCLA Otolaryngology (ENT) residency, and Stanford Sleep Surgery Fellowship. He is very active in clinical research with over 80+ peer-reviewed research journal publications and is a recognized leader in advancing standards of care for sleep-related breathing disorders, myofunctional therapy, and tongue-tie surgery. He is now in practice in Los Angeles, CA as Medical Director of The Breathe Institute, which provides comprehensive functional and structural treatment options for pediatric and adult sleep and breathing issues.

Harvard
Medical School Alumnus

UCLA
ENT Residency

Stanford
Sleep Surgery Fellowship

MODERATOR
LEYLI NOROUZ-KNUTSEN

Leyli is known for her uniquely fine-tuned ability to streamline organizational management structures, maximize efficiency in communications and to inspire innovation and entrepreneurship. Drawing from 10+ years of experience in higher education operations, as a director of Annual Giving at UCLA and San Diego State University, Leyli's extensive background in healthcare-specific consulting and corporate strategy was the perfect combination to parlay into Co-Founding The Breathe Institute, and having the honor to serve on the Board of The American Academy of Physiological Medicine & Dentistry (AAPMD).

KEYNOTE SPEAKER
SANDA VALCU-PINKERTON, COM,RDHAP

Sanda believes in treating people, not problems. As our Myofunctional Therapy Director, Sanda works with patients of all ages to help train the orofacial muscles to develop optimally. Sanda was critical in the development of our protocols for Functional Frenuloplasty and during surgery, she often supports Dr. Zaghi by incorporating myofunctional therapy to optimize treatment outcomes. Sanda is a perpetual learner, and is always creating opportunities to apply, expand, and share her knowledge with colleagues and the community.

GOODNESS MEETS WELLNESS

Everything we do is focused on helping great providers offer whole health, for the whole family. The multidisciplinary Breathe Institute team is focused on the precision diagnosis and comprehensive treatment of nasal obstruction, snoring, obstructive sleep apnea (OSA), and breathing disorders, and is truly at the forefront of airway management.

FUNCTIONAL APPROACH TO SLEEP & BREATHING

SCHEDULE - DAY 1

9:00 AM - WELCOME By: Leyli Norouz-Knutsen
9:15 AM - INTRODUCTION By: Dr. Soroush Zaghi
- A FUNCTIONAL APPROACH TO SLEEP & BREATHING
- INTERPRETATION OF SLEEP STUDIES & OTHER DIAGNOSTIC MODALITIES

10:45 AM - "BREATHER"
11:00 AM - INTEGRATION OF MULTIDISCIPLINARY APPROACHES TO TREATMENT By: Dr. Soroush Zaghi
12:15 PM - LUNCH
1:15 PM - MEDICATION MANAGEMENT/CPAP VS. SLEEP HYGIENE By: Dr. Sharyar Barzegar & Jenni June
2:00 PM - THE AUTONOMIC NERVOUS SYSTEM & GUIDED MEDITATION By: Cassandra Carlopio
2:30 PM - PEDIATRIC SLEEP DISORDERED BREATHING & MAXILLOFACIAL DEVELOPMENT By: Dr. Soroush Zaghi
3:50 PM - "BREATHER"
4:00 PM - IMPORTANCE OF NASAL BREATHING/NASAL TREATMENT OPTIONS By: Dr. Soroush Zaghi
4:30 PM - A BRIEF HISTORY OF CASE & CLINICAL STUDIES By: Dr. Soroush Zaghi
- WHERE IS THE EVIDENCE?
- SLEEP + BREATHING
- TONGUE-TIE (MYOFUNCITONAL THERAPY & FRENECTOMY/FRENULOPLASTY)

5:00 PM - HOSTED WINE HOUR/NETWORKING EVENT

TBI FACULTY PANEL - MEET OUR SPEAKERS

DR. SOROUSH ZAGHI
ENT/Sleep Surgeon

Dr. Zaghi is a non-stop researcher, always asking new questions and furthering his own understandings. As new revelations come to light and prove their efficacy, they are woven into our clinical protocols and subsequently our course curriculum. Each case presents its own challenges, and it is by engaging as a diverse, multidisciplinary team of skilled providers that The Breathe Institute has become the paragon of patient-centered care that it is today.

DR. SHAHRYAR BARZEGAR
Consulting Pharmacist/CPAP Management

JENNI JUNE
Child & Family Sleep Consultant

CASSANDRA CARLOPIO
Clinical Psychologist/Meditation Practitioner

FUNCTIONAL APPROACH TO FRENULOPLASTY

SCHEDULE - DAY 2

8:30 AM - LECTURE By: Dr. Soroush Zaghi
- TONGUE-TIE: ASSESSMENT IN CHILDREN & ADULTS
- IDENTIFYING COMPENSATION FOR TONGUE TIE
- SURGICAL TECHNIQUES USING SCISSORS & SUTURES AND/OR LASER

10:15 AM - "BREATHER"
10:30 AM - IDENTIFYING THE ENDPOINTS FOR RELEASE & THE AFTERCARE PROCESS By: Dr. Soroush Zaghi
11:45 AM - INFANT TONGUE TIES AND POST OP STRETCHES By: Dr. Chelsea Pinto
12:15 PM - LUNCH
1:00 PM - LASER FRENECTOMIES/KEY CONSIDERATIONS By: Dr. Peter Vitruk
1:45 PM - MYOFUNCTIONAL THERAPY OVERVIEW By: Sanda Valcu-Pinkerton & Panel
- THE ROLE OF PRE & POST OPERATIVE THERAPY By: Sanda Valcu-Pinkerton
- INTEGRATION OF MYO WITH ORTHODONTICS/EXPANSION & BREATHING RETRAINING By: Melissa Mugno
- COLLABORATIONS WITH SLP'S & BODYWORKERS- BY: Corinne Jarvis
- INTEGRATION OF MYOFUNCTIONAL THERAPY INTO YOUR PRACTICE By: Sarah Hornsby
- PANEL Q&A

3:45 PM - HOW TO MANAGE COMPLICATIONS By: Dr. Soroush Zaghi
- UPPER LIP, LOWER LIP & BUCCAL TIES
- INTRODUCTION TO SUTURING TECHNIQUES

4:45 PM - SUMMARY, CONCLUSION, & FUTURE DIRECTIONS By: Dr. Soroush Zaghi

TBI FACULTY PANEL - MEET OUR SPEAKERS

the BREATHE INSTITUTE

DR. SOROUSH ZAGHI
ENT/Sleep Surgeon

DR. CHELSEA PINTO
Infant Tongue-Tie Provider

DR. PETER VITRUK
Laser Physicist

SANDA VALCU-PINKERTON
Myofunctional Therapist

MELISSA MUGNO
Myofunctional Therapist

SARAH HORNSBY
Myofunctional Therapist

CORINNE JARVIS
Speech Language Pathologist
Myofunctional/CranialSacral Therapist

PROTOCOL & PRACTICE MGMT WORKSHOPS

SCHEDULE - DAY 3

8:30 AM - RECAP & REVIEW By: Dr. Soroush Zaghi

9:00 AM - FUNCTIONAL FRENULOPLASTY SURGICAL PROCEDURES

11:00 AM - BREATHER

11:15 AM - POST-OPERATIVE CARE

- WOUND HEALING - By: Sanda Valcu-Pinkerton
- PAIN MANAGEMENT - By: Dr. Sharyar Barzegar

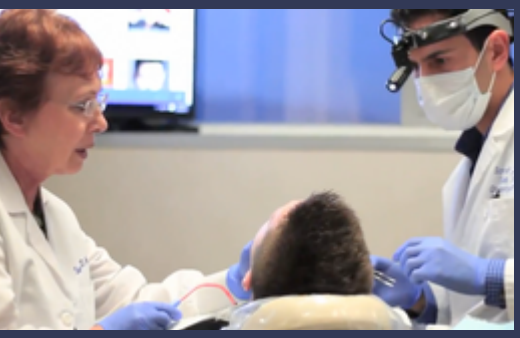
12:00 PM - WORKING LUNCH - ALL PANEL CASE STUDY REVIEWS

12:45 PM - BREAKOUT SESSIONS

- OROFACIAL MYOFUNCTIONAL THERAPY - Hosted By: TBI Myofunctional Therapy Team
- LASER SAFETY & EFFICACY - Hosted By: Lightscalpel/ALSC and Dr. Peter Vitruk
- SUTURE TRAINING

2:30 PM - PRACTICE MANAGEMENT RESOURCES/IMPLEMENTATION TOOLS By: Leyli Norouz-Knutsen

2:45 PM - SUMMARY, CONCLUSION, AND FUTURE DIRECTIONS By: Dr. Soroush Zaghi



ON BEHALF OF ALL OF US AT
THE BREATHE INSTITUTE

THANK YOU

For helping advance our field and the standard of patient care!

Providers at The Breathe Institute combine their vast collective expertise with a multidisciplinary approach to address all conditions related to sleep disordered breathing. Through our ongoing research, clinical care, and community service, we continually collaborate to refine and improve treatment of Obstructive Sleep Apnea (OSA) and other airway and sleep issues, always striving to advance the standard of care.

WE WOULD ALSO LIKE TO THANK...

*NO FINANCIAL CONFLICTS OF INTEREST EXIST BETWEEN THE BREATHE INSTITUTE AND ANY OF THESE COMPANIES. WE RECOMMEND THEM BECAUSE WE USE THEM AND LOVE THEM.

LIGHTSCALPEL

STATE-OF-THE-ART, SURGICAL CARBON DIOXIDE (CO2) LASER SOLUTIONS

LightScalpel is an American-based surgical carbon dioxide laser designer and manufacturer. LightScalpel's mission is to provide surgeons with the highest quality, state-of-the-art, precise, reliable and affordable surgical co2 laser solutions.

WATCHPAT

HOME SLEEP APNEA TESTING MADE SIMPLE

WatchPAT is an FDA-approved portable sleep apnea diagnostic device. An at home sleep apnea test that uniquely uses finger based physiology and innovative technology to enable simple and accurate Obstructive Sleep Apnea (OSA) testing while avoiding the complexity and discomfort associated with traditional air-flow based systems.

CURAPROX

THE POST-SURGICAL TOOTHBRUSH FOR OPTIMAL WOUND HEALING

It isn't easy to maintain oral hygiene after oral operations, with inflammation and during irradiation of the oral cavity. This brush has more than 12,000 ultrafine filaments, each with a diameter of only 0.6 mm, making it extremely soft on gums and teeth. Being designed specifically for post-surgical brushing this truly is the finest brush of its type.