

breathing & sleep

a free symposium

planning committee

Judith Fischer, MSLS

International Ventilator Users Network (IVUN)

Gladys Swensrud

Co-Facilitator/San Diego Polio Survivors

Rick Van Der Linden

PPS Manager

exhibitors

to offer information on choices and types of respiratory Durable Medical Equipment (DME); **PPS, ALS, MD, MS** and **PD** organizations will have accessible tables and will be available to answer questions.

Amyotrophic Lateral Sclerosis Association

CpapRx

ElectroMed

Hill-Rom

Home Respiratory Care

IVUN

Muscular Dystrophy Association

Multiple Sclerosis Society

Newport Medical Inc.

Parkinson's Disease Association

Philips Respironics

Southern California

Polio Survivor Groups

Progressive Medical ResMed Corporation

To register, please return this perforated card or contact

Gladys Swensrud at 858.271.9288

or e-mail her at

swensrud@pacbell.net

presenters

Louis J. Boitano, MS, RRT, RPFT

Northwest Assisted Breathing Center
University of Washington Medical Center
Seattle, Washington

Diana Guth, BA, RRT

Founder, Home Respiratory Care
Los Angeles, California

Helen Kent, BS, RRT

Founder, Progressive Medical
Carlsbad, California

Noah Lechtzin, MD, MHS, FCCP

Pulmonary and Critical Care Medicine
Assistant Professor of Medicine
Johns Hopkins University School of Medicine
Baltimore, Maryland

Geoffrey Sheean, MBBS, FRACP

Clinical Professor of Neurosciences
University of California, San Diego
Director, Neuromuscular Division
San Diego, California

special thanks to...

Estancia Hotel & Spa

International Ventilator Users Network (IVUN)

ResMed Corporation

Salk Institute for Biological Studies

special features

Exhibitors: Durable medical equipment providers will display home ventilators, masks, and other ventilatory aids. Representatives from nonprofit health organizations will display information and answer questions

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or e-mail **swensrud@pacbell.net**

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Solutions for people with neuromuscular disorders such as post-polio syndrome, ALS, MS, and muscular dystrophy

Sunday

November 1, 2009

Noon to 5:00 p.m.

Salk Institute for Biological Studies Auditorium

10010 North Torrey Pines Road
La Jolla, CA 92037

sponsored by
ResMed Corporation and the



SALK INSTITUTE
FOR BIOLOGICAL STUDIES

about the
breathing&sleep
free symposium

People with neuromuscular conditions often encounter difficulties seeking and obtaining proper respiratory care. Too often, primary care physicians, neurologists, and respiratory care professionals treat their respiratory problems as a lung issue, rather than as a muscle/nerve problem. And too often, sleep labs look only for obstructive sleep apnea and miss underventilation.

the seminar's objectives will identify:

- How motor neuron conditions affect respiratory muscles
- How breathing is affected when respiratory muscles are compromised
- How breathing and sleep problems differ in post-polio syndrome, ALS, muscular dystrophy and MS
- Which tests identify specific breathing and sleep problems
- How to remove secretions and prevent pneumonias
- What ventilator and what interface is appropriate for YOU
- How using the right ventilator in combination with the right interface can significantly impact the quality and length of life.

program

11:30 am - Noon

Optional Guided Tour or Seated Lecture of the Salk Institute

Noon - 12:30 pm Registration

12:30 – 12:45pm Welcome

Rebecca Newman

Salk Institute, Vice President of Development

12:45 – 1:15 pm

Geoffrey Sheean, MBBS

Respiratory Muscle Weakness in Neuromuscular Conditions: Mechanisms, Symptoms, and Pulmonary Function Testing

1:15 – 2:30 pm

Noah Lechtzin, MD

Breathing and Sleep: What's My Problem? What Tests Do I Need?

2:30 – 3:00 pm Break and Exhibits

3:00 – 4:15 pm

Noah Lechtzin, MD and Louie Boitano, RRT

Solutions to My Breathing and Sleep Problems: Finding the Right Ventilator and Interface

4:15 – 5:00 pm

Diana Guth, RRT and Helen Kent, RRT

Hands-on with Ventilators and Masks

Louie Boitano, RRT

Mouthpiece Ventilation Demo

Programs will be available at the symposium. For directions to the Salk Institute and for a downloadable version of this brochure visit <http://www.salk.edu/breathingbasics/>.

registration

Admission to this symposium is FREE of charge to the public. Registration includes coffee/tea during the scheduled break. Register by October 28, 2009. Mail in your registration to:

San Diego Polio Survivors

8176 Calle Nueva, San Diego, CA 92126

For Questions call **Gladys Swensrud** at **858.271.9288** or e-mail swensrud@pacbell.net.

Name of Participant:

I am a Patient Family Member
 Caregiver Participant

Name(s) of additional attendee(s):

- I am interested in hearing a Salk Seated Lecture
- I am interested in taking a Salk Walking Tour
- Wheelchair seating requested

This registration form may be copied for additional registration.

Address _____

City _____ State _____ Zip _____

Preferred phone: Home Cell Work
(_____) _____

e-mail _____