

BEST EVIDENCE ENT 2024:
Integrative Health and Wellness for Patients and Clinicians

Schedule of Events

July 28-30

The American Club · Kohler, Wisconsin, USA

SUNDAY, JULY 28

Appley Theatre · 539 Highland Drive, Kohler

- 1:30 PM Registration · Refreshments · Visit Exhibitors
- 2:00 What is Best Evidence ENT?
 John S. Rhee, MD, MPH, MBA
- 2:20 Dietary Inflammation in ENT
 Lauren M. North, MD
- 2:50 Peri-operative Nutrition
 Becky L. Massey, MD
- 3:00 Microbiome
 Joseph Zenga, MD
- 3:20 Diet and Laryngology/Laryngopharyngeal Reflux
 Jonathan M. Bock, MD
- 3:40 Nutrition Options for Obesity in Pediatric Obstructive Sleep Apnea
 Michael Gorelik, MD
- 4:00 Chemoprevention Game Show
 Joseph Zenga, MD, Becky L. Massey, MD, and Michael E. Stadler, MD
- 5:00 Break · Visit Exhibitors
- 5:20 Exercise Impact on Head and Neck Outcomes
 Becky L. Massey, MD
- 5:40 Vaping and its Effects on ENT
 Sophie G. Shay, MD
- 6:00 PM Adjourn · Conference Reception in Exhibit Areas

MONDAY, JULY 29

Lake Michigan Room · The American Club - Conference Level

7:30-9:00 AM Mindfulness

Chris A. Smith, MDiv., LMFT

Appley Theatre · 539 Highland Drive, Kohler

8:30-9:20 AM Breakfast · Visit Exhibitors

9:20 Anti-Aging and Longevity Game Show

Ryan V. Puccia, MD

9:50 Preventing Burnout in Head and Neck Cancer Physicians and APPs

Michael E. Stadler, MD

10:10 AI: A Cure for Burnout?

Sachin S. Pawar, MD

10:30 Keynote Address: Burnout in Healthcare

Jesse M. Ehrenfeld, MD, MPH

11:10 Questions & Discussion

Jesse M. Ehrenfeld, MD, MPH, Sachin S. Pawar, MD, and Michael E. Stadler, MD

11:20 Break · Boxed Lunch · Visit Exhibitors

Lunch and Learn: Breathing & Sleep

11:40 Sleep and Cardiovascular Health

Axel G. Shum, MD

12:00 PM Nasal Breathing for Better Health

Ryan V. Puccia, MD

12:20 Lifestyle and OSA Outcomes

B. Tucker Woodson, MD

12:40 Questions and Answers

1:00 Adjourn

Thunder Bay Room · The American Club - Conference Level

5:30-6:30 PM Scheduled Industry Symposia

TUESDAY, JULY 30

Lake Michigan Room · The American Club - Conference Level

7:30-8:30 AM Stretching

Steve Mills, CAFS, PT

Appley Theatre · 539 Highland Drive, Kohler

8:00-8:50 AM Breakfast · Visit Exhibitors

- 8:50 Wearable and Sleep, Fitness and Wellness
 Axel G. Shum, MD
- 9:10 Posture, Core Strength, Breathing and Sleep
 B. Tucker Woodson, MD
- 9:30 Ergonomics in Otolaryngology
 Christopher M. Long, MD
- 9:50 Wellness Resources for Patients
 Jazzmyne A. Adams, MPH
- 10:10 Hearing Loss in the Era of Personal Listening Devices
 Steven A. Harvey, MD
- 10:20 Otology Wellness Game Show/Audience questions
 Otology-Neurotology Team
- 10:50 Vestibular Function Across the Lifespan
 David R. Friedland, MD, PhD
- 11:10 Hearing Loss and Cognitive Decline
 Michael S. Harris, MD
- 11:30 Break · Boxed Lunch · Visit Exhibitors
- Lunch and Learn: Alternative Therapeutics**
- 11:45 Alternative Therapies for Recurrent Acute Otitis Media
 Laurie A. Newton, DNP, RN, CPNP-AC/PC
- 12:10 PM What's My Gargle?
 Joel H. Blumin, MD
- 12:30 Topical Nasal Medications: What We Know and What We Don't Know
 David M. Poetker, MD, MA
- 12:50 Questions & Answers
- 1:00 Adjourn