

**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

**Blackwolf Run** · 1111 Riverside Drive, Kohler

**Department Reception & Dinner**

- 6:30 PM      Treaty Patio - Reception
- 7:30 PM      Wolfpack/Bearclan Room - Dinner  
*Located on the first floor of the Blackwolf Run Clubhouse*



## 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 Presenting 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 Quality Determines Cardiovascular Health

B. Tucker Woodson, MD, and Axel G. Shum, MD

12:00 PM Nose and Breathing for Better Health

Ryan V. Puccia, MD

12:20 Lifestyle and OSA Outcomes

B. Tucker Woodson, MD, and Axel Shum, MD

12:40 Questions and Answers

1:00 Adjourn



Best Evidence ENT

## 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  
B. Tucker Woodson, MD, and Axel G. Shum, MD

9:10 Posture, Core Strength, Breathing and Sleep  
B. Tucker Woodson, MD, and Axel Shum, MD

9:30 Ergonomics in ENT  
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