

NEURO COURSE



Program Booklet

November 3 - 4, 2022

The Neuro

3801 University Street

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PROGRAM

Thursday November 03, 2022

- 09:30 [Welcome & Registration](#)
- 10:00 **Opening Remarks**
Birgit Frauscher, MD, Montreal Neurological Institute-Hospital, McGill University
Words from our Sponsor – Genevieve Toussignant
- 10:10 **Basics of Sleep Physiology**
Marcus Ng, MD, University of Manitoba
- 11:05 **Basics on the Methods of Investigation for Sleep Disorders**
Laure Peter-Derex, MD, Lyon University, France
- 12:00 **Circadian Rhythm: Physiology & Pathology**
Garima Shukla, MD, Queen's University
- 12:55 [Lunch](#)
- 13:45 **Join the Experts: Round Table Discussion #1** (Laure Charlesworth, Garima Shukla, Laure Peter-Derex)
- 14:15 **Sleep Disorders in Children**
Evelyn Constantin, McGill University
- 15:15 [Refreshment Pause](#)
- 15:30 **Diagnosis & Management of Obstructive Sleep-Related Breathing Disorders**
John Kimoff, MD, McGill University
- 16:30 **Sleep-Related Breathing Disorders & Cerebrovascular Disease**
Mark Boullos, MD, University of Toronto
- 17:10 **Sleep-Related Movement Disorders: Diagnosis & Treatment**
Alex Desautels, MD, PhD, Université de Montréal
- 18:00 **How and why to choose a career in sleep neurology? Experience report.**
Laure Charlesworth, MD, Queen's University
- 18:30 [Dinner – Béatrice, 1504 rue Sherbrooke Ouest, Montréal, Québec H3G 1L3](#)

Friday, November 04, 2022

- 8:30 **Insomnia Disorder: Evaluation and Management** (pre-recorded)
Thanh Dang-Vu, Concordia University
- 9:20 **Evaluation and Treatment of Pediatric Insomnia** (pre-recorded)
Shelly Weiss, MD, University of Toronto
- 10:00 **Cognitive Consequences of Primary Sleep Disorders**
Véronique Latreille, PhD, Montreal Neurological Institute-Hospital, McGill
University
- 10:30 **REM Sleep Behavior Disorder and Risk of Neurodegenerative Disease**
Ron Postuma, MD, Montreal Neurological Institute-Hospital, McGill
University
- 11:15 Refreshment Pause
- 11:30 **NREM Parasomnias**
Steve Gibbs, MD, PhD, Université de Montréal
- 12:30 Lunch
- 13:30 **Sleep-Related Epilepsy Syndromes**
Birgit Frauscher, MD, Montreal Neurological Institute-Hospital, McGill
University
- 14:00 **Hand-on Parallel Sessions**
➤ **Patient Case presentations**
(B. Frauscher, B. Murray, M. Ng, L. Peter-Derex, G. Shukla)
- 15:30 Refreshment Pause
- 15:55 Draw of Participation Prize
- 16:00 **Narcolepsy & Other Central Disorders of Hypersomnolence**
Brian Murray, MD, University of Toronto
- 16:50 **Sleep-disordered Breathing in Neuromuscular Disease**
Mike Fitzpatrick, MD, Queen's University
- 17:30 **Closing Remarks** Birgit Frauscher, MD, The Neuro, McGill University

Speakers, Hosts and Chairs



Birgit Frauscher, MD

Professor of Neurology and Neurosurgery, McGill University

Group leader of Epilepsy, The Neuro

Birgit Frauscher is an Austrian neurologist specializing in epilepsy and sleep medicine, who is an attending epileptologist and Professor of Neurology at the Montreal Neurological Institute and Hospital, McGill University. She did her medical training, residency and subspecialisation at Innsbruck Medical University, and obtained her board certification in neurology in 2008. Dr. Frauscher has diplomas in EEG, EMG/NCV, and sleep. From 2013 to 2015, she was awarded a two-year Schrödinger fellowship to spend a visiting professorship at the Montreal Neurological Institute and Hospital, McGill University to specialize on intracranial EEG. Her clinical interest is in the management of people with therapy-refractory epilepsy, the

interpretation of EEG including EMU, intracranial EEG, and polysomnography, and the differential diagnosis between sleep-related hypermotor epilepsy and parasomnias.



Laure PETER-DEREX, MD

Assistant professor, Center for Sleep Medicine and Respiratory Diseases, Lyon Academic Hospital, Lyon 1 University

Laure Peter-Derex is a French neurologist specialized in sleep medicine, epilepsy and neurophysiology. She did her medical training, residency and subspecialisation in Lyon University Hospital where she was appointed deputy Head of the Center for Sleep Medicine and Respiratory Diseases and Assistant Professor of physiology in 2017. She coordinates the training of residents in sleep medicine at Lyon 1 University. She has joined Dr. Birgit Frauscher's lab at the MNI, McGill University for 1 year in 2019-2022 as a postdoctoral research fellow. Her research interests include the study of sleep physiology and sleep-wake transitions using scalp and intracranial EEG recordings as well as the interactions between neurological pathologies (epilepsy, stroke...) and sleep.

Talk Title and Abstract - Basics on the Methods of Investigation for Sleep Disorders

Sleep medicine is fascinating because it closely combines clinical symptoms analysis and functional investigations. The relevance of the choice of these investigations clearly depends on the quality of the initial anamnestic approach. In this course, I will present the different steps of the diagnostic procedure in sleep medicine. I will describe the available sleep investigations (sleep diary, sleep questionnaires, actigraphy, polygraphy, polysomnography, video-polysomnography, biological assays, vigilance tests etc.) which aim at identifying the objective correlates of subjective complaints, searching for an etiology and quantifying the severity of the disorders. We will see the conditions of their realization, their indications, their contribution but also their limits. I will also present the e-health perspectives of sleep investigations with emerging sleep-sensing technologies. Finally, I will briefly describe the polysomnograph-e website, an e-learning aimed at teaching the principles of polysomnography scoring.



Thanh Dang-Vu, MD PhD FAASM

Neurologist, Professor, Concordia University & CRIUGM

Dr. Dang-Vu is a neurologist with expertise in sleep medicine. He is a Professor in the Department of Health, Kinesiology and Applied Physiology at Concordia University. Dr. Dang-Vu is a researcher at the PERFORM Center and the Center for Studies in Behavioral Neurobiology. He is also a researcher and the Associate Director for Clinical Research at the Centre de Recherche de l'Institut Universitaire de Gériatrie de Montréal (CRIUGM), affiliated with Université de Montréal, and the Vice-President (Research) of the Canadian Sleep Society (CSS). His expertise includes human sleep physiology, sleep disorders and the use of neuroimaging in sleep research.

Talk Title and Abstract - Insomnia Disorder: Evaluation and Management

The presentation will cover the definitions, comorbidities and pathophysiology of chronic insomnia. An overview of recommended treatments will cover both non-pharmacological and pharmacological interventions for insomnia.



Marcus Ng, MD, FRCPC

Associate Professor of Neurology, University of Manitoba

Dr. Ng is an Associate Professor of Neurology, Epileptologist, and Adjunct Professor of Biomedical Engineering at the University of Manitoba in Winnipeg. He completed his fellowship in Epilepsy, EEG, and Clinical Neurophysiology at the Massachusetts General Hospital. His research interest is focused on the understanding and clinical application of the suppressive effects of rapid eye movement (REM) sleep on seizures and epilepsy. He is also interested in the development of novel tools and techniques (such as quantitative EEG) for the analysis of sleep in the epilepsy monitoring and critical care units.

Talk Title and Abstract - Basics of Sleep Physiology

Dr. Ng will discuss the 'Basics of Sleep Physiology' starting with a brief historical overview, then consideration of sleep architecture, and followed by a review of sleep scoring as per the American Academy of Sleep Neurology.



Ronald Postuma, MD, FRCPC

Professor of Neurology, McGill University

Ronald B. Postuma, MD, earned his medical degree from the University of Manitoba (1995). He then completed a clinical research fellowship with internal medicine training at the University of Manitoba and the University of Melbourne (1995-1999), a neurology fellowship at McGill University (1999-2002), a movement disorders research fellowship at the University of Toronto (2002-2004), and a masters in epidemiology at McGill University (2004-2006). Currently, he is a clinical researcher and movement disorders neurologist treating patients with Parkinson's disease and related disorders.



Mark I. Boulos, MD, FRCPC

Staff Neurologist and Associate Professor of Medicine, Division of Neurology, Department of Medicine, University of Toronto, and Sunnybrook Health Sciences Centre

Dr. Mark Boulos is a Staff Neurologist, Associate Professor of Medicine, and Clinician-Investigator in the Division of Neurology at the University of Toronto and Sunnybrook Health Sciences Centre. He also serves as the Acting Medical Director of the Sunnybrook Sleep Laboratory. Dr. Boulos' areas of academic interest are the association of sleep disorders with TIA, stroke, dementia, and other neurological disorders. In addition, he has an interest in home sleep monitoring and the exploration of novel treatment interventions for managing sleep disorders. Dr. Boulos' research has been supported

by the Canadian Institutes of Health Research (CIHR), Heart and Stroke Foundation of Canada, Canadian Partnership for Stroke Recovery, the Innovation Fund of the Academic Health Sciences Centres of Ontario, the Branch Out Neurological Foundation, Ontario Genomics, and several industry partners. In 2020, Dr. Boulos was awarded by the American Academy of Neurology the Wayne Hening Sleep Medicine Investigator Award in recognition of outstanding achievements in Sleep Science research.

Talk Title and Abstract - Sleep-Related Breathing Disorders & Cerebrovascular Disease

In this talk, we will: 1) Discuss ambulatory approaches to diagnosing sleep disorders. 2) Review the association of obstructive sleep apnea with stroke. 3) Critically appraise the literature supporting the treatment of obstructive sleep apnea after stroke.



Brian J. Murray, MD, FRCPC

Professor of Neurology, University of Toronto

Brian J. Murray is a professor of neurology and sleep medicine at Sunnybrook Health Sciences Centre, University of Toronto. His major clinical interests are in neurological aspects of sleep medicine, and the relationship between sleep and behaviour. He is the Head of the Division of Neurology at Sunnybrook, and Chair of the Sunnybrook Research Ethics Board.

Talk title and Abstract - Narcolepsy & Other Central Disorders of Hypersomnolence

This presentation will review diagnosis and management of narcolepsy and other central disorders of hypersomnolence



Garima Shukla, MD, FRCPC

Professor of Neurology, Queen's University

Dr. Garima Shukla is a Professor of Neurology, specializing in Epilepsy and Sleep Medicine, at the Queen's University in Kingston, ON. Her prior appointment was as Professor of Neurology at the All India Institute of Medical Sciences, New Delhi, India.

Her research focus comprises the sleep-epilepsy-cognition interface, epilepsy co-morbidities as well as sleep disorders in neurology. Currently a section editor of the journal Sleep Medicine, she has more than 150 peer reviewed publications and is a recipient of numerous academic awards and honors.



Shelly Weiss, MD

Professor of Paediatrics, University of Toronto

Dr. Weiss is a Paediatric Neurologist with expertise in epilepsy, and sleep neurology. Dr. Weiss has held national leadership positions in sleep medicine including Past President of the Canadian Sleep Society. She has national education leadership including her position as the vice-chair of the Area of Focused Competence (AFC) in Sleep Disorder Medicine for the RCPSC. Her research is focused on the medical and surgical treatment of drug refractory epilepsy in children and interventions to improve sleep in children who are typically developing and have neurodevelopmental disabilities.



John Kimoff, MD

Professor, McGill University

My research focuses on sleep-disordered breathing (SDB) under three themes: innovative diagnostic and therapeutic strategies; upper airway neuromuscular dysfunction; and cardiovascular and reproductive health, with projects in congestive heart failure and adverse effects of maternal SDB on pregnancy outcomes. I am funded by the CIHR, FRQ-S, industry and the MS Society of Canada.



Steve Gibbs, MD, FRCPC

Université de Montreal

M.D. specialized in Neurology (Université de Montréal). M.Sc. in Biomedical Sciences (Université de Montréal). Ph.D. in Neurological Sciences (in progress, Université de Montréal). Fellowship in EEG and Epilepsy (Epilepsy Surgery Center "C. Munari" - Milan, Italie). Relationship between sleep and epilepsy; Sleep-related epilepsy; Local electrophysiological aspects of sleep; EEG source imaging in epilepsy.



Véronique Latreill, PhD

Neuropsychologist, McGill University

Véronique Latreille is a neuropsychologist with subspecialty training in neurologic and neurodegenerative disorders. She is a member of the Order of Psychologists of Quebec (OPQ) and an OPQ-certified neuropsychologist. She joined Dr. Birgit Frauscher's lab at the MNI, McGill University in 2018 as a postdoctoral research fellow. She did her Ph.D. in clinical neuropsychology at the Université de Montréal (2010-2016). Her thesis work aimed to identify sleep biomarkers of dementia development in Parkinson's disease.



Evelyn Constanin, MD

Associate Professor, McGill University

My research focuses on sleep in children. I study the effect of obstructive sleep apnea (OSA) on cardiometabolic risk, neurocognitive deficits and quality of life, as well as the impact of treatment for sleep disorders on specific health outcomes and the promotion of healthy sleep habits. I have developed a research program with interdisciplinary collaborations to explore sleep issues in children with chronic conditions, including neurodevelopmental disabilities and genetic or metabolic conditions



Alex Desautels, MD

Alex Desautels is a neurologist, researcher and professor in the Department of Neurosciences at the Université de Montréal. He is head of the neurology department at Hôpital du Sacré-Coeur, and directs the clinic of the Center for Advanced Studies in Sleep Medicine, one of the most internationally renowned centers of expertise on sleep. Author of more than a hundred articles and book chapters, he conducted pioneering studies on restless legs syndrome, identifying the first genetic locus of the disease. Winner of numerous international awards including the Young Investigator Award from the American Academy of Sleep Medicine, his current research focuses on sleepwalking and hypersomnia.



Michael Fitzpatrick, MD, FRCPC

Professor, Queen's University

Michael Fitzpatrick MB, BCh (NUI), DCH, FRCPI, MD (NUI), FRCPC, FAASM is a Professor of Medicine (Division of Respiriology) at Queen's University, and holds a cross-appointment to the Department of Biomedical and Molecular Sciences (Physiology). He was appointed Chair of the Division of Respiriology at Queen's University from 2007 to 2017. He is a medical graduate of University College Dublin, and his early postgraduate medical training was in Ireland. After completion of clinical training in Ireland, he undertook a three-year research fellowship at the Department of Respiratory Medicine, University of Edinburgh, Scotland



Laurel Charlesworth

Queen's University

Laurel is a general neurologist and sleep physician at The Ottawa Hospital. She completed her medical training at McMaster University's Niagara Regional Campus, followed by neurology residency in Ottawa, and recently finished her sleep medicine fellowship at Queen's University in Kingston. Clinically her interests are in the overlap of sleep disorders and chronic neurological conditions, and in occupational / aerospace medicine.

