**WEDNESDAY MARCH 4, 2020**
**GCDS WOMEN IN DENTISTRY BANQUET**
**5:30PM- 9PM**

**TINKHAM VEALE UNIVERSITY CENTER AT CASE WESTERN RESERVE UNIVERSITY**
**11038 BELLFLOWER RD, CLEVELAND, OH 44106**

**Attendees:**
Dentists, hygienists, front office personnel, dental assistants, dental students, and residents are all welcome and encouraged to attend this wonderful evening celebrating wellness and camaraderie among women in the dental community.

**Activity:**
Our evening will begin with socializing and dinner followed by Yoga with Ilene Friedman RYT of Cleveland Yoga.

**Speaker:**
Dr. Nancy Foldvary-Schafer is Director of the Sleep Disorders Center and staff in the Adult Epilepsy Center at the Cleveland Clinic in Cleveland, Ohio. She is Professor of Medicine at the Cleveland Clinic Lerner College of Medicine. Certified by the American Board of Neurology and Psychiatry in Neurology, Clinical Neurophysiology, Sleep Medicine and Epilepsy Medicine, she has treated patients with sleep disorders and epilepsy at the Cleveland Clinic since 1995. Under her leadership, the Cleveland Clinic Sleep Medicine program has undergone substantial growth including establishment of 10 sleep laboratories and a multidisciplinary physician team spanning across neurology, psychiatry, psychology, pulmonary medicine, family and internal medicine, and pediatric specialties. She has served as a lead investigator on epilepsy, sleep apnea and narcolepsy clinical trials and has written extensively on sleep and epilepsy and women’s health and epilepsy. In 2016, Dr. Foldvary-Schafer was appointed to the Cleveland Clinic Board of Governors. She serves on numerous national, regional and local committees and is the author of two books and the lead editor of two books including Sleep Disorders: A Case a Week from the Cleveland Clinic, 2nd Edition published in 2019. Also in 2019, she received the Women’s Professional Staff Association Champion Award. She is the recipient of a $2.1 million philanthropic gift to advance education and awareness of sleep disorders.

**Course:** Prioritizing sleep for healthcare providers: A call to action

Sleep deprivation has become one of the most significant, unrecognized public health issues of modern times. Lack of quality sleep is often chronic - due to the excessive social and work demands combined with poor sleep habits and sleep disorders, which are often unrecognized. Over 1/3 of healthy adult Americans regularly sleep less than 7 hours per night. The 2018 National Sleep Foundation’s Sleep in America® poll found that only 10% of adults prioritize their sleep over other aspects of daily living such as fitness/nutrition, work, social life, and hobbies/personal interests. Sleep is essential for biological recovery of the body and brain so it can function properly during waking hours. But beyond daytime functioning, chronic sleep deprivation contributes to enumerable medical, psychiatric and social problems including high blood pressure, cardiac arrhythmias, diabetes, obesity, depression and substance abuse. This presentation will discuss basic concepts related to sleep and wellness and the role of sleep in public health, introduce population health strategies for the diagnosis of obstructive sleep apnea, and provide an update on evidence based therapies for its treatment.

Register online at GCDS.org, or call GCDS HQ at (440) 717-1891!

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**FREE VALET PARKING**

**CHAIR YOGA WITH ILENE FRIEDMAN**

**KEYNOTE BY**

**DR. NANCY FOLDVARY-SCHAEFER**

**DOOR PRIZES!!**

2 CEs
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Tinkham Veale University Center
11038 Bellflower Rd, Cleveland, OH 44106

**REGISTRATION FORM**

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<th>Attendees (please print names below)</th>
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**Tickets**

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