

**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**

- 3:20 Joseph Znga, MD  
Diet and Laryngology/Laryngopharyngeal Reflux
- 3:40 Jonathan M. Bock, MD  
Nutrition Options for Obesity in Pediatric Obstructive Sleep Apnea
- 4:00 Michael Grelik, MD  
Chemoprevention Game Show  
Joseph Znga, 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 Shay, MD
- 6:00 PM Adjourn · Conference Reception in Exhibit Areas





## 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