

WEBVTT

NOTE duration:"00:35:08"

NOTE recognizability:0.850

NOTE language:en-us

NOTE Confidence: 0.917474337142857

00:00:00.000 --> 00:00:01.904 Tell me what worked, what didn't work,

NOTE Confidence: 0.917474337142857

00:00:01.910 --> 00:00:03.440 what I needed to improve,

NOTE Confidence: 0.917474337142857

00:00:03.440 --> 00:00:05.032 and that was fantastic.

NOTE Confidence: 0.917474337142857

00:00:05.032 --> 00:00:07.420 He taught me the mechanics of

NOTE Confidence: 0.917474337142857

00:00:07.497 --> 00:00:09.822 clinical research and he encouraged

NOTE Confidence: 0.917474337142857

00:00:09.822 --> 00:00:12.627 me to pursue sleep studies to

NOTE Confidence: 0.917474337142857

00:00:12.627 --> 00:00:15.009 actually do stuff with sleep well.

NOTE Confidence: 0.906864124

00:00:18.350 --> 00:00:20.050 Well, when you have lemons,

NOTE Confidence: 0.906864124

00:00:20.050 --> 00:00:21.067 you make lemonade.

NOTE Confidence: 0.906864124

00:00:21.067 --> 00:00:24.270 So here I was in in in Colorado,

NOTE Confidence: 0.906864124

00:00:24.270 --> 00:00:26.692 my boss John Wilde tells me to

NOTE Confidence: 0.906864124

00:00:26.692 --> 00:00:29.658 go and do sleep research and and

NOTE Confidence: 0.906864124

00:00:29.658 --> 00:00:32.412 there there was no device that

NOTE Confidence: 0.906864124

00:00:32.501 --> 00:00:35.356 was available for acquiring data.
NOTE Confidence: 0.906864124

00:00:35.360 --> 00:00:38.568 There was nothing out there that could help.
NOTE Confidence: 0.906864124

00:00:38.570 --> 00:00:40.726 And So what I got interested in
NOTE Confidence: 0.906864124

00:00:40.726 --> 00:00:42.844 was sleep at high altitude and
NOTE Confidence: 0.906864124

00:00:42.844 --> 00:00:45.675 this is the city of Leadville, Co.
NOTE Confidence: 0.906864124

00:00:45.675 --> 00:00:46.845 The highest.
NOTE Confidence: 0.906864124

00:00:46.845 --> 00:00:49.770 Human habitation in North America.
NOTE Confidence: 0.906864124

00:00:49.770 --> 00:00:51.228 And there was a mine there,
NOTE Confidence: 0.906864124

00:00:51.230 --> 00:00:53.546 so there was an actual town,
NOTE Confidence: 0.906864124

00:00:53.550 --> 00:00:57.766 so I decided to do some some research
NOTE Confidence: 0.906864124

00:00:57.766 --> 00:01:01.534 in this town and three things aligned.
NOTE Confidence: 0.906864124

00:01:01.534 --> 00:01:04.189 And this again is serendipity.
NOTE Confidence: 0.906864124

00:01:04.190 --> 00:01:07.178 So the three things that were
NOTE Confidence: 0.906864124

00:01:07.178 --> 00:01:09.170 that aligned was I.
NOTE Confidence: 0.906864124

00:01:09.170 --> 00:01:11.550 I wrote a letter to Helen Grass,
NOTE Confidence: 0.906864124

00:01:11.550 --> 00:01:14.118 who was she and her husband

NOTE Confidence: 0.906864124

00:01:14.118 --> 00:01:17.014 were the owners of the grass

NOTE Confidence: 0.906864124

00:01:17.014 --> 00:01:19.739 company that made a polygraphs.

NOTE Confidence: 0.906864124

00:01:19.740 --> 00:01:21.456 And I asked for a polygraph

NOTE Confidence: 0.906864124

00:01:21.456 --> 00:01:22.940 and she sent me one.

NOTE Confidence: 0.906864124

00:01:22.940 --> 00:01:25.760 And so that's that was one

NOTE Confidence: 0.906864124

00:01:25.760 --> 00:01:27.640 thing that was important.

NOTE Confidence: 0.906864124

00:01:27.640 --> 00:01:30.690 Hewlett Packard that year introduced

NOTE Confidence: 0.906864124

00:01:30.690 --> 00:01:33.740 the fiber optic era oximeter.

NOTE Confidence: 0.906864124

00:01:33.740 --> 00:01:36.500 This was a revolutionary device.

NOTE Confidence: 0.906864124

00:01:36.500 --> 00:01:38.996 This was the first medical device

NOTE Confidence: 0.906864124

00:01:38.996 --> 00:01:41.240 that actually used fiber optics.

NOTE Confidence: 0.906864124

00:01:41.240 --> 00:01:43.180 It was a brilliant device

NOTE Confidence: 0.906864124

00:01:43.180 --> 00:01:45.819 and and and when we got it,

NOTE Confidence: 0.906864124

00:01:45.820 --> 00:01:48.724 I was able to talk to the engineers

NOTE Confidence: 0.906864124

00:01:48.724 --> 00:01:51.478 and and and get all the information

NOTE Confidence: 0.906864124

00:01:51.478 --> 00:01:54.099 I needed on how to use it.
NOTE Confidence: 0.906864124

00:01:54.100 --> 00:01:56.080 The third thing that aligned
NOTE Confidence: 0.906864124

00:01:56.080 --> 00:01:58.750 was this was the height of NASA,
NOTE Confidence: 0.906864124

00:01:58.750 --> 00:02:01.336 the NASA space program and working
NOTE Confidence: 0.906864124

00:02:01.336 --> 00:02:03.631 in Colorado at the Institute
NOTE Confidence: 0.906864124

00:02:03.631 --> 00:02:06.559 where I was was Gene McCullough,
NOTE Confidence: 0.906864124

00:02:06.560 --> 00:02:09.854 who was a genius programmer who
NOTE Confidence: 0.906864124

00:02:09.854 --> 00:02:11.501 developed computerized data
NOTE Confidence: 0.906864124

00:02:11.501 --> 00:02:13.758 acquisition of all Night studies.
NOTE Confidence: 0.906864124

00:02:13.760 --> 00:02:14.891 In other words,
NOTE Confidence: 0.906864124

00:02:14.891 --> 00:02:17.153 we we connected the grass device
NOTE Confidence: 0.906864124

00:02:17.153 --> 00:02:19.168 to a data acquisition system
NOTE Confidence: 0.906864124

00:02:19.168 --> 00:02:22.015 that he put together and we were
NOTE Confidence: 0.906864124

00:02:22.015 --> 00:02:24.110 actually able to gather data.
NOTE Confidence: 0.906864124

00:02:24.110 --> 00:02:28.358 And to analyze it so my life in
NOTE Confidence: 0.906864124

00:02:28.358 --> 00:02:30.910 Colorado it was it was productive.

NOTE Confidence: 0.906864124

00:02:30.910 --> 00:02:32.194 And these are some of the

NOTE Confidence: 0.906864124

00:02:32.194 --> 00:02:33.330 articles that I wrote then,

NOTE Confidence: 0.906864124

00:02:33.330 --> 00:02:35.310 but I want to just highlight one of them,

NOTE Confidence: 0.906864124

00:02:35.310 --> 00:02:37.280 which is this one here.

NOTE Confidence: 0.906864124

00:02:37.280 --> 00:02:40.850 This was by complete coincidence this

NOTE Confidence: 0.906864124

00:02:40.850 --> 00:02:43.800 article impaired oxygenation during sleep,

NOTE Confidence: 0.906864124

00:02:43.800 --> 00:02:47.256 and excessive polycythemia of high altitude.

NOTE Confidence: 0.906864124

00:02:47.260 --> 00:02:50.128 That was the first article printed

NOTE Confidence: 0.906864124

00:02:50.128 --> 00:02:53.279 in this new journal called Sleep.

NOTE Confidence: 0.906864124

00:02:53.280 --> 00:02:54.816 The very first article,

NOTE Confidence: 0.906864124

00:02:54.816 --> 00:02:58.840 and it was just sort of a crazy coincidence.

NOTE Confidence: 0.906864124

00:02:58.840 --> 00:03:01.374 So also while I was in Colorado,

NOTE Confidence: 0.906864124

00:03:01.380 --> 00:03:03.934 I had a chance meeting with this

NOTE Confidence: 0.906864124

00:03:03.934 --> 00:03:05.819 gentleman here Christian Gemino and

NOTE Confidence: 0.906864124

00:03:05.819 --> 00:03:09.037 those of you who have ever visited Colorado.

NOTE Confidence: 0.906864124

00:03:09.040 --> 00:03:10.740 Those are the maroon bells.
NOTE Confidence: 0.906864124

00:03:10.740 --> 00:03:13.230 That's what it actually looks like.
NOTE Confidence: 0.906864124

00:03:13.230 --> 00:03:15.945 And Christian Gemino was a
NOTE Confidence: 0.906864124

00:03:15.945 --> 00:03:17.574 neuropsychiatrist from Stanford
NOTE Confidence: 0.906864124

00:03:17.574 --> 00:03:21.259 and he was there to to to give a
NOTE Confidence: 0.906864124

00:03:21.259 --> 00:03:24.352 talk on something I had organized a
NOTE Confidence: 0.906864124

00:03:24.352 --> 00:03:26.762 symposium on control of breathing.
NOTE Confidence: 0.906864124

00:03:26.770 --> 00:03:29.178 And we spent Christian and I spent a
NOTE Confidence: 0.906864124

00:03:29.178 --> 00:03:31.530 lot of time just hiking and talking
NOTE Confidence: 0.906864124

00:03:31.530 --> 00:03:34.512 and what he kind of pointed out to me
NOTE Confidence: 0.906864124

00:03:34.512 --> 00:03:36.849 was I knew about sleep and breathing,
NOTE Confidence: 0.906864124

00:03:36.849 --> 00:03:40.272 but I really needed to get much
NOTE Confidence: 0.906864124

00:03:40.272 --> 00:03:42.792 more involved in the field of
NOTE Confidence: 0.906864124

00:03:42.792 --> 00:03:45.240 sleep so that and so the term,
NOTE Confidence: 0.906864124

00:03:45.240 --> 00:03:46.260 by the way,
NOTE Confidence: 0.906864124

00:03:46.260 --> 00:03:48.970 the term sleep apnea Christian

NOTE Confidence: 0.906864124

00:03:48.970 --> 00:03:51.138 actually introduced the term,

NOTE Confidence: 0.849458466666667

00:03:51.140 --> 00:03:53.225 but he introduced it with

NOTE Confidence: 0.849458466666667

00:03:53.225 --> 00:03:54.893 a the wrong condition.

NOTE Confidence: 0.849458466666667

00:03:54.900 --> 00:03:56.504 He called it insomnia.

NOTE Confidence: 0.849458466666667

00:03:56.504 --> 00:03:58.754 The sleep apnea. A new syndrome.

NOTE Confidence: 0.849458466666667

00:03:58.754 --> 00:04:00.716 In fact, his patients did

NOTE Confidence: 0.849458466666667

00:04:00.716 --> 00:04:02.404 not have obstructive apnea.

NOTE Confidence: 0.849458466666667

00:04:02.410 --> 00:04:03.780 They had central apnea and

NOTE Confidence: 0.849458466666667

00:04:03.780 --> 00:04:05.150 I won't get into that.

NOTE Confidence: 0.849458466666667

00:04:05.150 --> 00:04:07.490 But that was my first encounter

NOTE Confidence: 0.849458466666667

00:04:07.490 --> 00:04:09.050 with someone from Stanford.

NOTE Confidence: 0.849458466666667

00:04:09.050 --> 00:04:10.270 Could you say that again?

NOTE Confidence: 0.849458466666667

00:04:10.270 --> 00:04:12.040 Oh my God,

NOTE Confidence: 0.849458466666667

00:04:12.040 --> 00:04:15.346 my my my phone is going crazy here.

NOTE Confidence: 0.849458466666667

00:04:15.350 --> 00:04:17.785 So Christian convinced me to

NOTE Confidence: 0.849458466666667

00:04:17.785 --> 00:04:20.757 go to a sleep meeting which
NOTE Confidence: 0.849458466666667

00:04:20.757 --> 00:04:23.552 was held in Palo Alto and and
NOTE Confidence: 0.849458466666667

00:04:23.552 --> 00:04:25.659 I was the only I'm pretty sure
NOTE Confidence: 0.849458466666667

00:04:25.659 --> 00:04:28.067 I was the only pulmonary guy.
NOTE Confidence: 0.849458466666667

00:04:28.070 --> 00:04:30.198 At this meeting and and and that
NOTE Confidence: 0.849458466666667

00:04:30.198 --> 00:04:32.179 was the prime of Bill Dement,
NOTE Confidence: 0.849458466666667

00:04:32.180 --> 00:04:34.202 a you know professor of psychiatry
NOTE Confidence: 0.849458466666667

00:04:34.202 --> 00:04:36.827 and and I did my presentation on
NOTE Confidence: 0.849458466666667

00:04:36.827 --> 00:04:39.227 sleep at high altitude and Dement
NOTE Confidence: 0.849458466666667

00:04:39.227 --> 00:04:42.447 came over to me later on and he said my God,
NOTE Confidence: 0.849458466666667

00:04:42.450 --> 00:04:45.666 you're just a kid and the the reality
NOTE Confidence: 0.849458466666667

00:04:45.666 --> 00:04:49.379 is is that at that time I was a kid.
NOTE Confidence: 0.849458466666667

00:04:49.380 --> 00:04:52.340 So after my training I went off to
NOTE Confidence: 0.849458466666667

00:04:52.340 --> 00:04:54.820 Winnipeg for a variety of reasons.
NOTE Confidence: 0.849458466666667

00:04:54.820 --> 00:04:57.060 I wanted to go back to Canada
NOTE Confidence: 0.849458466666667

00:04:57.060 --> 00:04:59.372 and this is a photograph that

NOTE Confidence: 0.849458466666667
00:04:59.372 --> 00:05:01.904 I took actually from the front
NOTE Confidence: 0.849458466666667
00:05:01.904 --> 00:05:03.660 porch of our house in.
NOTE Confidence: 0.849458466666667
00:05:03.660 --> 00:05:04.680 In in Winnipeg,
NOTE Confidence: 0.849458466666667
00:05:04.680 --> 00:05:07.060 and this is the Aurora borealis and
NOTE Confidence: 0.849458466666667
00:05:07.129 --> 00:05:09.585 it's just a wonderful thing to see if
NOTE Confidence: 0.849458466666667
00:05:09.585 --> 00:05:11.999 you ever have the chance to see it,
NOTE Confidence: 0.849458466666667
00:05:12.000 --> 00:05:13.300 but Winnipeg doesn't have
NOTE Confidence: 0.849458466666667
00:05:13.300 --> 00:05:14.925 great press because of winters.
NOTE Confidence: 0.849458466666667
00:05:14.930 --> 00:05:16.696 So why did I go there, right?
NOTE Confidence: 0.849458466666667
00:05:16.696 --> 00:05:20.308 So it had the best pulmonary medicine
NOTE Confidence: 0.849458466666667
00:05:20.308 --> 00:05:23.879 section in the country and in Canada.
NOTE Confidence: 0.849458466666667
00:05:23.880 --> 00:05:25.320 Who was there?
NOTE Confidence: 0.849458466666667
00:05:25.320 --> 00:05:26.280 Ruben Cherniak,
NOTE Confidence: 0.849458466666667
00:05:26.280 --> 00:05:28.688 who later on became head of the
NOTE Confidence: 0.849458466666667
00:05:28.688 --> 00:05:30.340 National Jewish Hospital for many,
NOTE Confidence: 0.849458466666667

00:05:30.340 --> 00:05:31.436 many years.
NOTE Confidence: 0.849458466666667

00:05:31.436 --> 00:05:33.080 Nick Antonio says,
NOTE Confidence: 0.849458466666667

00:05:33.080 --> 00:05:34.840 so anybody who orders?
NOTE Confidence: 0.849458466666667

00:05:34.840 --> 00:05:37.991 Oxygen on a patient might know that
NOTE Confidence: 0.849458466666667

00:05:37.991 --> 00:05:40.529 Nick Antonissen was in charge of
NOTE Confidence: 0.849458466666667

00:05:40.529 --> 00:05:43.717 the NOT study funded by NIH that
NOTE Confidence: 0.849458466666667

00:05:43.717 --> 00:05:45.545 actually documented the benefit
NOTE Confidence: 0.849458466666667

00:05:45.545 --> 00:05:48.940 in a double blind study of using
NOTE Confidence: 0.849458466666667

00:05:48.940 --> 00:05:51.620 oxygen in patients with COPD.
NOTE Confidence: 0.849458466666667

00:05:51.620 --> 00:05:54.878 Larry Wood was there and Larry
NOTE Confidence: 0.849458466666667

00:05:54.880 --> 00:05:57.922 eventually wrote one of the great
NOTE Confidence: 0.849458466666667

00:05:57.922 --> 00:06:00.800 textbooks of critical care medicine.
NOTE Confidence: 0.849458466666667

00:06:00.800 --> 00:06:02.600 So, as I mentioned before,
NOTE Confidence: 0.849458466666667

00:06:02.600 --> 00:06:04.706 Nick Antonissen had a lot of.
NOTE Confidence: 0.849458466666667

00:06:04.710 --> 00:06:08.212 Had a lot of faith in me and he he
NOTE Confidence: 0.849458466666667

00:06:08.212 --> 00:06:10.336 gave me the opportunity to create

NOTE Confidence: 0.849458466666667
00:06:10.336 --> 00:06:12.946 the first clinical lab in Canada.
NOTE Confidence: 0.849458466666667
00:06:12.950 --> 00:06:15.962 And because there was such a
NOTE Confidence: 0.849458466666667
00:06:15.962 --> 00:06:17.170 vibrant pulmonary program,
NOTE Confidence: 0.849458466666667
00:06:17.170 --> 00:06:20.421 I was able to do sleep studies and COPD
NOTE Confidence: 0.849458466666667
00:06:20.421 --> 00:06:22.689 and there's this your lung disease,
NOTE Confidence: 0.849458466666667
00:06:22.690 --> 00:06:23.770 acromegaly,
NOTE Confidence: 0.849458466666667
00:06:23.770 --> 00:06:28.294 post polio you know can congestive
NOTE Confidence: 0.849458466666667
00:06:28.294 --> 00:06:31.318 heart failure scoliosis you name it?
NOTE Confidence: 0.849458466666667
00:06:31.320 --> 00:06:33.987 And the other thing about Winnipeg it's
NOTE Confidence: 0.849458466666667
00:06:33.987 --> 00:06:36.720 a great place to raise your family.
NOTE Confidence: 0.849458466666667
00:06:36.720 --> 00:06:37.005 OK,
NOTE Confidence: 0.849458466666667
00:06:37.005 --> 00:06:39.570 so this is my family so this is from
NOTE Confidence: 0.849458466666667
00:06:39.647 --> 00:06:42.359 around that era and a few years later.
NOTE Confidence: 0.849458466666667
00:06:42.360 --> 00:06:44.316 So this is my wife Barbara.
NOTE Confidence: 0.849458466666667
00:06:44.320 --> 00:06:47.288 This is Shelly this is Michael and
NOTE Confidence: 0.849458466666667

00:06:47.288 --> 00:06:50.150 this is Steven and they're all
NOTE Confidence: 0.849458466666667

00:06:50.150 --> 00:06:53.156 much bigger now and they're all
NOTE Confidence: 0.849458466666667

00:06:53.156 --> 00:06:55.783 successful and this is a typical
NOTE Confidence: 0.849458466666667

00:06:55.783 --> 00:06:59.110 picture of a Prairie town with the
NOTE Confidence: 0.849458466666667

00:06:59.110 --> 00:07:02.335 grain elevators in the background.
NOTE Confidence: 0.849458466666667

00:07:02.340 --> 00:07:05.340 So after I got to Winnipeg before I
NOTE Confidence: 0.849458466666667

00:07:05.340 --> 00:07:09.057 had any equipment I had time to kill you,
NOTE Confidence: 0.849458466666667

00:07:09.060 --> 00:07:11.082 right grants and then you kind
NOTE Confidence: 0.849458466666667

00:07:11.082 --> 00:07:12.430 of waited to get
NOTE Confidence: 0.890915998823529

00:07:12.505 --> 00:07:15.178 equipment and I was going to be ultimately
NOTE Confidence: 0.890915998823529

00:07:15.178 --> 00:07:18.762 in charge of the second year of pulmonary
NOTE Confidence: 0.890915998823529

00:07:18.770 --> 00:07:20.700 program for the medical students.
NOTE Confidence: 0.890915998823529

00:07:20.700 --> 00:07:23.184 So I I put a book together and that
NOTE Confidence: 0.890915998823529

00:07:23.184 --> 00:07:25.378 was the first book that I did.
NOTE Confidence: 0.890915998823529

00:07:25.380 --> 00:07:28.180 Pathophysiology of respiration and I
NOTE Confidence: 0.890915998823529

00:07:28.180 --> 00:07:31.900 basically did it for the students.

NOTE Confidence: 0.890915998823529
00:07:31.900 --> 00:07:34.228 So after I arrived in Winnipeg,
NOTE Confidence: 0.890915998823529
00:07:34.230 --> 00:07:38.090 my role in life changed.
NOTE Confidence: 0.890915998823529
00:07:38.090 --> 00:07:41.940 Initially I had these great mentors and
NOTE Confidence: 0.890915998823529
00:07:41.940 --> 00:07:45.701 they mentored me and then I became a
NOTE Confidence: 0.890915998823529
00:07:45.701 --> 00:07:49.978 mentor and that so my role flipped entirely.
NOTE Confidence: 0.890915998823529
00:07:49.980 --> 00:07:54.244 And I had fellows showing up literally from
NOTE Confidence: 0.890915998823529
00:07:54.244 --> 00:07:57.660 all over the world from all over the world.
NOTE Confidence: 0.890915998823529
00:07:57.660 --> 00:08:01.118 I had fellows who who who appeared
NOTE Confidence: 0.890915998823529
00:08:01.118 --> 00:08:04.011 usually with their own funding at
NOTE Confidence: 0.890915998823529
00:08:04.011 --> 00:08:07.077 that most of the time there were
NOTE Confidence: 0.890915998823529
00:08:07.173 --> 00:08:08.578 no official training programs,
NOTE Confidence: 0.890915998823529
00:08:08.578 --> 00:08:12.320 and they came from all sorts of specialties,
NOTE Confidence: 0.890915998823529
00:08:12.320 --> 00:08:14.780 neurology, psychiatry, surgery,
NOTE Confidence: 0.890915998823529
00:08:14.780 --> 00:08:17.240 ENT, pulmonary cardiology.
NOTE Confidence: 0.890915998823529
00:08:17.240 --> 00:08:19.529 And it was really wonderful because all
NOTE Confidence: 0.890915998823529

00:08:19.529 --> 00:08:22.178 of a sudden I got to learn from them.
NOTE Confidence: 0.890915998823529

00:08:22.180 --> 00:08:25.930 Not just them learning from me.
NOTE Confidence: 0.890915998823529

00:08:25.930 --> 00:08:28.548 So my lab became very well known.
NOTE Confidence: 0.890915998823529

00:08:28.550 --> 00:08:31.586 This is an so down here.
NOTE Confidence: 0.890915998823529

00:08:31.590 --> 00:08:34.215 This is the old Hewlett-Packard
NOTE Confidence: 0.890915998823529

00:08:34.215 --> 00:08:35.265 oximetry oximeter.
NOTE Confidence: 0.890915998823529

00:08:35.270 --> 00:08:38.915 This is the the grass model 78,
NOTE Confidence: 0.890915998823529

00:08:38.915 --> 00:08:42.170 and this guy hears is Prince Phillip.
NOTE Confidence: 0.890915998823529

00:08:42.170 --> 00:08:46.658 And so I'm explaining to him how we're
NOTE Confidence: 0.890915998823529

00:08:46.658 --> 00:08:49.203 documenting respiratory effort and and
NOTE Confidence: 0.890915998823529

00:08:49.203 --> 00:08:52.304 the lab became well known and and.
NOTE Confidence: 0.890915998823529

00:08:52.310 --> 00:08:54.140 And there was another fluke
NOTE Confidence: 0.890915998823529

00:08:54.140 --> 00:08:55.604 that happened very soon.
NOTE Confidence: 0.890915998823529

00:08:55.610 --> 00:08:57.360 After that,
NOTE Confidence: 0.890915998823529

00:08:57.360 --> 00:09:00.376 the fluke was that it turned out that
NOTE Confidence: 0.890915998823529

00:09:00.376 --> 00:09:03.905 next door to to my lab in in Winnipeg

NOTE Confidence: 0.890915998823529
00:09:03.905 --> 00:09:06.262 was something called Manitoba Center
NOTE Confidence: 0.890915998823529
00:09:06.262 --> 00:09:09.067 for Health Policy and Evaluation.
NOTE Confidence: 0.890915998823529
00:09:09.070 --> 00:09:12.550 Turned out they were the depository
NOTE Confidence: 0.890915998823529
00:09:12.550 --> 00:09:16.194 of all the medical data for the
NOTE Confidence: 0.890915998823529
00:09:16.194 --> 00:09:18.546 province of over a million people,
NOTE Confidence: 0.890915998823529
00:09:18.550 --> 00:09:21.231 so I could obtain data from my
NOTE Confidence: 0.890915998823529
00:09:21.231 --> 00:09:23.789 patients and match them to controls.
NOTE Confidence: 0.890915998823529
00:09:23.790 --> 00:09:24.099 OK,
NOTE Confidence: 0.890915998823529
00:09:24.099 --> 00:09:27.545 and this led to the to a bunch of papers
NOTE Confidence: 0.890915998823529
00:09:27.545 --> 00:09:30.989 having to do with healthcare utilization,
NOTE Confidence: 0.890915998823529
00:09:30.990 --> 00:09:33.924 and I'll give you just one example of 1.
NOTE Confidence: 0.890915998823529
00:09:33.930 --> 00:09:36.770 So this is an example of the are the kind
NOTE Confidence: 0.890915998823529
00:09:36.843 --> 00:09:39.408 of data that we were able to to find.
NOTE Confidence: 0.890915998823529
00:09:39.410 --> 00:09:40.798 So on this graph,
NOTE Confidence: 0.890915998823529
00:09:40.798 --> 00:09:42.533 on the extreme right where
NOTE Confidence: 0.890915998823529

00:09:42.533 --> 00:09:44.140 it says evaluation,
NOTE Confidence: 0.890915998823529

00:09:44.140 --> 00:09:46.765 that's when I saw my sleep apnea
NOTE Confidence: 0.890915998823529

00:09:46.765 --> 00:09:49.590 patients and there were hundreds of them,
NOTE Confidence: 0.890915998823529

00:09:49.590 --> 00:09:51.270 and these are female patients,
NOTE Confidence: 0.890915998823529

00:09:51.270 --> 00:09:52.410 and I was going to.
NOTE Confidence: 0.890915998823529

00:09:52.410 --> 00:09:56.382 I was able to match each patient with four
NOTE Confidence: 0.890915998823529

00:09:56.382 --> 00:09:59.950 controls who are either the same weight,
NOTE Confidence: 0.890915998823529

00:09:59.950 --> 00:10:02.674 same BMI, or were normal weight
NOTE Confidence: 0.890915998823529

00:10:02.674 --> 00:10:05.828 but born roughly on the same date.
NOTE Confidence: 0.890915998823529

00:10:05.830 --> 00:10:09.400 OK, so and I was able to look at data.
NOTE Confidence: 0.890915998823529

00:10:09.400 --> 00:10:12.648 Going back about 9:00 or 10 years and
NOTE Confidence: 0.890915998823529

00:10:12.648 --> 00:10:16.057 what this showed is that the problem
NOTE Confidence: 0.890915998823529

00:10:16.057 --> 00:10:18.562 with sleep apnea isn't obesity,
NOTE Confidence: 0.890915998823529

00:10:18.570 --> 00:10:22.212 because BMI controls did not have
NOTE Confidence: 0.890915998823529

00:10:22.212 --> 00:10:24.888 the same degree of healthcare,
NOTE Confidence: 0.890915998823529

00:10:24.888 --> 00:10:28.290 you utilization as the sleep apnea patients.

NOTE Confidence: 0.890915998823529

00:10:28.290 --> 00:10:31.512 So that's the kind of research that I did.

NOTE Confidence: 0.890915998823529

00:10:31.520 --> 00:10:34.238 And and that was and and.

NOTE Confidence: 0.890915998823529

00:10:34.240 --> 00:10:36.592 And that was again because of a

NOTE Confidence: 0.890915998823529

00:10:36.592 --> 00:10:38.749 fluke that there was a lab, right?

NOTE Confidence: 0.890915998823529

00:10:38.749 --> 00:10:42.070 There was a an office right next to me

NOTE Confidence: 0.890915998823529

00:10:42.161 --> 00:10:45.857 that could actually supply that kind of data.

NOTE Confidence: 0.890915998823529

00:10:45.860 --> 00:10:48.917 So we're going to go now to 1984.

NOTE Confidence: 0.890915998823529

00:10:48.917 --> 00:10:51.410 I was asked to give a talk at the

NOTE Confidence: 0.8731066325

00:10:51.488 --> 00:10:54.620 California Thoracic Society at the Yosemite,

NOTE Confidence: 0.8731066325

00:10:54.620 --> 00:10:58.460 and at that meeting I met Tom Roth.

NOTE Confidence: 0.8731066325

00:10:58.460 --> 00:11:02.015 And and when you're at a place like Yosemite,

NOTE Confidence: 0.8731066325

00:11:02.020 --> 00:11:04.180 you go hiking, you go on.

NOTE Confidence: 0.8731066325

00:11:04.180 --> 00:11:06.238 You have a great time and we

NOTE Confidence: 0.8731066325

00:11:06.238 --> 00:11:08.658 talked and we talked and we talked,

NOTE Confidence: 0.8731066325

00:11:08.660 --> 00:11:11.606 and that led us to work

NOTE Confidence: 0.8731066325

00:11:11.606 --> 00:11:14.540 together on a research project.
NOTE Confidence: 0.8731066325

00:11:14.540 --> 00:11:16.224 Actually, more than one,
NOTE Confidence: 0.8731066325

00:11:16.224 --> 00:11:18.750 and we decided at that meeting
NOTE Confidence: 0.8731066325

00:11:18.827 --> 00:11:20.852 that that a clinical textbook
NOTE Confidence: 0.8731066325

00:11:20.852 --> 00:11:23.420 was needed in the sleep field.
NOTE Confidence: 0.8731066325

00:11:23.420 --> 00:11:26.867 OK, so the study that we collaborated on was
NOTE Confidence: 0.8731066325

00:11:26.867 --> 00:11:30.220 this study here mortality and apnea index,
NOTE Confidence: 0.8731066325

00:11:30.220 --> 00:11:32.164 and obstructive sleep apnea.
NOTE Confidence: 0.8731066325

00:11:32.164 --> 00:11:36.190 So in in the mid 1980s that was
NOTE Confidence: 0.8731066325

00:11:36.190 --> 00:11:38.840 before CPAP was widely available,
NOTE Confidence: 0.8731066325

00:11:38.840 --> 00:11:42.417 or at all in any big numbers.
NOTE Confidence: 0.8731066325

00:11:42.420 --> 00:11:44.856 So at Henry Ford Hospital they had
NOTE Confidence: 0.8731066325

00:11:44.856 --> 00:11:47.253 a large number of untreated apnea
NOTE Confidence: 0.8731066325

00:11:47.253 --> 00:11:49.809 patients that they had been following
NOTE Confidence: 0.8731066325

00:11:49.809 --> 00:11:52.568 for years and years who were not
NOTE Confidence: 0.8731066325

00:11:52.568 --> 00:11:54.501 treated because the only treatment.

NOTE Confidence: 0.8731066325

00:11:54.501 --> 00:11:55.764 At that time,

NOTE Confidence: 0.8731066325

00:11:55.764 --> 00:11:57.027 really was tracheostomy,

NOTE Confidence: 0.8731066325

00:11:57.030 --> 00:11:58.818 which you didn't want to do,

NOTE Confidence: 0.8731066325

00:11:58.820 --> 00:12:01.164 and what this paper showed is that if

NOTE Confidence: 0.8731066325

00:12:01.164 --> 00:12:03.835 you had an apnea index of less than 20,

NOTE Confidence: 0.8731066325

00:12:03.840 --> 00:12:04.581 you didn't die.

NOTE Confidence: 0.8731066325

00:12:04.581 --> 00:12:07.098 If you had an apnea index of more than 20,

NOTE Confidence: 0.8731066325

00:12:07.100 --> 00:12:09.620 you had a pretty good chance of

NOTE Confidence: 0.8731066325

00:12:09.620 --> 00:12:11.420 dying within about 10 years.

NOTE Confidence: 0.8731066325

00:12:11.420 --> 00:12:11.719 Now,

NOTE Confidence: 0.8731066325

00:12:11.719 --> 00:12:13.513 the thing about this paper is

NOTE Confidence: 0.8731066325

00:12:13.513 --> 00:12:15.335 I thought this was really neat

NOTE Confidence: 0.8731066325

00:12:15.335 --> 00:12:17.344 stuff and I submitted it to the

NOTE Confidence: 0.8731066325

00:12:17.406 --> 00:12:19.356 New England Journal of Medicine,

NOTE Confidence: 0.8731066325

00:12:19.360 --> 00:12:22.756 and I got an instantaneous rejection.

NOTE Confidence: 0.8731066325

00:12:22.760 --> 00:12:25.511 It was one of these rejections where
NOTE Confidence: 0.8731066325

00:12:25.511 --> 00:12:28.142 where the the the editor and he
NOTE Confidence: 0.8731066325

00:12:28.142 --> 00:12:30.179 writes me back saying that people are
NOTE Confidence: 0.8731066325

00:12:30.179 --> 00:12:32.238 really not interested in sleep apnea.
NOTE Confidence: 0.8731066325

00:12:32.240 --> 00:12:34.396 Go, you know, go try somewhere else.
NOTE Confidence: 0.8731066325

00:12:34.400 --> 00:12:37.646 So as we resubmitted it to.
NOTE Confidence: 0.8731066325

00:12:37.650 --> 00:12:39.462 To another journal.
NOTE Confidence: 0.8731066325

00:12:39.462 --> 00:12:42.494 So in 1985 we explored the idea of
NOTE Confidence: 0.8731066325

00:12:42.494 --> 00:12:44.930 a textbook and I asked colleagues,
NOTE Confidence: 0.8731066325

00:12:44.930 --> 00:12:45.734 Christian Dimino,
NOTE Confidence: 0.8731066325

00:12:45.734 --> 00:12:47.744 Christian Dimino did not think
NOTE Confidence: 0.8731066325

00:12:47.744 --> 00:12:49.948 there was enough to fill a book,
NOTE Confidence: 0.8731066325

00:12:49.950 --> 00:12:51.386 build them into I.
NOTE Confidence: 0.8731066325

00:12:51.386 --> 00:12:54.694 I I had gone to Stanford and spoke to
NOTE Confidence: 0.8731066325

00:12:54.694 --> 00:12:58.290 Bill and what he said was without a textbook,
NOTE Confidence: 0.8731066325

00:12:58.290 --> 00:13:00.430 you can't have a field.

NOTE Confidence: 0.8731066325

00:13:00.430 --> 00:13:03.724 And so we started to work on the book.

NOTE Confidence: 0.8731066325

00:13:03.730 --> 00:13:07.090 So and and this is really the

NOTE Confidence: 0.8731066325

00:13:07.090 --> 00:13:10.249 last line of of Casablanca.

NOTE Confidence: 0.8731066325

00:13:10.250 --> 00:13:13.202 I think this is the beginning of a

NOTE Confidence: 0.8731066325

00:13:13.202 --> 00:13:14.980 beautiful friendship we worked together

NOTE Confidence: 0.8731066325

00:13:14.980 --> 00:13:17.710 on this book for well over 30 years.

NOTE Confidence: 0.8731066325

00:13:17.710 --> 00:13:19.621 Bill is in the middle and Tom

NOTE Confidence: 0.8731066325

00:13:19.621 --> 00:13:22.020 Roth is on the right and this is

NOTE Confidence: 0.8731066325

00:13:22.020 --> 00:13:24.210 at one of the national meetings,

NOTE Confidence: 0.8731066325

00:13:24.210 --> 00:13:27.986 so the inspiration for the title came so

NOTE Confidence: 0.8731066325

00:13:27.986 --> 00:13:32.086 I've so I mentioned before the library.

NOTE Confidence: 0.8731066325

00:13:32.090 --> 00:13:34.240 So the library at McGill.

NOTE Confidence: 0.8731066325

00:13:34.240 --> 00:13:36.070 Just called the Osler Library.

NOTE Confidence: 0.8731066325

00:13:36.070 --> 00:13:39.642 Osler had been a professor of medicine at

NOTE Confidence: 0.8731066325

00:13:39.642 --> 00:13:43.086 at McGill before he became really famous.

NOTE Confidence: 0.8731066325

00:13:43.090 --> 00:13:44.968 When he moved to the States
NOTE Confidence: 0.8731066325

00:13:44.968 --> 00:13:46.990 and later on went to Oxford.
NOTE Confidence: 0.8731066325

00:13:46.990 --> 00:13:50.350 So the title of the book was going to be
NOTE Confidence: 0.8731066325

00:13:50.443 --> 00:13:53.977 principles and practice of Sleep Medicine.
NOTE Confidence: 0.8731066325

00:13:53.980 --> 00:13:56.428 So this was the 1st edition.
NOTE Confidence: 0.8731066325

00:13:56.430 --> 00:13:59.384 So the 1st edition was broken up
NOTE Confidence: 0.8731066325

00:13:59.384 --> 00:14:02.002 into two parts, normal sleep,
NOTE Confidence: 0.8731066325

00:14:02.002 --> 00:14:03.354 abnormal sleep.
NOTE Confidence: 0.8731066325

00:14:03.354 --> 00:14:07.540 There were a total of about 750
NOTE Confidence: 0.8731066325

00:14:07.540 --> 00:14:10.370 pages and and the book.
NOTE Confidence: 0.8731066325

00:14:10.370 --> 00:14:13.400 Actually it became fairly popular,
NOTE Confidence: 0.8731066325

00:14:13.400 --> 00:14:15.690 came out in about 1989.
NOTE Confidence: 0.924702365454545

00:14:15.690 --> 00:14:17.610 So these are all the different
NOTE Confidence: 0.924702365454545

00:14:17.610 --> 00:14:19.580 versions of of the book. So
NOTE Confidence: 0.865458842

00:14:22.550 --> 00:14:26.376 8994, 2002, 1005 and and 2011 and.
NOTE Confidence: 0.865458842

00:14:26.376 --> 00:14:28.891 And show the book changed

NOTE Confidence: 0.865458842

00:14:28.891 --> 00:14:31.639 it got bigger and bigger.

NOTE Confidence: 0.865458842

00:14:31.640 --> 00:14:35.520 And and then my family moved to Connecticut.

NOTE Confidence: 0.865458842

00:14:35.520 --> 00:14:39.228 OK. And I I would have to say so.

NOTE Confidence: 0.865458842

00:14:39.230 --> 00:14:40.670 First. I was a Gaylord.

NOTE Confidence: 0.865458842

00:14:40.670 --> 00:14:43.214 I would have to say that

NOTE Confidence: 0.865458842

00:14:43.214 --> 00:14:45.829 Gale was gutsy to hire me.

NOTE Confidence: 0.865458842

00:14:45.830 --> 00:14:48.220 I was 64 years old.

NOTE Confidence: 0.865458842

00:14:48.220 --> 00:14:50.425 And it was sort of gutsy to

NOTE Confidence: 0.865458842

00:14:50.425 --> 00:14:52.338 hire someone who's 64 years old,

NOTE Confidence: 0.865458842

00:14:52.340 --> 00:14:54.986 but I guess they saw some value in it

NOTE Confidence: 0.865458842

00:14:54.986 --> 00:14:58.232 and I worked at the VA where I helped

NOTE Confidence: 0.865458842

00:14:58.232 --> 00:15:01.039 introduce remote monitoring of CPAP machines,

NOTE Confidence: 0.865458842

00:15:01.040 --> 00:15:05.440 oral therapy of of sleep apnea and at Yale.

NOTE Confidence: 0.865458842

00:15:05.440 --> 00:15:07.440 I established a real fellowship

NOTE Confidence: 0.865458842

00:15:07.440 --> 00:15:09.942 program that had funding that actually

NOTE Confidence: 0.865458842

00:15:09.942 --> 00:15:12.880 participated in the match and so forth.
NOTE Confidence: 0.865458842

00:15:12.880 --> 00:15:16.257 Continued scholarly stuff and I and
NOTE Confidence: 0.865458842

00:15:16.257 --> 00:15:18.399 I started to run an undergraduate.
NOTE Confidence: 0.865458842

00:15:18.400 --> 00:15:19.750 Course called Mystery of Sleep,
NOTE Confidence: 0.865458842

00:15:19.750 --> 00:15:22.990 which I'll get back to in a minute.
NOTE Confidence: 0.865458842

00:15:22.990 --> 00:15:24.940 So we had.
NOTE Confidence: 0.865458842

00:15:24.940 --> 00:15:26.890 Terrific sleep fellows.
NOTE Confidence: 0.865458842

00:15:26.890 --> 00:15:28.640 They were an incredibly inspiring
NOTE Confidence: 0.865458842

00:15:28.640 --> 00:15:31.043 group and in the last few years
NOTE Confidence: 0.865458842

00:15:31.043 --> 00:15:32.807 we've had about 20 of them,
NOTE Confidence: 0.865458842

00:15:32.810 --> 00:15:35.390 and they've populated academic centers,
NOTE Confidence: 0.865458842

00:15:35.390 --> 00:15:38.828 both at Yale Mayo Clinic and and and Duke,
NOTE Confidence: 0.865458842

00:15:38.830 --> 00:15:41.294 and many have established
NOTE Confidence: 0.865458842

00:15:41.294 --> 00:15:43.758 clinical practices throughout the
NOTE Confidence: 0.865458842

00:15:43.758 --> 00:15:46.949 US and outstanding centers.
NOTE Confidence: 0.865458842

00:15:46.950 --> 00:15:48.250 So during the pandemic it's

NOTE Confidence: 0.865458842

00:15:48.250 --> 00:15:50.244 hard to give a talk these days

NOTE Confidence: 0.865458842

00:15:50.244 --> 00:15:51.824 and not mention the pandemic,

NOTE Confidence: 0.865458842

00:15:51.830 --> 00:15:54.630 so this is what it was like

NOTE Confidence: 0.865458842

00:15:54.630 --> 00:15:55.830 to mentor students.

NOTE Confidence: 0.865458842

00:15:55.830 --> 00:15:57.898 And through precept our

NOTE Confidence: 0.865458842

00:15:57.898 --> 00:15:59.966 fellows during the pandemic.

NOTE Confidence: 0.865458842

00:15:59.970 --> 00:16:02.540 So you can see me up here in the little

NOTE Confidence: 0.865458842

00:16:02.609 --> 00:16:04.821 tiny window as I'm talking to the

NOTE Confidence: 0.865458842

00:16:04.821 --> 00:16:07.107 fellow who has just described the case

NOTE Confidence: 0.865458842

00:16:07.107 --> 00:16:10.294 to me and and that's how we ended up,

NOTE Confidence: 0.865458842

00:16:10.294 --> 00:16:14.209 sort of for for basically at least one year,

NOTE Confidence: 0.865458842

00:16:14.210 --> 00:16:16.905 year and a half doing remote teaching.

NOTE Confidence: 0.865458842

00:16:16.910 --> 00:16:20.276 During the pandemic of our trainees,

NOTE Confidence: 0.865458842

00:16:20.280 --> 00:16:23.772 so I also have to say that our sleep

NOTE Confidence: 0.865458842

00:16:23.772 --> 00:16:26.556 attendings are uninspiring group to me,

NOTE Confidence: 0.865458842

00:16:26.560 --> 00:16:29.178 an incredible group and I just want
NOTE Confidence: 0.865458842

00:16:29.178 --> 00:16:31.720 to point out that every time you
NOTE Confidence: 0.865458842

00:16:31.720 --> 00:16:34.191 see a why with a little bulldog
NOTE Confidence: 0.865458842

00:16:34.191 --> 00:16:37.239 which is sort of the mascot of Yale.
NOTE Confidence: 0.865458842

00:16:37.240 --> 00:16:39.832 So these are our faculty members
NOTE Confidence: 0.865458842

00:16:39.832 --> 00:16:42.178 who actually went through our
NOTE Confidence: 0.865458842

00:16:42.178 --> 00:16:43.798 Sleep fellowship program.
NOTE Confidence: 0.865458842

00:16:43.800 --> 00:16:45.660 So I'm very proud of the
NOTE Confidence: 0.865458842

00:16:45.660 --> 00:16:47.470 fact that that some of our.
NOTE Confidence: 0.865458842

00:16:47.470 --> 00:16:50.347 Fellows have gotten sort of real jobs,
NOTE Confidence: 0.865458842

00:16:50.350 --> 00:16:52.336 although I don't know how much
NOTE Confidence: 0.865458842

00:16:52.336 --> 00:16:54.056 they're making compared to if
NOTE Confidence: 0.865458842

00:16:54.056 --> 00:16:55.746 they went into private practice,
NOTE Confidence: 0.865458842

00:16:55.750 --> 00:16:59.360 but they're terrific, terrific people.
NOTE Confidence: 0.895473412916666

00:17:01.500 --> 00:17:04.348 So this is the last photograph I was
NOTE Confidence: 0.895473412916666

00:17:04.348 --> 00:17:08.036 able to take of the people working in the

NOTE Confidence: 0.895473412916666
00:17:08.036 --> 00:17:11.138 clinic itself and and the sleep faculty.
NOTE Confidence: 0.895473412916666
00:17:11.140 --> 00:17:13.280 And this is from 2019.
NOTE Confidence: 0.895473412916666
00:17:13.280 --> 00:17:16.346 We haven't been able to get the
NOTE Confidence: 0.895473412916666
00:17:16.346 --> 00:17:18.985 entire group together like this post
NOTE Confidence: 0.895473412916666
00:17:18.985 --> 00:17:22.028 COVID and it really does take a
NOTE Confidence: 0.895473412916666
00:17:22.028 --> 00:17:24.736 village to to actually train fellows,
NOTE Confidence: 0.895473412916666
00:17:24.736 --> 00:17:27.604 train each other and take real
NOTE Confidence: 0.895473412916666
00:17:27.604 --> 00:17:30.038 good care of our patients.
NOTE Confidence: 0.895473412916666
00:17:30.040 --> 00:17:31.660 So this is the dream.
NOTE Confidence: 0.895473412916666
00:17:31.660 --> 00:17:34.481 I mean, I won't go through all
NOTE Confidence: 0.895473412916666
00:17:34.481 --> 00:17:36.050 the people who are on this,
NOTE Confidence: 0.895473412916666
00:17:36.050 --> 00:17:38.648 but they're what a great group.
NOTE Confidence: 0.895473412916666
00:17:38.650 --> 00:17:39.304 So meanwhile,
NOTE Confidence: 0.895473412916666
00:17:39.304 --> 00:17:41.266 while all this is going on,
NOTE Confidence: 0.895473412916666
00:17:41.270 --> 00:17:43.664 the 7th edition is coming out right?
NOTE Confidence: 0.895473412916666

00:17:43.670 --> 00:17:47.062 So the 7th edition is like way bigger
NOTE Confidence: 0.895473412916666

00:17:47.062 --> 00:17:50.350 than what I've showed you before the
NOTE Confidence: 0.895473412916666

00:17:50.350 --> 00:17:52.870 7th edition of the textbook came out.
NOTE Confidence: 0.895473412916666

00:17:52.870 --> 00:17:54.580 Actually, about four months ago,
NOTE Confidence: 0.895473412916666

00:17:54.580 --> 00:17:57.238 five months ago,
NOTE Confidence: 0.895473412916666

00:17:57.240 --> 00:18:01.698 213 chapter chapters over 2000 pages.
NOTE Confidence: 0.895473412916666

00:18:01.700 --> 00:18:04.940 And the book looks like this on on the right.
NOTE Confidence: 0.895473412916666

00:18:04.940 --> 00:18:07.352 So the 6th edition looks like
NOTE Confidence: 0.895473412916666

00:18:07.352 --> 00:18:09.819 this 7th edition looks like that,
NOTE Confidence: 0.895473412916666

00:18:09.820 --> 00:18:13.320 and I I'd like to actually mention a
NOTE Confidence: 0.895473412916666

00:18:13.320 --> 00:18:17.660 couple of things about the 7th edition.
NOTE Confidence: 0.895473412916666

00:18:17.660 --> 00:18:24.276 So so we Kathy Goldstein is became.
NOTE Confidence: 0.895473412916666

00:18:24.276 --> 00:18:28.342 One of the terrific sort of
NOTE Confidence: 0.895473412916666

00:18:28.342 --> 00:18:31.674 senior editors of the book and and
NOTE Confidence: 0.895473412916666

00:18:31.674 --> 00:18:34.375 hopefully she will continue taking
NOTE Confidence: 0.895473412916666

00:18:34.375 --> 00:18:37.561 the book forward into the future.

NOTE Confidence: 0.895473412916666

00:18:37.570 --> 00:18:39.880 And I I was delighted to learn

NOTE Confidence: 0.895473412916666

00:18:39.880 --> 00:18:42.442 that just this week she has been

NOTE Confidence: 0.895473412916666

00:18:42.442 --> 00:18:44.686 promoted to full professor at the

NOTE Confidence: 0.895473412916666

00:18:44.762 --> 00:18:46.448 University of Michigan.

NOTE Confidence: 0.914661426

00:18:48.610 --> 00:18:51.396 So during the book, during the creation

NOTE Confidence: 0.914661426

00:18:51.396 --> 00:18:55.030 of the book, there was a huge.

NOTE Confidence: 0.914661426

00:18:55.030 --> 00:18:58.324 I'm I'm I'm gonna say the efforts put forth

NOTE Confidence: 0.914661426

00:18:58.324 --> 00:19:01.809 by by the section editors were phenomenal

NOTE Confidence: 0.914661426

00:19:01.810 --> 00:19:05.725 and so I listed the all of the editors.

NOTE Confidence: 0.914661426

00:19:05.730 --> 00:19:08.674 All the section editors there was one for

NOTE Confidence: 0.914661426

00:19:08.674 --> 00:19:10.810 neurology, one for movement disorders,

NOTE Confidence: 0.914661426

00:19:10.810 --> 00:19:12.258 one for pulmonary,

NOTE Confidence: 0.914661426

00:19:12.258 --> 00:19:15.666 one for cardiovascular, and so forth.

NOTE Confidence: 0.914661426

00:19:15.670 --> 00:19:17.934 They did a tremendous,

NOTE Confidence: 0.914661426

00:19:17.934 --> 00:19:20.196 tremendous, tremendous job,

NOTE Confidence: 0.914661426

00:19:20.196 --> 00:19:24.994 and Bill Dement died and Bill Dement died.

NOTE Confidence: 0.914661426

00:19:24.994 --> 00:19:27.509 I guess it would be about almost

NOTE Confidence: 0.914661426

00:19:27.509 --> 00:19:29.812 two years ago now and that was

NOTE Confidence: 0.914661426

00:19:29.812 --> 00:19:32.480 a huge shock and and he wasn't.

NOTE Confidence: 0.914661426

00:19:32.480 --> 00:19:34.156 I mean, I mean,

NOTE Confidence: 0.914661426

00:19:34.156 --> 00:19:37.740 he was really the inspiration for me to

NOTE Confidence: 0.914661426

00:19:37.842 --> 00:19:41.466 start on the books in the first place.

NOTE Confidence: 0.914661426

00:19:41.470 --> 00:19:43.906 Putting out a book during a pandemic.

NOTE Confidence: 0.914661426

00:19:43.910 --> 00:19:47.614 I gotta tell you was a real struggle.

NOTE Confidence: 0.914661426

00:19:47.620 --> 00:19:51.700 There were five authors who died during

NOTE Confidence: 0.914661426

00:19:51.700 --> 00:19:53.800 during the creation of this book,

NOTE Confidence: 0.914661426

00:19:53.800 --> 00:19:56.985 who would have contributed to the book.

NOTE Confidence: 0.914661426

00:19:56.990 --> 00:19:59.850 A Christian demino also died.

NOTE Confidence: 0.914661426

00:19:59.850 --> 00:20:02.244 And so it it, it was a.

NOTE Confidence: 0.914661426

00:20:02.250 --> 00:20:05.736 It was a very tough thing to

NOTE Confidence: 0.914661426

00:20:05.736 --> 00:20:07.910 actually get it done,

NOTE Confidence: 0.914661426

00:20:07.910 --> 00:20:10.470 but it we had to get it done

NOTE Confidence: 0.914661426

00:20:10.470 --> 00:20:12.669 and we did get it done.

NOTE Confidence: 0.914661426

00:20:12.670 --> 00:20:16.429 And and with thanks to all the

NOTE Confidence: 0.914661426

00:20:16.429 --> 00:20:19.229 section editors and and Kathy.

NOTE Confidence: 0.914661426

00:20:19.230 --> 00:20:21.736 So I mentioned before that I teach

NOTE Confidence: 0.914661426

00:20:21.736 --> 00:20:24.726 a class and this is a photograph of

NOTE Confidence: 0.914661426

00:20:24.726 --> 00:20:27.426 the students that I had in in 2018

NOTE Confidence: 0.914661426

00:20:27.426 --> 00:20:31.216 and mystery of sleep class and I love

NOTE Confidence: 0.914661426

00:20:31.216 --> 00:20:33.624 teaching the undergraduates why?

NOTE Confidence: 0.914661426

00:20:33.630 --> 00:20:37.590 Because they're so smart that it's

NOTE Confidence: 0.914661426

00:20:37.590 --> 00:20:39.909 actually frightening. So that's me.

NOTE Confidence: 0.914661426

00:20:39.909 --> 00:20:42.240 And the yellow jacket and and Doctor

NOTE Confidence: 0.914661426

00:20:42.310 --> 00:20:45.408 Suen bottom, who is Co instructors back here.

NOTE Confidence: 0.914661426

00:20:45.410 --> 00:20:47.430 You can barely see him.

NOTE Confidence: 0.914661426

00:20:47.430 --> 00:20:48.903 I mean the.

NOTE Confidence: 0.914661426

00:20:48.903 --> 00:20:52.340 These students were so inspiring I could.

NOTE Confidence: 0.914661426

00:20:52.340 --> 00:20:54.398 I could take an hour to explain

NOTE Confidence: 0.914661426

00:20:54.398 --> 00:20:57.165 to you some of their their their

NOTE Confidence: 0.914661426

00:20:57.165 --> 00:20:58.097 achievements incredible.

NOTE Confidence: 0.914661426

00:20:58.097 --> 00:21:01.913 So I also did some books for the

NOTE Confidence: 0.914661426

00:21:01.913 --> 00:21:05.017 public and I won't spend a whole

NOTE Confidence: 0.914661426

00:21:05.017 --> 00:21:07.830 lot of time talking about them.

NOTE Confidence: 0.914661426

00:21:07.830 --> 00:21:11.260 But one of the things that that.

NOTE Confidence: 0.914661426

00:21:11.260 --> 00:21:13.100 I always love to do was to take

NOTE Confidence: 0.914661426

00:21:13.100 --> 00:21:14.986 care of patients, manage patients.

NOTE Confidence: 0.914661426

00:21:14.986 --> 00:21:18.290 And it has been an honor for me

NOTE Confidence: 0.914661426

00:21:18.384 --> 00:21:21.247 to be able to treat probably more

NOTE Confidence: 0.914661426

00:21:21.247 --> 00:21:24.860 than 50,000 patients in my career.

NOTE Confidence: 0.914661426

00:21:24.860 --> 00:21:29.460 And a lot of what I have learned about sleep,

NOTE Confidence: 0.914661426

00:21:29.460 --> 00:21:32.676 about diseases about humanity

NOTE Confidence: 0.914661426

00:21:32.676 --> 00:21:36.696 have been from my patients.

NOTE Confidence: 0.914661426

00:21:36.700 --> 00:21:39.885 So I'm gonna end now by talking

NOTE Confidence: 0.914661426

00:21:39.885 --> 00:21:42.500 about the things that shaped me.

NOTE Confidence: 0.914661426

00:21:42.500 --> 00:21:44.168 And hopefully there'll be

NOTE Confidence: 0.914661426

00:21:44.168 --> 00:21:45.836 some time for comments.

NOTE Confidence: 0.914661426

00:21:45.840 --> 00:21:46.319 Mother,

NOTE Confidence: 0.914661426

00:21:46.319 --> 00:21:49.672 my mother and and I guess it's

NOTE Confidence: 0.914661426

00:21:49.672 --> 00:21:52.838 genes genetics, the love of writing.

NOTE Confidence: 0.914661426

00:21:52.840 --> 00:21:55.780 My father, the love of art.

NOTE Confidence: 0.914661426

00:21:55.780 --> 00:21:58.279 And and my and I've actually written

NOTE Confidence: 0.914661426

00:21:58.279 --> 00:22:00.430 a book called Sleep and Art,

NOTE Confidence: 0.914661426

00:22:00.430 --> 00:22:03.748 and that's again a genetic thing.

NOTE Confidence: 0.914661426

00:22:03.750 --> 00:22:06.186 I was shaped by my spouse who

NOTE Confidence: 0.914661426

00:22:06.186 --> 00:22:08.680 really taught me about loving life.

NOTE Confidence: 0.914661426

00:22:08.680 --> 00:22:10.798 And my children.

NOTE Confidence: 0.914661426

00:22:10.798 --> 00:22:12.754 Unwavering support, I mean,

NOTE Confidence: 0.914661426

00:22:12.754 --> 00:22:14.658 during the the the years when they
NOTE Confidence: 0.914661426

00:22:14.658 --> 00:22:16.972 were young and I was in the basement
NOTE Confidence: 0.914661426

00:22:16.972 --> 00:22:19.450 working on talks, working on books.
NOTE Confidence: 0.914661426

00:22:19.450 --> 00:22:21.327 They never ever said.
NOTE Confidence: 0.914661426

00:22:21.327 --> 00:22:23.126 You know that we need to go
NOTE Confidence: 0.914661426

00:22:23.126 --> 00:22:25.050 and play baseball or something.
NOTE Confidence: 0.914661426

00:22:25.050 --> 00:22:29.158 They were incredibly supportive.
NOTE Confidence: 0.914661426

00:22:29.160 --> 00:22:31.620 So what a career needs
NOTE Confidence: 0.8931354725

00:22:31.620 --> 00:22:35.684 is champions and mentors who believe in you.
NOTE Confidence: 0.8931354725

00:22:35.690 --> 00:22:39.110 Who lets you do what you want to do,
NOTE Confidence: 0.8931354725

00:22:39.110 --> 00:22:41.798 not what they want you to
NOTE Confidence: 0.8931354725

00:22:41.798 --> 00:22:43.750 do and take over their work?
NOTE Confidence: 0.8931354725

00:22:43.750 --> 00:22:46.900 You gotta. They have got to.
NOTE Confidence: 0.8931354725

00:22:46.900 --> 00:22:50.672 Express themselves, you need to have
NOTE Confidence: 0.8931354725

00:22:50.672 --> 00:22:52.470 a passion about what you are doing.
NOTE Confidence: 0.8931354725

00:22:52.470 --> 00:22:55.116 You gotta love what you are doing.

NOTE Confidence: 0.8931354725

00:22:55.120 --> 00:22:58.088 You have to have a supportive family.

NOTE Confidence: 0.8931354725

00:22:58.090 --> 00:23:01.289 You have to have patience because some

NOTE Confidence: 0.8931354725

00:23:01.289 --> 00:23:04.449 of the things that you do may take

NOTE Confidence: 0.8931354725

00:23:04.449 --> 00:23:08.346 a year or 30 years for that matter.

NOTE Confidence: 0.8931354725

00:23:08.350 --> 00:23:11.098 And of course serendipity.

NOTE Confidence: 0.8931354725

00:23:11.098 --> 00:23:13.159 You need serendipity.

NOTE Confidence: 0.8931354725

00:23:13.160 --> 00:23:16.037 So I'm going to end now with

NOTE Confidence: 0.8931354725

00:23:16.040 --> 00:23:20.360 the last part of of a poem that

NOTE Confidence: 0.8931354725

00:23:20.360 --> 00:23:23.859 I love by Robert Frost.

NOTE Confidence: 0.8931354725

00:23:23.860 --> 00:23:26.548 I shall be telling this with a sigh

NOTE Confidence: 0.8931354725

00:23:26.548 --> 00:23:28.391 somewhere ages and ages, hence.

NOTE Confidence: 0.8931354725

00:23:28.391 --> 00:23:32.319 Two roads diverged in a wood and I

NOTE Confidence: 0.8931354725

00:23:32.320 --> 00:23:36.317 I took the one less traveled by.

NOTE Confidence: 0.8931354725

00:23:36.320 --> 00:23:39.309 And that has made all the difference.

NOTE Confidence: 0.8931354725

00:23:39.310 --> 00:23:39.830 Thank you.

NOTE Confidence: 0.8620383283333333

00:23:43.580 --> 00:23:45.548 Thank you so much, Doctor Krieger,
NOTE Confidence: 0.8620383283333333

00:23:45.550 --> 00:23:47.602 that was really wonderful and I'm
NOTE Confidence: 0.8620383283333333

00:23:47.602 --> 00:23:50.477 going to cry now even even as you are.
NOTE Confidence: 0.8620383283333333

00:23:50.480 --> 00:23:52.320 So I think if we hadn't if the
NOTE Confidence: 0.8620383283333333

00:23:52.320 --> 00:23:53.940 audience of everyone could hear,
NOTE Confidence: 0.8620383283333333

00:23:53.940 --> 00:23:55.795 I think we'd have a amazing round
NOTE Confidence: 0.8620383283333333

00:23:55.795 --> 00:23:57.679 of applause and a standing ovation.
NOTE Confidence: 0.8620383283333333

00:23:57.680 --> 00:24:00.380 Amazing comments in the chat.
NOTE Confidence: 0.8620383283333333

00:24:00.380 --> 00:24:02.618 Thanking you for sharing your journey.
NOTE Confidence: 0.8620383283333333

00:24:02.620 --> 00:24:04.348 I would like to invite people
NOTE Confidence: 0.8620383283333333

00:24:04.348 --> 00:24:06.079 to ask any questions you have.
NOTE Confidence: 0.8620383283333333

00:24:06.080 --> 00:24:09.230 Any questions they have so far I'm
NOTE Confidence: 0.8620383283333333

00:24:09.230 --> 00:24:11.540 just seeing great, great comments and.
NOTE Confidence: 0.8620383283333333

00:24:11.540 --> 00:24:13.319 Wonderful things, what you know.
NOTE Confidence: 0.8620383283333333

00:24:13.319 --> 00:24:15.288 I would say you know having a career
NOTE Confidence: 0.8620383283333333

00:24:15.288 --> 00:24:17.220 like this and you know going back

NOTE Confidence: 0.862038328333333

00:24:17.220 --> 00:24:18.998 when you're so young and training.

NOTE Confidence: 0.862038328333333

00:24:19.000 --> 00:24:21.934 And then as you move forward in your career,

NOTE Confidence: 0.862038328333333

00:24:21.940 --> 00:24:22.580 there are a lot of.

NOTE Confidence: 0.862038328333333

00:24:22.580 --> 00:24:23.921 There are a lot of forks in the road

NOTE Confidence: 0.862038328333333

00:24:23.921 --> 00:24:26.422 as you mentioned, a lot of changes.

NOTE Confidence: 0.862038328333333

00:24:26.422 --> 00:24:28.194 Sometimes they're stumbling blocks.

NOTE Confidence: 0.862038328333333

00:24:28.200 --> 00:24:29.670 How do you keep moving forward?

NOTE Confidence: 0.862038328333333

00:24:29.670 --> 00:24:31.441 You know some of our mentees will

NOTE Confidence: 0.862038328333333

00:24:31.441 --> 00:24:33.632 ask you know, what do you do?

NOTE Confidence: 0.862038328333333

00:24:33.632 --> 00:24:35.106 Sometimes things just don't work.

NOTE Confidence: 0.862038328333333

00:24:35.106 --> 00:24:36.780 How do you maintain that enthusiasm?

NOTE Confidence: 0.862038328333333

00:24:36.780 --> 00:24:38.016 How do you maintain that interest?

NOTE Confidence: 0.862038328333333

00:24:38.020 --> 00:24:39.886 How do you maintain that curiosity

NOTE Confidence: 0.862038328333333

00:24:39.886 --> 00:24:41.130 in those times that?

NOTE Confidence: 0.862038328333333

00:24:41.130 --> 00:24:42.180 Like you said,

NOTE Confidence: 0.862038328333333

00:24:42.180 --> 00:24:43.580 there's many rejections right
NOTE Confidence: 0.862038328333333
00:24:43.580 --> 00:24:45.092 from these journals, et cetera.
NOTE Confidence: 0.862038328333333
00:24:45.092 --> 00:24:46.709 So maybe you can speak to that.
NOTE Confidence: 0.7321605718
00:24:47.790 --> 00:24:51.400 Well, I you know the.
NOTE Confidence: 0.7321605718
00:24:51.400 --> 00:24:54.980 The child of Holocaust survivors.
NOTE Confidence: 0.7321605718
00:24:54.980 --> 00:24:59.354 And what you learn is a sense of resilience.
NOTE Confidence: 0.7321605718
00:24:59.360 --> 00:25:02.582 What you learn is that you don't give up.
NOTE Confidence: 0.7321605718
00:25:02.590 --> 00:25:04.810 You continue on your journey
NOTE Confidence: 0.7321605718
00:25:04.810 --> 00:25:07.749 whatever the journey is and and you.
NOTE Confidence: 0.7321605718
00:25:07.750 --> 00:25:10.764 If you have a destination, you go to it.
NOTE Confidence: 0.7321605718
00:25:10.764 --> 00:25:11.967 In other words,
NOTE Confidence: 0.7321605718
00:25:11.970 --> 00:25:14.550 you know having a paper rejected.
NOTE Confidence: 0.7321605718
00:25:14.550 --> 00:25:16.552 Some people would say it's the worst
NOTE Confidence: 0.7321605718
00:25:16.552 --> 00:25:18.369 thing that can possibly happen.
NOTE Confidence: 0.7321605718
00:25:18.370 --> 00:25:20.830 Sometimes it's the best thing
NOTE Confidence: 0.7321605718
00:25:20.830 --> 00:25:22.798 that can possibly happen.

NOTE Confidence: 0.7321605718

00:25:22.800 --> 00:25:25.908 You know, you know, as an example,

NOTE Confidence: 0.7321605718

00:25:25.910 --> 00:25:28.580 I have reviewed papers written by

NOTE Confidence: 0.7321605718

00:25:28.580 --> 00:25:32.560 colleagues of mine, which were terrible.

NOTE Confidence: 0.7321605718

00:25:32.560 --> 00:25:34.486 And I rejected them and and

NOTE Confidence: 0.7321605718

00:25:34.486 --> 00:25:36.210 why did I reject them?

NOTE Confidence: 0.7321605718

00:25:36.210 --> 00:25:37.950 Because they the papers.

NOTE Confidence: 0.7321605718

00:25:37.950 --> 00:25:39.690 If they had published,

NOTE Confidence: 0.7321605718

00:25:39.690 --> 00:25:43.148 would have made the authors look bad.

NOTE Confidence: 0.7321605718

00:25:43.150 --> 00:25:44.131 In other words,

NOTE Confidence: 0.7321605718

00:25:44.131 --> 00:25:45.766 you try to help people.

NOTE Confidence: 0.7321605718

00:25:45.770 --> 00:25:48.206 And sometimes the best way to help

NOTE Confidence: 0.7321605718

00:25:48.206 --> 00:25:51.374 people is to tell them you can do better.

NOTE Confidence: 0.7321605718

00:25:51.374 --> 00:25:53.891 You can do better and and that

NOTE Confidence: 0.7321605718

00:25:53.891 --> 00:25:56.045 I think is is an important,

NOTE Confidence: 0.7321605718

00:25:56.050 --> 00:25:59.697 very important lesson that that you learn

NOTE Confidence: 0.7321605718

00:25:59.697 --> 00:26:02.859 something every time you you have been.

NOTE Confidence: 0.7321605718

00:26:02.860 --> 00:26:06.050 Told that it's not good enough and and

NOTE Confidence: 0.7321605718

00:26:06.050 --> 00:26:08.490 the other thing I I'd like to mention

NOTE Confidence: 0.7321605718

00:26:08.567 --> 00:26:11.132 is that in in in I mean people in

NOTE Confidence: 0.7321605718

00:26:11.132 --> 00:26:13.190 medicine generally are good folks.

NOTE Confidence: 0.7321605718

00:26:13.190 --> 00:26:16.062 They have a heart and don't ever be

NOTE Confidence: 0.7321605718

00:26:16.062 --> 00:26:19.069 afraid of going to like the most famous

NOTE Confidence: 0.7321605718

00:26:19.069 --> 00:26:21.772 guy in the world and and contacting

NOTE Confidence: 0.7321605718

00:26:21.772 --> 00:26:25.130 them with a question or or or if you

NOTE Confidence: 0.7321605718

00:26:25.130 --> 00:26:26.805 have some concern about something,

NOTE Confidence: 0.7321605718

00:26:26.810 --> 00:26:28.982 they will respond to you and

NOTE Confidence: 0.7321605718

00:26:28.982 --> 00:26:30.860 with the Internet it's it's.

NOTE Confidence: 0.7321605718

00:26:30.860 --> 00:26:32.774 It's crazy easy.

NOTE Confidence: 0.7321605718

00:26:32.774 --> 00:26:35.858 To actually develop a relationship with

NOTE Confidence: 0.7321605718

00:26:35.858 --> 00:26:38.570 someone because you never know where

NOTE Confidence: 0.7321605718

00:26:38.650 --> 00:26:41.408 that relationship is going to take you,

NOTE Confidence: 0.7321605718

00:26:41.410 --> 00:26:42.810 it might take you nowhere,

NOTE Confidence: 0.7321605718

00:26:42.810 --> 00:26:45.523 but it may take you somewhere terrific,

NOTE Confidence: 0.7321605718

00:26:45.523 --> 00:26:50.747 so so resilience and and and you know,

NOTE Confidence: 0.7321605718

00:26:50.750 --> 00:26:52.740 keeping the destination insight and

NOTE Confidence: 0.7321605718

00:26:52.740 --> 00:26:55.948 and I'll tell you there are times when

NOTE Confidence: 0.7321605718

00:26:55.948 --> 00:26:59.176 people realize that the course that

NOTE Confidence: 0.7321605718

00:26:59.176 --> 00:27:03.020 they're taking is the wrong one for them.

NOTE Confidence: 0.7321605718

00:27:03.020 --> 00:27:03.962 In other words,

NOTE Confidence: 0.7321605718

00:27:03.962 --> 00:27:06.160 very early in in life I I,

NOTE Confidence: 0.7321605718

00:27:06.160 --> 00:27:08.692 I suddenly realized that I'm never

NOTE Confidence: 0.7321605718

00:27:08.692 --> 00:27:11.620 going to be a neurosurgeon.

NOTE Confidence: 0.7321605718

00:27:11.620 --> 00:27:13.732 I could have gone into neurosurgery

NOTE Confidence: 0.7321605718

00:27:13.732 --> 00:27:15.907 and sort of failed at it or

NOTE Confidence: 0.7321605718

00:27:15.907 --> 00:27:17.299 not be very good at it,

NOTE Confidence: 0.7321605718

00:27:17.300 --> 00:27:19.580 but I I corrected my course

NOTE Confidence: 0.7321605718

00:27:19.580 --> 00:27:21.100 for whatever that's worth.

NOTE Confidence: 0.877945013

00:27:23.490 --> 00:27:24.165 That's terrific, yeah.

NOTE Confidence: 0.877945013

00:27:24.165 --> 00:27:25.740 If you can't build a house right?

NOTE Confidence: 0.877945013

00:27:25.740 --> 00:27:27.190 You can't become a neurosurgeon.

NOTE Confidence: 0.877945013

00:27:27.190 --> 00:27:29.622 So you obviously learned we do have a

NOTE Confidence: 0.877945013

00:27:29.622 --> 00:27:31.469 question about what's next for you.

NOTE Confidence: 0.877945013

00:27:31.470 --> 00:27:33.020 If you're comfortable sharing that,

NOTE Confidence: 0.750421899473684

00:27:33.390 --> 00:27:35.672 well, I mean, what's next for me

NOTE Confidence: 0.750421899473684

00:27:35.672 --> 00:27:38.415 is I'm doing is I'm going to being

NOTE Confidence: 0.750421899473684

00:27:38.415 --> 00:27:41.018 an emeritus at Yale, allows you to

NOTE Confidence: 0.750421899473684

00:27:41.018 --> 00:27:43.155 to teach to teach undergraduates,

NOTE Confidence: 0.750421899473684

00:27:43.155 --> 00:27:46.200 so I'm going to continue to teach

NOTE Confidence: 0.750421899473684

00:27:46.282 --> 00:27:49.466 the mystery of sleep course and and,

NOTE Confidence: 0.750421899473684

00:27:49.466 --> 00:27:52.356 and that is extremely gratifying.

NOTE Confidence: 0.750421899473684

00:27:52.360 --> 00:27:54.946 The number of students is gonna

NOTE Confidence: 0.750421899473684

00:27:54.946 --> 00:27:57.709 this year is gonna be about 70

NOTE Confidence: 0.750421899473684

00:27:57.710 --> 00:28:00.518 and and between 60 and 70.

NOTE Confidence: 0.750421899473684

00:28:00.520 --> 00:28:03.571 I'm going to love doing that and there are

NOTE Confidence: 0.750421899473684

00:28:03.571 --> 00:28:06.918 a few books that are brewing in my head.

NOTE Confidence: 0.750421899473684

00:28:06.920 --> 00:28:07.964 As we speak there,

NOTE Confidence: 0.750421899473684

00:28:07.964 --> 00:28:10.204 there are a couple of books that are

NOTE Confidence: 0.750421899473684

00:28:10.204 --> 00:28:12.034 in the final stages of production.

NOTE Confidence: 0.750421899473684

00:28:12.040 --> 00:28:14.062 I see doctor Steven Sheldon is

NOTE Confidence: 0.750421899473684

00:28:14.062 --> 00:28:15.940 is on here and Steve,

NOTE Confidence: 0.750421899473684

00:28:15.940 --> 00:28:18.698 Steven and and I are are shepherding.

NOTE Confidence: 0.750421899473684

00:28:18.700 --> 00:28:21.565 Actually mostly Steven are shepherding

NOTE Confidence: 0.750421899473684

00:28:21.565 --> 00:28:23.857 a pediatric sleep textbook,

NOTE Confidence: 0.750421899473684

00:28:23.860 --> 00:28:27.170 which I think is sort of almost finished

NOTE Confidence: 0.750421899473684

00:28:27.170 --> 00:28:30.450 and and so that's one of the projects.

NOTE Confidence: 0.750421899473684

00:28:30.450 --> 00:28:31.082 There's a.

NOTE Confidence: 0.750421899473684

00:28:31.082 --> 00:28:33.294 There's a an Atlas of Sleep Medicine

NOTE Confidence: 0.750421899473684

00:28:33.294 --> 00:28:35.157 that I'm working on that's going
NOTE Confidence: 0.750421899473684

00:28:35.157 --> 00:28:37.320 to be finished in the next year.
NOTE Confidence: 0.750421899473684

00:28:37.320 --> 00:28:39.686 And I'm still interested in art and
NOTE Confidence: 0.750421899473684

00:28:39.686 --> 00:28:42.231 and I'm gonna try to recover all
NOTE Confidence: 0.750421899473684

00:28:42.231 --> 00:28:44.421 the time lost during the pandemic.
NOTE Confidence: 0.750421899473684

00:28:44.430 --> 00:28:46.454 There are a lot of people I
NOTE Confidence: 0.750421899473684

00:28:46.454 --> 00:28:49.240 haven't seen sort of in in, in,
NOTE Confidence: 0.750421899473684

00:28:49.240 --> 00:28:53.400 in person and I need to reestablish them.
NOTE Confidence: 0.750421899473684

00:28:53.400 --> 00:28:57.600 Some of that relatives in in in Europe
NOTE Confidence: 0.750421899473684

00:28:57.600 --> 00:29:00.838 and and and elsewhere you know,
NOTE Confidence: 0.750421899473684

00:29:00.838 --> 00:29:03.489 until about a month ago I hadn't seen my
NOTE Confidence: 0.750421899473684

00:29:03.489 --> 00:29:05.673 own sister in in more than two years.
NOTE Confidence: 0.750421899473684

00:29:05.680 --> 00:29:08.060 Hadn't seen her in 2 1/2 years.
NOTE Confidence: 0.750421899473684

00:29:08.060 --> 00:29:10.412 And so I'm going to try to kind
NOTE Confidence: 0.750421899473684

00:29:10.412 --> 00:29:12.610 of recover some of the lost time.
NOTE Confidence: 0.836895035

00:29:14.760 --> 00:29:16.352 Alright, that's that's wonderful.

NOTE Confidence: 0.836895035
00:29:16.352 --> 00:29:17.944 Wonderful for you again.
NOTE Confidence: 0.836895035
00:29:17.950 --> 00:29:19.270 A lot of great comments.
NOTE Confidence: 0.836895035
00:29:19.270 --> 00:29:20.845 A lot of this has been fabulous,
NOTE Confidence: 0.836895035
00:29:20.850 --> 00:29:23.582 inspirational and everybody
NOTE Confidence: 0.836895035
00:29:23.582 --> 00:29:25.006 appreciates what you're sharing.
NOTE Confidence: 0.836895035
00:29:25.010 --> 00:29:26.336 If anyone would like to either
NOTE Confidence: 0.836895035
00:29:26.336 --> 00:29:27.689 put a message in the chat,
NOTE Confidence: 0.836895035
00:29:27.690 --> 00:29:30.180 or if you would like to
NOTE Confidence: 0.836895035
00:29:30.180 --> 00:29:32.158 unmute yourself I can give you
NOTE Confidence: 0.836895035
00:29:32.158 --> 00:29:33.880 permission to do that and then
NOTE Confidence: 0.836895035
00:29:33.947 --> 00:29:35.987 ask any questions that you have.
NOTE Confidence: 0.836895035
00:29:35.990 --> 00:29:39.158 I'd be I'd be happy to do that.
NOTE Confidence: 0.836895035
00:29:39.160 --> 00:29:40.696 You have permission if you'd like.
NOTE Confidence: 0.8201579825
00:29:41.740 --> 00:29:43.456 I think Naftali just raised his
NOTE Confidence: 0.8201579825
00:29:43.456 --> 00:29:45.229 hand or somebody raised their hand.
NOTE Confidence: 0.8401267375

00:29:46.800 --> 00:29:51.668 Yeah, so of course. Thank you mayor, it's.

NOTE Confidence: 0.80199835

00:29:53.920 --> 00:29:55.928 Really amazing talk and

NOTE Confidence: 0.80199835

00:29:55.928 --> 00:29:57.936 inspiring and as always,

NOTE Confidence: 0.80199835

00:29:57.940 --> 00:30:03.610 also just interesting and and the book.

NOTE Confidence: 0.80199835

00:30:03.610 --> 00:30:08.150 Umm? I haven't opened the book.

NOTE Confidence: 0.80199835

00:30:08.150 --> 00:30:10.406 But I do enjoy looking at the cover.

NOTE Confidence: 0.80199835

00:30:10.410 --> 00:30:12.000 It's so beautiful and I

NOTE Confidence: 0.80199835

00:30:12.000 --> 00:30:13.590 promise also to look inside.

NOTE Confidence: 0.80199835

00:30:13.590 --> 00:30:14.766 I'm sure it's amazing.

NOTE Confidence: 0.80199835

00:30:14.766 --> 00:30:16.899 I do want to mention that this

NOTE Confidence: 0.80199835

00:30:16.899 --> 00:30:18.687 doesn't get you off the hook.

NOTE Confidence: 0.80199835

00:30:18.690 --> 00:30:20.370 You will have to return to Yale.

NOTE Confidence: 0.80199835

00:30:20.370 --> 00:30:22.490 Give a talk in person,

NOTE Confidence: 0.80199835

00:30:22.490 --> 00:30:24.709 go through a reception and all the

NOTE Confidence: 0.80199835

00:30:24.709 --> 00:30:26.830 people on this talk are invited,

NOTE Confidence: 0.80199835

00:30:26.830 --> 00:30:30.428 so make sure that you stay tuned

NOTE Confidence: 0.80199835
00:30:30.430 --> 00:30:31.684 because it's going to be hybrid
NOTE Confidence: 0.80199835
00:30:31.684 --> 00:30:32.910 so you don't have to come.
NOTE Confidence: 0.80199835
00:30:32.910 --> 00:30:33.830 But again,
NOTE Confidence: 0.80199835
00:30:33.830 --> 00:30:37.294 we'll be glad to come and and I
NOTE Confidence: 0.80199835
00:30:37.294 --> 00:30:39.234 also will take this advantage
NOTE Confidence: 0.80199835
00:30:39.234 --> 00:30:41.098 to mention the June 1st.
NOTE Confidence: 0.80199835
00:30:41.100 --> 00:30:43.176 We have a sort of another
NOTE Confidence: 0.80199835
00:30:43.180 --> 00:30:44.860 farewell to a local giant.
NOTE Confidence: 0.80199835
00:30:44.860 --> 00:30:46.852 Vahid Mossanen will give a pulmonary
NOTE Confidence: 0.80199835
00:30:46.852 --> 00:30:49.199 grand rounds and we'll have a reception.
NOTE Confidence: 0.80199835
00:30:49.200 --> 00:30:52.548 So again, everybody's invited.
NOTE Confidence: 0.80199835
00:30:52.550 --> 00:30:55.420 This is sort of a change in.
NOTE Confidence: 0.80199835
00:30:55.420 --> 00:30:55.812 Of.
NOTE Confidence: 0.80199835
00:30:55.812 --> 00:30:58.556 I literally understand now the verse of
NOTE Confidence: 0.80199835
00:30:58.556 --> 00:31:01.129 standing on the shoulders of giants.
NOTE Confidence: 0.80199835

00:31:01.130 --> 00:31:01.960 You know,
NOTE Confidence: 0.80199835
00:31:01.960 --> 00:31:04.865 because when you get to meet giants?
NOTE Confidence: 0.80199835
00:31:04.870 --> 00:31:06.844 And recognize it you understand we are
NOTE Confidence: 0.80199835
00:31:06.844 --> 00:31:09.458 all of us are really on your shoulders.
NOTE Confidence: 0.80199835
00:31:09.460 --> 00:31:10.120 So thank you,
NOTE Confidence: 0.80199835
00:31:10.120 --> 00:31:10.340 mayor.
NOTE Confidence: 0.75128119
00:31:11.890 --> 00:31:16.730 So I see that Jill Lavine so Gil
NOTE Confidence: 0.75128119
00:31:16.730 --> 00:31:21.502 was the Dean of of a dental school
NOTE Confidence: 0.75128119
00:31:21.502 --> 00:31:23.767 in Montreal University Of Montreal.
NOTE Confidence: 0.75128119
00:31:23.770 --> 00:31:27.680 So digital. Through here mirror
NOTE Confidence: 0.744418314
00:31:27.680 --> 00:31:29.237 I have. I hope, now that
NOTE Confidence: 0.744418314
00:31:29.237 --> 00:31:30.398 two challenging question,
NOTE Confidence: 0.744418314
00:31:30.400 --> 00:31:32.488 but with all your background experience and
NOTE Confidence: 0.744418314
00:31:32.488 --> 00:31:35.080 the vision you always add in the future,
NOTE Confidence: 0.744418314
00:31:35.080 --> 00:31:37.325 what is the biggest challenge for
NOTE Confidence: 0.744418314
00:31:37.325 --> 00:31:39.540 our student for our young doctor?

NOTE Confidence: 0.744418314

00:31:39.540 --> 00:31:42.480 Young dentist in Sleep Medicine?

NOTE Confidence: 0.744418314

00:31:42.480 --> 00:31:45.294 Do you see something which should

NOTE Confidence: 0.744418314

00:31:45.294 --> 00:31:49.009 work to as a group to improve?

NOTE Confidence: 0.744418314

00:31:49.010 --> 00:31:50.249 Challenge the defeat.

NOTE Confidence: 0.898900173333333

00:31:50.920 --> 00:31:54.556 Yeah, I think the major challenge

NOTE Confidence: 0.898900173333333

00:31:54.560 --> 00:31:57.320 for the field going forward

NOTE Confidence: 0.898900173333333

00:31:57.320 --> 00:31:58.880 that there are two challenges.

NOTE Confidence: 0.898900173333333

00:31:58.880 --> 00:32:02.345 One of the challenges is really access.

NOTE Confidence: 0.898900173333333

00:32:02.350 --> 00:32:05.798 There there is so much inequity in

NOTE Confidence: 0.898900173333333

00:32:05.798 --> 00:32:09.182 in medicine still that only certain

NOTE Confidence: 0.898900173333333

00:32:09.182 --> 00:32:12.665 you know that there are so many

NOTE Confidence: 0.898900173333333

00:32:12.665 --> 00:32:14.549 disadvantaged people who never

NOTE Confidence: 0.898900173333333

00:32:14.549 --> 00:32:17.549 have their sleep problem diagnosed

NOTE Confidence: 0.898900173333333

00:32:17.549 --> 00:32:19.989 properly and treated properly.

NOTE Confidence: 0.898900173333333

00:32:19.990 --> 00:32:23.500 So access is a huge huge issue and the

NOTE Confidence: 0.898900173333333

00:32:23.500 --> 00:32:27.354 other thing that I think is going to become.

NOTE Confidence: 0.898900173333333

00:32:27.360 --> 00:32:29.635 Very big in the future is combining

NOTE Confidence: 0.898900173333333

00:32:29.635 --> 00:32:32.000 some of the newer technologies,

NOTE Confidence: 0.898900173333333

00:32:32.000 --> 00:32:34.155 maybe genetic testing and and

NOTE Confidence: 0.898900173333333

00:32:34.155 --> 00:32:37.696 and so forth in in, in the in,

NOTE Confidence: 0.898900173333333

00:32:37.696 --> 00:32:40.930 in the management of patients with sleep

NOTE Confidence: 0.898900173333333

00:32:41.030 --> 00:32:44.656 disorders and and in terms of dentistry.

NOTE Confidence: 0.898900173333333

00:32:44.660 --> 00:32:48.258 I think whenever someone sees a patient

NOTE Confidence: 0.898900173333333

00:32:48.258 --> 00:32:52.809 in the clinic you got to ask them about

NOTE Confidence: 0.898900173333333

00:32:52.809 --> 00:32:55.516 their children because of very large

NOTE Confidence: 0.898900173333333

00:32:55.516 --> 00:32:58.510 percentage of the patients that we see.

NOTE Confidence: 0.898900173333333

00:32:58.510 --> 00:32:59.560 With sleep apnea,

NOTE Confidence: 0.898900173333333

00:32:59.560 --> 00:33:02.661 who are like 50 years old will have a

NOTE Confidence: 0.898900173333333

00:33:02.661 --> 00:33:05.388 child who's like 10 or 11 and if that

NOTE Confidence: 0.898900173333333

00:33:05.388 --> 00:33:08.006 child snores or has a sleep problem,

NOTE Confidence: 0.898900173333333

00:33:08.010 --> 00:33:10.453 they need to be treated in order

NOTE Confidence: 0.898900173333333

00:33:10.453 --> 00:33:12.472 to avoid them developing the

NOTE Confidence: 0.898900173333333

00:33:12.472 --> 00:33:15.148 sleep disorder later on in life.

NOTE Confidence: 0.898900173333333

00:33:15.150 --> 00:33:17.348 So I think those are some of

NOTE Confidence: 0.898900173333333

00:33:17.348 --> 00:33:18.290 the big challenges.

NOTE Confidence: 0.733762698428571

00:33:19.280 --> 00:33:20.630 Mercy vocal, thank you very

NOTE Confidence: 0.733762698428571

00:33:20.630 --> 00:33:22.690 much ma'am. You're welcome.

NOTE Confidence: 0.6073881675

00:33:25.290 --> 00:33:27.010 Anyone asking any comments?

NOTE Confidence: 0.8122052

00:33:27.970 --> 00:33:29.918 So Adrian from London

NOTE Confidence: 0.34947787

00:33:30.230 --> 00:33:35.272 yes, mayor again like everyone's sentiment.

NOTE Confidence: 0.34947787

00:33:35.272 --> 00:33:38.218 How absolutely wonderful.

NOTE Confidence: 0.34947787

00:33:38.220 --> 00:33:40.920 I guess some of us of a similar age would

NOTE Confidence: 0.34947787

00:33:40.920 --> 00:33:43.875 been through similar things, but uh,

NOTE Confidence: 0.34947787

00:33:43.875 --> 00:33:46.166 can't put them together quite so eloquently.

NOTE Confidence: 0.34947787

00:33:46.166 --> 00:33:49.310 But then you graced us in London

NOTE Confidence: 0.34947787

00:33:49.310 --> 00:33:52.120 with your time and the sabbatical,

NOTE Confidence: 0.34947787

00:33:52.120 --> 00:33:54.220 but a small center called
NOTE Confidence: 0.34947787

00:33:54.220 --> 00:33:55.980 guys and Saint Thomas.
NOTE Confidence: 0.34947787

00:33:55.980 --> 00:33:58.998 So do you think there's stuff that
NOTE Confidence: 0.34947787

00:33:58.998 --> 00:34:01.838 can be done in other places that would
NOTE Confidence: 0.34947787

00:34:01.840 --> 00:34:04.928 help this journey to understand sleep
NOTE Confidence: 0.76675605375

00:34:05.580 --> 00:34:08.628 well? Who knows that maybe I'll return to.
NOTE Confidence: 0.76675605375

00:34:08.630 --> 00:34:11.402 To to? I mean, you're being very
NOTE Confidence: 0.76675605375

00:34:11.402 --> 00:34:14.108 modest guys in the Saint Thomas,
NOTE Confidence: 0.76675605375

00:34:14.110 --> 00:34:15.870 I think together are like,
NOTE Confidence: 0.76675605375

00:34:15.870 --> 00:34:17.920 aren't they like the biggest
NOTE Confidence: 0.76675605375

00:34:17.920 --> 00:34:19.560 Medical Center in Europe?
NOTE Confidence: 0.76675605375

00:34:19.560 --> 00:34:21.420 And sleep center your ideas.
NOTE Confidence: 0.76675605375

00:34:21.420 --> 00:34:25.229 OK, so you're you're overly modest and
NOTE Confidence: 0.76675605375

00:34:25.229 --> 00:34:28.820 the sleep clinic in London was wonderful.
NOTE Confidence: 0.76675605375

00:34:28.820 --> 00:34:31.732 The staff was was just wonderful and the
NOTE Confidence: 0.76675605375

00:34:31.732 --> 00:34:34.260 research going on there was was terrific.

NOTE Confidence: 0.76675605375

00:34:34.260 --> 00:34:37.077 And you know, maybe one day I'll go back

NOTE Confidence: 0.76675605375

00:34:37.077 --> 00:34:39.807 and and hang out with you guys again.

NOTE Confidence: 0.76675605375

00:34:39.810 --> 00:34:40.560 We'll look forward

NOTE Confidence: 0.841246085

00:34:40.570 --> 00:34:41.650 to that. Thank you mayor again,

NOTE Confidence: 0.841246085

00:34:41.650 --> 00:34:44.110 and wonderful lovely thank you.

NOTE Confidence: 0.933686765714286

00:34:45.380 --> 00:34:47.200 Thank you everyone so much for coming.

NOTE Confidence: 0.933686765714286

00:34:47.200 --> 00:34:48.800 I think mayor this has

NOTE Confidence: 0.933686765714286

00:34:48.800 --> 00:34:49.760 been absolutely wonderful.

NOTE Confidence: 0.933686765714286

00:34:49.760 --> 00:34:53.060 I appreciate everyone for attending

NOTE Confidence: 0.933686765714286

00:34:53.060 --> 00:34:54.430 and all of your comments.

NOTE Confidence: 0.933686765714286

00:34:54.430 --> 00:34:56.242 Hopefully we can save the chat

NOTE Confidence: 0.933686765714286

00:34:56.242 --> 00:34:58.240 so that way you can see it.

NOTE Confidence: 0.933686765714286

00:34:58.240 --> 00:34:59.156 Thank you everyone mayor.

NOTE Confidence: 0.933686765714286

00:34:59.156 --> 00:35:01.030 Thank you so much for sharing your story.

NOTE Confidence: 0.933686765714286

00:35:01.520 --> 00:35:03.220 Thank you.

NOTE Confidence: 0.933686765714286

00:35:03.220 --> 00:35:04.480 Have a wonderful day everyone.