**31st Annual Selected Topics in Internal Medicine**  
**January 28 - February 1, 2019**

**Course Directors:**  
John B. Bundrick, M.D.  
Karen F. Mauck, M.D., M.Sc.

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**SUNDAY, January 27, 2019**

**Optional PRE-COURSE SESSIONS – (Additional Fees apply)**

**Pre-Course Option 1: Perioperative Medicine**  
M. Caroline Burton, M.D., Paul R. Daniels, M.D., David R. Danielson, M.D., and Karna K. Sundsted, M.D.  
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<tr>
<td>7:00 a.m.</td>
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<td>9:00 a.m.</td>
<td>Break</td>
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<td>Session Continues</td>
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**Pre-Course Option 2: Communication for Clinicians: What You Really Need to Know**  
Elise C. Carey, M.D., Molly A. Feely, M.D., Rachel D. Havyer, M.D., and Kristin S. Vickers, Ph.D., L.P.  
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<tr>
<td>12:00 p.m.</td>
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**ABIM SEP Module 1**  
2018 - 2019 Update in Internal Medicine  
Nerissa M. Collins, M.D., Brian M. Dougan, M.D., and Nina M. Schwenk, M.D.  
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**ABIM SEP Module 2**  
2018 - 2019 Update in Hospital Medicine  
Thomas J. Beckman, M.D., William C. Mundell, M.D., and Dennis W. Regan, M.D.  
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**ABFM Knowledge Self-Assessment Module**  
Care of the Vulnerable Elderly  
Elizabeth W. Cozine, M.D. and Kyle M. McKenzie, M.D.  
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MONDAY, January 28, 2019

6:00 a.m.  Registration and Continental Breakfast

7:00 a.m.  Welcome and Course Overview  
Karen F. Mauck, M.D., M.Sc.  
John B. Bundrick, M.D.

7:15 a.m.  Hot Topics in Infectious Diseases 2019  
Pritish K. Tosh, M.D.  
- What updated vaccine information do I need to know about?  
- Which patients are candidates for pre-exposure HIV prophylaxis?  
- Which patients on immunosuppressive agents warrant prophylaxis for secondary infection?

7:45 a.m.  Optimizing Outpatient Management of CHF  
Paul M. McKie, M.D.  
- In patients with systolic dysfunction, which medication should be maximized first, ACE-I or B-Blocker and how quickly should they be titrated?  
- When should nephrilysin inhibitors and/or spironolactone be added?  
- What are key management strategies for patients with heart failure with preserved EF?

8:30 a.m.  Keeping the Baby Boomer Buff: Activity as We Age  
Edward R. Laskowski, M.D.  
- What physiologic changes occur with normal aging and how can exercise mitigate these effects?  
- What are the Physical Activity Guidelines for Americans?  
- What are the components of a comprehensive fitness program, including aerobic, strength, flexibility, and stability exercise?

9:00 a.m.  Clinical Pearls in Men’s Health  
Tobias S. Kohler, M.D., M.P.H.  
What are some under-appreciated and clinically useful tips on diagnosis and management of:  
- Erectile dysfunction  
- Low testosterone  
- BPH

9:45 a.m.  Question & Answer Session

10:00 a.m.  Refreshment Break

10:15 a.m.  Symptom Management in Palliative Care  
Jacob J. Strand, M.D.  
- What is the most effective management of the following symptoms at the end of life?  
  - Nausea/Vomiting  
  - Dyspnea  
  - Constipation

10:45 a.m.  A Practical Approach to Dyspepsia and Functional Bowel Symptoms  
Madhusudan (Madhu) Grover, M.B.B.S.  
- After a negative evaluation for ulcer and malignancy, which patients with dyspepsia benefit from additional testing?  
- In patients with functional dyspepsia, what treatments are most effective?  
- What are some pearls for assessment and management of irritable bowel syndrome?
11:15 a.m.  Symptomatic Management of Neuropathic Pain  
James C. Watson, M.D.  
• How do I select among the first line adjuvants for treating neuropathic pain?  
• What are some strategies to mitigate first line adjuvant failures?  
• What focal treatment options are effective?  

11:45 a.m.  Practical Tips for Managing the Poorly Controlled Diabetic  
Vinaya Simha, M.B.B.S., M.D.  
• What are some strategies to maximize the use of metformin?  
• When cost considerations are paramount, what are the most reasonable insulin regimens to use?  
• For patients who refuse to check blood sugars and adjust insulin, which regimen is most appropriate and what HbA1c is a reasonable goal?  

12:15 p.m.  Question & Answer Session  
12:30 p.m.  Adjourn  

TUESDAY, January 29, 2019  

6:00 a.m.  Breakfast Roundtable Discussion with the Professor  

7:00 a.m.  Management of Chronic Coronary Artery Disease  
Michael W. Cullen, M.D.  
• How long should dual antiplatelet therapy be continued after acute coronary syndromes and percutaneous interventions?  
• Which patients (if any) need repeat stress testing if they remain asymptomatic?  
• How should patients with a mildly positive stress test be managed?  

7:30 a.m.  ADHD in Adults: Diagnosis and Management  
William B. Leasure, M.D.  
• How do I distinguish adult-onset ADHD from overlapping similar conditions?  
• How often are non-pharmacologic approaches successful in treatment?  
• If pharmacologic treatment is indicated, what are the best options?  
• When, if ever, can pharmacologic treatment be stopped?  

8:00 a.m.  Cases in Contraception: Navigating the Options  
Emily L. Leasure, M.D.  
• What contraceptive choice should I recommend in patients who have had bariatric surgery?  
• How can contraceptives help patients with hormonal migraines?  
• What are the contraceptive considerations for women at high risk for breast cancer?  
• What is the most effective emergency contraception in women with a BMI > 30?  

8:30 a.m.  Common Side Effects of New Biologic Therapies for Cancer  
Uma Thanarajasingam, M.D., Ph.D.  
• What are the most common side effects of the different biological therapies used for cancer treatment?  

9:00 a.m.  Question & Answer Session  
9:15 a.m.  Refreshment Break  
9:30 a.m.  Beyond OSA: A Practical Approach to the Sleepy Patient  
Michael H. Silber, M.B., Ch.B.  
• What are the common causes of hypersomnolence, beyond OSA?  
• What clinical features indicate a diagnosis of narcolepsy and how is this diagnosed and treated?  
• How should a patient without a specific etiology of hypersomnolence be managed?
10:00 a.m. Evaluation and Management of Urinary Incontinence  
Aqsa A. Khan, M.D.  
- Which patients with incontinence need urodynamic testing?  
- Which medical management options are most efficacious with the least amount of side effects?  
- Which surgical and non-surgical options are available for those who fail conservative and pharmacologic management?

10:30 a.m. Question & Answer Session

10:45 a.m. Move to Concurrent Sessions/ Workshops

11:00 a.m. Concurrent Sessions/ Workshops  
Option #1: Lost in Translation: Clinical Pearls for Engaging Patients from Another Culture  
Onelis Quirindongo-Cedeno, M.D. and Jane W. Njeru, M.B., Ch.B.

Option #2: Cases in Cognitive Impairment and Dementia Management  
David S. Knopman, M.D. and Gabrielle J. Melin, M.D., M.S.

Option #3: Strategies to Improve Health Care Delivery to LGBT Patients  
John M. Knudsen, M.D. and Denise M. Dupras, M.D., Ph.D.

Option #4: Surviving Burnout: Solutions for Clinicians and the Systems They Work In  
Colin P. West, M.D., Ph.D. and Larissa Thomas, M.D., M.P.H.

Option #5: Dermoscopy Skills for the Generalist  
David L. Swanson, M.D. and William J. Ward, M.D.

Option #6: Hospital Medicine Update  
Deanne T. Kashiwagi, M.D. and A. Scott Keller, M.D.

Option #7: Interpretation of Chest Imaging and PFTs  
Eric S. Edell, M.D. and Darlene R. Nelson, M.D.

Option #8: Physical Examination of the Neck and Shoulder With Clinical Correlates: Live Demonstration  
Edward R. Laskowski, M.D.

Option #9: A Practical Approach to the Chronically Dizzy Patient  
Scott D. Eggers, M.D. and Jeffrey P. Staab, M.D.

12:15 p.m. Adjourn

WEDNESDAY, January 30, 2019

6:00 a.m. Breakfast Roundtable Discussion with the Professor

7:00 a.m. Improving Outcomes in Patients with Non-Alcoholic Steatohepatitis (NASH)  
William Sanchez, M.D.  
- Which patients with NASH require further evaluation for fibrosis?  
- What are the most effective lifestyle interventions for patients with NASH?  
- When is medication indicated and which medications are of most benefit?

7:30 a.m. Dermatologic Symptoms without Clinical Findings  
Rochelle R. Torgerson, M.D., Ph.D.  
- What is the best approach to diagnosis and management of:  
  o Pruritis without a rash  
  o Burning mouth syndrome  
  o Vulvodynia
8:00 a.m.  Primary Care for the Transplant Patient
Carrie A. Schinstock, M.D.
• What does the primary care physician need to know about
  o Medication management
  o Perioperative care
  o Preventive services (cancer surveillance, vaccines, etc)

8:30 a.m.  Lung Cancer Screening and Pulmonary Nodules
Craig E. Daniels, M.D.
• What important updates do I need to know about lung cancer screening and follow up of nodules?
• What are key recommendations from the 2017 update of the Fleischner Society guideline?

9:00 a.m.  Question & Answer Session

9:15 a.m.  Refreshment Break

9:30 a.m.  Hypertension: Practical Application of Divergent Guideline Recommendations
Gary L. Schwartz, M.D.
• Which patients need more aggressive control of blood pressure, and which need less?

10:00 a.m.  Myth Busting Diagnoses from Dr. Google
Ravindra Ganesh, M.B.B.S., M.D.
• How do I effectively communicate to patients who present with concerns about:
  o MHTFR
  o Chronic Lyme
  o Ehlers Danlos
  o Adrenal Fatigue

10:45 a.m.  Medical Quiz Show
Jason A. Post, M.D. and Mark L. Wieland, M.D.

11:45 a.m.  Adjourn

THURSDAY, January 31, 2019

6:00 a.m.  Breakfast Roundtable Discussion with the Professor

7:00 a.m.  Parkinson Disease: More than Just a Movement Disorder
Jeremy K. Cutsforth-Gregory, M.D.
• In patients with underlying Parkinson’s disease, how do I identify when new symptoms are related to
  the Parkinson’s (or its treatment) and not to another etiology?
• How are common Parkinson’s related symptoms best managed?

7:30 a.m.  Sexuality in the Older Woman
Carol L. Kuhle, D.O., M.P.H.
• What is a good approach to evaluating the older female with decreased sexual functioning?
• Which treatment options are most beneficial?

8:00 a.m.  Alcohol Withdrawal: Assessment and Treatment Strategies
John T. Ratelle, M.D.
• Which hospitalized patients are at risk for alcohol withdrawal syndrome (AWS)?
• What are the major stages of AWS and their general onset and time courses?
• Which patients with AWS are appropriate for symptom-triggered therapy (i.e. CIWA)?
• What is the role of non-benzodiazepine therapy for AWS?
In which patients is it acceptable to use albuterol prn?
• What is the comparative efficacy of a LABA verses a LAMA?
• Can you provide a simplified approach of how you treat your COPD patients?
• For patients concerned about medication cost, which inhalers are most affordable?

9:00 a.m. Question & Answer Session

9:15 a.m. Refreshment Break

9:30 a.m. Medical Cannabis: Weeding Through the Options
Jon O. Ebbert, M.D.
• What is the data for using medical marijuana/cannabis to treat pain and other symptoms of serious illness?
• What are the potential risks and benefits to participating in medicinal marijuana prescribing and/or certifying with selected patients?
• What do I tell patients who are interested in hemp or CBD oils?

10:00 a.m. A Practical Approach to Evaluating the Patient with Lymphadenopathy
Carrie A. Thompson, M.D.
• What is the differential diagnosis of enlarged lymph nodes?
• What is a stepwise approach to the evaluation of lymphadenopathy?
• What is the appropriate type and timing of lymph node biopsy?

10:30 a.m. Question & Answer Session

10:45 a.m. Move to Concurrent Sessions

11:00 a.m. Concurrent Sessions/Workshops
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12:15 p.m. Adjourn
6:00 a.m. Breakfast Roundtable Discussion with the Professor

7:00 a.m. Engaging with Challenging Patients and Families
Christopher D. Sletten, Ph.D., L.P.
- What are the different ways that make a patient challenging?
- Are there specific strategies that are more successful in certain types of challenging patients?
- What pitfalls should be avoided?

7:45 a.m. Fibromyalgia: Finding Your Way Through the Fog
Jeffrey M. Thompson, M.D.
- What are the diagnostic criteria for fibromyalgia?
- What is the role of central sensitization in the etiology of widespread muscle pain
- How are patients with fibromyalgia best managed?

8:15 a.m. Bacteria That Infect the Gut: Highlights From Recent Guideline Updates
Sahil Khanna, M.B.B.S.
- Practice Guidelines for the Diagnosis and Management of Infectious Diarrhea (IDSA)
- ACG Clinical Guideline: Treatment of H-Pylori
- Clinical Practice Guidelines for Clostridium difficile Infection (IDSA)

8:45 a.m. Suspected Diagnosis of Cancer: Next Steps
Andrea E. Wahner-Hendrickson, M.D.
- What can the clinician do for the patient while waiting for their oncology appointment.

9:15 a.m. Question & Answer Session

9:30 a.m. Refreshment Break with the Professor

10:00 a.m. Cases from the Travel Medicine Clinic
Abinash Virk, M.D.
What does the primary care physician need to know about:
- New updates
- Fever in the returning traveler
- Traveler’s diarrhea

10:45 a.m. A Simplified Approach to Prescribing Oxygen
Clayton T. Cowl, M.D., M.S.
- What is the best strategy for preventing my Oxygen prescription from “bouncing back”?
- How do I navigate the multiple options available?
- How do I assess a patient’s need for oxygen with air travel and what documentation does the patient need?

11:15 a.m. Question & Answer Session

11:30 a.m. Adjourn

Mahalo!