**32nd Annual Selected Topics in Internal Medicine**  
**January 27-31, 2020**

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

**SUNDAY, January 26, 2020**

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

<table>
<thead>
<tr>
<th><strong>Pre-Course: Perioperative Medicine</strong></th>
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<tr>
<td><em>Dennis (Mike) M. Bierle, M.D., Paul R. Daniels, M.D., Karna K. Sundsted, M.D., and Brandon J. Yuan, M.D.</em></td>
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<td>7:00 a.m.</td>
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<tr>
<th><strong>ABFM Knowledge Self-Assessment Module: Women’s Health</strong></th>
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<td><em>Elizabeth W. Cozine, M.D. and Margaret L. Dow, M.D.</em></td>
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<th><strong>ABIM SEP Module 1</strong></th>
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<td><strong>2019 - 2020 Update in Internal Medicine</strong></td>
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<td><em>Carl A. Andersen, M.D., Nina M. Schwenk, M.D., and Majken T. Wingo, M.D.</em></td>
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<td><strong>2019 - 2020 Update in Hospital Medicine</strong></td>
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MONDAY, January 27, 2020

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 2020
Pritish K. Tosh, M.D.
- Influenza
- Adult Vaccines
- Measles

7:45 a.m. Update in Osteoarthritis
Uma Thanarajasingam, M.D., Ph.D.
- How effective are the nonpharmacologic options for treatment?
- What pharmacologic options are most effective?
- What emerging therapies are being trialed for osteoarthritis treatment?
- How do the new guidelines change practice recommendations?

8:30 a.m. In Flight Emergencies
Dennis W. Regan, M.D.
- What are the most common conditions encountered when physicians are called upon to help?
- What is available in the emergency kit?
- What are the legal risks?

9:00 a.m. Update in Preventive Cardiology
Michael W. Cullen, M.D.
- What are the important practice changing recommendations in the new lipid guidelines?
- Should I stop recommending ASA for primary prevention?
- Which patients benefit most from a CT coronary calcium score?

9:45 a.m. Question & Answer Session

10:00 a.m. Refreshment Break

10:15 a.m. Vaping and E-Cigarettes and Their Role in Smoking Cessation
J. Taylor Hays, M.D.
- What are the current trends in e-cigarette epidemiology?
- What are the health concerns stemming from e-cigarette use?
- What is the evidence for and against the use of e-cigarettes as an aid to smoking cessation?

10:45 a.m. Diagnosing and Treating (Non-Parkinsonian) Tremors
Jeremy K. Cutforth-Gregory, M.D.
- How do I clinically distinguish the common types of tremors?
- What are the most effective treatments for non-parkinsonian tremors?
- Which patients benefit from use of an implanted device to treat tremors?
11:15 a.m.  Cervical Cancer Screening: Common Clinical Questions
Margaret L. Dow, M.D.
• How do I manage common findings such as scant cellularity, endometrial cells, inflammation, etc.
• Which patients are high risk and need more frequent screening?
• When is HPV testing alone a reasonable option?
• Which patients need anal cytology and how is it done?

11:45 a.m.  Abnormal Gait: Causes and Solutions
Jeffrey M. Thompson, M.D.
• What are common gait abnormalities and how do I recognize them?
• How do I determine which gait aid is most appropriate for my patient?

12:15 p.m.  Question & Answer Session

12:30 p.m.  Adjourn

TUESDAY, January 28, 2020

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

7:00 a.m.  Management of Osteopenia: Who Needs Pharmacologic Treatment?
Robert A. Wermers, M.D.
• Which patients with osteopenia need evaluation for secondary causes?
• What is the appropriate interval for follow-up BMD in patients with varying degrees of osteopenia?
• What is the role of supplemental calcium in current management of osteopenia?
• Which patients with osteopenia warrant pharmacologic treatment?

7:30 a.m.  Demystifying Dysproteinemia
Rahma Warsame, M.D.
• How should a monoclonal protein be followed?
• How should an abnormal kappa to lambda ratio be interpreted in the absence of a monoclonal protein?
• In which clinical scenarios should a diagnosis of amyloidosis be suspected and what testing is recommended?

8:00 a.m.  Old Myths Die Hard: Things We Do For No Reason
David Hilden, M.D.
• What is high-value care and how can it be identified?
• What is the role of echocardiography in evaluation of syncope?
• Should anti-psychotic medications be prescribed for delirium?
• What is the role of docusate in preventing and treating constipation?
• What diagnostics are helpful in managing malnutrition?

8:30 a.m.  Atrial Fibrillation 2020: Management Highlights From Recent Guidelines
Christopher J. McLeod, M.B., Ch.B., Ph.D.
• Which patients with atrial fibrillation need anticoagulation?
• For which patients is warfarin still the preferred form of anticoagulation?
• What types of transient paroxysmal atrial fibrillation may not need long term anticoagulation?
• Is there any role for aspirin in patients who are not candidates for anticoagulation?
• Which patients need to be referred for consideration of electrophysiologic intervention?
9:00 a.m.  Question & Answer Session

9:15 a.m.  Refreshment Break

9:30 a.m.  Care of the Patient with Advanced CKD  
Suzanne M. Norby, M.D.
- What measures are effective in slowing progression of CKD?
- What are key strategies for managing complications in patients with CKD?
- In what situations would referral to a nephrologist be indicated for Stage 3 CKD?

10:00 a.m.  Cases Abnormal Uterine Bleeding—A Generalist’s Perspective  
Hannah C. Nordhues, M.D.
- Review definitions and common terminology for Abnormal Uterine Bleeding (AUB)
- Distinguish approaches to post-menopausal and pre-menopausal AUB
- Consider a differential of structural and nonstructural causes
- Identify common risk factors for neoplasm and indications for biopsy

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: Cases in Diabetes  
Vinaya Simha, M.B.B.S., M.D.

Option #2: Hospital Medicine Update  
Deanne T. Kashiwagi, M.D. and A. Scott Keller, M.D.

Option #3: Managing Microaggressions in Medicine: How to be an Upstander, Not a Bystander  
Anjali Bhagra, M.D. and Colin P. West, M.D., Ph.D.

Option #4: Telehealth: Broad Spectrum Applications  
Christopher S. Russi, D.O. and James (Jamie) S. Newman, M.D., M.H.A.

Option #5: It Never Gets Too Old: Caring for the Older Patient  
Christina Chen, M.D. and Brandon P. Verdoorn, M.D.

Option #6: Presentation Skills for Physicians: Making Your Next Presentation Go Better than Your Last  
Scott C. Litin, M.D.

Option #7: Responding to Challenging Patients: Strategies for Interacting with Angry, Ruminative, Frustrated and Demanding Patients  
Brian Palmer, M.D., M.P.H. and Sheila K. Stevens, M.S.W.

Option #8: Medical Cannabis and CBD: Common Questions Answered  
Charles P. Reznikoff, M.D. and Jacob J. Strand, M.D.

12:15 p.m.  Adjourn

WEDNESDAY, January 29, 2020

6:00 a.m.  Breakfast Roundtable Discussion with the Professor
7:00 a.m.    FDA Drug Update 2020 for the Generalist
Christopher M. Wittich, M.D., Pharm. D.
• Review novel drug approvals relevant to general practice
• State new and upcoming new generic approvals
• Describe updated drug safety warnings

7:30 a.m.    Anorectal Disorders for the Generalist
Stephanie L. Hansel, M.D., M.S.
• Fecal Incontinence
• Anal Fissures
• Pelvic Floor Dysfunction

8:00 a.m.    Gout: Management Pearls
Lynne S. Peterson, M.D.
• Which medication is preferred for acute management of gout?
• When do patients with gout need allopurinol therapy, and what is the appropriate target for allopurinol dosing?
• During the initial treatment with allopurinol, is daily prophylactic treatment indicated?
• When is it appropriate to perform Dual Energy CT Imaging?

8:30 a.m.    Practical Tips in the Management of Heart Failure with Reduced Ejection Fraction
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 nephriylsin inhibitors and/or spironolactone be added?
• When the systolic function improves, how long does treatment need to be continued and what can be stopped?

9:00 a.m.    Question & Answer Session

9:15 a.m.    Refreshment Break

9:30 a.m.    Care of the Refugee and Recent Immigrant: Practical Tips
Jill M. Huber, M.D.
• What are the differences in baseline health screenings for patients with refugee vs immigrant status?
• What resources are there for adult immunization catch up?
• What are the common communicable illnesses I need to be aware of?

10:00 a.m.   Artificial Intelligence: How Will It Change the Practice of Medicine?
Rajeev Chaudhry, M.B.B.S., M.P.H. and Rachel D. Havyer, M.D.

10:30 a.m.   Question & Answer Session

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 30, 2020

6:00 a.m.    Breakfast Roundtable Discussion with the Professor
7:00 a.m.  LGBTIQ Healthcare: Key Principles for Primary Care
Denise M. Dupras, M.D., Ph.D., Pharm.D. and Brandon M. Huffman, M.D.
• What language do I need to be familiar with when caring for patients in the LGBTIQ community?
• How do I ensure the health care environment is welcoming and safe for patients who identify as LGBTIQ?
• What are the important primary care and health care screening needs of LGBTIQ patients?

7:30 a.m.  Management of Menopausal Symptoms
Julia A. Files, M.D.
• Who are appropriate candidates for the use of HT, incorporating the latest scientific evidence?
• What are the differences between various formulations and routes of administration of HT?
• What nonhormonal options are effective for menopausal symptoms?

8:00 a.m.  Secondary Pulmonary Hypertension in Primary Care
Hilary M. DuBrock, M.D.
• When should secondary pulmonary hypertension be suspected in a patient who has a potential underlying condition?
• What is a cost effective strategy for evaluating patients with secondary pulmonary hypertension?
• Which patients with elevated RVSP on echo do not require further evaluation or specific management?

8:30 a.m.  Updates in Venous Thromboembolism
Matthew A. Bartlett, M.B., B.Ch., B.A.O.
• DOAC in Cancer
• Extended Prophylaxis
• DOACs in HIT
• When do I use a reversal agent?

9:00 a.m.  Question & Answer Session

9:15 a.m.  Refreshment Break

9:30 a.m.  Transcutaneous Aortic Valve Replacement: Tips for the Generalist
Mackram F. Eleid, M.D.
• Which patients are ideal for TAVR and which are better served by surgical aortic valve replacement?
• What are the major complications of TAVR?
• How soon after TAVR can a patient safely undergo a non-cardiac surgical procedure?
• What issues are important to monitor in patient follow up?

10:00 a.m.  Pharmacogenomics: Cases from the Clinic
Denise M. Dupras, M.D., Ph.D., Pharm D. and Dennis (Mike) M. Bierle, M.D.
• What are some common, practical clinical scenarios when pharmacogenomics testing would be useful?
• How do I use the information from pharmacogenomics testing that my patients bring to me to review?

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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Option #8: Medical Cannabis and CBD: Common Questions Answered
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12:15 p.m. Adjourn

FRIDAY, January 31, 2020

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

7:00 a.m. Clinical Pearls in Pulmonary Medicine
Megan M. Dulovery Scrodin, M.D.

7:45 a.m. Cardiac Disease in the Cancer Survivor: What the Generalist Needs to Know
Hector R. Villarraga, M.D.
- Which cancer survivors are at increased risk of cardiac disease from cancer therapy?
- What is the appropriate monitoring in these patients at risk?

8:15 a.m. Beyond Metformin: Guidance on Choosing a Second Line Agent for Diabetes
M. Regina Castro, M.D.
- What are some strategies to maximize the use of metformin before adding a second line agent?
- When would an SGLT2 inhibitor be preferred over other options?
- When would a GLP-1 receptor agonist be preferred over other options?
- In a model of shared decision making, how do we decide among the remaining options?
8:45 a.m. The PSA is Elevated, Now What?
Lance A. Mynderse, M.D.
- What is the role of free and total PSA?
- How is imaging used to help decide on indication for biopsy?
- For those with a negative MRI or biopsy result, what is the recommended follow up?
- For those with positive biopsy, who are the best candidates for active surveillance vs prostatectomy?

9:15 a.m. Question & Answer Session

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

10:00 a.m. Update in Outpatient Internal Medicine
Jason H. Szostek, M.D.

10:45 a.m. Managing Migraine: Tips for the Clinician
Narayan R. Kissoon, M.D.
- What are the most effective treatment options for hormonally triggered migraines?
- What is the role of nonpharmacologic therapies for chronic migraine?
- In which patients would a CGRP antagonist be appropriate?

11:15 a.m. Question & Answer Session

11:30 a.m. Adjourn

Mahalo!

Select presentations will contain pharmacology content as noted in the program. Identified presentations represent the hours of pharmacology content as indicated below:

Pre-Course:
- Perioperative Medicine – 4.0
- ABFM Knowledge Self-Assessment Module: Women’s Health – 4.0
- ABIM SEP Module 1: 2019 - 2020 Update in Internal Medicine – 2.5
- ABIM SEP Module 2: 2019 - 2020 Update in Hospital Medicine – 2.5

General Session:
Monday – 4.0
Tuesday – 3.75
Wednesday – 4.0
Thursday – 4.25
Friday – 3.5
Total: 19.5