

28th Annual Selected Topics in Internal Medicine
January 24-29, 2016

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

SUNDAY, January 24, 2016

Optional PRE COURSE SESSIONS – Additional Fees apply

Option 1

ABFM SAM Module: Diabetes

John M. Wilkinson, M.D. and Vinaya Simha, MBBS, M.D.

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|------------|-----------------|
| 7:00 a.m. | Module |
| 9:30 a.m. | Break |
| 9:45 a.m. | Continue Module |
| 12:15 p.m. | Adjourn |

Option 2

ABIM SEP Modules

2015 Update in Internal Medicine

Nina M. Schwenk, M.D., Colin P. West, M.D., Ph.D., and Brian M. Dougan, M.D.

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|-----------|---------------|
| 7:00 a.m. | Module Begins |
| 9:30 a.m. | Adjourn |

2015 Update in Hospital Medicine

William C. Mundell, M.D., Dennis W. Regan, M.D., and Thomas J. Beckman, M.D.

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|------------|---------------|
| 9:45 a.m. | Module Begins |
| 12:15 p.m. | Adjourn |

Option 3

Opioid Management for the Non-Pain Physician

Jason S. Eldridge, M.D., W. Michael Hooten, M.D., Joanne L. Martin, J.D., and Richard H. Rho, M.D.

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|-----------|-------------------|
| 1:30 p.m. | Session Begins |
| 3:30 p.m. | Break |
| 3:45 p.m. | Session Continues |
| 5:30 p.m. | Adjourn |

REGULAR PROGRAM SESSIONS

MONDAY, January 25, 2016

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. **Cases in Celiac Disease**

Joseph A. Murray, M.D.

- Which clinical presentations should prompt consideration of celiac disease?
- What are the most efficient strategies for confirming the diagnosis?
- What tips are helpful in managing the newly diagnosed patient, and those with non-responsive disease?

7:45 a.m. Update in Pulmonary Medicine
David E. Midthun, M.D.

8:15 a.m. Gas, Bloat, Belch and Borborygmi: Controlling Emissions**
Conor G. Loftus, M.D.

- Which elements of the history and physical examination are of highest yield in the diagnosis of patients with gas or bloating complaints?
- What dietary changes help patients with gaseous complaints?
- Which patients need additional testing?
- What treatments are effective?

8:45 a.m. Update in Perioperative Medicine
Howard H. Weitz, M.D.

9:15 a.m. Question & Answer Session
Joseph A. Murray, M.D., David E. Midthun, M.D., Conor G. Loftus, M.D., and Howard H. Weitz, M.D.

9:30 a.m. Refreshment BreakBallroom Foyer

9:45 a.m. Understanding the Physiology of Altitude and How It Affects Your Patients
Clayton T. Cowl, M.D.

- How do I prevent and treat altitude sickness?
- How do I prepare my patient for air travel?

10:15 a.m. Navigating Target Specific Anticoagulants (TSOAC)
Paul R. Daniels, M.D.

- What do I tell my patient who wants to switch from warfarin to a TSOAC?
- How do I manage patient on TSOACs who need to undergo an elective procedure?
- How do I reverse these agents urgently?

11:00 a.m. Update in Gastroenterology
Mark V. Larson, M.D.

11:30 a.m. Hair Loss in Women: Tips for the Generalist**
Rochelle R. Torgerson, M.D., Ph.D.

- What are the common causes of hair loss in women?
- Which elements of the history and physical examination are most helpful in distinguish among these causes?
- What treatment is effective?

12:00 p.m. Question & Answer Session
Clayton T. Cowl, M.D., Paul R. Daniels, M.D., Mark V. Larson, M.D., and Rochelle R. Torgerson, M.D., Ph.D.

12:15 p.m. Complete Evaluations/ Adjourn

TUESDAY, January 26, 2016

6:00 a.m. Continental BreakfastBallroom Foyer

6:30 a.m. Breakfast Roundtable Discussion with the Professor (Optional Session)
Joseph A. Murray, M.D. Celiac Disease
David E. Midthun, M.D. Pulmonary
Conor G. Loftus, M.D. Gastroenterology, Gut

Howard H. Weitz, M.D. Perioperative Medicine
 Clayton T. Cowl, M.D. Aerospace Medicine
 Paul R. Daniels, M.D. Anticoagulants
 Mark V. Larson, M.D. Gastroenterology
 Rochelle R. Torgerson, M.D., Ph.D. Hair Loss

7:00 a.m. Prescriptions You Should Never Write

Charles P. Reznikoff, M.D.

- Which prescription drugs should I avoid and why?

7:30 a.m. Common Foot Complaints in the Outpatient Clinic

Martin G. Ellman, D.P.M.

- What are common musculoskeletal foot disorders seen in the clinic and how do I recognize them?
- What evaluation and non-surgical treatment options are recommended?

8:00 a.m. Pleural Effusion: A Clinical Approach to Diagnosis and Management**

Craig E. Daniels, M.D.

- What is the preferred diagnostic strategy in a patient with a pleural effusion?
- What new options are available for patients with chronic recurrent pleural effusion?

8:30 a.m. Update in Infectious Diseases

Aaron J. Tande, M.D.

9:00 a.m. Question & Answer Session

Charles P. Reznikoff, M.D., Martin G. Ellman, D.P.M., Craig E. Daniels, M.D., and Aaron J. Tande, M.D.

9:15 a.m. Refreshment BreakBallroom Foyer

9:30 a.m. Update in General Internal Medicine

Jason H. Szostek, M.D.

10:30 a.m. Move to Concurrent Sessions

10:45 a.m. Concurrent Sessions/Workshops

Option #1 **Cases in Medication Management for Obesity**

Fatima Cody Stanford, M.D., M.P.H.

Option #2 **Demystifying Medical Marijuana: Practical Guidance for the Clinician**

Charles P. Reznikoff, M.D.

Option #3 **Cases in Perioperative Medicine**

Karna K. Sundsted, M.D. and Arya B. Mohabbat, M.D.

Option #4 **Cardiac Murmur Workshop (Limited Attendance)**

Kyle W. Klarich, M.D. and Jeffrey B. Geske, M.D.

Option #5 **Overworked? Developing Resilience Skills**

Anjali Bhagra, MBBS

Option #6 **Cases in Anticoagulation Management**

Scott C. Litin, M.D. and Geno J. Merli, M.D.

Option #7 **Hospital Care of the Elderly Patient: Challenging Clinical Cases**

Donna M. Miller, M.D. and Deanne T. Kashiwagi, M.D.

Option #8 **Cervical Spine and Shoulder Exam: Hands on Workshop**

Susan M. Moeschler, M.D., Edward R. Laskowski, M.D., and Stephen J. Wisniewski, M.D.

Option #9 **Cases in Sleep Medicine**

Michael H. Silber, M.B., Ch.B., and Eric J. Olson, M.D.

Option #10 **Palliative Medicine: Symptom Management**

Molly A. Feely, M.D., Jacob J. Strand, M.D., and Frank (Andy) A. Bock, D.O.

Option #11 **Basic Office Dermatology Procedures: Hands on Workshop (Limited Attendance)**

Christopher J. Arpey, M.D., Nerissa M. Collins, M.D., C. Scott Collins, M.D., and Carilyn N. Wieland, M.D.

12:15 p.m.

Complete Evaluations/ Adjourn

WEDNESDAY, January 27, 2016

6:00 a.m. Continental BreakfastBallroom Foyer

6:30 a.m. Breakfast Roundtable Discussion with the Professor (Optional Session)

Charles P. Reznikoff, M.D. Prescriptions
Martin G. Ellman, D.P.M. Common Foot Complaints
Craig E. Daniels, M.D. Pleural Effusions
Aaron J. Tande, M.D. Infectious Disease
Jason H. Szostek, M.D. General Internal Medicine

7:00 a.m. New Drugs in General Medicine: Where do they fit?

Denise M. Dupras, M.D., Ph.D.

- What new drugs will my patients be asking about?
- How do these new drugs compare to similar drugs that are currently available?

7:30 a.m. Breast Cancer Risk Reduction Strategies: Who Needs Chemoprevention?

Karthik Ghosh, M.D.

- In which women should I consider chemoprevention for breast cancer?
- What are the risks and benefits of the commonly used chemoprevention agents?
- How do I counsel my patient towards an individualized decision about chemoprevention?

8:00 a.m. Type 2 Diabetes: Navigating the Therapeutic Options

Pankaj Shah, M.D.

- What are tips on how to optimize metformin treatment?
- How do you choose a subsequent oral agent when metformin is not adequate?
- When and how do you add or switch to insulin?

8:30 a.m. Update in Geriatrics

Ericka E. Tung, M.D.

9:00 a.m. Question & Answer Session

Denise M. Dupras, M.D., Ph.D., Karthik Ghosh, M.D., Pankaj Shah, M.D., and Ericka E. Tung, M.D.

9:15 a.m. Refreshment BreakBallroom Foyer

9:30 a.m. Obesity: When Lifestyle Interventions Alone are Ineffective

Fatima Cody Stanford, M.D, M.P.H., Maria L. Collazo-Clavell, M.D., and Kurt A. Kennel, M.D.

- Optimizing Medication Management
- Navigating Bariatric Surgical Options
- Followup of the Bariatric Surgery Patient

10:30 a.m. Question and Answer Session

Fatima Cody Stanford, M.D, M.P.H., Maria L. Collazo-Clavell, M.D., and Kurt A. Kennel, M.D.

10:45 a.m. Medical Quiz Show

Jason A. Post, M.D., and Mark L. Wieland, M.D.

THURSDAY, January 28, 2016

6:00 a.m. Continental BreakfastBallroom Foyer

6:30 a.m. Breakfast Roundtable Discussion with the Professor (Optional Session)
Denise M. Dupras, M.D., Ph.D. *New Drugs*
Karthik Ghosh, M.D. *Breast Cancer Risk Reduction*
Pankaj Shah, M.D. *Diabetes*
Ericka E. Tung, M.D. *Geriatrics*
Fatima Cody Stanford, M.D., M.P.H. *Obesity, Medical Treatment*
Maria L. Collazo-Clavell, M.D. *Obesity, Bariatric Surgical Options*
Kurt A. Kennel, M.D. *Obesity, Followup after Bariatric Surgery*

7:00 a.m. Osteoporosis--Missed Opportunities
Ann E. Kearns, M.D., Ph.D.

- Which patients with osteopenia should receive pharmacologic therapy?
- What are commonly missed opportunities to evaluate and treat osteoporosis?
- Which patients need evaluation for secondary causes of osteoporosis?

7:30 a.m. Secondary Pulmonary Hypertension: What the Internist Needs to Know
Karen L. Swanson, D.O.

- In which patients should I consider evaluating for pulmonary hypertension?
- At what RVSP is further evaluation warranted?
- How do I determine the perioperative risk for noncardiac surgery?

8:00 a.m. Lipids 2016
Michael W. Cullen, M.D.

- What are the pros and cons of not using an LDL cholesterol treatment target?
- What is the appropriate use of the 10-year ASCVD risk calculator?
- What is the role of non-statin lipid medications?

8:30 a.m. Managing Common Dermatologic Issues in Primary Care
Dawn Marie R. Davis, M.D.

- What are the most common dermatologic conditions seen in primary care and what management strategies are best for these conditions?

9:00 a.m. Question and Answer Session
Ann E. Kearns, M.D., Ph.D., Karen L. Swanson, D.O., Michael W. Cullen, M.D., and Dawn Marie R. Davis, M.D.

9:15 a.m. Refreshment BreakBallroom Foyer

9:30 a.m. Cases in Abnormal CBC: Beyond the Basics**
Morie A. Gertz, M.D.

- How do I evaluate a patient with normocytic anemia?
- What is the most efficient evaluation of a patient whose platelets are too low, or too high?
- How do I evaluate a patient with an elevated MCV?
- How should I approach a patient with lymphocytosis?

10:00 a.m. Fluid and Diuretic Management of Congestive Heart Failure
Paul M. McKie, M.D.

- What are common precipitants of fluid overload and diuretic resistance in heart failure?
- How do I initiate and escalate outpatient diuretic therapy?
- When should I transition from furosemide to another diuretic?
- When is combination diuretic therapy most efficacious?

10:30 a.m. Question and Answer Session

Morie A. Gertz, M.D., and Paul M. McKie, M.D.

10:45 a.m. Move to Concurrent Sessions

11:00 a.m. **Concurrent Sessions/Workshops**

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and Carilyn N. Wieland, M.D.*

12:30 p.m. Complete Evaluations/ Adjourn

FRIDAY, January 29, 2016

6:00 a.m. Continental BreakfastBallroom Foyer

6:30 a.m. **Breakfast Roundtable Discussion with the Professor (Optional Session)**

Ann E. Kearns, M.D., Ph.D. *Osteoporosis*
Karen L. Swanson, D.O. *Pulmonary Hypertension*
Michael W. Cullen, M.D. *Lipids*
Dawn Marie R. Davis, M.D. *Dermatologic Issues*
Morie A. Gertz, M.D. *Abnormal CBC*
Paul M. McKie, M.D. *Congestive Heart Failure*

7:00 a.m. **Cases in Hypertension Management**

- What are limitations to JNC-8 and which patients don't fit within the guidelines?
- Is there a net benefit to treating grade 1 hypertension with pharmacologic agents?
- When should I suspect secondary hypertension and what is the most cost effective approach to the evaluation?

- 7:30 a.m. Diagnosis and Management of Early Inflammatory Arthritis**
John M. Davis, III, M.D.
- Why is early recognition and treatment of rheumatoid arthritis important?
 - What is the treat to target approach for RA?
 - How do I initiate and monitor disease-modifying therapy in the primary care setting?
 - How do I decide on augmentation therapy when the response to initial therapy is inadequate?
- 8:00 a.m. Can't Miss Headache Syndromes**
James C. Watson, M.D.
- Which discriminating features of headaches suggest management-altering, can't-miss headache syndromes?
 - When is additional testing such as a diagnostic trial of indomethacin, MRV, or gadolinium enhanced imaging indicated?
- 8:30 a.m. Update in Endocrinology**
Sumit Bhagra, MBBS
- 9:00 a.m. Questions & Answer Session**
John M. Davis, III, M.D., James C. Watson, M.D., and Sumit Bhagra, MBBS
- 9:15 a.m. Refreshment BreakBallroom Foyer**
- 9:30 a.m. Fevers: A Case Based Approach****
Joyce L. Sanchez, M.D.
- How do I approach the workup of a returning traveler with fever?
 - Which clinical features and tests are most useful in narrowing the differential diagnosis in patients with fever of unknown origin?
 - What are the most common diagnostic considerations in patients who present with night sweats?
- 10:00 a.m. Bipolar Disorder (and that which is not): How to Recognize and Why it Matters**
Brian A. Palmer, M.D.
- How do I differentiate between patients who are truly bipolar vs those with other diagnoses?
 - Why is it important to recognize these patients prior to initiating antidepressant therapy?
 - What are basic management strategies that the generalist can implement?
- 10:30 a.m. Questions & Answer Session**
Joyce L. Sanchez, M.D., and Brian A. Palmer, M.D.
- 10:45 a.m. Complete Evaluations/Adjourn**
- Mahalo!