



MAYO SCHOOL OF CONTINUOUS PROFESSIONAL DEVELOPMENT

# >>Clinical Reviews 2017: 28<sup>th</sup> Annual Family Medicine and Internal Medicine Update

**Wednesday – Saturday**  
**March 22-25, 2017**

**Course Directors:**  
Carolyn C. Moats, M.D.  
Atul Jain, M.D.

**Arizona Biltmore –**  
**a Waldorf Astoria Resort**  
2400 East Missouri Avenue  
Phoenix, Arizona 85016

## Highlights

- General session – each morning
- Meet the Preceptor Luncheon
- Afternoon Breakout/Workshop
- ABIM and ABFM Maintenance of Certification (*optional*)

**\$75 DISCOUNT** when you register  
at [ce.mayo.edu/node/21445](http://ce.mayo.edu/node/21445) by **February 22, 2017**

# General Information

## COURSE HIGHLIGHTS

The 2017 Clinical Reviews course is designed for Primary Care and Internal Medicine providers. This four-day course offers grouped talks by topic in the General Session, Q & A sessions; afternoon workshops in parallel with topics, plus ABIM maintenance of certification and ABFM Knowledge Self-Assessment. A multidisciplinary faculty representing Mayo Clinic's Florida, Rochester and Arizona sites provide state-of-the-art updates in topics like: cardiology, endocrinology, neurology, pediatrics, urology, and women's health. The course has a Steering Committee that includes non-Mayo local physicians, who participate in the course planning and bring insight on what family medicine and internal medicine physicians face on a day to day basis.

Plus Optional Sessions (*Separate Registration Fee Is Required*):

- ABIM Maintenance of Certification (Hospital Medicine and Internal Medicine)
- ABFM Knowledge Self-Assessment Module (Heart Failure)

## LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Apply the latest guidelines on opiate prescribing.
- Identify common eating disorders in the pediatric population.
- Review recent guidelines on sleep hours duration.
- Review the diagnosis and management of ADHD.
- Appraise the benefits and limitations of platelet-rich plasma injections for musculoskeletal injuries.
- Review an update on travel medicine, including key indications for various immunizations and prophylactic medications.
- Review current guidelines on colon cancer screening and a new DNA testing option.
- Utilize Dermoscopy in assessing skin lesions.
- Review and update on the medical and surgical management of diverticulitis.
- Review current treatment options for patients with diabetes.
- Review the evaluation of cognitive impairment.
- Utilize appropriate testing in the evaluation of thyroid nodules.
- Review the evaluation of the fatigued patient.

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## INTENDED AUDIENCE

Internal medicine, family medicine providers, general practice and primary care providers, nurses, nurse practitioners and physicians assistants.

## CREDIT

Mayo Clinic College of Medicine designates this live activity for a maximum of 23 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### AAFP

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

### AOA

This program has been accredited by the American Osteopathic Association for 22 credits of AOA Category 2-A.

### Other Health Care Professionals

A record of attendance will be available to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

## GRANTS AND EXHIBITS

At the time of this printing, a complete listing of commercial supporters (financial or in-kind) was not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting.

Exhibits will be available for viewing at all scheduled breaks.

## TRAVEL

Hertz is offering a reduced daily rate for course registrants. Visit Hertz online at [www.tinyurl.com/Mayo-ClinicHertz](http://www.tinyurl.com/Mayo-ClinicHertz) and refer to CV number 03NR0012 when making reservations.

Special rates include unlimited mileage and are subject to availability. Advance reservations are recommended; blackout dates may apply.

SuperShuttle vans offer airport transportation to and from area hotels and businesses. To make reservations, call (800) 258-3826 or (602) 244-9000, or visit [www.supershuttle.com](http://www.supershuttle.com).

# General Information

## MEETING LOCATION AND LODGING ACCOMMODATIONS

### Arizona Biltmore Hotel

2400 E Missouri Ave • Phoenix, Arizona 85016

(855) 689-2878 or (602) 955-6600

Hotel website: <http://www.arizonabiltmore.com>

You are urged to make reservations early. A limited block of guest rooms have been reserved for attendees with a special course rate of \$299 single or double occupancy per night plus a daily \$12 resort charge plus applicable taxes. Group rates will be honored three days prior and three days following the course dates, based upon space availability. To make your reservation, call (602) 955-6600 or use the booking website:

[https://resweb.passkey.com/Resweb.do?mode=welcome\\_ei\\_new&eventID=16285081](https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=16285081)

Please identify yourself as a participant of the Mayo Clinic 2017 Clinical Reviews course. There will be a \$20.00 additional per adult charge per night, above double occupancy.

Additional upgrades based upon availability (Upgrade charge to be added to group rate): Ocatilla Rooms – \$70, Biltmore Suite – \$100, Villa Suite \$150. To receive the special rate, you must make reservations before the room block is filled by the cut-off date of February 27, 2017. Reservations will be taken following this date based upon room block availability, at the contracted meeting rate.

The standard hotel reservation cancellation policy will apply to individual reservations unless otherwise specified.

Lodging arrangements are the sole responsibility of the individual registrant.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

## SOCIAL PROGRAMS

### Welcome Reception – Wednesday, March 22, 2017

Attendees and their guest(s) are cordially invited to join the course faculty for the Welcome Reception on Wednesday, March 22 from 6:30 p.m. - 7:30 p.m. This casual reception welcomes you to Squaw Peak Terrace, officially opens the course, and offers you the perfect opportunity to make connections with existing and new colleagues. Registrant and a guest are included in registration fee. **Pre-registration is required.**

# Program

## Tuesday, March 21, 2017

4-6:00 p.m. Early Registration

## Wednesday, March 22, 2017

7:00 a.m. Registration/Continental Breakfast

7:50 Welcome Announcements

### CARDIOLOGY

8:00 Cardiology Lipids/Hypertension ..... R. Todd Hurst, M.D.

8:30 Syncope ..... Win-Kuang Shen, M.D.

9:00 Anticoagulant Update ..... Fadi E. Shamoun, M.D.

9:30 Panel Q & A

10:00 Refreshment Break and Exhibits

### GASTROENTEROLOGY

10:20 Update in Colon Cancer Screening ..... Russell I. Heigh, M.D.

10:50 Update in Medical and Surgical Treatment of Diverticulitis ..... Nitin Mishra, M.D.

11:20 What's New in IBS ..... Amy E. Foxx Orenstein, D.O.

11:50 Panel Q & A

12:20 Break

# Program

## MEET THE PRECEPTOR LUNCHEONS

12:30 p.m.	Lunch
<b>CONCURRENT SESSIONS</b>	
	Travel Medicine..... Steven S. Krotzer, M.D.
	End-of-Life Care and Prognostication ..... Amit A. Shah, M.D.
	Monitoring Cancer Survivors in Primary Care ..... M. Helen Whited, M.D.
	Alternative/Integrative Medicine ..... Larry R. Bergstrom, M.D.
	Common Foot Complaints ..... Richard J. Claridge, M.D.
	Data Data Everywhere and Not a Thought to Think!
	How to Manage the Data Crunch and Solve your Clinic's Problems! ..... John W. Bachman, M.D.
2:00	Refreshment Break and Exhibits
2:15	<b>AFTERNOON BREAKOUT SESSIONS</b>
	Men's Health ..... Mitchell R. Humphreys, M.D. and Jason J. Jameson, M.D.
	Sports Medicine/ Orthopedics ..... David E. Hartigan, M.D. and Anikar Chhabra, M.D.
4:15	Adjourn

**Thursday, March 23, 2017**

7:00 a.m. **Continental Breakfast**

7:25 **Announcements**

## NEUROLOGY

7:30	Office Evaluation of Concussion/Headache .....	Rashmi B. Halker Singh, M.D.
8:00	Epilepsy .....	Joseph I. Sirven, M.D.
8:30	Update in Alzheimer's and Dementia .....	Richard J. Caselli, M.D.
9:00	Office Evaluation of Cognitive Impairment .....	Richard J. Caselli, M.D.
9:30	Q & A Panel	
10:00	Refreshment Break and Exhibits	

## POTPOURRI

10:20	Update in Geriatrics .....	Amit A. Shah, M.D.
10:50	Update in Appropriate Opiate Prescribing .....	John A. Freeman, D.O.
11:20	The Cough That Won't Go Away .....	Lewis J. Wesselius, M.D.
11:50	Q & A Panel	
12:20	Break	

## MEET THE PRECEPTOR LUNCHEONS

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<b>CONCURRENT SESSIONS</b>	
	Travel Medicine..... Steven S. Krotzer, M.D.
	End-of-Life Care and Prognostication ..... Amit A. Shah, M.D.
	Monitoring Cancer Survivors in Primary Care ..... M. Helen Whited, M.D.
	Alternative/Integrative Medicine ..... Larry R. Bergstrom, M.D.
	Common Foot Complaints ..... Richard J. Claridge, M.D.
	Trauma Care ..... Pierre Noel, M.D.
2:00	Refreshment Break and Exhibits
2:15	<b>AFTERNOON BREAKOUT SESSIONS</b>
	Dermoscopy ..... David L. Swanson, M.D.
	Women's Health Updates: Clinical Pearls in Women's Health; Sexual Health & Low Sex Drive; and Lifestyle Modification and Preventing Breast Cancer Stephanie S. Faubion, M.D., Susan Wilansky, M.D. and Denise M. Millstine, M.D.
4:15	Adjourn

# Program

## Friday, March 24, 2017

7:00 a.m. **Continental Breakfast**

7:25 **Announcements**

### POTPOURRI

7:30	Pediatric Eating Disorders .....	Mark W. Imig, M.D.
8:00	So How Much Sleep Do My Patients Need Again? .....	Matthew M. Troester, D.O.
8:30	PRP – Pros and Cons .....	Bryan K. Ganter, M.D.
9:00	<b>Q &amp; A Panel</b>	
9:30	<b>Refreshment Break and Exhibits</b>	

### ENDOCRINOLOGY

9:50	When Fatigue is NOT Endocrine in Nature .....	Michael D. Whitaker, M.D.
10:20	Update in Diabetes .....	Bithika M. Thompson, M.D.
10:50	Thyroid Nodule .....	Michael D. Whitaker, M.D.
11:20	<b>Q &amp; A Panel</b>	
11:50	<b>Adjourn</b>	

**Friday Afternoon (OPTIONAL SESSION) Separate Registration and Fee Required**

1:00 p.m. **ABFM Self-Assessment Module (KSA) – Heart Failure**

John M. Wilkinson, M.D. and D. Eric Steidley M.D.

1:00 **ABIM Maintenance of Certification (MOC)**

Hospital Medicine – Meltiady Issa, M.D., M.B.A.

Ambulatory Module – Christopher R. Stephenson, M.D.

5:00 **Adjourn**

## Saturday, March 25, 2017

7:00 a.m. **Continental Breakfast**

7:50 **Announcements**

### POTPOURRI

8:00	ADHD .....	Robin K. Blitz, M.D.
9:00	Pharmacology .....	Jeffrey A. Betcher, BS Pharm, BCOP
9:30	Sinusitis .....	Devyani Lal, M.D.
10:00	<b>Q &amp; A Panel</b>	
10:30	<b>Refreshment Break and Exhibits</b>	
10:50	The Difficult Patient .....	Thomas K. Nelson, M.D.
11:50	An Approach to Anemia – Dealing with Horses, Zebras and Unicorns .....	Joseph R. Mikhael, M.D.
12:20	<b>Q &amp; A Panel</b>	
12:50	<b>Adjourn</b>	

## Optional Sessions

All Wednesday and Thursday Meet the Preceptor Luncheons and Afternoon Workshops are on a first-come-first-served basis. Doors will close as each lunch room capacity is filled.

### MEET THE PRECEPTOR LUNCHEONS (MTP)

Included in registration fee: 30 minute lunch (provided) and 60 minute presentation; same sessions will be offered on Wednesday and Thursday (unless noted).

### WEDNESDAY & THURSDAY SESSIONS

- Travel Medicine
- End-of-Life Care and Prognostication
- Common Foot Complaints
- Monitoring Cancer Survivor in Primary Care
- Alternative/Integrative Medicine
- (Wednesday Only) Data, Data Everywhere and Not a Thought to Think!
- How to Manage the Data Crunch and Solve Your Clinic's Problems
- (Thursday Only) Trauma Care

### AFTERNOON PM WORKSHOPS

#### WEDNESDAY

- Men's Health
- Sports Medicine / Orthopedics

#### THURSDAY

- Dermoscopy
- Women's Health Updates

# Optional Sessions

Pre-register on-line in Registration window (separate registration fee required). You must enroll in course before registering for any options listed below:

## MAINTENANCE OF CERTIFICATION

### • American Board of Internal Medicine (ABIM)

2016 Update in Hospital-Based Medicine and 2016 Update in Internal Medicine  
Friday, March 24, 2017 from 1:00 - 5:00 p.m. – Registration Fee: \$100

#### COURSE DESCRIPTION

The optional post-course ABIM Self Evaluation Process (SEP) Medical Knowledge modules are chaired by expert faculty who will analyze each module question, review current evidence and key points and summarize clinical pearls. Session attendees actively participate using an audience response system and verbalize their understanding of current evidence and a common consensus would be achieved in answering these questions. The collective information gathered in these interactive sessions enhances individual knowledge and longer retention of current medical information. After the completion of these interactive modules, the attendee can go online to obtain MOC credit from ABIM. An additional fee applies.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

#### CREDIT

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 4.0 AMA PRA Category 1 Credits™ (2 credits per module). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### AOA

This program has been accredited by the American Osteopathic Association for 4 credits of AOA Category 2-A.

Please note: You may claim AMA PRA Category 1 Credits™, or ABIM points. You may not claim credit with both organizations.

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### • American Board of Family Medicine (ABFM)

Heart Failure Knowledge Self-Assessment (KSA)

Friday, March 24, 2017 from 1:00 - 5:00 p.m. – Registration Fee: \$100

#### COURSE DESCRIPTION

In this group learning experience, attendees will work together, facilitated by expert Mayo Clinic faculty, to review and discuss core competency questions and to decide as a group on the best answers. After completing the session, Mayo staff will report the group's answers and individual's participation to the ABFM. Later, participants must individually access the ABFM web site, pay the necessary fees, and complete the clinical simulation section (which presents patient care scenarios corresponding to the topic module) in order to complete and receive final credit for the KSA.

Intended Audience: Family Medicine physicians who are diplomats of the ABFM.

**Attention Learners: Please provide ABFM ID# or AAFP ID# when checking at the course registration desk.**

#### CREDIT

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 4.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### AOA

This program has been accredited by the American Osteopathic Association for 4 credits of AOA Category 2-A.

In addition to fulfilling ABFM Part II KSA Requirements, CME credit will be granted by the AAFP upon successful completion of the patient simulation portion of this module.

# Registration Information

Visit [ce.mayo.edu/node/21445](http://ce.mayo.edu/node/21445) to register online. The registration fee includes tuition, comprehensive course syllabus (electronic), continental breakfasts, break refreshments, reception. Although it is not Mayo School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A confirmation is provided upon receipt of payment. Please present the confirmation letter when checking in at the meeting registration desk.

**CANCELLATION POLICY:** If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by Mayo School of CPD before March 8, 2017 ([mca.cme@mayo.edu](mailto:mca.cme@mayo.edu)). No refunds will be made on or after March 8, 2017. Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies. For additional information, contact:

## Mayo School of Continuous Professional Development

13400 East Shea Boulevard • Scottsdale, Arizona 85259

Website: [ce.mayo.edu](http://ce.mayo.edu) • E-mail: [mca.cme@mayo.edu](mailto:mca.cme@mayo.edu)

Phone number: (480) 301-4580

**\$75 DISCOUNT when you register online on or before February 22, 2017 at: [www.ce.mayo.edu/node/21445](http://www.ce.mayo.edu/node/21445)**

## REGISTRATION FEES

	On or Before 2/22/17	After 2/22/17
Physicians Active in Practice:	\$780	\$855
Resident, Retired and Allied Health	\$665	\$740
Paper syllabus (optional)	\$75	\$75

## OPTIONAL EDUCATIONAL OPPORTUNITIES

ABIM MOC	\$100
ABFM SAM	\$100

## WELCOME RECEPTION Wednesday, March 22, 2017 (Attendee + One Guest Included in Registration Fee)

Additional tickets are available: Adult – \$60 each Child (5-12 years) – \$20 each Toddler (0-4 years) – N/C

# Faculty

## COURSE CO-DIRECTORS

Atul Jain, M.D.

Carolyn C. Moats, M.D.

## MAYO FACULTY

John W. Bachman, M.D.	Mitchell R. Humphreys, M.D.	Fadi E. Shamoun, M.D.
Larry R. Bergstrom, M.D.	R. Todd Hurst, M.D.	Win-Kuang Shen, M.D.
Jeffrey A. Betcher, BS, Pharm, BCOP	Mark W. Imig, M.D.	Joseph I. Sirven, M.D.
Richard J. Caselli, M.D.	Meltiady Issa, M.D.	D. Eric Steidley MD
Anikar Chhabra, M.D.	Jason J. Jameson, M.D.	Chris R. Stephenson, M.D.
Richard J. Claridge, M.D.	Steven S. Krotzer, M.D.	David L. Swanson MD
Stephanie S. Faubion, M.D.	Devyani Lal, M.D.	Bithika M. Thompson, M.D.
Amy E. Foxx-Orenstein, D.O.	Joseph R. Mikhael, M.D.	Lewis J. Wesselius, M.D.
John A. Freeman, D.O.	Denise M. Millstine, M.D.	Michael D. Whitaker, M.D.
Bryan K. Ganter, M.D.	Nitin Mishra, M.D.	M. Helen Whited, M.D.
Rashmi B. Halker Singh, M.D.	Thomas K. Nelson, M.D.	Susan Wilansky, M.D.
David E. Hartigan, M.D.	Pierre Noel, M.D.	John M. Wilkinson, M.D.
Russell I. Heigh, M.D.	Amit A. Shah, M.D.	

## GUEST FACULTY

Robin K. Blitz, M.D.  
Phoenix Children's Hospital  
Phoenix, Arizona

Matthew M. Troester, D.O.  
Phoenix Children's Hospital  
Phoenix, Arizona

## PLANNING COMMITTEE

Elizabeth M. Adado  
J. Dan Echols, M.D.  
Richard L. Engle, M.D.  
Michael J. Hovan, M.D.

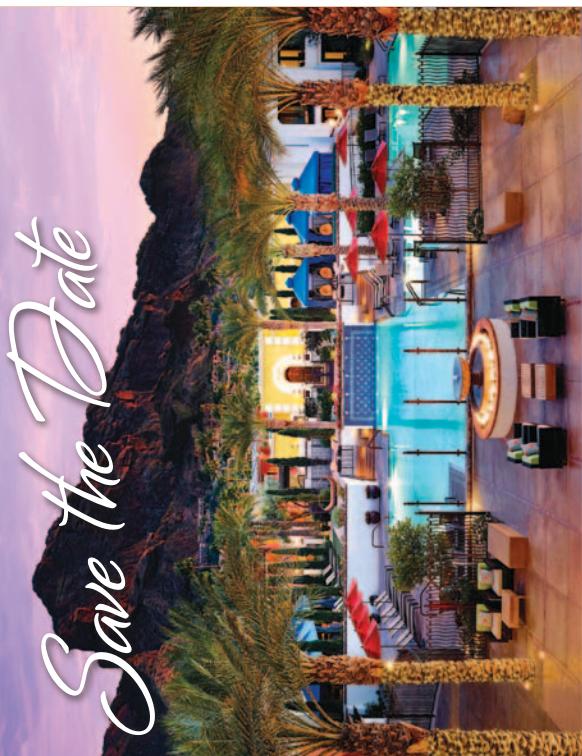
Atul Jain, M.D.  
Carolyn C. Moats, M.D.  
Steven W. Ressler, M.D.  
Connie J. Sterling, M.D.

**FACULTY DISCLOSURE:** As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in the course materials so those participants in the activity may formulate their own judgments regarding the presentation.

**NATIONAL PHYSICIAN PAYMENT TRANSPARENCY PROGRAM:** Mayo Clinic College of Medicine complies with the requirements of the National Physician Payment Transparency Program OPEN PAYMENTS (Physician Payments Sunshine Act).

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For more information, contact Mayo School of Continuous Professional Development  
Website: <https://ce.mayo.edu> • E-mail: [cma.cme@mayo.edu](mailto:cma.cme@mayo.edu) • Phone: 480-301-4580

## Clinical Reviews 2017: 28th Annual Family Medicine and Internal Medicine Update

March 22-25, 2017

Arizona Biltmore Hotel  
Phoenix, Arizona

**CLINICAL REVIEWS 2018:**  
29th Annual Family Medicine and Internal Medicine Update  
March 21-24, 2018

**Omni Scottsdale Resort & Spa at Montelucia**  
4949 E. Lincoln Drive • Paradise Valley, AZ 85253  
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