

**Advances in Family Medicine**  
**Wedgewood Cove**  
**Albert Lea, MN**

<b>Friday, February 8, 2019</b>	
7:00 a.m.	Registration & Breakfast
7:45 a.m.	Welcome and Introductions
8:00 a.m.	Ultrasound-Guided Carpal Tunnel Release Surgery using the SX-One MicroKnife <i>Russell A. Bergum, D.O. – MCHS – Albert Lea</i>
8:30 a.m.	Updates from the Pharmacy <i>Timothy J. Habermann, Pharm.D., R.Ph. - MCHS – Austin</i>
9:00 a.m.	Bone Health <i>Delores (Lori) S. Fitton, APRN, C.N.P. – MCHS – Albert Lea</i>
9:30 a.m.	<b>Refreshment Break</b>
10:00 a.m.	Afib for the Family Medicine Provider, Initial Work up and Long Term Management <i>Abhish J. Deshmukh, M.B.B.S. and Amy Stier, APRN, C.N.P., M.S.N. – MCR</i>
10:30 a.m.	Dermatology Pearls for Family Medicine <i>Chad H. Weaver, M.D. – MCHS – Albert Lea</i>
11:00 a.m.	Neurology Update for Primary Care <i>Kogulavadanan Arumaithurai, M.D. – MCHS – Albert Lea</i>
11:30 a.m.	Hyperbaric Medicine <i>Michael Ulrich, M.D. – MCHS – Albert Lea</i>
<b>12:00</b>	<b>Lunch and Visit Exhibitors</b>
12:30 p.m.	Leading Health Care Teams <i>Margaret C. Gill, M.D.</i>
1:00 p.m.	Cognitive Behavioral Therapy in the Integrated Behavioral Health Setting <i>Anita Bissinger, L.I.C.S.W. – MCHS – Albert Lea</i>
1:30 p.m.	Stress / Resilience / Provider Burnout <i>Ashok Seshadri, M.D. – MCHS – Austin</i>
2:00 p.m.	<b>Refreshment Break</b>
2:30 p.m.	COPD Update: Primary Care Treatment Guidelines <i>Elliot J. Bruhl, M.D. - Rochester</i>
3:00 p.m.	Endocrinology: Clinical Pearls <i>Sumit Bhagra, M.D. – MCHS – Austin</i>
3:30 p.m.	Pediatric Update <i>Sarah I. Scherger, M.D. – MCHS – Austin</i>
4:00 p.m.	Breast Cancer Screening Guidelines <i>Aparna Jain, M.B.B.S – MCHS – Albert Lea.</i>
4:30 p.m.	<b>Adjourn</b>

