



Mayo School of Continuous Professional Development

# **Clinical Reviews 2016:** **27<sup>th</sup> Annual Family Medicine and Internal Medicine Update**

**Westin Kierland Resort & Spa  
Scottsdale, Arizona**

**Wednesday-Saturday  
March 16-19, 2016**



## **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/4985](http://ce.mayo.edu/node/4985)** by February 16, 2016

# General Information

## COURSE HIGHLIGHTS

This four-day live activity designed for Primary Care and Internal Medicine providers, features medical updates and management strategies on various diseases. Members of Mayo Clinic staff are the faculty for this comprehensive program made up of lectures, Q&A panel sessions, Meet the Preceptor luncheons, and in-depth afternoon workshops.

Course Highlights include General Sessions on:

- Cardiology
- Endocrinology
- Gastroenterology
- Neurology
- Urology

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

- ABIM Maintenance of Certification
- ABFM Self-Assessment Module

## COURSE LEARNING OBJECTIVES

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

- Compare treatment options in patients with recurrent bleeding and Atrial Fibrillation.
- Appraise the benefits and risks of probiotics in gastrointestinal disorders.
- Review options to prevent disease in those travelling abroad.
- Review current treatment options for patients with diabetes.
- Identify treatment strategies and pitfalls of chronic opiate use.
- Learn and be able to utilize Dermoscopy in assessing skin lesions.
- Review the initial assessment of patients with probable Neuromuscular disease and identify appropriate diagnostic testing.
- Identify key clinical clues to diagnosing movement disorders.
- Review current evidence and treatment options for Pediatric Food Allergies.

## DISCLAIMER

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 23.25 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 23.25 credits of AOA Category 2-A.

### Other Health Care Professionals

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

## EXHIBITS

Exhibits will be available for viewing at all scheduled breaks.

## AMERICANS WITH DISABILITIES ACT

Mayo Clinic College of Medicine fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify us at least two weeks prior to the activity.

Email address: [mca.cme@mayo.edu](mailto:mca.cme@mayo.edu)

## RECREATION/LEISURE ACTIVITIES

Visit [www.visitphoenix.com](http://www.visitphoenix.com) or [www.scottsdalecvtb.com](http://www.scottsdalecvtb.com) for additional recreation and leisure activities.

## TRANSPORTATION

**Ground Transportation:** Hertz is offering a reduced daily rate for participants attending the course. Call (800) 654-2240 and refer to CV Number #03NR0011 when making reservations.

**Supershuttle** vans offer airport transportation to and from the hotel. To make reservations, call (800) 258-3826 or (602) 244-9000.

# General Information

## MEETING LOCATION & ACCOMMODATIONS

Westin Kierland Resort & Spa  
6902 E. Greenway Parkway  
Scottsdale, Arizona 85254  
(480) 624-1000 • (800) 354-5892  
[www.kierlandresort.com](http://www.kierlandresort.com)

Hotel rooms near the Clinic are limited. You are urged to make reservations early. A limited block of guest rooms have been reserved for attendees with a special course rate of \$319 single or double occupancy per night at Westin Kierland Resort & Spa. Group rates will be honored 3 days prior and 3 days following the course dates, based upon space availability. Make your reservation online at [www.starwoodmeeting.com/Book/ClinicalReviews2016](http://www.starwoodmeeting.com/Book/ClinicalReviews2016) or call (800) 354-5892.

To receive the special rate, you must make reservations before the room block is filled and by the expiration date of February 19, 2016. Reservations will be taken following this date based upon resort room availability, at the contracted meeting rate.

Attendees are responsible for their own reservations. A deposit equal to one night's stay [(\$319.00) plus tax] is required to hold each individual's reservation. Such deposit shall serve to confirm the reservation for the date(s) indicated, and, upon check-in, shall be applied to the final night of the reserved stay. These deposits paid by individuals are refundable if notice is received at least seven (7) days prior to arrival and a cancellation number is obtained. Otherwise all reservation cancellations thereafter are non-refundable. All deposits shall be charged at the time the reservation is made. Preferred method of payment is a credit card (VISA, AMEX, MasterCard or Discover). Should the guest prefer to send a check (personal or company) or provide a check or cash at check-in, the hotel will still require a credit card and a driver's license to guarantee payment and check identity. Reservations made without credit cards will be canceled within 24 hours without payment. Should the guest prefer to reserve a reservation via check, the guest should mail in the reservation request with the check attached. (Traveler's Checks are accepted with a minimum of \$400 per day authorization on a credit card or in cash to guarantee payment.) Westin Kierland Resort & Spa will waive the deposit fee for participants who need to cancel due to emergencies. Early departures for non-emergency reasons will be subject to an early departure fee.



## Program

### Tuesday, March 15, 2016

4-6 p.m. Early Registration

### Wednesday, March 16, 2016

7:00 a.m. Registration/Continental Breakfast

7:50 Welcome Announcements

### CARDIOLOGY

8:00 Transcatheter Aortic Valve Replacement (TAVR) . . . . . John P. Sweeney, M.D.

8:30 Heart Failure / CHF (Gap Analysis) . . . . . Robert L. Scott, M.D.

9:00 Imaging for Risk Prediction  
Steven J. Lester, M.D.

9:30 Atrial Fibrillation with Recurrent Bleeding:  
Control Bleeding Source or Close Appendage? . . . . . Luis R. Scott, M.D.

10:00 Panel Q & A

10:20 Refreshment Break and Exhibits

### GASTROENTEROLOGY

10:40 Non-Invasive Colon Cancer Screening. . . . . Mark V. Larson, M.D.

11:10 Primary Care Management of Hepatitis C Patients . . . . . Hugo E. Vargas, M.D.

11:40 Gut Flora – Probiotics. . . . . Amy E. Foxx-Orenstein, M.D.

12:10 Panel Q & A

# Program

## MEET THE PRECEPTOR LUNCHEONS

12:40 p.m.	Lunch
1:00	LUNCH CONCURRENT SESSIONS
	Travel Medicine . . . . . Steven S. Krotzer, M.D.
	Diabetes Management . . . . . Sydney A Westphal, M.D.
	AeroSpace . . . . . Jan Stepanek, M.D.
	Integrative Medicine . . . . . Denise M. Millstein, M.D.
	Management of Insomnia . . . . . Lois E. Krahn, M.D.
	Opioid Medicine . . . . . Christoper S. Wie, M.D.
2:00	Refreshment Break and Exhibits
2:15	AFTERNOON BREAKOUT SESSIONS
	Genetic Testing – Diagnostic Odyssey . . . . . Matthew J. Ferber, Ph.D.
	Dermoscopy . . . . . David L. Swanson M.D.
	Why Your Chair is Killing You and What You Can Do About It ... The Science of NEAT (Non-Exercise Activity Thermogenesis) . . . . . James A. Levine, M.D., Ph.D.
4:15	Adjourn

## Thursday, March 17, 2016

7:00 a.m.	Continental Breakfast
7:25	Welcome Announcements

## NEUROLOGY

7:30	Stroke and Update on Cryptogenic Stroke . . . . . Bart M. Demaerschalk, M.D.
8:30	Overview of Neuromuscular Disease . . . . . Benn E. Smith, M.D.
9:00	Movement Disorders . . . . . Charles H. Adler, M.D., Ph.D.
9:30	Q & A Panel
10:00	Refreshment Break and Exhibits

## PULMONARY

10:20	Treatment Update on Pulmonary Fibrosis . . . . . Lewis J. Wesselius, M.D.
10:50	COPD . . . . . Lewis J. Wesselius, M.D.
11:20	Update on Food Allergy for 2016 . . . . . Cindy S. Bauer, M.D.
11:50	Q & A Panel
12:20	Break

## MEET THE PRECEPTOR LUNCHEONS

12:30 p.m.	Lunch
1:00	LUNCH CONCURRENT SESSIONS
	Travel Medicine . . . . . Steven S. Krotzer, M.D.
	Diabetes Management . . . . . Sydney A Westphal, M.D.
	AeroSpace . . . . . Jan Stepanek, M.D.
	Integrative Medicine . . . . . Denise M. Millstein, M.D.
	Management of Insomnia . . . . . Lois E. Krahn, M.D.
	Opioid Medicine . . . . . Christoper S. Wie, M.D.
2:00	Refreshment Break and Exhibits
2:15	AFTERNOON WORKSHOPS – (OPTIONAL SESSION)
	Psychiatry – Depression and Anxiety . . . . . Thomas K. Nelson, M.D.
	Urinary Incontinence . . . . . Aqsa A. Khan, M.D.
	Palliative Care . . . . . Mark K. Edwin, M.D.
4:15	Adjourn

# Program

## Friday, March 18, 2016

- 7:00 a.m. Continental Breakfast
- 7:25 Welcome Announcements

### POTPOURRI

- 7:30 Measles, MERS, Plague and More – Tools to Help You Recognize and Prevent Spread of Infections. . . . . M. Teresa Seville, M.D.
- 8:10 Abnormal Uterine Bleeding . . . . . Johnny Yi, M.D.
- 8:50 Sexually Transmitted Infections in Adolescents: A Clinical Update . . . . . Veenod L. Chulani, M.D., MSED
- 9:30 Q & A Panel
- 10:00 Refreshment Break and Exhibits

### ENDOCRINOLOGY

- 10:20 Hyperparathyroidism . . . . . Michael D. Whitaker, M.D.
- 11:00 Osteoporosis Update . . . . . Michael D. Whitaker, M.D.
- 11:40 Update on Thyroid Disease . . . . . Rodolfo Argueta, M.D.
- 12:20 Q & A Panel
- 12:35 p.m. Adjourn
- 1:00 FRIDAY AFTERNOON (OPTIONAL SESSION)
- ABFM Self-Assessment Module (SAM) . . . . . Martina Mookadam, M.D.
- 1:00 ABIM Maintenance of Certification (MOC) . . . . . Amit K. Ghosh, M.D.
- 5:00 Adjourn

## Saturday, March 19, 2016

- 7:30 a.m. Continental Breakfast
- 7:55 Welcome Announcements

### POTPOURRI

- 8:00 Best Practices in Palliative Alzheimer’s/ Dementia Care . . . . . Elizabeth H. Gallagher, CNP, MSN, RN
- 9:00 Male Lower Urinary Track Symptoms, Assessment, and Treatment . . . . . Eric J. Zeidman, M.D.
- 9:30 Q & A Panel
- 10:00 Refreshment Break and Exhibits
- 10:15 Deep Vein Thrombosis (DVT) / Pulmonary Embolism (PE) . . . . . Fadi E. Shamoun, M.D.
- 10:45 The Down Low on Low Platelets . . . . . Joseph R. Mikhael, M.D.
- 11:45 Q & A Panel
- 12:15 p.m. Adjourn

## Optional Sessions

Pre-registration is required for all sessions noted below; some sessions require separate registration fee. Space is limited. Pre-register on-line in Registration window. You must enroll in course before registering for any options listed below:

### 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, (Select only one session for each day).

- Travel Medicine • Diabetes Management • AeroSpace
- Integrative Medicine • Management of Insomnia • Opioid Medicine

### AFTERNOON PM WORKSHOPS

#### WEDNESDAY

- Dermoscopy
- Why Your Chair is Killing You and What You Can Do About It ... The Science of NEAT (Non-Exercise Activity Thermogenesis)
- Exome of Genome Sequencing for Diagnostic Odyssey

#### THURSDAY

- Psychiatry (Depression, Anxiety) • Urinary Incontinence • Palliative Care



## MAINTENANCE OF CERTIFICATION

### American Board of Internal Medicine (ABIM)

2015 Update in Hospital-Based Medicine and 2015 Update in Internal Medicine

Friday, March 19, 2016 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

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

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

### American Board of Family Medicine (ABFM)

Diabetes SAM

Friday, March 19, 2016 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 SAM.

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.

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Please note: You may claim *AMA PRA Category 1 Credits*<sup>™</sup>, or ABFM points. You may not claim credit with both organizations.

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

# Registration Information

Registration is available on our NEW website at [ce.mayo.edu/node/4985](https://ce.mayo.edu/node/4985)

**Effective for 2016 courses:** If you are registering for a 2016 course for the first time, you must build your profile. At website, click on Login; select Create Your Account.

The course registration fee includes tuition, access to an online course syllabus, daily continental breakfast and break refreshments.

A link to the online syllabus will be sent via email one week prior to the course. This allows you to view, save or print the syllabus before attending the course. No printed syllabus will be available.

An email confirmation will be sent upon receipt of payment and completed registration. If you do not receive your confirmation, or if you have any questions, please email us at [mca.cme@mayo.edu](mailto:mca.cme@mayo.edu) or call (480) 301-4580.

No refund will be granted unless a written notice of cancellation is received. If registration must be canceled, tuition less a \$75 administrative fee will be refunded when notification is received on or before Monday, February 29. No refunds will be made after this date. Although it is not Mayo Clinic's policy to limit the number of registrants for a course, conference room facilities may necessitate closure of enrollment. Early registration is strongly recommended. Walk-in registrations cannot be guaranteed.

Mayo School of Continuous Professional Development (MSCPD) reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event that MSCPD must cancel or postpone this course, MSCPD will fully refund the registration fee, but are not responsible for any related costs, charges or expenses to participants, including fees assessed by airline, travel or lodging agencies. Mayo Clinic will not be responsible for expenses incurred by individuals who are not confirmed for courses with a closed registration status. Costs incurred by the registrant such as airline/hotel fees or penalties are the responsibility of the registrant.

**ONLINE SYLLABUS:** Your registration fee includes access to an electronic syllabus that will be emailed prior to the course. This allows you to view, save, or print the syllabus before attending the course.

**\$75 DISCOUNT FOR EARLY REGISTRATION expires February 16, 2016**  
<https://ce.mayo.edu/node/4985>

## REGISTRATION FEES

	On or Before 2/16/16	After 2/16/16
Physicians Active in Practice:	\$775	\$850
Other (Resident, Retired and Allied Health)	\$660	\$735
Paper syllabus (optional)	\$50	\$50

## OPTIONAL EDUCATIONAL OPPORTUNITIES

ABIM MOC	\$100
ABFM SAM	\$100

## WELCOME RECEPTION (Wednesday, March 16, 2016)

(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

Note: Please refer to course agenda for included meals and refreshment breaks.

# Faculty

## MAYO FACULTY

Charles H. Adler, M.D., Ph.D.	Mark V. Larson, M.D.	Benn E. Smith, M.D.
Rodolfo Argueta, M.D.	Steven J. Lester, M.D.	Jan Stepanek, M.D.
Bart M. Demaerschalk, M.D.	James A. Levine, M.D., Ph.D.	David L. Swanson M.D.
Mark K. Edwin, M.D.	Joseph R. Mikhael, M.D.	John P. Sweeney, M.D.
Matthew J. Ferber, Ph.D.	Denise M. Millstein, M.D.	Hugo E. Vargas, M.D.
Amy E. Foxx-Orenstein, M.D.	Martina Mookadam, M.D.	Lewis J. Wesseliuss, M.D.
Elizabeth H. Gallagher, CNP, MSN, RN	Thomas K. Nelson, M.D.	Sydney A. Westphal, M.D.
Amit K. Ghosh, M.D.	Robert L. Scott, M.D.	Michael D. Whitaker, M.D.
Aqsa A. Khan, M.D.	Luis R. Scott, M.D.	Christopher S. Wie, M.D.
Lois E Krahn, M.D.	M. Teresa Seville, M.D.	Johnny Yi, M.D.
Steven S. Krotzer, M.D.	Fadi E. Shamoun, M.D.	Eric J. Zeidman, M.D.

## GUEST FACULTY

Cindy Salm Bauer, M.D.	Veenod L. Chulani, M.D., MSED
Phoenix Children's Hospital – Phoenix, Arizona	Phoenix Children's Hospital – Phoenix, Arizona

**FACULTY DISCLOSURE:** As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of CPD) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, 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 will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in 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).

Mayo Clinic  
13400 East Shea Boulevard  
Scottsdale, Arizona 85259

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## Clinical Reviews: 27th Annual Family Medicine and Internal Medicine Update 2016

The Westin Kierland Resort & Spa  
Scottsdale, Arizona  
March 16-19, 2016

**CLINICAL REVIEWS:**  
27th Annual Family Medicine and Internal Medicine Update 2017

**NEW LOCATION**  
March 22-25, 2017  
Arizona Biltmore Hotel

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