



Mayo School of Continuous Professional Development

*19th Annual*

## MAYO CLINIC INTERNAL MEDICINE UPDATE: SEDONA 2016

Photo courtesy of  
Jay Taylor, M.D.  
Chardon, OH

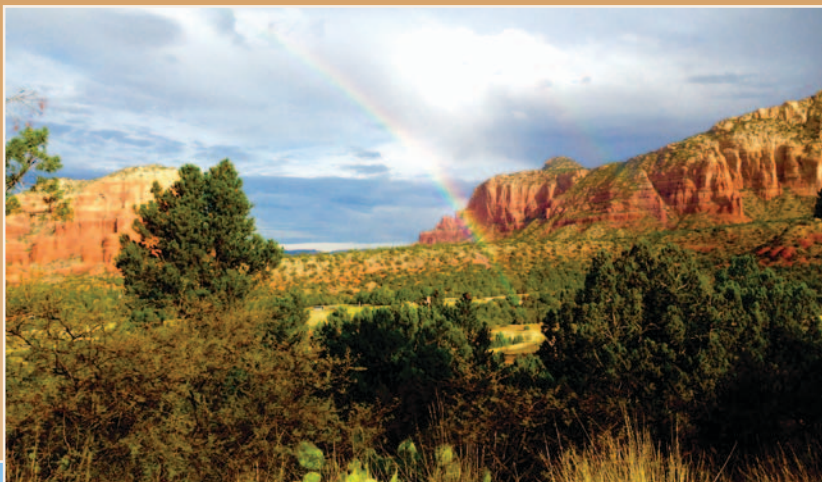


Photo courtesy of  
Richard Beck, M.D.  
Golden Valley, MN



Photo courtesy of  
Brio Flamenco



October 6-9, 2016 and October 20-23, 2016

Hilton Sedona Resort at Bell Rock  
Village of Oak Creek, Sedona, Arizona

**Course Registrations and Hotel Room Blocks are limited  
REGISTER TODAY!**

# General Information

## COURSE DESCRIPTION

19th Annual Mayo Clinic Internal Medicine Update: Sedona 2016 is a unique four-day course offering primary care physicians, nurse practitioners and physician assistants a practical update on a variety of subspecialty topics, including allergy, cardiovascular diseases, consultative medicine, dermatology, endocrinology, gastroenterology, gynecology, hematology, hepatology, infectious diseases, nephrology, neurology, orthopedics, otolaryngology, preventive medicine, psychiatry, pulmonary, and others applicable to today's practice and patients..

**There are two sessions: October 6-9 and October 20-23, 2016.** While the same 30-minute presentation topics are included for both sessions, the faculty and order of presentations will vary. In addition to the didactic format for lectures, the program will include two daily question-and-answer sessions and audience participation is encouraged through the use of interactive keypads.

## COURSE LEARNING OBJECTIVES

Upon completion of this course, participants should be able to:

- Detail the appropriate work up and follow up for elevated liver function tests
- Demonstrate understanding of new medications approved for the management of diabetes
- Detail the appropriate components to an evidence based pre-operative evaluation
- Demonstrate the utility of dermoscopy in identifying and differentiating benign and malignant skin neoplasms
- Discuss the evaluation and management of upper and lower respiratory infections in the office
- Identify the appropriate clinical scenarios for which Nephrology referral would be appropriate

## 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 (ACCME) to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 20 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

The American Osteopathic Association designates this program for a maximum of 20 *AOA Category 2-A credits*.

This program is pending approval with AANP.

## GRANTS AND EXHIBITS

As of this printing, a complete listing of commercial supporters was not available.

Appropriate acknowledgment will be given to all supporters at the meeting. Exhibits will be available for viewing at all scheduled breaks.

## TRANSPORTATION

A rental vehicle is recommended. The Hilton Sedona Resort is located just 90 minutes north of Phoenix, Arizona and only two and a half hours away from the Grand Canyon.

**Hertz** offers a reduced daily rate for participants attending this course. Go to the Hertz website and enter the Convention Number **03NR0011** when making reservations or Call **(800) 654-2240** (toll-free) and refer to CV Number **03NR0011**.

**Shuttle Service:** **Ace Xpress** offers door-to-door transportation from Phoenix Sky Harbor International Airport (or a Sky Harbor Airport hotel) to the Hilton Sedona Resort at Bell Rock. You must make your reservation at least 3 weeks prior to your arrival in Phoenix. This is not a direct shuttle. E-mail: [info@acexshuttle.com](mailto:info@acexshuttle.com)

Telephone: **(800) 336-ACEX** ext. 2239 (toll-free) or **(928) 649-2720**

Online reservation requests: [www.acexshuttle.com](http://www.acexshuttle.com)

# General Information

## MEETING LOCATION AND ACCOMMODATIONS

**Hilton Sedona Resort at Bell Rock**  
90 Ridge Trail Drive • Sedona, Arizona 86351  
Telephone: 877-273-3762 (toll-free) or 928-284-4040

Experience the spirit and beauty of Sedona! Nestled in the beautiful Village of Oak Creek, the Hilton Sedona Resort at Bell Rock is located amidst the spectacular beauty of Northern Arizona's red rock country. The resort has reserved a limited block of one-bedroom suites at a special group rate of \$269 suites (USD), per night, plus applicable local and state taxes, for course participants and guests. Group rates will apply three days prior to and three days after the course dates, based on group room availability. To ensure accommodations, make your reservation before the room block is filled or 30 days prior to the course date by calling 877-273-3762 (toll-free) or directly 928-284-4040 or make your reservations online. To reduce the chance of reserving a sleeping room within the wrong session we recommend you connect to the hotel website through the course website.

**First Session: October 6-9, 2016**

<http://group.hilton.com/MAY1>

**Second Session: October 20-23, 2016**

<http://group.hilton.com/MAY2>

First Session



Second Session



Reservation requests received once the room block has filled will be accepted on a space available basis at the hotel's best available rate. Identify yourself as a participant of the Mayo Clinic Internal Medicine CME course.

If the Mayo Clinic room block is sold out, you may request to be put on the wait-list by contacting Ms. Beverly Bell, Reservation Supervisor, Hilton Sedona Resort, directly at telephone 928-284-6922.

Attendees are responsible for their own reservations. The standard hotel reservation cancellation policy will apply to individual reservations unless otherwise specified.

## Social Activities

Registrant and a guest are included in registration fee. Pre-registration is required. RSVP option is available during your registration for both social activities.

### WELCOME RECEPTION

Attendees and guests are cordially invited to the Welcome Reception on Thursday evening. This casual reception hosted by the course directors offers you the perfect opportunity to meet existing and new colleagues.

**Thursday, October 6, 2016 or Thursday, October 20, 2016 at 5:30-6:30 p.m.**

Additional adult \$40 each, Children (ages 5-12) \$25 each



*Photo courtesy  
of Brio Flamenco*

### SPECIAL FRIDAY EVENING PRESENTATION/FLAMENCO DANCING

This special evening event offers the opportunity to experience the beauty and essence of Flamenco through music and vivid dance expressions. Audiences are left astonished by the rhythm and speed of each dancer. Dessert and refreshments will be offered.

**Friday, October 7, 2016 or Friday, October 21, 2016 at 7:00-8:30 p.m.**

Pre-registration required – 2 included in registration fee.

Additional adult \$25 each / Children (ages 5-12) \$15 each

# Program AT-A-GLANCE

For your convenience, a comprehensive course brochure outlining the complete program schedule for both sessions is available on our website:

## **First Session – October 6-9**

[www.ce.mayo.edu/node/5093](http://www.ce.mayo.edu/node/5093)



## **Second Session – October 20-23**

[www.ce.mayo.edu/node/5094](http://www.ce.mayo.edu/node/5094)



## **PROGRAM AT-A-GLANCE**

### **Mayo Clinic Internal Medicine Update**

Hypoglossal Nerve Stimulation Treatment for Obstructive Sleep Apnea

Update on Management And Newer Treatments For MS

Wellness, Nutrition and a Healthy Lifestyle

IBS Update: What's NEWS in IBS

Stroke

The Bare Essentials for Managing Gout

Pre-op Evaluation

Office Based Evaluation and Management of Congestive Heart Failure

Pulmonary Medicine Update

Wound Care and Management in the Office

Timing of Referral to Nephrology

Travel Update

Anaphylaxis

Dermatology Overview

The Office Evaluation and Management of Anemia

Breast Cancer Update: Discuss New Treatment and Management Options

Evaluation and Treatment of Upper and Lower Upper Respiratory Tract Infections

Prognostication and Other Challenges in Ending of Life Care:  
The Bull Looks Different When You Are in the Ring

Evaluate and Manage Hand, Wrist and Elbow Problems Commonly Seen in Office Practice

Office Based Evaluation of Syncope

Evaluation and Approach to Treatment of Mood Disorders

Eyes Wide Open: Introduction to Dermoscopy

General Approach to Office Based Podiatry

Current Standards of Medical Care in Diabetes

Abnormal Liver Injury Tests: What to do in the Office Setting

Update on Office Based Gynecologic Care

# Program (1ST SESSION: OCT. 6-9)

## Thursday, October 6, 2016

- 6:30 a.m.    **Registration & Continental Breakfast**
- 7:20        **Welcome & Introductions**
- Moderator:** Paul D. Snyder, Jr., M.D.
- 7:30        **Abnormal Liver Injury Tests: What to do in the Office Setting**  
Hugo E. Vargas, M.D.
- 8:00        **Eyes Wide Open: Introduction to Dermoscopy**  
David L. Swanson, M.D.
- 9:00        **Questions and Answers**
- 9:45        **Break**
- 10:15       **Breast Cancer Update: Discuss New Treatment and Management Options**  
Donald W. Northfelt, M.D.
- 10:45       **Evaluation and Treatment of Mood Disorders**  
Cynthia M. Stonnington, M.D.
- 11:15       **Hypoglossal Nerve Stimulation Treatment for Obstructive Sleep Apnea**  
Stephen F. Bansberg, M.D.
- 11:45       **General Approach to Office Based Podiatry**  
Alicia M. Teausant, D.P.M.
- 12:15 p.m. **Questions and Answers**
- 1:15        **Adjourn**
- 5:30        **Welcome Reception** – Pre-registration requested (registrant and one guest)

## Friday, October 7, 2016

- 7:00 a.m.    **Continental Breakfast and Announcements**
- Moderator:** Paul D. Snyder, Jr., M.D.
- 7:30        **The Office Evaluation and Management of Anemia**  
Joseph R. Mikhael, M.D.
- 8:00        **Office Based Evaluation and Management of Congestive Heart Failure**  
Brian W. Hardaway, M.D.
- 8:30        **Pre-op Evaluation**  
Susan Hagstrom, M.D.
- 9:00        **Questions and Answers**
- 9:45        **Break**
- 10:15       **Dermatology Overview**  
Aaron R. Mangold, M.D.
- 10:45       **IBS Update: What's News in IBS**  
Amy E. Foxx-Orenstein, D.O.
- 11:15       **Update on Management and Newer Treatments for MS**  
Jonathan L. Carter, M.D.
- 11:45       **Evaluate and Manage Hand, Wrist and Elbow Problems**  
**Commonly Seen in Office Practice**  
Anthony A. Smith, M.D.
- 12:15 p.m. **Questions and Answers**
- 1:15        **Adjourn**
- 7:00        **Special Evening Event** – Pre-registration requested (registrant and one guest)

# Program (1ST SESSION: OCT. 6-9)

## Saturday, October 8, 2016

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

**Moderator:** Paul D. Snyder, Jr., M.D.

7:30 **Pulmonary Medicine Update**  
Richard A. Helmers, M.D.

8:00 **Wellness, Nutrition and Healthy Lifestyle**  
Heather E. Fields, M.D.

8:30 **Travel Update**  
Steven S. Krotzer, M.D., DTMH, MPH

9:00 **Questions and Answers**

9:45 **Break**

10:15 **Prognostication and Other Challenges in Ending of Life Care:  
The Bull Looks Different When You Are in the Ring**  
Amit A. Shah, M.D.

10:45 **Wound Care and Management in the Office**  
Atul Jain, M.D.

11:15 **Timing of Referral to Nephrology**  
Mira T. Keddis, M.D.

11:45 **Update on Office Based Gynecologic Care**  
Megan N. Wasson, D.O.

12:15 p.m. **Questions and Answers**

1:15 **Adjourn**

## Sunday, October 9, 2016

6:15 a.m. **Continental Breakfast and Announcements**

**Moderator:** Paul D. Snyder, Jr., M.D.

7:00 **The Bare Essentials for Managing Gout**  
W. Leroy Griffing, M.D.

7:30 **Office Based Evaluation of Syncope**  
Dan Sorajja, M.D.

8:00 **Anaphylaxis**  
J. Chris Lewis, M.D.

8:30 **Questions and Answers**

9:15 **Break**

9:35 **Evaluation and Treatment of Upper and Lower Upper  
Respiratory Tract Infections**  
Robert Orenstein, D.O.

10:05 **Stroke**  
Brent P. Goodman, M.D.

10:35 **Current Standards of Medical Care in Diabetes**  
Bithika M. Thompson, M.D.

11:05 **Questions and Answers**

11:55 **Adjourn**

## COURSE DIRECTORS

Juliana (Jewel) M. Kling, M.D., M.P.H.

Paul D. Snyder Jr., M.D., F.A.C.P.

## MAYO CLINIC

Stephen F. Bansberg, M.D.

Atul Jain, M.D.

Anthony A. Smith, M.D.

Jonathan L. Carter, M.D.

Mira T. Keddis, M.D.

Dan Sorajja, M.D.

Heather E. Fields, M.D.

Steven S. Krotzer, M.D.

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Richard A. Helmers, M.D.

Amit Shah, M.D.

## 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).

**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.

# Registration Information

**\$75 DISCOUNT FOR EARLY REGISTRATION expires Sept. 8, 2016**

**[www.ce.mayo.edu/node/5093](http://www.ce.mayo.edu/node/5093) and [www.ce.mayo.edu/node/5094](http://www.ce.mayo.edu/node/5094)**

### GENERAL SESSION

**On/Before 9/8/16**

**After 9/8/16**

**\$595**

**\$670**

Syllabus: Your registration fee includes access to an online syllabus available one week prior to the course. You can order a paper copy for \$50 online during the registration. (Due to printing deadlines, this option will not be available after September 8, 2016.)

Note: When registering online, please be sure to "check-out" after your profile is updated.

**WELCOME RECEPTION** (Thursday, October 6, 2016 or Thursday, October 20, 2016 at 5:30-6:30 p.m.)

Additional adult \$40 each, Children (ages 5-12) \$25 each

### SPECIAL FRIDAY EVENING PRESENTATION/FLAMENCO DANCING

(Friday, October 7, 2016 or Friday, October 21, 2016 at 7:00-8:30 p.m.)

Pre-registration required – 2 included in registration fee. Additional adult \$25 each, Children (ages 5-12) \$15 each

**Registration is available on our NEW website at <https://ce.mayo.edu>**

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 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 two weeks before the first day of the course. 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.