

32nd Annual Selected Topics in Internal Medicine 2020 ONLINE

Update in Preventive Cardiology

Michael W. Cullen, M.D.

- What are the important practice changing recommendations in the new lipid guidelines?
- Should I stop recommending ASA for primary prevention?
- Which patients benefit most from a CT coronary calcium score?

Management of Systemic Menopausal Symptoms: The Nuts and Bolts

Julia A. Files, M.D.

- Who are appropriate candidates for the use of HT, incorporating the latest scientific evidence?
- What are the differences between various formulations and routes of administration of HT?
- What non-hormonal options are effective for menopausal symptoms?

Vaping and E-Cigarettes and Their Role in Smoking Cessation

J. Taylor Hays, M.D.

- What are the current trends in e-cigarette epidemiology?
- What are the health concerns stemming from e-cigarette use?
- What is the evidence for and against the use of e-cigarettes as an aid to smoking cessation?

Diagnosing and Treating (Non-Parkinsonian) Tremors

Jeremy K. Cutsforth-Gregory, M.D.

- How do I clinically distinguish the common types of tremors?
- What are the most effective treatments for non-parkinsonian tremors?
- Which patients benefit from use of an implanted device to treat tremors?

Management of Osteopenia: Who Needs Pharmacologic Treatment?

Robert A. Wermers, M.D.

- Which patients with osteopenia need evaluation for secondary causes?
- What is the appropriate interval for follow-up BMD in patients with varying degrees of osteopenia?
- What is the role of supplemental calcium in current management of osteopenia?
- Which patients with osteopenia warrant pharmacologic treatment?

Update in Osteoarthritis

Uma Thanarajasingam, M.D., Ph.D.

- How effective are the nonpharmacologic options for treatment?
- What pharmacologic options are most effective?
- What emerging therapies are being trialed for osteoarthritis treatment?
- How do the new guidelines change practice recommendations?

Demystifying Dysproteinemia

Rahma Warsame, M.D.

- How should a monoclonal protein be followed?
- How should an abnormal kappa to lambda ratio be interpreted in the absence of a monoclonal protein?
- In which clinical scenarios should a diagnosis of amyloidosis be suspected and what testing is recommended?

In Flight Emergencies

Dennis W. Regan, M.D.

- What are the most common conditions encountered when physicians are called upon to help?
- What is available in the emergency kit?
- What are the legal risks?

Cervical Cancer Screening: Less is More!

Margaret L. Dow, M.D.

- How do I manage common findings such as scant cellularity, endometrial cells, inflammation, etc.
- Which patients are high risk and need more frequent screening?
- When is HPV testing alone a reasonable option?
- Which patients need anal cytology and how is it done?

Care of the Patient with Advanced Chronic Kidney Disease

Suzanne M. Norby, M.D.

- What measures are effective in slowing progression of CKD?
- What are key strategies for managing complications in patients with CKD?
- In what situations would referral to a nephrologist be indicated for Stage 3 CKD?

Abnormal Gait: Causes and Solutions

Jeffrey M. Thompson, M.D.

- What are common gait abnormalities and how do I recognize them?
- How do I determine which gait aid is most appropriate for my patient?

Anorectal Disorders for the Generalist

Stephanie L. Hansel, M.D., M.S.

- Fecal Incontinence
- Anal Fissures
- Pelvic Floor Dysfunction

Atrial Fibrillation 2020: Management Highlights From Recent Guidelines

Christopher J. McLeod, M.B., Ch.B., Ph.D.

- Which patients with atrial fibrillation need anticoagulation?
- For which patients is warfarin still the preferred form of anticoagulation?
- What types of transient paroxysmal atrial fibrillation may not need long term anticoagulation?
- Is there any role for aspirin in patients who are not candidates for anticoagulation?
- Which patients need to be referred for consideration of electrophysiologic intervention?

Secondary Pulmonary Hypertension in Primary Care

Hilary M. DuBrock, M.D.

- When should secondary pulmonary hypertension be suspected in a patient who has a potential underlying condition?
- What is a cost effective strategy for evaluating patients with secondary pulmonary hypertension?
- Which patients with elevated RVSP on echo do not require further evaluation or specific management?

Cases Abnormal Uterine Bleeding—A Generalist's Perspective

Hannah C. Nordhues, M.D.

- Review definitions and common terminology for Abnormal Uterine Bleeding (AUB)
- Distinguish approaches to post-menopausal and pre-menopausal AUB
- Consider a differential of structural and nonstructural causes
- Identify common risk factors for neoplasm and indications for biopsy

Updates in Venous Thromboembolism

Matthew A. Bartlett, M.B., B.Ch., B.A.O.

- DOAC in Cancer
- Extended Prophylaxis
- DOACs in HIT
- When do I use a reversal agent?

FDA Drug Updates 2020

Christopher M. Wittich, M.D., Pharm. D.

- Review novel drug approvals relevant to general practice
- State new and upcoming new generic approvals
- Describe updated drug safety warnings

Clinical Pearls in Pulmonary Medicine

Megan M. Duloher Scrodin, M.D.

Gout Management Pearls

Lynne S. Peterson, M.D.

- Which medication is preferred for acute management of gout?
- When do patients with gout need allopurinol therapy, and what is the appropriate target for allopurinol dosing?
- During the initial treatment with allopurinol, is daily prophylactic treatment indicated?
- When is it appropriate to perform Dual Energy CT Imaging?

Pharmacogenomics: Cases from the Clinic (GIBLIB – Bierle)

Denise M. Dupras, M.D., Ph.D., Pharm D. and Dennis (Mike) M. Bierle, M.D.

- What are some common, practical clinical scenarios when pharmacogenomics testing would be useful?
- How do I use the information from pharmacogenomics testing that my patients bring to me to review?

Practical Tips in the Management of Heart Failure with Reduced Ejection Fraction

Paul M. McKie, M.D.

- In patients with systolic dysfunction, which medication should be maximized first, ACE-I or B-Blocker and how quickly should they be titrated?
- When should neprilysin inhibitors and/or spironolactone be added?
- When the systolic function improves, how long does treatment need to be continued and what can be stopped?

Update in Outpatient Internal Medicine

Jason H. Szostek, M.D.

Care of the Refugee and Recent Immigrant: Practical Tips

Jill M. Huber, M.D.

- What are the differences in baseline health screenings for patients with refugee vs immigrant status?
- What resources are there for adult immunization catch up?
- What are the common communicable illnesses I need to be aware of?

The PSA is Elevated, Now What?

Lance A. Mynderse, M.D.

- What is the role of free and total PSA?
- How is imaging used to help decide on indication for biopsy?
- For those with a negative MRI or biopsy result, what is the recommended follow up?
- For those with positive biopsy, who are the best candidates for active surveillance vs prostatectomy?

Artificial Intelligence: How Will It Change the Practice of Medicine?

Rajeev Chaudhry, M.B.B.S., M.P.H. and Rachel D. Havyer, M.D.

Primary Care for the LGBTQ Community

Denise M. Dupras, M.D., Ph.D., Pharm.D. and Brandon M. Huffman, M.D.

- What language do I need to be familiar with when caring for patients in the LGBTIQ community?
- How do I ensure the health care environment is welcoming and safe for patients who identify as LGBTIQ?
- What are the important primary care and health care screening needs of LGBTIQ patients?

Managing Migraine: Tips for the Clinician

Narayan R. Kisson, M.D.

- What are the most effective treatment options for hormonally triggered migraines?
- What is the role of nonpharmacologic therapies for chronic migraine?
- In which patients would a CGRP antagonist be appropriate?

Transcatheter Aortic Valve Replacement: Tips for the Generalist

Mackram F. Eleid, M.D.

- Which patients are ideal for TAVR and which are better served by surgical aortic valve replacement?
- What are the major complications of TAVR?
- How soon after TAVR can a patient safely undergo a non-cardiac surgical procedure?
- What issues are important to monitor in patient follow up?

Beyond Metformin: Selecting a Second Line Agent for Diabetes

M. Regina Castro, M.D.

- What are some strategies to maximize the use of metformin before adding a second line agent?
- When would an SGLT2 inhibitor be preferred over other options?
- When would a GLP-1 receptor agonist be preferred over other options?
- In a model of shared decision making, how do we decide among the remaining options?