

**32<sup>nd</sup> Annual Selected Topics in Internal Medicine**  
**January 27-31, 2020**

**Course Directors:**  
**John B. Bundrick, M.D.**  
**Karen F. Mauck, M.D., M.Sc.**

**SUNDAY, January 26, 2020**

**Optional PRE-COURSE SESSIONS – (Additional Fees apply)**

**Pre-Course: Perioperative Medicine**

*Dennis (Mike) M. Bierle, M.D., Paul R. Daniels, M.D., Karna K. Sundsted, M.D., and Brandon J. Yuan, M.D.*

7:00 a.m.      Session Begins  
9:00 a.m.      Break  
9:15 a.m.      Session Continues  
11:15 a.m.     Adjourn

**ABFM Knowledge Self-Assessment Module: Women's Health**

*Elizabeth W. Cozine, M.D. and Margaret L. Dow, M.D.*

7:00 a.m.      Module Begins  
11:00 a.m.     Adjourn

**ABIM SEP Module 1**

**2019 - 2020 Update in Internal Medicine**

*Carl A. Andersen, M.D., Nina M. Schwenk, M.D., and Majken T. Wingo, M.D.,*

7:00 a.m.      Module Begins  
9:30 a.m.      Adjourn

**ABIM SEP Module 2**

**2019 - 2020 Update in Hospital Medicine**

*Thomas J. Beckman, M.D., Luke T. Haf Dahl, M.D., and William C. Mundell, M.D.*

10:00 a.m.     Module Begins  
12:30 p.m.     Adjourn

## MONDAY, January 27, 2020

6:00 a.m. Registration and Continental Breakfast

**7:00 a.m. Welcome and Course Overview**

*Karen F. Mauck, M.D., M.Sc.*  
*John B. Bundrick, M.D.*

**7:15 a.m. Hot Topics in Infectious Diseases 2020**

*Pritish K. Tosh, M.D.*

- Influenza
- Adult Vaccines
- Measles



**7:45 a.m. 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?



**8:30 a.m. 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?



**9:00 a.m. 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?



**9:45 a.m. Question & Answer Session**

10:00 a.m. Refreshment Break

**10:15 a.m. 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?



**10:45 a.m. 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?



**11:15 a.m. Cervical Cancer Screening: Common Clinical Questions**

*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?

**11:45 a.m. 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?

**12:15 p.m. Question & Answer Session**

12:30 p.m. Adjourn

**TUESDAY, January 28, 2020**

**6:00 a.m. Breakfast Roundtable Discussion with the Professor**

**7:00 a.m. 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?

**7:30 a.m. 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?

**8:00 a.m. Old Myths Die Hard: Things We Do For No Reason**

*David Hilden, M.D.*

- What is high-value care and how can it be identified?
- What is the role of echocardiography in evaluation of syncope?
- Should anti-psychotic medications be prescribed for delirium?
- What is the role of docusate in preventing and treating constipation?
- What diagnostics are helpful in managing malnutrition?

**8:30 a.m. 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?

9:00 a.m. **Question & Answer Session**

9:15 a.m. Refreshment Break

9:30 a.m. **Care of the Patient with Advanced CKD**

*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?

10:00 a.m. **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

10:30 a.m. **Question & Answer Session**

10:45 a.m. Move to Concurrent Sessions/ Workshops

11:00 a.m. **Concurrent Sessions/Workshops**

Option #1: Cases in Diabetes

*Vinaya Simha, M.B.B.S., M.D.*

Option #2: Hospital Medicine Update

*Deanne T. Kashiwagi, M.D. and A. Scott Keller, M.D.*

Option #3: Managing Microaggressions in Medicine: How to be an Upstander, Not a Bystander

*Anjali Bhagra, M.D. and Colin P. West, M.D., Ph.D.*

Option #4: Telehealth: Broad Spectrum Applications

*Christopher S. Russi, D.O. and James (Jamie) S. Newman, M.D., M.H.A.*

Option #5: It Never Gets Too Old: Caring for the Older Patient

*Christina Chen, M.D. and Brandon P. Verdoorn, M.D.*

Option #6: Presentation Skills for Physicians: Making Your Next Presentation Go Better than Your Last

*Scott C. Litin, M.D.*

Option #7: Responding to Challenging Patients: Strategies for Interacting with Angry, Ruminative, Frustrated and Demanding Patients

*Brian Palmer, M.D., M.P.H. and Sheila K. Stevens, M.S.W.*

Option #8: Medical Cannabis and CBD: Common Questions Answered

*Charles P. Reznikoff, M.D. and Jacob J. Strand, M.D.*

12:15 p.m. Adjourn

**WEDNESDAY, January 29, 2020**

6:00 a.m. **Breakfast Roundtable Discussion with the Professor**

**7:00 a.m. FDA Drug Update 2020 for the Generalist**

*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



**7:30 a.m. Anorectal Disorders for the Generalist**

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

- Fecal Incontinence
- Anal Fissures
- Pelvic Floor Dysfunction



**8:00 a.m. 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?



**8:30 a.m. 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 nephriylsin inhibitors and/or spironolactone be added?
- When the systolic function improves, how long does treatment need to be continued and what can be stopped?



**9:00 a.m. Question & Answer Session**

9:15 a.m. Refreshment Break

**9:30 a.m. 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?



**10:00 a.m. 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.*



**10:30 a.m. Question & Answer Session**

**10:45 a.m. Medical Quiz Show**

*Jason A. Post, M.D. and Mark L. Wieland, M.D.*



11:45 a.m. Adjourn

**THURSDAY, January 30, 2020**

**6:00 a.m. Breakfast Roundtable Discussion with the Professor**

7:00 a.m.

**LGBTIQ Healthcare: Key Principles for Primary Care**

*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?



7:30 a.m.

**Management of Menopausal Symptoms**

*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 nonhormonal options are effective for menopausal symptoms?



8:00 a.m.

**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?



8:30 a.m.

**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?



9:00 a.m.

**Question & Answer Session**

9:15 a.m.

Refreshment Break

9:30 a.m.

**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?



10:00 a.m.

**Pharmacogenomics: Cases from the Clinic**

*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?



10:30 a.m.

**Question & Answer Session**

10:45 a.m.

Move to Concurrent Sessions

11:00 a.m.

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12:15 p.m. Adjourn

**FRIDAY, January 31, 2020**

6:00 a.m.

**Breakfast Roundtable Discussion with the Professor**

7:00 a.m.

**Clinical Pearls in Pulmonary Medicine**

*Megan M. Dulovery Scrogin, M.D.*

7:45 a.m.

**Cardiac Disease in the Cancer Survivor: What the Generalist Needs to Know**

*Hector R. Villarraga, M.D.*

- Which cancer survivors are at increased risk of cardiac disease from cancer therapy?
- What is the appropriate monitoring in these patients at risk?

8:15 a.m.

**Beyond Metformin: Guidance on Choosing 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?



**8:45 a.m. 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?

**9:15 a.m. Question & Answer Session**

9:30 a.m. Refreshment Break with the Professor



**10:00 a.m. Update in Outpatient Internal Medicine**

*Jason H. Szostek, M.D.*

**10:45 a.m. Managing Migraine: Tips for the Clinician**

*Narayan R. Kissoon, 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?

**11:15 a.m. Question & Answer Session**

11:30 a.m. Adjourn

**Mahalo!**



**Select presentations will contain pharmacology content as noted in the program. Identified presentations represent the hours of pharmacology content as indicated below:**

**Pre-Course:**

- **Perioperative Medicine – 4.0**
- **ABFM Knowledge Self-Assessment Module: Women's Health – 4.0**
- **ABIM SEP Module 1: 2019 - 2020 Update in Internal Medicine – 2.5**
- **ABIM SEP Module 2: 2019 - 2020 Update in Hospital Medicine – 2.5**

**General Session:**

**Monday – 4.0**

**Tuesday – 3.75**

**Wednesday – 4.0**

**Thursday – 4.25**

**Friday – 3.5**

**Total: 19.5**