

29th Annual Selected Topics in Internal Medicine
January 22-27, 2017

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

SUNDAY, January 22, 2017

Optional PRE COURSE SESSIONS – Additional Fees apply

Option 1

ABFM SAM Module: Heart Failure

Elizabeth W. Cozine, M.D. and Paul M. McKie, M.D.

7:00 a.m.	Module
9:30 a.m.	Break
9:45 a.m.	Continue Module
12:15 p.m.	Adjourn

Option 2

ABIM SEP Modules

2016 Update in Internal Medicine

Nina M. Schwenk, M.D., Colin P. West, M.D., Ph.D., and Brian M. Dougan, M.D.

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

2016 Update in Hospital Medicine

William C. Mundell, M.D., Dennis W. Regan, M.D., and Thomas J. Beckman, M.D.

9:45 a.m.	Module Begins
12:15 p.m.	Adjourn

Option 3

Palliative Care: Treating Common Symptoms in End Stage Disease

Jacob J. Strand, M.D., Molly A. Feely, M.D., Elise C. Carey, M.D., and Frank (Andy) A. Bock, D.O.

1:30 p.m.	Session Begins
3:30 p.m.	Break
3:45 p.m.	Session Continues
5:30 p.m.	Adjourn

REGULAR PROGRAM SESSIONS

MONDAY, January 23, 2017

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.	Updates in Atrial Fibrillation (45) <i>Michael W. Cullen, M.D.</i> <ul style="list-style-type: none"> • Which patients should receive anticoagulation for atrial fibrillation? • How do I choose which anticoagulant to use? • What should be done when atrial fibrillation is detected incidentally? • Do patients with transient atrial fibrillation after non-cardiac surgery need long term anticoagulation? • Do patients need chronic anticoagulation after ablation?
8:00 a.m.	Trouble Sleeping? Tips on Managing Insomnia <i>Michael H. Silber, M.B., Ch.B.</i> <ul style="list-style-type: none"> • What are the key elements of effective sleep hygiene? • How effective are over the counter agents in treating insomnia? • How do I choose which pharmacologic therapy to recommend? • For patients who require long-term pharmacologic therapy, what are the most appropriate options?
8:30 a.m.	Cases from the Endocrine Clinic <i>Neena Natt, M.D.</i> <ul style="list-style-type: none"> • How do I distinguish true adrenal insufficiency from “adrenal fatigue”? • Which men with “Low T” need testosterone replacement? • How do I manage an incidental thyroid nodule?
9:00 a.m.	Clinical Pearls in Gastroenterology (45)
9:45 a.m.	Question & Answer Session <i>Michael W. Cullen, M.D., Michael H. Silber, M.B., Ch.B., and Neena Natt, M.D.</i>
10:00 a.m.	Refreshment BreakBallroom Foyer
10:15 a.m.	Lipid Treatment 2017: Reading Between the (Guide) Lines <i>Stephen L. Kopecky, M.D.</i> <ul style="list-style-type: none"> • What are the effects of diet and lifestyle management? • When should familial hypercholesterolemia be suspected? • What is the role of a coronary calcium score? • Which cardiovascular risk calculator should I use? • When should non-statin medications be considered?
10:45 a.m.	Cases in Skin and Soft Tissue Infection <i>Aaron J. Tande, M.D.</i> <ul style="list-style-type: none"> • Which patients need to be covered for MRSA skin infection? • What new drugs are available to treat SSTIs and how do they compare to existing agents? • Which patients with recurrent skin infections are candidates for long-term prophylaxis?
11:15 a.m.	Updates in Hypertension: What the Generalist Needs to Know <i>Stephen C. Textor, M.D.</i> <ul style="list-style-type: none"> • How do I apply the SPRINT trial findings to my patients? • What is the role of ambulatory blood pressure for diagnosis and monitoring hypertension? • Is there a role for aldosterone antagonists in primary (essential) hypertension?
11:45 a.m.	Menopause Management Tips from the Women’s Health Clinic <i>Stephanie S. Faubion, M.D.</i> <ul style="list-style-type: none"> • For which patients do the benefits of menopausal hormone therapy outweigh the potential risks? • How do I treat hot flashes in patients who cannot take menopausal hormone therapy? • Why, when and how should menopausal hormone therapy be stopped?
12:15 p.m.	Question & Answer Session <i>Stephen L. Kopecky, M.D., Aaron J. Tande, M.D., Stephen C. Textor, M.D., and Stephanie S. Faubion, M.D.</i>
12:30 p.m.	Complete Evaluations/ Adjourn

- 6:00 a.m.** Continental BreakfastBallroom Foyer
- 6:30 a.m.** **Breakfast Roundtable Discussion with the Professor (Optional Session)**
Michael W. Cullen, M.D...... Cardiology/ Atrial Fibrillation
Michael H. Silber, M.B., Ch.B. Sleep Medicine
Neena Natt, M.D. Endocrine
Stephen L. Kopecky, M.D. Cardiology/ Lipids
Aaron J. Tande, M.D. Infectious Diseases
Stephen C. Textor, M.D. Hypertension
Stephanie S. Faubion, M.D. Women's Health
- 7:00 a.m.** **10 Drug Interactions You Need to Know About**
Denise M. Dupras, M.D., Ph.D.
 - What are the most common and dangerous drug interactions in clinical practice?
- 7:30 a.m.** **How to Assess Memory Complaints in the Office**
Ericka E. Tung, M.D.
 - What is the most efficient strategy for determining who needs further evaluation?
 - What are the most common medical conditions that present with memory loss?
 - For those patients who need further evaluation, what is the most cost-effective strategy?
- 8:00 a.m.** **Chronic Cough: A Practical Approach to the Patient**
Vivek N. Iyer, M.D.
 - What are the best testing or empiric treatment strategies for the three major etiologies of chronic cough?
 - When should I suspect eosinophilic bronchitis?
 - What options are there for patients who do not respond to usual therapies?
- 8:30 a.m.** **A Practical Approach to Low Back Pain**
Richard H. Rho, M.D.
 - What clinical clues from the history and physical exam point to specific etiologies of low back pain?
 - Which patients need imaging, and what are the risks associated with diagnostic testing?
 - What are the best management options for specific patterns of low back pain?
- 9:00 a.m.** **Question & Answer Session**
Denise M. Dupras, M.D., Ph.D., Ericka E. Tung, M.D., Vivek N. Iyer, M.D., and Richard H. Rho, M.D.
- 9:15 a.m.** Refreshment BreakBallroom Foyer
- 9:30 a.m.** **Burning Tingling Feet/ Sore Muscles: An Approach to Common Patient Complaints**
James C. Watson, M.D.
 - What is a practical diagnostic and treatment approach to the patient with burning feet?
 - How do I discern concerning neuromuscular causes of myalgias from myofascial pain syndromes?
 - What is the role of diagnostic testing in patients presenting with burning skin and/or myalgias?
- 10:00 a.m.** **Updates from the ACCP Guideline: Antithrombotic Therapy for VTE Disease**
Paul R. Daniels, M.D.
 - What is the recommended anticoagulant for the long term treatment of DVT of the leg or PE in patients without cancer?
 - What is the recommended anticoagulant for the long term treatment of DVT of the leg or PE in patients with cancer?
 - Should I recommend aspirin to prevent recurrent VTE to patients with an unprovoked proximal DVT or PE who are stopping anticoagulation?
 - Should I recommend compression stockings to prevent post-thrombotic syndrome to patients with acute DVT of the leg?
 - Which patients with PE can I treat at home or dismiss early from the hospital?

- 10:30 a.m. Question & Answer Session**
James C. Watson, M.D. and Paul R. Daniels, M.D.
- 10:45 a.m. Move to Concurrent Sessions/ Workshops**
- 11:00 a.m. Concurrent Sessions/Workshops**
- Option #1 **Chest X-ray and PFT Interpretation for the Clinician**
David E. Midthun, M.D. and Megan M. Duloher, M.D.
- Option #2 **Updates in Pneumonia, Pulmonary Embolism and Sepsis**
Craig E. Daniels, M.D. and Darlene R. Nelson, M.D.
- Option #3 **Challenging Cases in Diabetes Pharmacologic Management**
Sumit Bhagra, M.B.B.S. and Vinaya Simha, M.B.B.S., M.D.
- Option #4 **Cases from the Breast Clinic**
Lonzetta (Loni) Neal, M.D. and Christina A. Dilaveri, M.D.
- Option #5 **Overworked? Developing Resiliency Skills**
Anjali Bhagra, M.B.B.S. and Brianna E. Vaa, M.D.
- Option #6 **Cases in Anticoagulation Management**
Scott C. Litin, M.D. and Geno J. Merli, M.D.
- Option #7 **An Approach to the Patient with Fibromyalgia: Effective Strategies**
Arya B. Mohabbat, M.D. and Kevin C. Fleming, M.D.
- Option #8 **Cases in Perioperative Medicine**
Howard H. Weitz, M.D. and Karna K. Sundsted, M.D.
- Option #9 **Cases in Chronic Pain Management**
William D. Mauck, M.D. and Jason S. Eldridge, M.D.
- 12:15 p.m. Complete Evaluations/ Adjourn**

WEDNESDAY, January 25, 2017

- 6:00 a.m. Continental Breakfast**Ballroom Foyer
- 6:30 a.m. Breakfast Roundtable Discussion with the Professor (Optional Session)**
Denise M. Dupras, M.D., Ph.D. Pharmacology/ Drug Interactions
Ericka E. Tung, M.D. General Internal Medicine/ Geriatrics
Vivek N. Iyer, M.D. Pulmonary/ Cough
Richard H. Rho, M.D. Pain Medicine/Low Back Pain
James C. Watson, M.D. Neurology
Paul R. Daniels, M.D. General Internal Medicine/VTE Disease
- 7:00 a.m. Structural and Valvular Heart Disease Update (45)**
Sunil V. Mankad, M.D.
- What do I need to know about TAVR, MitraClip and LAA Occlusion?
 - What updates in valvular heart disease do I need to know about?
 - How do I decide when intervention is indicated for common valvular lesions?

- 7:45 a.m. Hepatitis C: What the Clinician Needs to Know**
John J. Poterucha, M.D.
- Who should be screened for hepatitis C and how should I interpret the results?
 - Which patients should be offered treatment?
 - How efficacious are the currently available hepatitis C treatments?
 - What are the challenges of prescribing HCV therapy?
- 8:15 a.m. Frequently Asked Questions in Diabetes**
Pankaj Shah, M.D.
- When should I consider metformin in patients with impaired fasting glucose?
 - What are the different types of insulin available and how do I choose the best agent for my patient with DM2?
 - Which commonly used performance measures are *least* supported by evidence?
 - What are some key take home points from the new guidelines?
- 8:45 a.m. Common Curbsides from the Infectious Disease Clinic**
Pritish K. Tosh, M.D.
- What are some tips for interpreting common infectious diseases tests (Syphilis, Hepatitis B, Lyme, Quantiferon, etc.)?
 - How do I treat common infections in patients with antimicrobial allergies?
 - What are the major emerging infectious disease concerns that I need to be aware of?
- 9:15 a.m. Question & Answer Session**
Sunil V. Mankad, M.D., John J. Poterucha, M.D., Pankaj Shah, M.D., and Pritish K. Tosh, M.D.
- 9:30 a.m.** Refreshment BreakBallroom Foyer
- 9:45 a.m. Preventing Falls in the Elderly**
Jeffrey M. Thompson, M.D.
- What is an efficient way to screen for risk of falling?
 - How do I manage common gait abnormalities?
- 10:15 a.m. Tips for Managing Chronic Migraine**
David W. Dodick, M.D.
- How do I choose a medication for preventing chronic migraine headaches?
 - What are some practice tips/ tricks that you recommend?
 - Which patients need imaging?
 - Which patients need referral to a neurologist?
- 10:45 a.m. Question & Answer Session**
Jeffrey M. Thompson, M.D. and David W. Dodick, M.D.
- 11:00 a.m. Medical Quiz Show**
Jason A. Post, M.D. and Mark L. Wieland, M.D.
- 12:00 p.m.** Complete Evaluations/Adjourn

THURSDAY, January 26, 2017

- 6:00 a.m.** Continental BreakfastBallroom Foyer
- 6:30 a.m. Breakfast Roundtable Discussion with the Professor (Optional Session)**
- | | |
|--|---|
| <i>Sunil V. Mankad, M.D.</i> | Cardiology/ Valvular Heart Disease |
| <i>John J. Poterucha, M.D.</i> | Gastroenterology/ Hepatitis C |
| <i>Pankaj Shah, M.D.</i> | Endocrinology/ Diabetes |
| <i>Pritish K. Tosh, M.D.</i> | Infectious Diseases |
| <i>Jeffrey M. Thompson, M.D.</i> | Physical Medicine and Rehabilitation/ Falls |
| <i>David W. Dodick, M.D.</i> | Neurology/ Migraines |

- 7:00 a.m. Asthma Update**
Gerald W. Volcheck, M.D.
- What is the best diagnostic strategy for asthma?
 - What new treatment options are available and how do they compare with currently available agents?
 - What are some key take home points from the new guidelines?
- 7:30 a.m. GERD: Tips on Diagnosis and Treatment**
David A. Katzka, M.D.
- What is the role of EGD and esophageal pH monitoring in making the diagnosis?
 - What are the real risks of long term proton pump inhibitors?
 - Which patients should be screened for Barrett's?
 - When should surgical treatment options be considered?
- 8:00 a.m. HIV for the Generalist**
Stacey A. Rizza, M.D.
- Who should be screened for HIV and how often?
 - When should antiretroviral therapy be initiated?
 - How should antiretroviral medication interruptions be managed?
 - What comorbid diseases are patients with HIV at greater risk for?
- 8:30 a.m. Topical Steroids: How to Choose**
Mark Denis P. Davis, M.D.
- How do I decide which topical steroid potency to use?
 - What vehicles are suitable for different clinical situations?
 - What quantity should be prescribed?
- 9:00 a.m. Question & Answer Session**
Gerald W. Volcheck, M.D., David A. Katzka, M.D., Stacey A. Rizza, M.D., and Mark Denis P. Davis, M.D.
- 9:15 a.m.** Refreshment BreakBallroom Foyer
- 9:30 a.m. Chronic Kidney Disease: Clinical Considerations for the Internist**
Suzanne M. Norby, M.D.
- How can I predict CKD progression?
 - What is the role of uric acid lowering therapy?
 - Who should be tested and treated for iron deficiency in CKD?
 - When should I consider using the newer agents for treating hyperkalemia?
- 10:00 a.m. Hospital Medicine Update**
Deanne T. Kashiwagi, M.D.
- What are the important recent practice changes in hospital medicine?
- 10:30 a.m. Question & Answer Session**
Suzanne M. Norby, M.D. and Deanne T. Kashiwagi, M.D.
- 10:45 a.m.** Move to Concurrent Sessions
- 11:00 a.m. Concurrent Sessions/Workshops**
- Option #1 **Chest X-ray and PFT Interpretation for the Clinician**
David E. Midthun, M.D. and Megan M. Duloher, M.D.
- Option #2 **Updates in Pneumonia, Pulmonary Embolism and Sepsis**
Craig E. Daniels, M.D. and Darlene R. Nelson, M.D.
- Option #3 **Challenging Cases in Diabetes Pharmacologic Management**
Sumit Bhagra, M.B.B.S. and Vinaya Simha, M.B.B.S., M.D.
- Option #4 **Cases from the Breast Clinic**

Option #5 Overworked? Developing Resiliency Skills

Anjali Bhagra, M.B.B.S. and Brianna E. Vaa, M.D.

Option #6 Cases in Anticoagulation Management

Scott C. Litin, M.D. and Geno J. Merli, M.D.

Option #7 An Approach to the Patient with Fibromyalgia: Effective Strategies

Arya B. Mohabbat, M.D. and Kevin C. Fleming, M.D.

Option #8 Cases in Perioperative Medicine

Howard H. Weitz, M.D. and Karna K. Sundsted, M.D.

Option #9 Cases in Chronic Pain Management

William D. Mauck, M.D. and Jason S. Eldrige, M.D.

12:15 p.m. Complete Evaluations/ Adjourn

FRIDAY, January 27, 2017

6:00 a.m. Continental BreakfastBallroom Foyer

6:30 a.m. Breakfast Roundtable Discussion with the Professor (Optional Session)

Gerald W. Volcheck, M.D.Allergy/ Asthma
David A. Katzka, M.D.Gastroenterology/ GERD
Stacey A. Rizza, M.D.Infectious Diseases/ HIV
Mark Denis P. Davis, M.D.Dermatology/ Topical Steroids
Suzanne M. Norby, M.D.Nephrology/ Chronic Kidney Disease
Deanne T. Kashiwagi, M.D.Hospital Medicine

7:00 a.m. Managing Antiplatelet Therapy in Stable Coronary Artery Disease (45)

Mackram F. Eleid, M.D.

- How long should I continue dual anti-platelet therapy after coronary intervention?
- Is the duration of anti-platelet therapy the same for patients who receive stents in the setting of acute MI versus those who have not had myocardial injury?
- When is it ok to interrupt dual anti-platelet therapy for non-cardiac procedures; what is the best strategy?
- How do I decide when to use an agent other than clopidogrel with aspirin; what is the absolute net benefit of these other agents?
- How should I manage anti-platelet therapy in patients who need anticoagulation in addition to antiplatelet therapy?

7:45 a.m. Managing Long Term Complications in Cancer Survivors

Carrie A. Thompson, M.D.

- What unique cancer screening is required for cancer survivors?
- How do I manage the common side effects of radiation and chemotherapy?

8:15 a.m. Clinical Pearls in Psychiatry (45)

Brian A. Palmer, M.D., M.P.H.

- What is the recommended approach to the treatment of anxiety?
- How do I recognize and treat patients with bipolar disorder?
- What are some tips for choosing and switching antidepressant medications?

9:00 a.m. Management of Abnormal Pap Smear and HPV Results

Emily L. Leasure, M.D.

- How do I manage findings which indicate suboptimal specimen adequacy?
- What is the recommended followup for patients with ASCUS, normal smear but positive HPV, and LSIL?
- Which patients warrant screening after the age of 65 or after hysterectomy?

- 9:30 a.m. Question & Answer Session**
Mackram F. Eleid, M.D., Carrie A. Thompson, M.D., Brian A. Palmer, M.D., M.P.H., and Emily L. Leasure, M.D.
- 9:45 a.m.** Refreshment BreakBallroom Foyer
- 10:00 a.m. Acne and Rosacea Management in Primary Care**
Rochelle R. Torgerson, M.D., Ph.D.
- How do I individualize the approach to acne treatment?
 - What are the different subtypes of rosacea and how are they treated?
 - What new agents are available for treating acne and rosacea?
- 10:30 a.m. Commonly Asked Questions in Transient Ischemic Attack**
Josephine F. Huang, M.D.
- How do I determine the urgency of diagnosis and management for patients with TIA symptoms?
 - What is a cost effective approach to the outpatient diagnosis of TIA?
 - What is the recommended treatment and followup for these patients?
- 11:00 a.m. Question & Answer Session**
Rochelle R. Torgerson, M.D., Ph.D. and Josephine F. Huang, M.D.
- 11:15 a.m. Post-Test**
- 11:45 a.m.** Complete Evaluations/Adjourn

Mahalo!