



Updates in Family Medicine 2022

March 10-12, 2022

***Pacific time zone**

Thursday, March 10, 2022

- 7:00 a.m. Registration and Continental Breakfast**
- 7:45 a.m. Welcome & Course Overview
- 8:00 a.m. Quick-easy Steps in Assessment and Treatment of Patients Living With HIV
April A. Soto, M.D.
- 8:35 a.m. Dietary Approaches to Kidney Disease
Sean Hashmi, M.D.
- 9:10 a.m. Two Helpful Office Procedures You're Probably Not Doing: Peripheral Nerve Blocks For Headache and Frenotomy
Stephen P. Merry, M.D.
- 9:45 a.m. Break**
- 10:00 a.m. Transgender
Cesar A. Gonzalez, Ph.D., L.P.
- 10:35 a.m. Ischemic Stroke Prevention in Primary Care
James P. Klaas, M.D.
- 11:10 a.m. Clinical Pearls Liver Disease
William Sanchez, M.D.
- 11:45 a.m. Lunch Break**
- 12:00 p.m. Roundtable Lunch with the Experts (optional, limited space)**
*Ask experts your questions and discuss topics as a group. One expert per roundtable.
First come, first serve, no sign ups.*
April A. Soto, M.D., Sean Hashmi, M.D., Stephen P. Merry, M.D., James P. Klaas, M.D., William Sanchez, M.D.
- 1:15 p.m. Optimizing Topical Steroids
Mark DP Davis, M.D.
- 1:50 p.m. Getting to the Heart of the Matter: Using GLP-1 Agonists and SGLT-2 Inhibitors in Diabetes Management
Sarah A. Reiland, APRN, C.N.P.
- 2:25 p.m. Dermatology for Primary Care
Mark DP Davis, M.D.
- 3:00 p.m. Adjourn**

- 7:00 a.m. Continental Breakfast**
- 7:55 a.m. Announcements
- 8:00 a.m. Time to Take a Break? Overuse Injuries in Youth Athletes
Luke C. Radel, M.D.
- 8:35 a.m. Stop Wringing Your Hands: The Simplicity of De Quervain's, 1st CMC and Trigger Finger injections
Stephen P. Merry, M.D.
- 9:10 a.m. Benign Anorectal Disease for the Primary Care Physician
Daniel D. Klaristenfeld, M.D.
- 9:45 a.m. Break**
- 10:00 a.m. Adverse Childhood Events
Mercie J. Digangi, D.O.
- 10:35 a.m. Wilderness Sports Injuries and Their Radiographic Findings
Sarah C. Spelsberg, P.A.-C.
- 11:10 a.m. Medication Assisted Treatment for Opioid Use Disorder in Primary Care: Where Do I Start and Why Should I??
Terrence J. Witt, M.D.
- 11:45 a.m. Lunch Break**
- 12:00 p.m. Roundtable Lunch with the Experts (optional, limited space)**
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Luke C. Radel, M.D., Stephen P. Merry, M.D., Daniel D. Klaristenfeld, M.D., Mercie J. Digangi, D.O.,
Sarah C. Spelsberg, P.A.-C., Terrence J. Witt, M.D.
- 1:15 p.m. Risk and Therapeutic Potential Of Cannabidiol: Separating Science From Fiction
Pravesh Sharma, M.D. Requested 3/11 early morning
- 1:50 p.m. Atrial Fibrillation: Outpatient Management
Sunil V. Mankad, M.D.
- 2:25 p.m. Management of COPD for the Primary Care Physician
Megan Duloher Scrogin, M.D.
- 3:00 p.m. Adjourn**

Saturday, March 12, 2022

- 7:00 a.m. Continental Breakfast**
- 7:55 a.m. Announcements
- 8:00 a.m. Menopausal Hormone Therapy in 2022: Myths and Facts (zoom)
Ekta Kapoor, M.B.B.S.
- 8:35 a.m. Epidemiology, Phenotypes and Pathophysiology of Long COVID
Michael R. Mueller, M.D.
- 9:10 a.m. Time for Cure: Contemporary Surgical Options for Benign Prostate Enlargement
J. (Nick) Nicholas Warner, M.D.
- 9:45 a.m. When Back Pain is Surgical
Meghan E. Murphy, M.D.
- 10:20 a.m. Break**
- 10:35 a.m. COVID & Clots
Rayya A. Saadiq, D.O.
- 11:10 a.m. Tips for Caregivers of Patients with Dementia
Christina Chen, M.D., Ashley M. Stantz, M.D.
- 11:45 a.m. Integrative Medicine Pearls for Bread and Butter Primary Care Complaints
Heidi M. Meyer, M.D.
- 12:20 p.m. Post-Conference Highlights
- 12:30 p.m. Adjourn**

PHARMACOLOGY CONTENT



Some presentations will contain pharmacology content. It is the responsibility of the individual learner to determine the amount of pharmacology content.