



## Updates in Family Medicine 2022

March 10-12, 2022

\*Pacific time zone

Thursday, March 10, 2022

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**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 Dulohery Scrodin, M.D.

**3:00 p.m.      Adjourn**

Saturday, March 12, 2022

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**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 verify  
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.