



Updates in Family Medicine 2022

March 10-12, 2022

*All times are 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. Epidemiology, Phenotypes and Pathophysiology of Long COVID
Michael R. Mueller, M.D.
- 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**
- 12:45 p.m. Topical Corticosteroids: What, When, Where, How Much and for How Long
Mark DP Davis, M.D.
- 1:20 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
- 1:55 p.m. Dermatology Care for Primary Care: Skin Lesions, Skin Cancers, Warts, Acne and Some Common Rashes
Mark DP Davis, M.D.
- 2:30 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

12:45 p.m. Risk and Therapeutic Potential of Cannabidiol: Separating Science from Fiction
Pravesh Sharma, M.D. *Via Zoom*

1:20 p.m. Atrial Fibrillation: Outpatient Management
Sunil V. Mankad, M.D.

1:55 p.m. Management of COPD for the Primary Care Physician
Megan Dulohery Scrogin, M.D.

2:30 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
Ekta Kapoor, M.B.B.S. *Via Zoom*
- 8:35 a.m. Transgender
Cesar A. Gonzalez, Ph.D., L.P. *Via Zoom*
- 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. Caring for the Older Adult with Dementia: Management Pearls for the Caregiver
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**