

UPMC

University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences
Department of Medicine



Evidence-Based Approaches to Common Medical Problems

October 19–20, 2017

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors

Kathryn Berlacher, MD, MS
Bernard J. Bernacki, DO, MPH
Michael Donahoe, MD
Ibrahim Ghobrial, MD
Daniel Glunk, MD
James R. Johnston, MD
Melissa A. McNeil, MD, MPH
Larry W. Moreland, MD

Anthony J. Pinevich, MD, MBA
Benjamin Reynolds, PA-C
Fred H. Rubin, MD
Sandra Indacochea Sobel, MD
Francis X. Solano Jr., MD
Terence W. Starz, MD
Patrick J. Strollo Jr., MD

Endorsed by:



Pennsylvania
MEDICAL SOCIETY®

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About the Program • • •

The course is a comprehensive update on major advances in internal medicine as well as a review of various medical- and surgical-related topics affecting daily practice. Participants receive updates on disease perspectives that can influence their specialty practice activities. Emphasis is placed on evidence-based approaches to practical and innovative health care delivery including care pathways that focus on key elements in the diagnosis and management of various diseases. This conference continues to be a respected resource. Highly regarded clinician-educators and researchers present at the course.

Objectives • • •

Upon completion of this course, participants should be able to:

- Define care management pathways for common diseases encountered in primary care including insomnia, low back pain, hyperlipidemia, osteoarthritis, Lyme disease, incontinence, diabetes, and hypertension.
- Synthesize current scientific evidence for managing viral infections, valvular heart disease, osteoporosis, breast disease, and depression.
- Analyze the impact and outcomes of immunotherapy for cancer, chronic pain management, transplantation, transgender medicine, and antibiotics for common diseases.

Who Should Attend • • •

General internists, family practitioners, medical specialists, nurses, physician assistants, and other health care professionals who provide primary care services should attend this two-day course.

Special Needs • • •

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs **at least two weeks** in advance of the program by calling 412-648-9647.

Continuing Education Credit • • •

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of **15.25 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This program has been reviewed and is approved for a maximum of **15.25 AMA PRA Category 1 Credits™** (Pre-approved) CME credit by the Physician Assistant Review Panel. Physician Assistants should claim only those hours actually spent participating in the CME activity.

This program was planned in accordance with AAPA'S CME standards for live programs and for commercial support of live programs.

Other health care professionals are awarded **1.525** continuing education units (CEU's) which are equal to **15.25** contact hours.

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). **Determination of credit is pending.**

Application for Category 2-A credit has been filed with the American Osteopathic Association. **Determination of credit is pending.**

Successful completion of this CME activity, which includes participation in the evaluation component, enables physicians who are board certified by the American Board of Internal Medicine (ABIM) to earn up to **15.25** Maintenance of Certification (MOC) points. ABIM certified physicians will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Health care professionals are awarded continuing education units based on contact hours. For nurse practitioners, a breakdown of pharmacotherapeutic contact hours will be provided. For physician assistants, UPMC has been authorized by the American Academy of PAs (AAPA) to designate AAPA Category 1 credits for activities designed primarily for its own learners and other learners within its network. An asterisk (*) denotes pharmacotherapeutic topics on the schedule.

The Department of Medicine and the Center for Continuing Education in the Health Sciences (CCEHS) have included topics which should meet the Patient Safety / Risk Management criteria. These topics will be highlighted in **gold** within the schedule.

Meeting Location, Accommodations, Parking • • •

Marriott Pittsburgh City Center

112 Washington Place • Pittsburgh, Pennsylvania 15219
Phone: 412-471-4000 | Fax: 412-553-5252

The conference has contracted a limited number of hotel rooms at the **Marriott Pittsburgh City Center** for our conference attendees. You may book a room by calling the hotel directly at 412-471-4000 or 800-228-9290 and stating that you are attending the *UIM Course – University of Pittsburgh/ Department of Medicine*. The **room block** is limited and **only available until September 27 at 12:00 PM**. Space cannot be guaranteed once the block expires or the block is filled, whichever occurs first.

Room rates are **\$154** per night plus applicable taxes and fees.

If you experience difficulty arranging your reservations, please call 412-648-9647.

Parking is on your own and not covered by conference tuition. The on-site parking facility is approximately \$18/day. The entrance is located on the side of the Pittsburgh Marriott City Center hotel. Additional parking can be found across the street from the hotel at the PPG Paints Arena.

UPDATE IN INTERNAL MEDICINE: 2017 Schedule

Evidence-Based Approaches To Common Medical Problems

THURSDAY, OCTOBER 19, 2017

7:15 am Registration/Continental Breakfast:
Visit Exhibitor/Vendor Booths

7:55 am Welcome/Introduction

MORNING SESSION

8:00 am **Healthy Eating to Prevent, Treat and Reverse Chronic Disease – What Should We Be Telling Our Patients?**
Michael Parkinson, MD, MPH

8:40 am **Why Killer Viruses Are on the Rise***
Amesh A. Adalja, MD

9:20 am **Antiplatelet Drugs: Old and New***
Franklin A. Bontempo, MD

10:00 am Break: Visit Exhibit/Vendor Booths

10:15 am **Fecal Microbiota Transplantation***
Tatiana Bogdanovich, MD, PhD, MSc

10:55 am **Interventional Pulmonology: Minimally Invasive Procedures for the Diagnosis and Management of Pulmonary Disease***
Roy Semaan, MD

11:35 am **Cost-Effective Imaging for Low Back Pain***
Jeffery Towers, MD

12:15 pm Lunch Break — “Grab and Go”:
Visit Exhibit/Vendor Booths

12:25 pm Lunch with the Professor

A. Breast Issues for Primary Care Providers
Melissa A. McNeil, MD, MPH

B. Transcatheter Valve Replacement
Joon Sup Lee, MD

C. Buprenorphine Treatment in Primary Care*
Paul Brayer, MD

D. Immunodeficiency Syndromes*
Andrej A. Petrov, MD

E. Living Donor Liver Transplant: Advances and Current Status in the U.S.
Swaytha Ramaraj Ganesh, MD

F. Update in Geriatrics
Rollin M. Wright, MD, MA, MPH

1:15 pm Break: Visit Exhibit/Vendor Booths

AFTERNOON SESSION

1:30 pm **Clinical Dyslipidemia Update***
Erin E. Kershaw, MD

2:10 pm **Skin Cancer Screening in Primary Care**
Laura Korb Ferris, MD, PhD

2:45 pm **Primary Care Approaches to Insomnia***
Daniel J. Buysse, MD

3:25 pm Break: Visit Exhibit/Vendor Booths

3:40 pm **Sjogren’s Syndrome**
Ghaith Noaiseh, MD

4:15 pm **The New Science of Osteoarthritis: What it Means in Managing our Patients***
Terence W. Starz, MD

4:55 pm **Lyme Disease***
Andrew J. Nowalk, MD, PhD

5:30 pm Thursday Adjournment

Topics meeting Patient Safety / Risk Management criteria are highlighted in **gold-colored** shading within the schedule.

* Designates pharmacotherapeutic topic

UPDATE IN INTERNAL MEDICINE: 2017 Schedule

Evidence-Based Approaches To Common Medical Problems

FRIDAY, OCTOBER 20, 2017

7:15 am Continental Breakfast:
Visit Exhibitor/Vendor Booths

7:55 am Welcome/Introduction

MORNING SESSION

8:00 am **Priming the Immune System to Kill Cancer and Generate Tolerance***
Robert L. Ferris, MD, PhD

8:40 am **Making Sense of the New Diabetes Drugs and Technology***
Sandra Indacochea Sobel, MD

9:20 am **Opioids and Marijuana: Unknowns in Chronic Pain Management***
Kevin L. Kraemer, MD, MSc

10:00 am Break: Visit Exhibit/Vendor Booths

10:15 am **BREAKOUT SESSION I** (repeated at 11:10 am)

G. Approach to NASH
Jaideep Behari, MD, PhD

H. COPD-related Musculoskeletal Disease*
Jessica Bon Field, MD, MS

I. Patient Communication in Chronic Renal Disease
Amar D. Bansal, MD

J. Perspectives on Effective SSRI Use*
James D. Tew, Jr., MD

K. Physician Resilience
Clifford J. Cohen, LSW

L. Thyroid Nodule Management
Shane LeBeau, MD

10:55 am Break and Room Change for Breakout Session II: Visit Exhibitor/Vendor Booths

Topics meeting Patient Safety / Risk Management criteria are highlighted in **gold-colored** shading within the schedule.

* Designates pharmacotherapeutic topic

11:10 am **BREAKOUT SESSION II**
(Repeat of 10:15 am Breakout Session I)

G. Approach to NASH
Jaideep Behari, MD, PhD

H. COPD-related Musculoskeletal Disease*
Jessica Bon Field, MD, MS

I. Patient Communication in Chronic Renal Disease
Amar D. Bansal, MD

J. Perspectives on Effective SSRI Use*
James D. Tew, Jr., MD

K. Physician Resilience
Clifford J. Cohen, LSW

L. Thyroid Nodule Management
Shane LeBeau, MD

11:50 am Lunch Break — “Grab and Go”:
Visit Exhibit/Vendor Booths

12:15 pm **Remote Monitoring Devices in Medicine**
Andrew R. Watson, MD, Mlitt

AFTERNOON SESSION

1:15 pm **Polycystic Ovary Syndrome***
Kara Hughan, MD

1:45 pm **Potassium, Aldosterone, and Hypertension: How Physiology Determines Treatment***
James R. Johnston, MD

2:15 pm Break: Visit Exhibit/Vendor Booths

2:30 pm **Apophenia, Numeracy & Medical Decisions**
Burton W. Lee, MD

3:00 pm **Care of the Transgender and Gender Non-conforming Patient**
Ronald Codario, MD

3:30 pm **Incontinence in the Elderly***
Neil M. Resnick, MD

4:15 pm Conference Adjournment

Course Directors • • •

Kathryn Berlacher, MD, MS

Assistant Professor of Medicine

Bernard J. Bernacki, DO, MPH

Community Physician
Board member, Pittsburgh Regional
Health Initiative

Michael Donahoe, MD

Executive Vice Chair of Clinical Affairs
Professor of Medicine

Ibrahim Ghobrial, MD

Program Director, Internal Medicine
Residency Program
UPMC McKeesport

Daniel Glunk, MD

Chief Quality Officer
UPMC Susquehanna

James R. Johnston, MD

Professor of Medicine

Melissa A. McNeil, MD, MPH

Professor of Medicine

Larry W. Moreland, MD

Margaret Jane Miller Endowed Professor
of Arthritis Research
Department of Medicine

Anthony J. Pinevich, MD, MBA

Vice President, Medical Affairs
UPMC Mercy

Benjamin Reynolds, PA-C

Director
UPMC Office of Advance
Practice Providers

Fred H. Rubin, MD

Professor of Medicine

Sandra Indacochea Sobel, MD

Clinical Assistant Professor of Medicine
Clinical Chief of Endocrinology,
UPMC Mercy

Francis X. Solano Jr., MD

Clinical Professor of Medicine

Terence W. Starz, MD

Clinical Professor of Medicine

Patrick J. Strollo Jr., MD

Vice Chair for Veterans Affairs,
Department of Medicine
Vice President Medical Service Line VA
Pittsburgh Health System
Professor of Medicine

University of Pittsburgh School of Medicine

Presenters • • •

Amesh A. Adalja, MD

Senior Associate
Johns Hopkins Center for Health Security

Amar D. Bansal, MD

Assistant Professor of Medicine

Jaideep Behari, MD, PhD

Associate Professor of Medicine

Tatiana Bogdanovich, MD, PhD, MSc

Clinical Assistant Professor
Medical Director, Fecal Microbiota
Transplant Program

Franklin A. Bontempo, MD

Associate Professor of Medicine

Paul Brayer, MD

Associate Clinical Instructor

Daniel J. Buysse, MD

UPMC Professor of Sleep Medicine
Professor of Psychiatry

Ronald Codario, MD

Clinical Assistant Professor of Medicine

Clifford J. Cohen, LSW

Clinical Director of Physician
Assistance Program
Resident and Fellow Assistance Program

Laura Korb Ferris, MD, PhD

Associate Professor of Dermatology

Robert L. Ferris, MD, PhD

Director, UPMC Hillman Cancer Center
Hillman Professor of Oncology
Professor of Otolaryngology, of
Immunology, and of
Radiation Oncology

Jessica Bon Field, MD, MS

Assistant Professor of Medicine

Swaytha Ramaraj Ganesh, MD

Assistant Professor

Kara Hughan, MD

Assistant Professor

James R. Johnston, MD

Professor of Medicine

Erin E. Kershaw, MD

Associate Professor of Medicine

Kevin L. Kraemer, MD, MSc

Professor of Medicine

Shane LeBeau, MD

Clinical Associate Professor of Medicine

Burton W. Lee, MD

Visiting Professor of Medicine

Joon Sup Lee, MD

Associate Professor of Medicine

Melissa A. McNeil, MD, MPH

Professor of Medicine

Ghaith Noaiseh, MD

Assistant Professor of Medicine
Director, UPMC Sjogren's Clinic

Andrew J. Nowalk, MD, PhD

Assistant Professor of Pediatrics

Michael Parkinson, MD, MPH

Senior Medical Director of Health
and Productivity, UPMC Health Plan

Andrej A. Petrov, MD

Associate Professor of Medicine

Neil M. Resnick, MD

Thomas Detre Professor of Medicine
Chief, Division of Geriatric Medicine

Roy Semaan, MD

Assistant Professor of Medicine
Director, Interventional Pulmonary
Program, UPMC

Sandra Indacochea Sobel, MD

Clinical Assistant Professor of Medicine
Clinical Chief of Endocrinology,
UPMC Mercy

Terence W. Starz, MD

Clinical Professor of Medicine

James D. Tew, Jr., MD

Associate Professor of Psychiatry

Jeffery Towers, MD

Clinical Associate Professor

Andrew R. Watson, MD, Mlitt

Vice President, Clinical Information
Technology Transformation,
International Division
Medical Director, Telemedicine

Rollin M. Wright, MD, MA, MPH

Assistant Professor of Medicine

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

Unless otherwise noted, all conference faculty are affiliated with the University of Pittsburgh School of Medicine and are located in the Pittsburgh, Pennsylvania region.

The University of Pittsburgh is an affirmative action, equal opportunity institution.

Registration Information • • •

Early registrations will be accepted through Thursday, **September 14, 2017** at a reduced rate. After **September 14, 2017** the registration fee will increase and will be accepted through Sunday, **October 1, 2017**. Once the online registration system is closed, on-site registrations will be accepted at an additional cost only if space is available. Please call 412-648-9647 to confirm space availability after **October 1, 2017**.

Online Registrations (due by **October 1, 2017**)

Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

Visit our online registration site at dom.pitt.edu/UIM17 or <https://ccehs.upmc.com>.

Click the *Registration* button and enter all the requested information (including an email address and follow the prompts to submit your registration after entering your payment information.

Print the automatic electronic registration confirmation email sent to the email address you provided us when you registered. If you do not receive this confirmation, please contact us at 412-647-8232.

Paper Registrations by Fax or Mail

(See contact information below)

If you are unable to register online please submit a request for paper form. UPMC employees whose registration fee will be remitted via journal transfer must request the paper registration form.

A confirmation letter will be faxed or mailed if registration is completed through the mail or fax by the pre-registration deadline. If you register online, you will receive an immediate e-mail confirmation message.

Registration Fees

Early Registration (<i>on or before</i> September 14, 2017)	Registration (registrations received <i>after</i> September 14, 2017)	On-site Registration (required <i>after</i> October 1, 2017)
\$300 Physician Fee \$200 Nurses, PAs, and other health care professionals FEE WAIVED for: Physicians in first year of practice, Residents and Fellows	\$325 Physician Fee \$225 Nurses, PAs, and other health care professionals FEE WAIVED for: Physicians in first year of practice, Residents and Fellows	\$350 Physician Fee \$250 Nurses, PAs, and other health care professionals

Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at 412-647-8232 or 412-648-9647. *You must bring this confirmation letter with you to the conference.*

Registration fee includes:

- Continuing education credit
- Registration and course materials
- Continental breakfast, refreshments and lunch

Cancellation

All cancellations must be in writing and sent via U.S. Postal Service, email or fax. Tuition/registration for cancellations postmarked or date stamped before Thursday, **September 28, 2017** will be completely refunded. After the Thursday, **September 28, 2017** deadline, a \$50 administrative fee will be assessed. No refunds will be made after Thursday, **October 5, 2017**. Cancellation requests can be sent to:

Jimette Gilmartin
Project Coordinator
Department of Medicine
3550 Terrace Street, 1218 Scaife Hall
Pittsburgh, PA 15261
Email: domuim@pitt.edu
Phone: 412-648-9647 • Fax: 412-586-9876

The Department of Medicine reserves the right to cancel this program if a sufficient amount of registrations are not received. In the case of cancellation, the department will fully refund registration fees.

For additional information, contact:

Jimette Gilmartin
Project Coordinator
Department of Medicine
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Pittsburgh, PA 15261
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For more information, contact: dom.pitt.edu/UIM17