

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 13–14, 2016

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors

Bernard J. Bernacki, DO, MPH, FACFP

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David C. Whitcomb, MD, PhD

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Pennsylvania

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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 impacting daily practice. Participants receive updates on disease perspectives that can impact 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 opioid addiction, hyperlipidemia, hepatitis C, constipation, dementia, pulmonary embolism, Parkinson's disease, and hypertension.
- Synthesize current scientific evidence for managing Zika infections, pulmonary hypertension, polymyalgia rheumatica, women's health issues, spondyloarthropathies, and advanced renal disease.
- Analyze the impact and outcomes of concussion, prostate cancer, weight management activities, diet and cancer risk, congestive heart failure, and the microbiome in health and disease.

Who Should Attend • • •

This course is designed for general internists, family practitioners, medical specialists, and other health care professionals who provide primary care services.

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 **15.5 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded **1.55** continuing education units (CEU's) which are equal to **15.5** 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 enables the participant to earn MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn ABIM MOC points equivalent to the amount of CME credits claimed for the activity.

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 28 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 Marriott Pittsburgh City Center hotel. Additional parking can be found across the street from the hotel at the Mellon Arena Parking lot (across from the Consol Energy Center facility).

UPDATE IN INTERNAL MEDICINE: 2016 Schedule

Evidence-Based Approaches To Common Medical Problems

THURSDAY, OCTOBER 13, 2016

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

7:55 am Welcome/Introduction

MORNING SESSION

8:00 am **Recognizing and Treating Pulmonary Hypertension in Primary Care**
Mark T. Gladwin, MD

8:40 am **Emerging Infections: Zika and Others**
Amesh A. Adalja, MD, FACP, FACEP

9:20 am **Diet and Cancer Risk**
Stephen J.D. O'Keefe, MD, MSc

10:00 am Break: Visit Exhibitor/Vendor Booths

10:15 am **Spondyloarthropathies**
Thaddeus A. Osial Jr., MD

10:45 am **Concussion**
Erin Reynolds, PsyD

11:15 am **Preventing CHF Readmissions: The Challenge to Overcome**
Ravi N. Ramani, MD

11:40 am **Intensive vs. Standard Blood Pressure Control**
Molly B. Conroy, MD, MPH, FACSM, FAHA

12:05 pm Lunch Break – “Grab and Go”:
Visit Exhibitor/Vendor Booths

12:15 pm **LUNCH WITH THE PROFESSOR**

A. A Home for Back Pain: Alternatives to Surgery
Gwen Sowa, MD, PhD

B. The Total Joint Replacement Bundle – Just the Beginning
Adolph J. Yates, MD, FACP

C. Year in Infectious Diseases
J. Alex Viehman, MD

D. Approach to the Patient with Hospital-Based Delirium
Fred H. Rubin, MD

E. Promoting Physician Well-being and Resilience
Dena Hofkosh, MD, MEd

F. Year in General Internal Medicine
Peter D. Bulova, MD and Peggy B. Hasley, MD

1:15 pm Break: Visit Exhibitor/Vendor Booths

AFTERNOON SESSION

1:30 pm **Constipation: Update on Evaluation and Management**
David Levinthal, MD, PhD

2:10 pm **Parkinson's Disease**
J. Timothy Greenamyre, MD, PhD

2:45 pm **Year in Endocrinology**
Mary Korytkowski, MD

3:25 pm Break: Visit Exhibitor/Vendor Booths

3:40 pm **Prostate Cancer: Update on Screening and Management**
Bruce L. Jacobs, MD, MPH

4:15 pm **Should Most Older Adults be on Lipid Lowering Drug Therapy?**
Lewis H. Kuller, MD, DrPH

4:55 pm **Acute and Chronic Pulmonary Embolism**
Belinda N. Rivera-Lebron

5:30 pm Thursday Adjournment

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

UPDATE IN INTERNAL MEDICINE: 2016 Schedule

Evidence-Based Approaches To Common Medical Problems

FRIDAY, OCTOBER 14, 2016

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

7:55 am Welcome/Introduction
MORNING SESSION

8:00 am **Microbiome and Medical Disease:
Ready for Prime Time?**
Alison Morris, MD, MS

8:40 am **Opioid Addiction: An Emerging Epidemic**
Kevin L. Kraemer, MD

9:20 am **Supporting the Patient with Dementia**
Michelle I. Rossi, MD, MPH

10:00 am Break: Visit Exhibitor/Vendor Booths

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

**G. Bipolar Disorder: Diagnosis and
Management**
Crystal White, MD

**H. Cardiovascular Outcomes of Type 2
Diabetes Drugs**
Hussain Mahmud, MD

I. Year in Pulmonary Medicine
Rachel J. Givelber, MD

J. Bone Health Update
Susan L. Greenspan, MD

**K. News You Can Use: Recent Studies
that Changed My Practice**
*Melissa A. McNeil, MD, MPH and
Sarah A. Tilstra, MD, MS*

**L. Prepping for PrEP: HIV Prevention
in Primary Care**
Ken S. Ho, MD, MPH

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.

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

**G. Bipolar Disorder: Diagnosis and
Management**
Crystal White, MD

**H. Cardiovascular Outcomes of Type 2
Diabetes Drugs**
Hussain Mahmud, MD

I. Year in Pulmonary Medicine
Rachel J. Givelber, MD

J. Bone Health Update
Susan L. Greenspan, MD

K. Women's Health Update
Melissa A. McNeil, MD, MPH

**L. Prepping for PrEP: HIV Prevention
in Primary Care**
Ken S. Ho, MD, MPH

11:50 am Lunch Break — "Grab and Go": Visit Exhibitor/
Vendor Booths

12:15 pm **Pharmacogenomics to Achieve
Personalized Medicine**
*David C. Whitcomb, MD, PhD and
Philip E. Empey, PharmD, PhD, BCPS*

AFTERNOON SESSION

1:15 pm **Diet, Drugs, and Exercise: What Do We
Recommend to our Patients**
David A. Rometo, MD

1:55 pm Break: Visit Exhibitor/Vendor Booths

2:10 pm **Preventing the "Crash": The Internist Guide
to Managing Advanced Stage Kidney Disease**
James R. Johnston, MD

2:50 pm **Hepatitis C: New Paradigms for Evaluation
and Management**
Naudia L. Jonassaint, MD

3:40 pm **Polymyalgia Rheumatica and
Giant Cell Arteritis**
Terence W. Starz, MD

4:15 pm Conference Adjournment

Course Directors • • •

Bernard J. Bernacki, DO, MPH, FACOFP

Chairman, Department of Family and
Community Medicine

Frederick R. DeRubertis, MD

Professor of Medicine

Michael Donahoe, MD

Executive Vice Chair of Clinical Affairs
Professor of Medicine

James R. Johnston, MD

Professor of Medicine

Wishwa N. Kapoor, MD, MPH

Distinguished Service Professor of
Medicine

Melissa McNeil, MD, MPH

Professor of Medicine

Larry W. Moreland, MD

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Department of Medicine

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Vice President, Medical Affairs
UPMC Mercy

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Francis X. Solano Jr., MD, FACP

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Terence W. Starz, MD

Clinical Professor of Medicine

David C. Whitcomb, MD, PhD

Giant Eagle Foundation Professor of
Cancer Genetics
Professor of Medicine, Cell Biology &
Physiology and Human Genetics

University of Pittsburgh School of Medicine

Presenters • • •

Amesh A. Adalja, MD, FACP, FACEP

Senior Associate, Center for
Health Security
Clinical Assistant Professor of
Critical Care Medicine, and
Emergency Medicine

Peter D. Bulova, MD

Associate Professor of Medicine

Molly B. Conroy, MD, MPH, FACSM, FAHA

Associate Professor of Medicine,
Epidemiology, and Clinical and
Translational Science

Philip E. Empey, PharmD, PhD, BCPS

Assistant Professor, Pharmacy and
Therapeutics

Rachel J. Givelber, MD

Assistant Professor of Medicine

Mark T. Gladwin, MD

Jack D. Myer Professor and Chair,
Department of Medicine
Director, Vascular Medicine Institute

J. Timothy Greenamyre, MD, PhD

Professor of Neurology
Chief, Movement Disorders Division
Director, Pittsburgh Institute for
Neurodegenerative Diseases

Susan L. Greenspan, MD

Professor of Medicine

Peggy B. Hasley, MD

Associate Professor of Medicine

Ken S. Ho, MD, MPH

Assistant Professor of Medicine

Dena Hofkosh, MD, MEd

Professor of Pediatrics
Associate Dean for Faculty Affairs,
University of Pittsburgh
School of Medicine

Bruce L. Jacobs, MD, MPH

Assistant Professor of Urology

James R. Johnston, MD

Professor of Medicine

Naudia L. Jonassaint MD

Assistant Professor of Medicine

Mary Korytkowski, MD

Professor of Medicine

Kevin L. Kraemer, MD

Professor of Medicine

Lewis H. Kuller, MD, DrPH

Professor Emeritus and Past Chair,
Department of Epidemiology

David Levinthal, MD, PhD

Assistant Professor of Medicine

Hussain Mahmud, MD

Clinical Assistant Professor of Medicine

Melissa A. McNeil, MD, MPH

Professor of Medicine

Alison Morris, MD, MS

Professor of Medicine
Vice Chair of Clinical Research,
Department of Medicine
UPMC Chair of Translational Pulmonary
and Critical Care Medicine
Director, University of Pittsburgh Center
for Medicine and the Microbiome

Stephen J.D. O'Keefe, MD, MSc

Professor of Medicine, Clinical
Nutrition Service

Thaddeus A. Osial Jr., MD

Clinical Associate Professor of Medicine

Ravi N. Ramani, MD

Assistant Professor of Medicine, Director,
UPMC Integrated Heart Failure Program

Erin Reynolds, PsyD

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Belinda N. Rivera-Lebron, MD

Assistant Professor of Medicine

David A. Rometo, MD

Clinical Assistant Professor of Medicine

Michelle I. Rossi, MD, MPH

Assistant Professor of Medicine

Fred H. Rubin, MD

Professor of Medicine

Gwen Sowa, MD, PhD

Chair, Department of Physical Medicine
and Rehabilitation
Director, UPMC Rehabilitation Institute

Terence W. Starz, MD

Clinical Professor of Medicine

Sarah A. Tilstra, MD, MS

Assistant Professor of Medicine

J. Alex Viehman, MD

Clinical Assistant Professor of Medicine

David C. Whitcomb, MD, PhD

Giant Eagle Foundation Professor of
Cancer Genetics
Professor of Medicine, Cell Biology &
Physiology and Human Genetics

Crystal White, MD

Assistant Professor of Psychiatry

Adolph J. Yates Jr., MD

Associate Professor of Orthopaedic Surgery
Joint Reconstruction Musculoskeletal
Division

*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, PA region.*

Registration Information • • •

Early registrations will be accepted through Tuesday, **September 20, 2016** at a reduced rate. After **September 20, 2016** the registration fee will increase and will be accepted through Sunday, **October 9, 2016**. 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 9, 2016**.

Online Registrations (due by October 9, 2016)

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

Visit our online registration site at UPMC.com/UIM16 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 September 20, 2016)</i>	Registration <i>(registrations received after September 20, 2016)</i>	On-site Registration <i>(required after October 9, 2016)</i>
\$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 412-647-9541. *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 29, 2016** will be completely refunded. After the Thursday, **September 29, 2016** deadline, a \$50 administrative fee will be assessed. No refunds will be made after Thursday, **October 6, 2016**. Cancellation requests can be sent to:

Jimette Gilmartin
Project Coordinator
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3550 Terrace Street, 1218 Scaife Hall
Pittsburgh, PA 15261
Email: domuim@pitt.edu
Phone: 412-647-9647 • Fax: 412-383-8565

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:

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For more information, contact: UPMC.com/UIM16