26th Annual Selected Topics in Internal Medicine
January 27 – 31, 2014

Course Directors:
Karen F. Mauck, M.D., M.Sc.
Christopher M. Wittich, M.D., Pharm.D.

SUNDAY, January 26, 2014

PRE COURSE SESSIONS

Option 1
ABFM SAMs Module: Care of the Vulnerable Elderly .....
Tara K. Kaufman, M.D. and Margaret C. Behrens, M.D.

7:00 a.m. Module
9:30 a.m. Break
9:45 a.m. Continue Module
12:15 p.m. Adjourn

Option 2
ABIM SEP Modules

2013 Update in Internal Medicine (C0-P).....
Nina M. Schwenk, M.D., Mark A. Nyman, M.D. and Robert H. Lohr, M.D.

7:00 a.m. Module Begins
9:30 a.m. Adjourn

2013 Update in Hospital Medicine (83-P) .....
Thomas J. Beckman, M.D., William C. Mundell, M.D., and Michelle A. Neben-Wittich, M.D.

9:45 a.m. Module Begins
12:15 p.m. Adjourn

Option 3
Opioid Management for the Non-Pain Physician .....
Jason S. Eldrige, M.D., W. Michael Hooten, M.D., Joshua B. Murphy, J.D., and Richard H. Rho, M.D.

1:30 p.m. Session Begins
3:30 p.m. Break
3:45 p.m. Session Continues
5:30 p.m. Adjourn

REGULAR PROGRAM SESSIONS

MONDAY, January 27, 2014

6:00 a.m.
Registration and Continental Breakfast .....Grand Ballroom Foyer

7:00 a.m.
Welcome and Course Overview.....Grand Ballroom
Karen F. Mauck, M.D., M.Sc.
Christopher M. Wittich, M.D., Pharm.D.

7:15 a.m. **Lipid Management 2014**
Stephen L. Kopecky, M.D.

- How do I best treat a patient with mixed lipid disorder?
- What factors determine which type of statin is chosen first?
- How do you choose a second lipid lowering agent when one isn't enough?
- What are some strategies for managing the patient with intolerance to statins?
- What is the benefit of raising HDL?

7:45 a.m. **FDA Drug Update: Top New Drugs to Know About**
Christopher M. Wittich, M.D., Pharm.D.

- What new FDA approved medications will impact my practice?
- How do the new medications compare to existing treatments?

8:15 a.m. **Update in Vitamin D and Osteoporosis**
Robert A. Wermers, M.D.

- How often do I need to check BMD in my patients who are taking medications for osteoporosis?
- When should I re-screen a patient for osteoporosis?
- Who should be screened for Vitamin D?
- Who should have Vitamin D replacement and how much is enough?
- What should my treatment goal be for Vitamin D replacement?

8:45 a.m. **Commonly Asked Questions in Cerebrovascular Disease**
Robert D. Brown, M.D.

- How should patients with asymptomatic carotid bruit and carotid stenosis be managed?
- What antithrombotic therapy is indicated for a patient with a prior TIA or cerebral infarction?
- How should a patient with carotid stenosis be managed in the setting of a TIA or cerebral infarction?
- What is the optimal management of a patient with an intracranial arterial stenosis?
- Which patients should be screened for cerebral aneurysm?

9:15 a.m.
Questions & Answers
Stephen L. Kopecky, M.D., Christopher M. Wittich, M.D., Pharm.D., Robert A. Wermers, M.D. and Robert D. Brown, M.D.

9:30 a.m.
Refreshment Break .....Grand Ballroom Foyer

9:45 a.m. **Update in General Internal Medicine: Practice Changing Articles from 2013**
Jason H. Szostek, M.D.

- What are the take home messages from top practice changing articles published in the past year?

10:15 a.m. **Mild Cognitive Impairment: From Diagnosis to Management**
David S. Knopman, M.D.

- How do I differentiate "normal" memory loss of aging from cognitive impairment?
- What is the best screening test to evaluate for cognitive impairment in patients with memory complaints?
- Which patients need formal neuropsychiatric testing?
- What treatment/ management options are available for patients with mild cognitive impairment?
- What cognitive surveillance is recommended for these patients?

10:45 a.m. **Gastroenterology: New Guidelines You Need to Know About**
Amy S. Oxentenko, M.D.

- What are the new management guidelines for GERD, NAFLD, Sprue, Colon Cancer Surveillance?

11:15 a.m. **Cases From the Nephrology Clinic**
Suzanne M. Norby, M.D.

- What are some of the common cases that get referred to the nephrology clinic?

11:45 a.m.
Questions & Answers
Jason H. Szostek, M.D., David S. Knopman, M.D., Amy S. Oxentenko, M.D. and Suzanne M. Norby, M.D.

12:00 p.m.
Complete Evaluations/ Adjourn

TUESDAY, January 28, 2014

6:00 a.m.
Continental Breakfast..... …….Grand Ballroom Foyer

6:30 a.m. Breakfast Curbside the Professor……...Grand Ballroom Foyer
Cardiology: *Stephen L. Kopecky, M.D*
Endocrinology: *Robert A. Wermers, M.D.*
Gastroenterology: *Amy S. Oxentenko, M.D.*
General Internal Medicine: *Christopher M. Wittich, M.D., Pharm.D., Jason H. Szostek, M.D.*
Geriatrics: *David S. Knopman, M.D.*
Nephrology: *Suzanne M. Norby, M.D.*
Neurology: Stroke and Cerebrovascular Disease: *Robert D. Brown, M.D.*

7:00 a.m. **Atrial Fibrillation: Advanced Management Options**
Sunil V. Mankad, M.D.

- What are the various types of advanced management options for the treatment of atrial fibrillation and which patients should be referred for these?
- How does ablation treatment compare to medical management with respect to important patient outcomes and cost?

7:30 a.m. **Atrial Fibrillation: Anticoagulation**
Walter Wysokinski, M.D., Ph.D.

- Which patients require long term anticoagulation for stroke prevention?
- What is CHADS2 and CHADS2VSC and which should I use to estimate stroke risk?
- What are the new oral anticoagulants available and how do they compare to warfarin with respect to efficacy and bleeding risk and cost?
- How do I choose one anticoagulant verses another?
- Which patients should not receive anticoagulation for stroke prevention despite being high risk?

8:00 a.m. **Hypertension Update**
Carrie A. Schinstock, M.D.

- When should I get a 24 hour blood pressure monitor?
- Should I treat white coat hypertension?
- What do I need to know about the new hypertension treatment guidelines?
- Should my approach to hypertension in the elderly be different?

8:30 a.m. **Drugs of Abuse 2014**
Osama A. Abulseoud, M.D.

- What are new synthetic drugs I should know about?
- When should I be suspicious that my patient is taking a street drug?

9:00 a.m.
Questions & Answers
Sunil V. Mankad, M.D., Walter Wysokinski, M.D., Ph.D., Carrie A. Schinstock, M.D. and Osama A. Abulseoud, M.D.

9:15 a.m.
Refreshment Break .....Grand Ballroom Foyer

9:30 a.m. **Surviving Sepsis Guidelines**
Steve G. Peters, M.D.

- What are the important changes I need to know about regarding the diagnosis and management of sepsis?
- What is the evidence regarding rapid response teams?

10:00 a.m. **Challenges in Healthcare Reform**
R. Scott Wright, M.D.

10:30 a.m.
Questions & Answers
Steve G. Peters, M.D. and R. Scott Wright, M.D.

10:45 a.m.
Move to Concurrent Sessions

11:00 a.m.
Concurrent Sessions/Workshops (***Please reference the separate handout for workshop options and room locations***)

12:30 p.m.
Complete Evaluations/Adjourn

WEDNESDAY, January 29, 2014

6:00 a.m.
Continental Breakfast .....Grand Ballroom Foyer

6:30 a.m. Breakfast Curbside the Professor……...Grand Ballroom Foyer
Anticoagulation/Vascular Medicine: *Walter Wysokinski, M.D., Ph.D.*
Cardiology: *Sunil V. Mankad, M.D.*
Psychiatry: *Osama A. Abulseoud, M.D.*
Health Care Reform: *R. Scott Wright, M.D.*
Nephrology: *Carrie A. Schinstock, M.D.*
Pulmonary/ Critical Care: *Steve G. Peters, M.D.*

7:00 a.m. **Unraveling the Mysteries of Peripheral Neuropathy: Diagnosis and Management**
James C. Watson, M.D.

- What diagnostic approach is recommended for patients with suspected peripheral neuropathy?
- What treatment options work best for symptom management in patients with painful peripheral neuropathy?

7:30 a.m. **Periprocedural Anticoagulation Management**
Paul R. Daniels, M.D.

- How do I manage patients on the newer anticoagulants when they need to have anticoagulation interrupted for a procedure?
- Which patients need to have bridging of anticoagulation and which do not?
- Do you always bridge with full dose heparin or are there other options in patients at increased risk for post-procedural bleeding?

8:00 a.m. **Urology for the Generalist**
R. Houston Thompson, M.D.

- What is a rational approach to work up a patient with microscopic hematuria?
- What is the Mayo approach to prostate cancer screening?

8:30 a.m. **Low Testosterone – Help!**
Matthew K. Tollefson, M.D.

- Who should be tested?
- What is the best test?
- Who should and should not be treated?
- What are the treatment options and how do you choose?

9:00 a.m.
Questions & Answers
James C. Watson, M.D., Paul R. Daniels, M.D., Matthew K. Tollefson, M.D. and R. Houston Thompson, M.D.

9:15 a.m.
Refreshment Break ..... Grand Ballroom Foyer

9:30 a.m. **Cases in Gut Bacteria**
Darrell S. Pardi, M.D.

- How do I recognize and manage a patient with bacterial overgrowth?
- When should I suspect C. difficile infection in the outpatient setting?
- Do probiotics work?
- Does abnormal gut flora have adverse health effects?

10:00 a.m. **Rheumatology Update**
John M. Davis III, M.D.

- Are there new guidelines that I need to be aware of?
- Is procalcitonin helpful in detecting infection in patients with rheumatoid arthritis?
- Do my patients on TNF-α inhibitors have an increased risk of malignancy?

10:30 a.m. **Clinical Image Challenge**
Colin P. West, M.D., Ph.D. and Denise M. Dupras, M.D., Ph.D.

- Test your knowledge: short clinical vignettes with a clinical image—see if you can make the diagnosis!

11:15 a.m.
Questions & Answers
Darrell S. Pardi, M.D., John M. Davis III, M.D., Colin P. West, M.D., Ph.D. and Denise M. Dupras, M.D., Ph.D.

11:30 a.m.
Complete Evaluations/Adjourn

THURSDAY, January 30, 2014

6:00 a.m.
Continental Breakfast .....Grand Ballroom Foyer

6:30 a.m. Breakfast Curbside the Professor……...Grand Ballroom Foyer
Anticoagulation/ General Internal Medicine: *Paul R. Daniels, M.D.*
Gastroenterology: *Darrell S. Pardi, M.D.*
General Internal Medicine: *Colin P. West, MD, Ph.D. and Denise M. Dupras, MD, Ph.D.*
Neurology and Pain Medicine: *James C. Watson, M.D.*
Rheumatology: *John M. Davis III, M.D.*
Urology: *Matthew K. Tollefson, M.D. and R. Houston Thompson, M.D.*

7:00 a.m. **Heart Failure with Preserved Ejection Fraction: Recognize It, Diagnose It, Manage It**
Rekha Mankad, M.D.

- What symptoms should alert me to consider heart failure with preserved ejection fraction?

- What are the diagnostic criteria?
- How is HFpEF managed differently from patients who have heart failure with reduced ejection fraction?

7:30 a.m. **Emerging Infectious Diseases**
Pritish K. Tosh, M.D.
- What is the treat of and prevention strategies for Carbapenem-resistant Enterobacteriaceae?
- What is MERS and should I be worried?

8:00 a.m. **Pelvic Floor Dysfunction: How to Recognize, Diagnose and Treat**
Molly A. Feely, M.D.
- In which patients should I suspect pelvic floor dysfunction?
- How should pelvic floor dysfunction be diagnosed?
- Which treatment options are most effective in these patients?

8:30 a.m. **Office Based Ultrasound: How It Can Help Your Practice?**
Anjali Bhagra, M.B.B.S.
- How can the use of office based ultrasound improve my physical exam?
- What are the benefits of adding office based ultrasound to my practice?
- How much additional training is necessary?

9:00 a.m.
Questions & Answers
Rekha Mankad, M.D., Pritish K. Tosh, M.D., Molly A. Feely, M.D. and Anjali Bhagra, M.B.B.S.

9:15 a.m.
Refreshment Break .....Grand Ballroom Foyer

9:30 a.m. **Type 2 Diabetes: Options after Metformin**
Pankaj Shah, M.D.
- How do I decide on which additional diabetic drug to use when metformin isn't enough?
- What are important adverse effects of the various anti-diabetic drugs?
- What is the comparative efficacy of the various drugs?

10:00 a.m. **Personality Disorders: Why My Patient Makes Me Crazy**
Brian A. Palmer, M.D.
- How do I best recognize a patient with a personality disorder?
- What are some tips for successful interaction with patients who have a personality disorder?

10:30 a.m.
Questions & Answers
Pankaj Shah, M.D. and Brian A. Palmer, M.D.

10:45 a.m.
Move to Concurrent Sessions

11:00 a.m.
Concurrent Sessions/Workshops **(*Please reference the separate handout for workshop options and room locations*.)**

12:30 p.m.
Complete Evaluations/Adjourn

FRIDAY, January 31, 2014

6:00 a.m.
Continental Breakfast .....Grand Ballroom Foyer

6:30 a.m. Breakfast Curbside the Professor……...Grand Ballroom Foyer
Cardiology: *Rekha Mankad, M.D.*

Endocrinology: *Pankaj Shah, M.D.*
General Internal Medicine: *Molly A. Feely, M.D.*
Infectious Diseases: *Pritish K. Tosh, M.D.*
Office Based Ultrasound: *Anjali Bhagra, M.B.B.S.*
Psychiatry: *Brian A. Palmer, M.D.*

7:00 a.m. **Cost Effective Care: Wisely Choosing Medical Tests**
Amy W. Williams, M.D.

- What is the "Choosing Wisely" campaign and why do I need to know about it?
- What are the 5 outpatient tests physicians and patients should question?
- What are the 5 inpatient tests physicians and patients should question?

7:30 a.m. **Update in Gynecologic Oncology**
Andrea E. Wahner Hendrickson, M.D.

- Which patients should be screened for ovarian cancer and what screening should be considered?
- What are the risks and benefits of oophorectomy for benign indications done at the time of hysterectomy?
- Which women are at high risk for endometrial cancer? Are there specific high risk patients for whom screening is recommended?
- What are the new recommendations for cervical cancer screening?

8:00 a.m. **Parkinson's Disease: Avoiding Pitfalls in Hospital and Nursing Facilities**
Eric J. Ahlskog, M.D, Ph.D.

- Recognize the myriad of ways that PD treatment may inadvertently falter Orthostatic hypotension risk (avoiding hospital faints and fractures).
- Anticipate problems before they occur.

8:30 a.m. **Breast Cancer Update**
Tufia C. Haddad, M.D.

- What are important updates that generalists need to know about breast cancer?
- When and how often should I screen breast cancer survivors for secondary malignancies?

9:00 a.m.
Questions & Answers
Amy W. Williams, M.D, Andrea E. Wahner Hendrickson, M.D., Eric J. Ahlskog, M.D, Ph.D. and Tufia C. Haddad, M.D.

9:15 a.m.
Refreshment Break ..... Grand Ballroom Foyer

9:30 a.m. **Evidence Based Complementary and Alternative Medicine Update**
Brent A. Bauer, M.D.

- What is the evidence for acupuncture for the treatment of common illnesses?
- What are some reliable resources to help the clinician learn about the efficacy of various CAM modalities?
- What important updates in CAM does the generalist need to know about?

10:00 a.m. **Non-OSA Sleep Disorders**
Sean M. Caples, M.D.

- How do I manage patients that wake up at 2AM?
- What is new in restless legs syndrome?
- How do I recognize and manage periodic limb movement disorder?

10:30 a.m.
Questions & Answers
Brent A. Bauer, M.D. and Sean M. Caples, M.D.

10:45 a.m.
Complete Evaluations/Adjourn