



MAYO CLINIC  
College of Medicine

# CLINICAL REVIEWS 2006

AT MAYO CLINIC IN ROCHESTER

**October 23-25, 2006  
and November 6-8, 2006**

*Mayo Civic Center  
Rochester, Minnesota*

**Course Directors**

*John M. Wilkinson, M.D.*

*Darryl S. Chutka, M.D.*



*Celebrating 80 Years!*

# General Information

## *Course Description*

Clinical Reviews at Mayo Clinic Rochester seeks to continue an 80 year tradition of Mayo Clinic, providing updates in medicine, surgery, pediatrics, women's health, and other areas of relevance for primary care providers. Members of the staff of the Mayo Clinic are the faculty for this comprehensive program of lectures, small group luncheon roundtables, and in-depth evening discussions. Identical programs will be presented during both the October 23-25 and November 6-8 sessions.

## *Course Learning Objectives*

Upon completion of this course, participants will obtain new knowledge of current best practices, innovations, and evidence-based recommendations in a variety of topics relevant to primary care practice. Specifically, participants will be able to:

- Identify current recommendations and rationale for pediatric immunizations.
- Properly assess patients with sports related injuries of the knee and shoulder.
- Differentiate the current evidence and appropriate use of hormone replacement therapy in 2006.
- Counsel pediatric and adolescent patients and their parents about the evidence linking obesity and activity and strategies for assistance.
- Integrate newer strategies and pharmacologic options to aid in smoking cessation.
- Counsel patients on the comprehensive management of headache pain.
- Incorporate current guidelines in the evaluation of patients with valvular heart disease.
- Identify ways to appropriately utilize narcotics in the management of patients with chronic pain.
- Describe approaches to screening, diagnosis, and therapy of patients with osteoporosis.
- Discuss approaches to the rehabilitation of the injured worker which actively involve the employer and worksite.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## *Credit*

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Mayo Clinic College of Medicine. Mayo Clinic College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this educational activity for a maximum of 24 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### **AAFP**

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

### **Other Health Care Professionals**

A record of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

## *Location ~ Mayo Civic Center*

Registration ~ North Lobby

General Session ~ Exhibit Hall

Monday Evening Reception ~ Auditorium

Luncheon Round Table Discussions ~ Riverview and Civic Center Suites

Tuesday Evening Sessions ~ Riverview and Civic Center Suites

# General Information

## *Registration*

To register **online**, visit <http://www.mayo.edu/cme/>, or complete the attached registration form and return by mail or fax. The registration fee includes tuition, comprehensive course syllabus, continental breakfasts, lunch, break refreshments, and a reception. There will be **no "early-bird" registration** on the Sunday preceding the course.

## **Fees**

The registration fee of \$495 includes tuition, comprehensive course syllabus, daily continental breakfast, break refreshments, and all luncheons. In addition, a complimentary reception will be hosted by Mayo Clinic on Monday, October 23 and Monday, November 6, for all course participants. A reduced registration fee of \$325 is available for residents, fellows, physician assistants, nurse practitioners, retirees, and other interested health care providers.

Although it is not Mayo School of CME policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A notification of confirmation will be sent upon receipt of payment and completed registration form. Please present the notice of confirmation when checking in at the meeting registration desk.

## *Luncheon Sessions and Evening Session*

Included below are a list of some of the topics to be covered during the luncheon sessions and evening session. The exact sessions will be announced on-site and attendees will be able to choose those they wish to attend at that time.

*Alternative Approaches to Rehabilitating the Injured Worker*  
*Evaluation of Anemia*  
*Geriatric Pearls*  
*Breast Cancer Update*  
*How to Do a Knee Exam*  
*Cardiac Auscultation - Back to Basics*  
*Appropriate Use of Narcotics*  
*Diabetes*  
*Lessons From the Battlefield: Military Medicine*  
*How to Do a Shoulder Exam*  
*Management of Hypertension*  
*Back Pain: When to Go Further*  
*Care of the Hospitalized Elderly*  
*Lung Cancer Update*  
*Planned Visit Care*  
*Patient Safety and Medical Errors*  
*Are Medicare's Payment Policies Destroying Primary Care in the United States?*

## *Satellite Courses*

These courses are scheduled adjacent to Clinical Reviews in order to provide additional educational opportunities during your stay in Rochester, MN. Check the MSCME website ([www.mayo.edu/cme/](http://www.mayo.edu/cme/)) or call 1-800-323-2688 for additional information.

November 2 - 3, 2006      **OB/GYN Clinical Reviews**

November 3 - 4, 2006      **16th Annual Mayo Clinic Symposium on Sports Medicine**

**Register Online [www.mayo.edu/cme/clinicalreviews](http://www.mayo.edu/cme/clinicalreviews)**

# General Information

## *Parking*

Parking is available in hotel, city, and Mayo patient/visitor ramps. The cost for parking is not included in the registration fee. A map indicating the location of downtown parking facilities will be mailed with the registrant confirmation letter.

## *Travel*

Rochester, Minnesota, is a friendly city that greets thousands of visitors from around the world each year. The city is serviced by a modern international airport with multiple flights daily from Chicago, Detroit, Dallas-Fort Worth, and Minneapolis via American or Northwest Airlines. Access to and from the airport is provided by taxi, shuttle service, and rental car. The airport is located approximately 10 miles from the Mayo Clinic campus.

Should you require a larger variety in flight options, there is shuttle service available from Minneapolis to Rochester. Minneapolis is approximately 70 miles north of Rochester. Rochester Direct, a local shuttle company is located in the Kahler Hotel. Their schedule is available on [www.rochesterdirect.com](http://www.rochesterdirect.com). Reservations are strongly encouraged.

A Note to Travelers: Several cities in the United States are named Rochester. When you make airline reservations and check your baggage, be sure that your destination is Rochester, Minnesota (RST) and that your baggage has been properly tagged.

Travel arrangements are the sole responsibility of the individual registrant.

## *Lodging Accommodations*

Guest rooms have been reserved for attendees and their guests with special course rates at each of the following downtown Rochester hotels. In order to receive the special rate, reservations must be made before the room block is filled or before the expiration date of October 1, 2006, whichever comes first. Reservations will be taken following this date based on space and rate availability. Please identify yourself as a participant of Clinical Reviews when making your reservation.

Radisson Plaza Hotel  
150 South Broadway  
800-333-3333 or 507-281-8000  
\$101 single/double

Hilton Garden Inn  
225 South Broadway  
800-445-8667 or 507-285-1234  
\$94 single/double

Holiday Inn Express, City Centre  
220 South Broadway  
800-241-1597 or 507-252-8200  
\$ 89 single/double

Rochester Marriott Hotel  
101 First Avenue SW  
877-623-7775 or 507-280-6000  
\$129 single/double

Kahler Grand Hotel  
20 Second Avenue SW  
800-533-1655 or 507-282-2581  
\$ 89 single/double

The hotels listed above are connected by skyway and pedestrian subway to conference facilities, downtown shops, and restaurants. You may also wish to visit the Rochester Convention and Visitors Bureau website ([www.rochestercvb.org](http://www.rochestercvb.org)) for additional accommodation options.

Lodging arrangements are the sole responsibility of the individual registrant.

**Visit our course website [www.mayo.edu/cme/clinicalreviews](http://www.mayo.edu/cme/clinicalreviews)**

# General Information

## *Faculty*

### **Course Director(s)**

*Darryl S. Chutka, M.D.*

*John M. Wilkinson, M.D.*

### **Clinical Reviews Faculty**

*Thomas G. Allison, M.D.*

*Steven I. Altchuler, M.D.*

*John L. Black, M.D.*

*Jerome F. Breen, M.D.*

*Robert D. Brown, Jr. M.D.*

*John B. Bundrick, M.D.*

*Paul C. Carpenter, M.D.*

*Bart L. Clarke, M.D.*

*Clayton T. Cowl, M.D.*

*Edward T. Creagan, M.D.*

*David R. Daugherty, M.D.*

*Claude Deschamps, M.D.*

*Norman G. Egger, M.D.*

*Stephen B. Erickson, M.D.*

*Philip R. Fischer, M.D.*

*Kevin C. Fleming, M.D.*

*Amy Foxx-Orenstein, M.D.*

*Walter B. Franz, M.D.*

*Russel Gelfman, M.D.*

*Bobbie S. Gostout, M.D.*

*John W. Graves, M.D.*

*Daniel G. Hankins, M.D.*

*Stephen C. Hauser, M.D.*

*David R. Holmes, M.D.*

*W. Michael Hooten, M.D.\**

*Richard D. Hurt, M.D.*

*Robert M. Jacobson, M.D.*

*Frank P. Kennedy, M.D.*

*Kurt A. Kennel, M.D.*

*Susan L. Korkowski, OTR/L*

*Edward R. Laskowski, M.D.*

*Mark Liebow, M.D.*

*Scott C. Litin, M.D.*

*Karen F. Mauck, M.D.*

*Colin McCannel, M.D.*

*Michael A. Mikhail, M.D.*

*Christopher Moir, M.D.*

*Paul S. Mueller, M.D.*

*Lance A. Mynderse, M.D.*

*John J. Poterucha, M.D.*

*Rajiv K. Pruthi, M.B.B.S.*

*Sandhya Pruthi, M.D.*

*Jeffrey T. Rabatin, M.D.*

*John D. Rozich, M.D.*

*Henry J. Schiller, M.D.*

*William J. Shaughnessy, M.D.*

*Robert D. Sheeler, M.D.*

*Clarence Shub, M.D.*

*Lynne T. Shuster, M.D.*

*Michael J. Stuart, M.D.*

*Bruce Sutor, M.D.*

*Paul Y. Takahashi, M.D.*

*Jayant A. Talwalkar, M.D.*

*Ayalew Tefferi, M.D.*

*Warren G. Thompson, M.D.*

### **PLANNING COMMITTEE**

#### **Course Directors and Committee Chairs**

*Darryl S. Chutka, M.D.*

*John M. Wilkinson, M.D.*

#### **Guest Advisory Members**

The Clinical Reviews Planning Committee wishes to express its appreciation to the following area physicians for their help in the development of the program.

*Craig Bartos, M.D., Onalaska, WI*

*Michael S. Damroth, M.D., Barron, WI*

*Kathleen S. Farah, M.D., Baldwin, WI*

*Richard Larew, M.D., Iowa City, IA*

*Raymond J. Lindeman, M.D., Paynesville, MN*

*Kathleen M. Macken, M.D., St. Paul, MN*

*A. Gale Murty, M.D., Elmwood, WI*

*Sheri M. Olsen, M.D., Mendota Heights, MN*

*Cheri L. Olson, M.D., LaCrosse, WI*

*Ronald R. Roth, M.D., Waterloo, IA*

*Phillip J. Worrell, M.D., Plymouth, MN*

#### **Committee Members Representing Mayo Clinic Rochester:**

*William T. Bardsley, M.D.*

*Patricia A. Barrier, M.D.*

*Robert H. Heise II, M.D.*

*Daniel L. Hurley, M.D.*

*Keith L. Johansen, M.D.*

*Scott C. Litin, M.D.*

*W. Frederick Schwenk II, M.D.*



# Program Schedule

## *Monday, Oct. 23, 2006, & Nov. 6, 2006*

- 8:00 to 8:05 AM Welcome and Announcements
- 8:05 to 8:25 Cerebrovascular Update  
*Robert D. Brown Jr., M.D.*
- 8:25 to 8:45 Facilitating Behavior Change: Can We Teach Self-Control?  
*Warren G. Thompson, M.D.*
- 8:45 to 9:05 Childhood Obesity  
*Philip R. Fischer, M.D.*
- 9:05 to 9:20 Questions & Discussion
- 9:20 to 9:40 Answers to Frequently Asked Questions in DVT Management  
*Scott C. Litin, M.D.*
- 9:40 to 10:00 TBD  
*John B. Bundrick, M.D.*
- 10:00 to 10:15 Questions & Discussion
- 10:15 to 10:45 Break
- 10:45 to 11:05 Carotid Artery Stenting  
*David R. Holmes, M.D. (October)*
- 11:05 to 11:25 Coronary CT Angiograms: Hype or Happening?  
*Jerome F. Breen, M.D.*
- 11:25 to 11:45 Novel Cardiac Risk Factors: Where Do They Fit In?  
*Thomas G. Allison, Ph. D.*
- 11:45 to 12:05 Questions & Discussion
- 12:05 to 1:40 Abby & Belle ~ A Story of Team Work  
*Christopher Moir, M.D.*
- 12:25-1:25 How Doctors Get in Trouble With State Boards  
*Steven I. Althuler, M.D. (October)*
- 1:35 to 1:55 Drugs In Sports  
*Paul C. Carpenter, M.D.*
- 1:55 to 2:15 The Red Eye  
*Colin McCannel, M.D.*
- 2:15 to 2:30 Questions & Discussion
- 2:30 to 2:50 Keeping "Not Bad" Cirrhosis From Getting Worse  
*Jayant A. Talwalkar, M.D.*
- 2:50 to 3:10 Medical Errors  
*Jeffrey T. Rabatin, M.D.*
- 3:10 to 3:25 Questions & Discussion
- 3:25 to 3:45 Break
- 3:45 to 4:05 Immunization Update  
*Robert M. Jacobson, M.D.*
- 4:05 to 4:25 HPV Vaccine  
*Bobbie S. Gostout, M.D.*
- 4:25 to 4:55 Breaking Bad News Without Devastating the Patient  
*Edward T. Creagan, M.D.*
- 4:55 to 5:15 Questions & Discussion
- 5:15 PM Reception

# Program Schedule

## *Tuesday, Oct. 24, 2006, & Nov. 7, 2006*

- 7:45 to 8:05 AM Nephrotoxic Effects of Contrast Media  
*Stephen B. Erickson, M.D.*
- 8:05 to 8:25 Elevated Serum Creatine  
*John W. Graves, M.D. (October)*
- Liver Disease  
*John J. Poterucha, M.D. (November)*
- 8:25 to 8:40 Questions & Discussion
- 8:40 to 9:00 20 Practical Tips for Managing Headache Pain  
*Robert D. Sheeler, M.D.*
- 9:00 to 9:20 GI Pearls  
*Stephen C. Hauser, M.D.*
- 9:20 to 9:35 Questions & Discussion
- 9:35 to 10:05 Break
- 10:05 to 10:25 Chronic Pain, Fatigue, and Unexplained Symptoms: A Common Origin?  
*Kevin C. Fleming, M.D.*
- 10:25 to 10:45 How to Use Opioids for Chronic Pain Management  
*W. Michael Hooten, M.D.*
- 10:45 to 11:00 Questions & Discussion
- 11:00 to 11:20 From Battlefield to the Bedside: Lessons from Afghanistan  
*Henry J. Schiller, M.D.*
- 11:20 to 11:40 Breast Cancer Update  
*Sandhya Pruthi, M.D.*
- 11:40 to 11:55 Questions & Discussion
- 12:00 to 1:30 PM **Luncheon Roundtables**
- 1:30 to 1:50 Helping Chronically Ill Patients Travel  
*Clayton T. Cowl, M.D.*
- 1:50 to 2:10 What's New in Diabetes?  
*Frank P. Kennedy, M.D.*
- 2:10 to 2:30 Vitamin D Deficiency  
*Kurt A. Kennel, M.D.*
- 2:30 to 2:50 Questions & Discussion
- 2:50 to 3:20 Break
- 3:20 to 3:40 Topics in Sports Medicine  
*Michael J. Stuart, M.D. (October)*
- 3:40 to 4:00 Hormone Replacement Therapy in 2006  
*Lynne T. Shuster, M.D.*
- 4:00 to 4:20 Adolescent Scoliosis  
*William J. Shaughnessy, M.D. (October)*
- Cardiac Auscultation: Still a Useful Skill  
*Clarence Shub, M.D. (November)*
- 4:20 to 4:40 Questions & Discussion
- 4:40 to 5:00 Break
- 5:00 to 6:30 **Evening Sessions**

# Program Schedule

## *Wednesday, Oct. 25, 2006, & Nov. 8, 2006*

7:45 to 8:05	Helping Patients Quit Smoking: What's New <i>Richard D. Hurt, M.D.</i>
8:05 to 8:25	What You Need to Know About Rabies <i>Daniel G. Hankins, M.D.</i>
8:25 to 8:45	Planned Visit Care <i>John D. Rozich, M.D.</i>
8:45 to 9:05	Questions & Discussion
9:05 to 9:25	BPH: What's New <i>Lance A. Mynderse, M.D.</i>
9:25 to 9:45	Anemia: Workup & Management <i>Ayalew Tefferi, M.D.</i> <i>Rajiv K. Pruthi, M.B.B.S. (November)</i>
9:45 to 10:00	Questions & Discussion
10:00 to 10:30	Break
10:30 to 10:50	ADHD in Young Adults <i>David R. Daugherty, M.D.</i>
10:50 to 11:10	Making Sense of the Antidepressants <i>Bruce Sutor, M.D.</i>
11:10 to 11:30	Questions & Discussion
11:30 to 12:10	Pharmacogenomics and the Coming Era of Individualized Medicine <i>Richard M. Weinshilboum, M.D.</i>
12:10 to 12:25	Questions & Discussion
12:25 to 1:55	<b>Luncheon Roundtables</b>
1:55 to 2:15	Obesity in GI: What's the Skinny <i>Amy E. Foxx - Orenstein, M.D.</i>
2:15 to 2:45	Methamphetamine Abuse: Recognition & Treatment <i>TBD</i>
2:45 to 3:00	Questions & Discussion
3:00 to 3:20	What's New in Osteoporosis? <i>Bart L. Clarke, M.D.</i>
3:20 to 3:40	Perioperative Medicine Pearls <i>Karen F. Mauck, M.D.</i>
3:40 to 3:55	Questions & Discussion
3:55 to 4:00	Summary and Adjourn

# General Information

## *Cancellation Policy*

If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by Mayo School of CME before October 6, 2006 (fax#: 507-284-0532). **No refunds will be made after October 6, 2006.**

Mayo School of CME reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CME must cancel or postpone this course, Mayo School of CME will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

# Clinical Reviews 2006

October 23 – 25, 2006 • November 6 – 8, 2006 • Mayo Civic Center, Rochester, MN

**Mail form and payment to:**

Mayo School of Continuing Medical Education  
Plummer 2-60  
200 First Street SW  
Rochester, MN 55905

Phone 800-323-2688 or 507-284-2509  
FAX 507-284-0532  
E-mail [cme@mayo.edu](mailto:cme@mayo.edu)  
Web site [www.mayo.edu/cme](http://www.mayo.edu/cme)

Register on-line at <http://www.mayo.edu/cme/clinicalreviews>**Contact Information**

Name of Registrant - first name, middle name or initial, and last name		Degree - select all that apply <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PhD <input type="checkbox"/> PA <input type="checkbox"/> NP <input type="checkbox"/> RN <input type="checkbox"/> Other - specify	
Name of Institution		Medical Specialty	
Preferred Mailing Address - select one <input type="checkbox"/> Work/Business <input type="checkbox"/> Home			
Work/Business Address - street address		Work Phone - include all country and city/area codes as needed along with complete phone number	
City	State or Province	ZIP or Postal Code	Country
Home Address - street address		Home Phone - include all country and city/area codes as needed along with complete phone number	
City	State or Province	ZIP or Postal Code	Country
E-mail Address	FAX - include all country and city/area codes as needed along with complete phone number	FAX Location - select one <input type="checkbox"/> Work/Business <input type="checkbox"/> Home	
<b>SPECIAL NEEDS</b> If you have special assistance needs or dietary restrictions, describe here:			

**Registration Fees**

Type of credit that you are interested in receiving <input type="checkbox"/> AMA/Category 1 <input type="checkbox"/> AAFP	
<b>Please indicate which session you will attend (select only one)</b> <input type="checkbox"/> October Session: October 23 – 25, 2006 <input type="checkbox"/> November Session: November 6 – 8, 2006 <b>Luncheon and Evening Session registration information will be sent following receipt of your registration form.</b>	
How many years have you attended Clinical Reviews? _____	
<b>Registration Fee</b>	
Physicians/Scientists	\$ 495 \$ _____
Residents, Retired Physicians, Physician Assistants, Nurse Practitioners, and Registered Nurses	\$ 325 \$ _____
<b>Monday Evening Reception</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	Complimentary
Guest Ticket/s _____ x \$25.00 per person	\$ _____

**Payment Information**

<input type="checkbox"/> Check is enclosed in the amount shown at right - make checks payable to Mayo Clinic			Payment Total
Credit Card - select one <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa	Account Number	Exp Date - mm/yy	
Name of Cardholder - as it appears on the card	Signature of Cardholder - required <b>X</b>		



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# CLINICAL REVIEWS 2006

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**October 23-25, 2006  
and November 6-8, 2006**

*Mayo Civic Center • Rochester, Minnesota*

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*Special room rates will be available to course attendees at Rochester Downtown hotels. Please visit [www.mayo.edu/cme/](http://www.mayo.edu/cme/) for more information. For additional information, feel free to contact us by telephone at 800-323-2688 or by email at [cme@mayo.edu](mailto:cme@mayo.edu)*

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