FOCUS ON THE FEMALE PATIENT
July 18-21, 2016
Kiawah Island Golf Resort - East Beach Conference Center
Kiawah Island, SC

Southern Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
### Focus on the Female Patient Conference
**July 18-21, 2016 – Kiawah Island, South Carolina**

**SCHEDULE AT A GLANCE**

<table>
<thead>
<tr>
<th>Monday, July 18</th>
<th>Combined Plenary Session - Dr. Piziak, Moderator</th>
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</thead>
<tbody>
<tr>
<td>6:30 am</td>
<td>Continental Breakfast</td>
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<tr>
<td>7:00-7:10</td>
<td>Welcome, Veronica Piziak, MD</td>
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<tr>
<td>7:10-8:10</td>
<td>Osteoporosis: Controversies in Diagnosis and Therapy, Veronica Piziak, MD</td>
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<td>8:10-9:10</td>
<td>Psychiatric Issues of the Female Patient, Jennifer Wells, MD</td>
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<td>9:10-10:10</td>
<td>Noncontraceptive Benefits of Birth Control Agents, Michael Thomas, MD</td>
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<tr>
<td>10:10-10:30</td>
<td>Break – Visit Exhibitors</td>
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<tr>
<td>10:30-11:30</td>
<td>Breast Cancer Prevention and Screening, Nancy DeMore, MD, FACS</td>
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<tr>
<td>11:30-12:30 pm</td>
<td>Spine Masqueraders and Distractors, Jeffrey W. Clark, DO</td>
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<td>12:30</td>
<td>Adjourn</td>
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<tr>
<th>Tuesday, July 19</th>
<th>Ob/Gyn Breakout Dr. Lingen, Moderator</th>
<th>Medicine Breakout Dr. Piziak, Moderator</th>
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<td>6:30 am</td>
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<tr>
<td>7:00-8:00</td>
<td>Female Sexual Desire – Medical Practice or Medical Politics, Nancy Phillips, MD</td>
<td>Current Concepts in Hypertension Management: Potential Impact of New Evidence-based Medicine, Donald J. DiPette, MD</td>
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<tr>
<td>8:00-9:00</td>
<td>Substance Abuse During Pregnancy, Jennifer Wells, MD</td>
<td>Assessing Elevated Liver Function Tests: A Primer for Primary Care Providers, Peter Buch, MD, AGAF, FACP</td>
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<td>9:00-10:00</td>
<td>Breast Cancer During Pregnancy, Nancy DeMore, MD, FACS</td>
<td>Neurology for the Non-Neurologist, Jeffrey W. Clark, DO</td>
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<tr>
<td>10:00-10:15</td>
<td>Break – Visit Exhibitors</td>
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<tr>
<td>10:15-11:15</td>
<td>Hyperprolactinemia Update, Michael Thomas, MD</td>
<td>Probiotics 2016: Fulfilling the Promise, Peter Buch, MD, AGAF, FACP</td>
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<tr>
<td>11:15-12:15 pm</td>
<td>Abnormal Uterine Bleeding: A Stepwise Approach to Diagnosis &amp; Treatment, Lauren A. Castleberry, MD</td>
<td>Lipids Update, Conference Chair: Veronica K. Piziak, MD, PhD, FACP and Donald J. DiPette, MD</td>
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<td>12:15</td>
<td>Adjourn</td>
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<tr>
<td>Time</td>
<td>Ob/Gyn Breakout Dr. Lingen, Moderator</td>
<td>Medicine Breakout Dr. Piziak, Moderator</td>
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<td>7:00-8:00</td>
<td>High Risk Obstetrics: Obstetrical Emergencies – A Team Approach, Nancy Hueppchen, MD</td>
<td>Sports Medicine Head and Shoulders, Knees and Toes: What the PCP Must Know, Teresa Stadler Camden, MD, FACP</td>
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<tr>
<td>8:00-9:00</td>
<td>Menopausal Dyspareunia - Not Always Atrophy, Nancy Phillips, MD</td>
<td>Irritable Bowel Syndrome: Tools for Successful Treatment, Peter Buch, MD, AGAF, FACP</td>
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<td>9:00-10:00</td>
<td>Infectious Diseases Top Stories, Sharon B. Weissman, MD</td>
<td>New Insulins – Where Do They Fit In Your Practice?, Conference Chair: Veronica K. Piziak, MD, PhD, FACP</td>
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<td>10:15-11:15</td>
<td>Long-Acting Reversible Contraception: Not Just a Lark! Nancy Phillips, MD</td>
<td>Recognizing Premalignant and Malignant Cutaneous Neoplasms, Diana Antonovich, MD</td>
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<tr>
<td>11:15-12:15 pm</td>
<td>Vaginitis: The Most Common Complaint You’ll Ever Hear, Lauren A. Castleberry, MD</td>
<td>Care of the Weekend Warrior, Teresa Stadler Camden, MD, FACSM</td>
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<tr>
<td>12:15-1:15</td>
<td>Multidisciplinary Approach to Prenatal Diagnosis and Management of Fetal Anomalies, Nancy Hueppchen, MD</td>
<td>Cosmetic Dermatology: What Works, Diana Antonovich, MD</td>
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<td>1:15 pm</td>
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<td>Medical Ethics and Physician Patient Encounters, Paula Snyder, RN, CPHRM</td>
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<td>8:00-9:00</td>
<td>Dementia Diagnosis, Treatment and Prevention, Jeffrey W. Clark, MD</td>
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<tr>
<td>9:00-10:00</td>
<td>Treatment of Insomnia: With or Without Medications, Chitra Lal, MD</td>
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<td>Exercise to Prevent Injury in the Elderly, Teresa Stadler Camden, MD, FACSM</td>
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<td>11:15-12:15</td>
<td>Update in Obesity and Adrenal Insufficiency, Conference Chair: Veronica K. Piziak, MD, PhD, FACP</td>
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ACCREDITATION

The Southern Medical Association (SMA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The SMA was resurveyed in 2011 by the ACCME and awarded Accreditation with Commendation for 6 years as a provider of continuing medical education for physicians. This highest level of accreditation seeks to assure the medical community and the public that SMA provides physicians with relevant, effective, practice-based continuing medical education that supports U.S. health care quality improvement. SMA’s accreditation is valid through November, 2017.

American Medical Association Physician’s Recognition Award (AMA)
Southern Medical Association designates this Live activity for a maximum of 21 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MOC - Maintenance of Certification
Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 21 MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants 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.

ASNA Nurse Contact Hours
This continuing nursing education activity was approved by the Alabama State Nurses Association an accredited approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. July 18-21, 2016 – 21.0 contact hours.

American Academy of Physician Assistants
The American Academy of Physician Assistants (AAPA) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME.

American Academy of Nurse Practitioners
The American Academy of Nurse Practitioners Certification Program (AANPCP) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCP for further guidelines.

American College of Obstetricians and Gynecologists
The American College of Obstetricians and Gynecologists has assigned up to 21 cognate credits to this program.

American Academy of Family Physicians
This Live activity has been reviewed and is acceptable for up to 21.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
CME CREDIT REQUEST FORM AND EVALUATION

CME credit is handled through an on-line process. To complete the CME request form and conference evaluations, please go to

https://www.surveymonkey.com/r/2016_FemalePatient_CME_Eval_Form

This link will be included in a post-meeting email. Your certificate will be processed and e-mailed within 2 weeks of the conference, with credit calculated based on the lectures you attend.

ACKNOWLEDGMENT

Exhibit and Sponsorship
The Southern Medical Association gratefully acknowledges the following organizations for sponsorship and/or exhibition at the conference:

Medicus Insurance Company, A Division of NORCAL Mutual Insurance Company
Website: http://www.medicusinsurance.com - Product/Service: Medical professional liability insurance

Medicus Insurance Company provides medical professional liability insurance to physicians, surgeons and related medical service providers from coast to coast.

SMA Services, Inc.
Website: www.smaservicesinc.com - Product/Service: Financial Services, Travel Services, and Member-Based Programs

SMA Services, Inc. offers personalized services designed to provide you confidence, trust and reliability as they work to build security for you, your family, your staff and their families through a variety of insurance, financial services, travel and member-based programs.
PROGRAM INFORMATION

Overview
Women’s health continues to evolve, and many new and updated practice guidelines have recently been released related to the care and treatment of female patients. Providers of care need to stay up-to-date on the broad array of changes taking place in this field. This activity is designed to detail evidence related to diagnosis, management guidelines, prevention strategies, and new as well as controversial therapies of common diseases relevant to women’s health – across the lifespan – with an emphasis on practical clinical knowledge. The broad range of interdisciplinary topics will include commonly encountered medical problems of women. On Monday and Thursday, the group will meet in a combined plenary session to review women’s health topics of interest to both primary care and specialists. On Tuesday and Wednesday, the group will breakout into OB/GYN and Primary Care tracks for specialized education.

LEARNING OBJECTIVES
Through a combination of evidence-based didactic lectures, case presentations, and faculty and audience Q&A and interaction, attendees will have the opportunity to gather and exchange information regarding current and emerging treatments in the top health threats and common complaints particular to women. After participating in this activity, participants should have increased knowledge and be more competent to:

• Review and discuss diagnosis and management of diseases and conditions with special emphasis on women’s health
• Examine issues of concern within the specialty areas of obstetrics and gynecology in the management of female patients

TARGET AUDIENCE
Physicians, physician assistants, nurse practitioners, and registered nurses specializing or certified in the areas of women’s health, gynecology, obstetrics, internal medicine, family or general medicine, geriatric medicine, emergency medicine, and preventive medicine should attend this conference. Other specialists treating a female patient population may also benefit from the wide array of topics presented during the conference. The conference will serve to enhance the skills of those already working in women’s health as well as help develop new skills for those expanding their work to include more primary care and office obstetrics and gynecology.

DISCLAIMER
The primary purpose of this CME conference is education. Information presented and techniques discussed are intended to inform physicians of medical knowledge, clinical procedures, and experiences of physicians willing to share such information with colleagues. It is recognized that a diversity of professional opinions exists in the contemporary practice of medicine, which influence the selection of methods and procedures. The views and approaches of faculty are offered solely for educational purposes. The Southern Medical Association disclaims any and all liability for injury or other damages to any individual attending this CME conference and for all claims, which may result from the use of the information presented at this conference.

CONFERENCE SYLLABUS/FACULTY SLIDES
Notice was emailed to all registrants that the faculty slides are available on a private website for electronic download. A printed copy of the slide presentations are not provided onsite unless purchased in advance of the meeting. The PowerPoint slides may be accessed here: sma.org/fp-presentations. The password is: FP2016, case sensitive.

CONTACT INFORMATION
Southern Medical Association is the sponsor of this activity. For questions contact SMA at 800-423-4992, ext. 620; by fax to 205-945-1830; by mail, SMA, 35 W. Lakeshore Drive, Suite 201, Birmingham, Alabama 35209; website: http://sma.org.
DISTINGUISHED FACULTY

Veronica K. Piziak, MD, PhD, FACP – Conference Chair
Dr. Piziak is Emeritus Director, Division of Endocrinology and Director of the Diabetes Center for Scott & White in Temple, Texas. She has attained the rank of Professor of Medicine and Endocrinology at Texas A&M University College of Medicine and is Professor of Social and Behavioral Health for Texas A&M School of Rural Public Health.

Joan K. Lingen, MD, FACOG – Ob/Gyn Track Chair
Dr Lingen is a 1989 graduate of The Chicago Medical School, which she attended as an Armed Forces Health Professions Scholar. As a commissioned U.S. Navy Medical Corps officer, she trained at the Naval Hospital in San Diego, California and completed her internship and residency in Obstetrics and Gynecology. Her subsequent military assignments included being a staff physician at the U.S. Naval Hospital in Yokosuka, Japan and at the National Naval Medical Center in Bethesda, MD. After working with the Mid-Atlantic Permanente Medical Group (Kaiser) in suburban Washington, DC and in a private practice occupational medical group in Virginia Beach, VA, she ultimately relocated to the Eastern Shore of Virginia in 2005 where she is currently the Clinical Director of the Franktown Community Health Center which is one of the 5 Federally Qualified Health Centers (FQHC) that make up the Eastern Shore Rural Health System, Inc.

Diana D. Antonovich, MD
Dr. Antonovich is Assistant Professor of Clinical Dermatology at the Medical University of South Carolina. Her expertise is in skin rejuvenation and cosmetic dermatology and she heads resident education in this subspecialty area. She also practices general dermatology. Dr. Antonovich earned her undergraduate degree from New York University, attended medical school at the University of Rochester, and completed her dermatology residency at the University of Louisville.

Peter Buch, MD, AGAF, FACP
Dr. Buch is a clinical Gastroenterologist with 34 years of teaching experience. Teaching is his PASSION. He is an Associate Clinical Professor at the University of Connecticut of Medicine as well as the University of New England College of Medicine. His teaching style is case based, very interactive and always fun. He has a large experience in teaching medical students, house staff, GI fellows, PAs, APRNs and practicing clinicians. Dr. Buch has had extensive national lecturing experience. His lectures have consistently been extremely well received. He always learns from his audiences and is looking forward to learning from you.

Teresa Stadler Camden, MD, FACSM
Dr. Stadler Camden is the Medical Director of Commonwealth Sports Medicine and is specialty trained and board certified in Sports Medicine and Family Medicine. Along with only 2,000 doctors internationally, she holds the designation of Fellow of the American College of Sports Medicine (FACSM). This designation signifies her lifelong efforts, achievements, research, and "significant contributions to the field of Sports Medicine." Dr. Stadler Camden has helped CSM become a leader in providing advanced treatments for patients with sports and orthopedic conditions. Her goal is to provide world-class care for everyone, from the elite athlete to members of the general public; thereby enabling all patients to return to their desired activity as soon as their injury or illness permits. CSM offers treatment for athletes by athletes, as our staff includes marathoners, cyclists & triathletes. Dr. Stadler Camden herself is an avid marathoner, Ironman triathlete, and Black Belt, bringing a level of unparalleled understanding to her expertise as a Sports Medicine physician. For over 20 years, she has provided orthopedic and primary care to athletes and fitness minded patients.
Lauren A. Castleberry, MD
Dr. Castleberry is Assistant Professor of Clinical Obstetrics and Gynecology at the University of South Carolina School of Medicine in Columbia. In addition to her responsibilities in the Department of Obstetrics and Gynecology, Dr. Castleberry provides gynecologic care for HIV patients at the Immunology Center at One Medical Park. She completed her medical education at the University of South Florida College of Medicine in Tampa, Florida, and her residency at Rush University Medical Center in Chicago, Illinois. Following her residency, Dr. Castleberry worked for one year at Erie Family Health Center in Chicago, Illinois and cared for indigent and underserved women while there. Prior to moving to Columbia, South Carolina, Dr. Castleberry was employed for two years by Main Line HealthCare at Riddle Hospital in Media, Pennsylvania and also worked with the Ob/Gyn residents at Lankenau Hospital in Wynnewood, Pennsylvania. Her interests include abnormal uterine bleeding, uterine fibroids, obstetrics, and preventive care.

Jeffrey W. Clark, DO
Dr. Clark is Vice-Chairman, Department of Neurology at Scott & White Healthcare, Neurology Residency Program Director, and Associate Professor of Neurology at Texas A&M Health Science Center College of Medicine in Temple, TX. Dr. Clark completed his neurology residency at the Cleveland Clinic Foundation, and subsequently completed teaching fellowships at Stanford (Stanford Model of Clinical Teaching) and Harvard (Harvard-Macy Program for Educators in Health Care). He currently practices at Baylor Scott and White in Temple, Texas as a Neuro-Hospitalist where he is also in charge of medical student & resident education.

Nancy DeMore, MD, FACS
Dr. DeMore is a surgical oncologist with 20 years of experience in tumor angiogenesis and translational research. She received her training in General Surgery at Boston University, during which she did a 3-year surgical research fellowship under the mentorship of Dr. Judah Folkman at Harvard Medical School. After completing her general surgery residency, she trained at Memorial Sloan-Kettering Cancer Center for a fellowship in Surgical Oncology from 1999-2001. She was Professor of Surgery at The University of North Carolina at Chapel Hill from 2001-2014, where her clinical practice focused on breast surgical oncology, and was PI or co-investigator on 30 clinical trials. She has been continually funded by the NIH since 2001, where her research program has focused on discovery of novel angiogenesis targets and subsequent drug development; and she serves on the NIH Cancer Immunopathology and Immunotherapy Study Section. She is presently Professor and Interim Chief of Surgical Oncology, Medical Director of the MUSC Breast Center, BMW Endowed Chair in Cancer Research, and Vice-Chair of Entrepreneurship at the Medical University of South Carolina. She is co-founder and Chief Scientific Officer of Enci Therapeutics, a biotech start-up company.

Donald J. DiPette, MD
Dr. DiPette is the Special Assistant to the Provost for Health Affairs and Distinguished Health Sciences Professor for the University of South Carolina, University of South Carolina School of Medicine in Columbia.
DISTINGUISHED FACULTY (Cont.)

Nancy Hueppchen, MD, MS
Dr. Hueppchen is the Associate Dean for Undergraduate Medical Education at the Johns Hopkins University School of Medicine. She is also an Associate Professor of Gynecology and Obstetrics in the Division of Maternal Fetal Medicine at Johns Hopkins. She is a graduate of Miami University in Oxford, Ohio, and received her medical degree from Mercer University School of Medicine. She completed her residency at the Naval Medical Center, San Diego, California in Obstetrics and Gynecology. At the completion of her residency, she went on to a postdoctoral fellowship at Johns Hopkins University School of Medicine. Dr. Hueppchen then completed her tour of duty in the United States Navy as Assistant Professor at the Uniformed Services School of Health Sciences and the National Naval Medical Center in Bethesda, Maryland. Dr. Hueppchen joined the faculty of the Johns Hopkins University School of Medicine in September of 2002. She has served previously as the Director of High Risk Obstetrics at the Johns Hopkins Bayview Medical Center and Director of Medical Student Clerkship. She is board certified in Obstetrics and Gynecology and Maternal-Fetal Medicine, a Diplomat of the American College of Obstetricians and Gynecologists, and is a member of the Society for Maternal-Fetal Medicine, the Association for Professors of Gynecology and Obstetrics (APGO), and the Howard A. Kelly Gynecology and Obstetrics Society. Dr. Hueppchen sits on the board of APGO and the Kelly Society, is past chair of APGO's Undergraduate Medical Education Committee, is an advisor for the APGO Scholars and Leaders program, and on the advisory board for the Association of American Medical Colleges. Dr. Hueppchen continues to care for high-risk obstetric patients through the Johns Hopkins Hospital Maternal Fetal Medicine practice, consultations in the Prenatal Diagnosis and Treatment Center, and on Labor and Delivery and the inpatient maternity service at the Johns Hopkins Hospital.

Chitra Lal, MD
Dr. Lal received her medical degree from Maulana Azad Medical College (MAMC), University of Delhi, India in 1994. After doing a residency in pediatrics from MAMC, she completed an internal medicine residency from Saint Joseph Hospital, Chicago, Illinois (2000-2003) and a fellowship in pulmonary, critical care and sleep medicine (2003-2006) from University of Tennessee, Memphis, TN. After being in a hospital-based practice in Maine for over 3 years where she also served as Medical Director of Cardiopulmonary Services, Medical Director of Pharmacy & Therapeutics Committee and Medical Director of the Sleep Laboratory, she moved back to academic medicine. She served as Assistant Professor of Medicine at University of South Carolina, Columbia, SC from 12/2009 to 11/2010. She has been on the MUSC teaching faculty as an Assistant Professor of Medicine, Division of Pulmonary, Critical Care, Allergy and Sleep Medicine, since December, 2010. Dr. Lal is board certified in Internal Medicine, Pulmonary, Critical care and Sleep medicine. She is a Fellow of the American Academy of Sleep Medicine, the American College of Chest Physicians and the American College of Physicians and is also a member of several other prestigious organizations related to her specialty. She has published in reputed journals in her area of expertise, serves on several editorial boards and is also a reviewer for various journals. In addition to teaching and other academic and research activities and providing inpatient pulmonary and critical care coverage, Dr. Lal directs a busy Sleep clinic at MUSC and provides consultations for various sleep disorders. Dr. Lal’s current outpatient clinical and research interests are focused on Sleep disorders.
Nancy A. Phillips, MD
Nancy Phillips is a Board certified obstetrician/gynecologist, Clinical Assistant Professor in the Department of Obstetrics, Gynecology & Reproductive Science at Rutgers-Robert Wood Johnson Medical School in New Brunswick, NJ. Dr Phillips’ clinical interest is in vulvovaginal health, with an emphasis on vulvodynia. Other areas of interest include menopause and hormone therapy and pelvic pain. She has authored and co-authored many peer-reviewed articles and book chapters in this field, including an on-line Prologue teaching review on vulvovaginal atrophy for the American College of Obstetrics and Gynecology. Dr. Phillips is also involved in clinical research in areas of vulvodynia, vulvovaginal atrophy and the vaginal microbiome. She serves on Rutgers-Robert Wood Johnson Internal Review Board for clinical research, and is a reviewer for Up-to-date and several journals, including the Journal for Sexual Medicine. Prior to starting her 2008 position at Rutgers-Robert Wood Johnson Medical School, Dr. Phillips worked as a Staff Specialist in the Dept. of Obstetrics and Gynecology at Hornsby Kuring-gai Hospital, New South Wales, Australia; as a Senior Lecturer, Obstetrics & Gynecology, Otago University, Wellington School of Medicine, Wellington, New Zealand, and in private practice in Teaneck, NJ. Nancy Phillips completed a Residency in Obstetrics and Gynecology at George Washington University, Washington, DC, (1992); a Medical Degree from Rutgers-Robert Wood Johnson Medical School (1988) and a Bachelor of Science (summa cum laude) from Villanova University (1984).

Paula Snyder, RN, CPHRM
Paula Snyder is the Manager of the Eastern Region of the Risk Management Department of the NORCAL Group Snyder. Paula, a registered nurse with 12 years of experience as an ICU nurse and in hospital nursing administration, joined the company in 2003 as a risk management specialist. In this capacity, she has educated physician policyholders on risk reduction strategies through phone consultation, presentations, resource development, and on-site practice assessments. She has over fifteen years of experience in healthcare risk management and has worked with physicians, hospitals, ambulatory surgical centers, and long-term care facilities. Her team handles a variety of risk management issues and educational events for NORCAL Group policyholders in Pennsylvania, Rhode Island, Delaware, Ohio, West Virginia, Virginia and the Carolinas. She has extensive experience speaking on a variety of topics related to Healthcare Risk Management and has earned the American Hospital Association’s designation of Certified Professional in Healthcare Risk Management. She has served on the Board of Directors of the Pennsylvania Association of Health Care Risk Management, including holding the office of President. NORCAL Group includes NORCAL Mutual Insurance Company, Medicus Insurance, PMSLIC Insurance, and FD Insurance. NORCAL is a leading national provider of professional liability insurance with offices in San Francisco; Austin, Texas; Mechanicsburg, Pennsylvania; and Jacksonville, Florida.

Michael Thomas, MD
Dr. Thomas is Chief of the Division of Reproductive Endocrinology and Infertility at the University of Cincinnati College of Medicine. He graduated from the University of Illinois College of Medicine and was a resident at Wayne State University in Detroit. Dr. Thomas completed a fellowship in reproductive endocrinology and infertility at the University of Cincinnati College of Medicine and is board certified in both Obstetrics and Gynecology and Reproductive Endocrinology and Infertility. Dr. Thomas is Director of Reproductive Medicine Research, a clinical research unit that is funded by federal and private institutions, at the University of Cincinnati. Dr. Thomas is the Principal Investigator of the Contraceptive Clinical Network on the National Institutes of Health and has grants from many pharmaceutical companies. His research interests include contraception, infertility and the effects of stress on reproductive function.
Sharon B. Weissman, MD
Sharon B. Weissman joined the Division in 2010, where she is currently the Program Director for the Infectious Disease Fellowship and Associate Professor of Clinical Internal Medicine. Dr. Weissman graduated medical school from Columbia University in 1991 and residency from Beth Israel Hospital in 1994. After residency, Dr. Weissman completed a fellowship in Infectious Diseases at Beth Israel Hospital-Brigham and Women’s Hospital in 1996. At the completion of fellowship Dr. Weissman joined the Division of Infectious Disease at Case Western Reserve University in Cleveland, OH. There she was Director of the HIV/Infectious Disease Clinic at the Louis Stokes Cleveland VAMC. From there she joined the Infectious Disease faculty at Yale University School of Medicine. Prior to joining the faculty at the University of South Carolina Dr. Weissman was Director of HIV Services at the Hospital of Saint Raphael in New Haven, CT.

Jennifer Wells, MD
Dr. Wells is a California native raised in the suburbs of Washington, DC. She is a Phi Beta Kappa, magna cum laude graduate of the University of California at Davis with a BS in biological sciences. Following graduation from college she spent two years at The National Institutes of Health researching the intricacies of adipose metabolism in Cushing Syndrome. Thereafter, she attended Georgetown University School of Medicine and graduated as a member of the Alpha Omega Alpha Honor Medical Society. She did her internship at the University of California at San Francisco (UCSF) and went on to complete her first residency in obstetrics and gynecology at UCSF. After working in the private sector for several years, she then went on to complete a second residency in Psychiatry at the Virginia Tech-Carilion Clinic. Having graduated from her psychiatry residency in 2015, she has accepted a position at Carilion Clinic’s Department of Psychiatry where she is actively involved in creating a women’s health center specializing in treating psychiatric illness in pregnancy, as well as, managing substance use disorders in pregnancy.
DISCLOSURE OF RELEVANT FINANCIAL RELATIONSHIPS

SMA Faculty Disclosure Policy and Conflict of Interest Resolution. In accordance with the ACCME’s Standards for Commercial Support, it is SMA’s policy that all individuals involved with planning and implementation of the content of an SMA CME/CE activity are required to disclose to the audience 1) any relevant financial relationships with a commercial interest producing, marketing, re-selling, or distributing health care goods or services consumed by or used on, patients and 2) unlabeled/unapproved uses of drugs or devices discussed in their presentation. Conflicts of interest will be resolved prior to the activity.

CO-CHAIRS
Veronica K. Piziak, MD, PhD
• No relevant financial relationships to disclose.
  Includes discussion of unlabeled/unapproved uses (Antisclerostin antibody and osteoclast protease inhibitors briefly discussed)
Joan K. Lingen, MD, FACOG
• No relevant financial relationships to disclose.

FACULTY
Diana Antonovich, MD
• No relevant financial relationships to disclose.
Peter S. Buch, MD, AGAF, FACP
• Speaker’s Bureau, AbbVie
Teresa Stadler Camden, MD
• No relevant financial relationships to disclose.
Lauren Castleberry, MD
• No relevant financial relationships to disclose.
Jeffrey W. Clark, DO
• No relevant financial relationships to disclose.
Nancy DeMore, MD, FACS
• No relevant financial relationships to disclose.
Donald J. DiPette, MD
• No relevant financial relationships to disclose.

Nancy Ann Hueppchen, MD
• No relevant financial relationships to disclose.
Chitra Lal, MD
• Invado Pharmaceuticals; Grant support, Principal Investigator/ Jazz Pharmaceuticals; Grant support, Principal Investigator / Ikaria Pharmaceuticals; Non-compensated Consultant

Nancy A. Phillips, MD
• No relevant financial relationships to disclose.
Paula Snyder, RN, CPHRM
• No relevant financial relationships to disclose.
Michael Thomas, MD
• No relevant financial relationships to disclose.
Sharon Weissman, MD
• No relevant financial relationships to disclose.
Jennifer Wells, MD
• No relevant financial relationships to disclose.

SMA Staff and Planning Committee – No relevant financial relationships to disclose.
Kathy McLendon
Lee Boughton, MA
David Avery, MD
Randall E. Glick, BSB/PM/MCP
**Osteoporosis: Controversies in Diagnosis and Therapy**  
Dr. Veronica K. Piziak  
Monday, July 18  
7:10-8:10 am

**Summary:** There are new guidelines for Vitamin D and new data about the time to start and stop bisphosphonates. There is also a knowledge gap about using the DXA scan for follow up of patients on Osteoporosis therapy and a new report from the task force on osteonecrosis of the jaw with suggested guidelines. Abstract: Due to the concern about side effects of antiresorptive agents used for the therapy of osteoporosis and new data about the safety of drug holidays for patients, correct interpretation of DXA scans for follow up of patients taking bisphosphonates is imperative. In addition, new guidelines are available for the use of high dose Vitamin D and data on the safety of calcium supplementation in women. Data will also be presented about long term safety of the existing agents for osteoporosis therapy and a brief discussion of classes of agents being studied.

**Learning Objectives:**
- Discuss the use of the DXA scan to make the diagnosis of osteoporosis and determine the efficacy of therapy
- Discuss long term safety of agents used for therapy of osteoporosis
- Discuss new guidelines for Vitamin D therapy and Osteonecrosis of the jaw

**Lecture Notes**

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**Psychiatric Issues of the Female Patient**  
Dr. Jennifer Wells  
Monday, July 18  
8:10-9:10 am

**Summary:** This lecture will provide an overview of the major affective disorders of pregnancy as well as, look at psychotic illness with a specific focus on medication use and management during pregnancy and the postpartum period. This lecture will serve to improve learner’s current knowledge on the safety and effectiveness of psychotropic drugs in pregnancy so that they can confidently treat patients who are planning a family or those that are already pregnant.

**Learning Objectives:**
- Prescribe basic psychotropic medications to their patients
- Understand when to refer to a psychiatrist

**Lecture Notes**
**Noncontraceptive Benefits of Birth Control Agents**  
Dr. Michael Thomas  
Monday, July 18  
9:10-10:10 am

**Summary:** There are many contraceptive agents on the market today. However, many healthcare providers are not aware of the non-contraceptive uses of these pill, patches, rings, and IUD's that are primarily approved to prevent an unwanted pregnancy. However, there is a gap in the knowledge of their use in the treatment of pelvic pain, menorrhagia, and cancer prevention.

**Learning Objectives:**
- Understand the impact of combination oral contraceptive pills in the prevention of uterine and ovarian cancers
- Explain the rationale for the use of the levonogestrel IUD in decreasing menorrhagia
- Understand the role of hormonal agents in decreasing symptomatology and bone loss in women in the perimenopause

**Lecture Notes**

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**Breast Cancer Prevention and Screening**  
Dr. Nancy DeMore  
Monday, July 18  
10:30-11:30 am

**Summary:** This lecture will discuss the recent changes and controversy over breast cancer screening guidelines.

**Learning Objectives:**
- Decide at what age to start screening mammography
- Discuss assessment of risk factors for breast cancer
- Discuss risk of false positive imaging

**Lecture Notes**

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Summary: More than 80% of adults will have significant back pain at some point, some of these will have spine-related problems such as root or cord or cauda equina compression. For some patients back pain is a sign of a severe medical issue/illness, but it can be challenging to identify these particular individuals during a routine office visit. An estimated 1/4 of younger (18-50) patients receive unnecessary imaging, which is not helpful in the majority of patients and may lead to more unnecessary and invasive testing. A relevant history and exam are typically all that is necessary to determine if the patients issue warrants further testing, which will therefore be the focus of this discussion.

Learning Objectives:
- List signs and symptoms associated with clinically significant spine problems
- Perform a relevant/focused history to guide imaging in back-pain patients
- Explain the difference between back pain and neurologic problems

Lecture Notes
Tuesday-Wednesday, July 19-20

OB/GYN BREAKOUT BEGINS HERE
### Female Sexual Desire – Medical Practice or Medical Politics  
**Dr. Nancy Phillips**  
**Tuesday, July 19**  
**7:00-8:00 am**

**Summary:** Female sexual dysfunction is a complex phenomenon, with biological, social, psychological and cultural influences. Yet health care providers, many of whom feel inadequately trained or inexperienced with the subject, are charged with diagnosing and treating these disorders. This lecture aims to provide an overview of FSD with emphasis on office based counseling and treatment, and a review of traditional and current pharmacological therapies for these disorders. A debate on the political pressure of FSD will be included.

**Learning Objectives:**
- Understand the complexity of female sexuality and the factors which influence it
- Discuss the traditional as well as new pharmacological therapies for FSD
- Debate the medicine/politics of sexuality and its treatment

### Lecture Notes

### Substance Abuse During Pregnancy  
**Dr. Jennifer Wells**  
**Tuesday, July 19**  
**8:00-9:00 am**

**Summary:** This lecture will focus on current treatment strategies for substance use disorders (SUD) in pregnancy. It will serve to increase the learner’s awareness of SUD in their patient population, novel medication uses and treatment availability for their pregnant patients. Ideally, learners will be able to support their patients in getting help for their SUD and be able to prescribe various psychotropic medications to help alleviate their symptoms.

**Learning Objectives:**
- Understand the treatment options for their SUD patients
- Prescribe psychotropic medications to their pregnant SUD patients for management of their psychiatric and withdrawal symptoms

### Lecture Notes
**Breast Cancer During Pregnancy**

Dr. Nancy DeMore

Tuesday, July 19
9:00-10:00 am

*Summary:* This lecture will discuss multidisciplinary management of patients who are diagnosed with breast cancer during pregnancy.

*Learning Objectives:*
- Describe imaging and biopsy methods during pregnancy
- Discuss options of chemotherapy during pregnancy
- Discuss surgical treatment of breast cancer during pregnancy

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**Hyperprolactinemia Update**

Dr. Michael Thomas

Tuesday, July 19
10:15-11:15 am

*Summary:* Hyperprolactinemia is a common hormonal disorder that can affect both women and men. However, most healthcare providers don't understand the diagnosis and treatment options available for the treatment and ongoing care for patients affected with this condition.

*Learning Objectives:*
- Understand the potential causes of hyperprolactinemia
- Explain the treatment options available for prolactin secreting microadenomas and macroadenomas
- Discuss the management of the pregnant patient with a pituitary secreting adenoma

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Lecture Notes

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Abnormal Uterine Bleeding: A Stepwise Approach to Diagnosis and Treatment
Dr. Lauren A. Castleberry

Tuesday, July 19
11:15-12:15 am

Summary: This lecture is intended to discuss the new nomenclature/definitions of Abnormal uterine bleeding that have only recently been introduced into the field of Ob/Gyn. Many clinicians continue to incorrectly use the term Dysfunctional Uterine Bleeding and this talk aims to decrease the usage of this terminology, as it is no longer considered useful. Another goal is to help guide the clinician through a workup that is comprehensive in evaluating any possible cause of the differential instead of blindly approaching the workup through a shot-fun approach. The lecture will also provide the clinician with evidence-based management guidelines that they can use confidently to counsel their patients regarding the best possible treatment for them.

Learning Objectives:
- Know the new definitions & accepted nomenclature for AUB
- Discuss the differential for AUB & perform a thorough & step-wise workup
- Utilize evidence-based management guidelines

Lecture Notes

High Risk Obstetrics: Obstetrical Emergencies – A Team Approach
Dr. Nancy Hueppchen

Wednesday, July 20
7:00-8:00 am

Summary: The goal of this lecture is to increase the comfort of women’s health providers in responding to obstetric emergencies using a team and algorithmic approach that has been shown to improve patient outcomes.

Learning Objectives:
- Know the importance of the team approach to obstetric emergencies
- Use an algorithmic approach in response to Severe Preeclampsia/Eclampsia, Peripartum Hemorrhage, Cardiopulmonary Arrest

Lecture Notes
Summary: Symptomatic vulvovaginal atrophy is reported in up to 45% of post-menopausal women, most commonly manifested as dyspareunia. Lubricants, moisturizers and locally applied estrogens or oral ospemifene, when appropriate, will frequently correct the symptoms. In many women, however, atrophy is difficult to correct, or is not the underlying problem. Clinicians may not look for other causes, resulting in frustration for both patient and clinician. This lecture will explore options for difficult to treat atrophy, and review etiologies other than atrophy which may cause menopausal dyspareunia.

Learning Objectives:
- Offer patients options for the treatment of symptomatic vulvovaginal atrophy
- Recognize and treat etiologies other than atrophy which result in menopausal dyspareunia

Infectious Diseases - Top Stories

Summary: In this lecture, attendees will gain updated knowledge about infectious diseases that impact women and pregnancy. Focus will be on Zika virus, pertussis vaccination, influenza vaccination, antimicrobial resistance and HIV perinatal transmission.

Learning Objectives:
- Gain updated knowledge about Zika virus and risk of infection during pregnancy
- Review the indications for pertussis and influenza vaccination during pregnancy
- Describe the epidemiology and prevention measures for perinatal HIV and HBV transmission
- Understand the risk of acquiring antimicrobial resistant bacteria and treatment of asymptomatic UTI

Lecture Notes
**Long-Acting Reversible Contraception: Not Just a Lark!**

Dr. Nancy Phillips

**Wednesday, July 20**

10:15-11:15 am

**Summary:** Currently, about half (51%) of the 6.6 million pregnancies in the United States each year (3.4 million) are unintended. Despite a worldwide decrease in unintended pregnancies, this number has remained stable within the US. The U.S. Department of Health and Human Services’ Healthy People 2020 campaign aims to reduce unintended pregnancy by 10% by 2020. This will be accomplished by better education, family planning and effective, available contraception. Long acting reversible contraception (LARC), which includes IUD’s and implants, can help achieve these goals. There are copper or levonorgestral-containing IUD’s and an etonorgestrel subdermal implant available in the US. LARC has been shown to be safe, effective, and highly accepted by women, including teens and the nulliparous. In fact, ACOG recommends LARC as first line contraception in adolescents. Many myths surround LARC, including mechanism of action, patient selection and long term implications. Women’s health care providers should be familiar with accurate information regarding these highly effective contraceptive methods.

**Learning Objectives:**
- Recognize the advantages of LARC
- Become familiar with patient selection and counseling for LARC
- Recognize the mechanism or action, management of side effects and long term implications of LARC

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**Vaginitis: The Most Common Complaint You’ll Ever Hear**

Dr. Lauren A. Castleberry

**Wednesday, July 20**

11:15 am-12:15 pm

**Summary:** The purpose of this lecture is to highlight what is normal and abnormal in regard to vaginal discharge. It should help the provider to go from not knowing how to approach the complaint of vaginal discharge in a clear and step-wise fashion to approaching it with confidence and in a very structured manner.

**Learning Objectives:**
- Identify the three most common causes of vaginal discharge
- Approach the diagnosis of vaginitis with a standard workup
- Manage not only first time infections, but also recurrent vaginitis

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**Lecture Notes**
**Summary:** The goal of this lecture is to improve referral patterns and multidisciplinary obstetric care for a mother with an anomalous fetus, such that she is armed with essential information in making important decisions for her complicated pregnancy. The physician will also gain comfort in the elements of evaluating and counselling a patient with an anomalous fetus.

**Learning Objectives:**
- Recognize the need for a multidisciplinary approach to management of fetal malformations
- Recognize fetal malformations related to four different organ systems
- Explain how the prognosis for a fetal finding would inform the subsequent management and delivery of the pregnancy

**Lecture Notes**
Tuesday - Wednesday, July 19-20

MEDICINE BREAKOUT BEGINS HERE
**Current Concepts in Hypertension Management: Potential Impact of New Evidence-based Medicine**

Dr. Donald J. DiPette

**Tuesday, July 19**  
7:00-8:00 am

**Summary:** The most current hypertension guidelines were published in 2013 by the Joint National Committee 8 (JNC-8). The guidelines were evidence-based and significantly changed the current treatment of the hypertensive patient, especially in the elderly and those with diabetes and chronic kidney disease. Since these guidelines were published new evidence-based clinical trial data has become available which could change the current treatment of the hypertensive patient, especially in the primary care setting.

**Learning Objectives:**

- Describe the evidence which led to the current JNC-8 guidelines in the treatment of the hypertensive patient
- Summarize the previous clinical trials, the TROPHY TRIAL and the treatment of mild hypertension study which address pre-hypertensive and mild hypertensive individual
- Describe the potential clinical impact of the SPRINT hypertensive study recently published

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**Assessing Elevated Liver Function Tests: A Primer for Primary Care Providers**

Dr. Peter Buch

**Tuesday, July 19**  
8:00 – 9:00 am

**Summary:** With the current universal use of Chem 24 or equivalent tests, primary care doctors are bombarded with huge numbers of patients with abnormal liver function tests. Sorting this out can be a massive daily task. Through, my very interactive lecture, I wish to address several conditions and to help primary care doctors develop an algorithm that will be extremely useful in practice.

**Learning Objectives:**

- Define nonalcoholic fatty liver disease (NAFLD) and nonalcoholic steato hepatitis (NASH)
- Identify at risk patients and to review treatment options
- Identify commonly encountered gallbladder and common duct clinical dilemmas
- Recognize what a primary care provider should know about hepatitis C

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Neurology for the Non-Neurologist
Dr. Jeffrey W. Clark

Summary: In the face of expanding technology and an aging population (U.S.), neurology remains a very clinical field which relies heavily on the physician’s working knowledge and understanding of the nervous system. An accurate (and sometimes more time consuming) history & clinical exam are required before testing can even be arranged or even considered. However, the anatomy and physiology of the nervous system is particularly complex, leading to what some experts have called “Neurophobia.” This discussion will highlight how the nervous system’s finite and separate but interactive components produce predictable patterns of dysfunction (clinical signs and symptoms). You will be introduced to a simple & reliable system for solving common clinical neurologic problems, with clinical videos that will allow you to bridge the gap between the classroom and the exam room. This system will provide you with an efficient and reliable approach to practicing and teaching clinical neurology.

Learning Objectives:
- List each of the ten (10) distinct/definable levels of the neur-axis
- Perform an efficient high-yield history and exam that can be used to quickly discern the most likely level(s) of dysfunction
- Understand/explain how the most common neurologic problems are likely to present (clinically)

Lecture Notes

Probiotics 2016: Fulfilling the Promise
Dr. Peter Buch

Summary: There are hundreds of probiotics currently available. When should I use them? Which are the best formulations? Why are probiotics so difficult to study? Are there any risks in using probiotics? The goal of my lecture is to provide a "best practices" use of probiotics in 2016.

Learning Objectives:
- Successfully use probiotics for several GI conditions
- Define the difficulty in comparing strains, studies and results
- Recognize how fecal transplants may be the ultimate probiotic
- Learn about future uses of probiotics

Lecture Notes
**Lipids Update**
Dr. Veronica Piziak and Dr. Donald J. DiPette

**Tuesday, July 19**
11:15 – 12:15 pm

**Summary:** There are now several sets of lipid management guidelines with differing suggestions and a new class of medications the PCSK9 inhibitors approved for use this year. The lecture will use a case based format to address patients in whom the AHA lipid guidelines have been challenged by new data and this new class of lipid lowering agents.

**Learning Objectives:**
- Identify various guidelines and the indications for PCSK9 inhibitors
- Describe cases that illustrate the patients who would benefit from new therapy or therapy outside the AHA guidelines

**Lecture Notes**

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**Sports Medicine Head and Shoulders, Knees and Toes:**
*What the PCF Must Know*
Dr. Teresa Stadler Camden

**Wednesday, July 20**
7:00-8:00 am

**Summary:** This lecture will provide the Primary Care provider with knowledge of the most common musculoskeletal conditions that affect active patients. The provider will know what to treat in office and what to refer to a specialist.

**Learning Objectives:**
- Identify shoulder diagnoses that affect patients of specific gender and age group
- Differentiate the presentation of common knee conditions: patellofemoral; osteoarthritis; and meniscal tear
- Define the best treatment of tennis elbow
- Define the best treatment of ankle sprains

**Lecture Notes**

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Irritable Bowel Syndrome: Tools for Successful Treatment
Dr. Peter Buch
Wednesday, July 20
8:00 - 9:00 am

Summary: Irritable Bowel Syndrome patients are in general a difficult group of patients to treat because: they often have many providers, they may have a high prevalence of social, drug and mental health issues and their personalities may influence us to overtreat or undertreat. During this very interactive lecture, I will demonstrate several highly effective clinical tools to maximize successful treatment and to select the "correct" amount of testing.

Learning Objectives:
- Understand the various manifestations of IBS
- Distinguish IBS from Inflammatory Bowel Disease
- Understand how "alarm symptoms" are important in assessing IBS patients
- Partner with your patient for maximum success

Lecture Notes

New Insulins – Where Do They Fit in Your Practice?
Dr. Veronica K. Piziak
Wednesday, July 20
9:00 - 9:30 am

Summary: Recently there has been a profusion of new insulin products from inhaled ultrarapid insulin to ultralong-acting insulin as well as concentrated forms of long and rapid acting insulin analogues. Two new forms of mixed insulins will also be available this year. They will fit a limited population. The discussion will provide a case based overview of the use of these insulins in a primary care practice. Since many insurers have a narrow formulary, cases will also demonstrate the most cost effective insulins and their use.

Learning Objectives:
- Identify new insulins and their effective use in primary care practice
- Discuss management of patients with available generic insulins

Lecture Notes
**Seizures, Syncope, and Other Spells Made Easy**

Dr. Jeffrey Clark

**Wednesday, July 20**

9:30-10:00 am

**Summary:** Seizures and spells/syncope are common, and often quite disabling. There are currently about 50 million people with epilepsy worldwide, and syncope accounts for 6% of hospital admissions in the United States. Hospitalists and general practitioners often apply an algorithm-based approach which can be time consuming and costly unless focused on accurate clinical information (exam and history) that efficiently guides the medical evaluation. This presentation/discussion will include patient videos and clinical vignettes (audience participation encouraged) with the purpose of reviewing essential concepts in the diagnosis and management of seizures/spells.

**Learning Objectives:**
- Recognize and diagnose seizures (& syncope) based on simple clinical information
- Efficiently evaluate seizures and syncope in the outpatient and inpatient setting
- Explain and the difference (diagnosis and management) between the various types of seizures

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**Recognizing Premalignant and Malignant Cutaneous Neoplasms**

Dr. Diana Antonovich

**Wednesday, July 20**

10:15-11:15 am

**Summary:** This educational session offers introductory instruction on the identification of pre-malignant and common malignant neoplasms frequently encountered in the primary care setting. Participants will improve skills to identify patients who are at an increased risk of developing skin cancer and who would benefit from regular skin cancer surveillance.

**Learning Objectives:**
- Recognize and diagnose pre-malignant cutaneous lesions such as actinic keratosis
- Recognize and diagnose malignant cutaneous lesions including common skin cancers basal cell carcinoma, squamous cell carcinoma, and the most potentially deadly form of skin cancer melanoma
- Recognize patients with atypical nevi and those at an increased risk of skin cancer

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**Lecture Notes**
Care of the Weekend Warrior  
Dr. Teresa Stadler Camden  
Wednesday, July 20  
11:15-12:15 am

Summary: Attendees will become more able to obtain an appropriate history on a Sports Injury; do an appropriate exam; make a diagnosis; and devise a treatment plan. The attendee will learn to recommend more than simple Physical Therapy and medication.

Learning Objectives:
- Recognize when to order imaging studies of common traumatic Sports Medicine Injuries
- Identify which traumatic injuries require Orthopedic referral

Lecture Notes

Cosmetic Dermatology: What Works  
Dr. Diana Antonovich  
Wednesday, July 20  
12:15-1:15 am

Summary: This educational session offers an introduction on available non-invasive and minimally invasive cosmetic treatment options. Treatments categories that will be addressed include cosmeceuticals, neuromodulators, soft tissue fillers, and energy-based devices such as lasers, with a focus on what treatment options produce results. Knowledge gained will better equip practitioners to help guide patients with cosmetic interest.

Learning Objectives:
- Assist cosmically minded patients in navigating the myriad of cosmetic treatment options that exist
- Effectively educate patients on popular non-invasive and minimally invasive treatment options with a focus on treatment efficacy

Lecture Notes
Thursday, July 21

PLENARY SESSION BEGINS HERE
Summary: In the book Clinical Ethics, Jonsen and colleagues observe that "ethical issues are imbedded in every clinical encounter between patients and caregivers because the care of patients always involves both technical and moral considerations." The discipline of ethics often moves quietly through physician-patient interactions. If every clinical encounter has a moral component, then physicians have a need for those issues to be discussed and clarified. In addition, a number of medical licensing boards across the U.S. require education in ethics for physicians, indicating that they have identified this need.

Learning Objectives: By reviewing common allegations and risk issues associated with ethics, this presentation will support your ability to:
- Differentiate and identify the behaviors that constitute ethical behavior, personal conflicts, and professionalism
- Identify and apply bioethical principles in health care settings
- Apply ethical best practices to improve patient safety and reduce overall liability that focuses on identifying, responding to, investigating, and monitoring ethical behaviors

Lecture Notes

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Summary: Dementia is quickly becoming one of the most common, costly, and disabling problems in our nation as the baby-boomer generation ages and the population matures. Accurate diagnosis and early treatment of dementia are very important in maintaining function. However, there is a gap in both diagnosis and treatment. About half of these patients are diagnosed either late in the course or not at all. This presentation will provide an overview of dementia, including how patients typically present, how the diagnosis can be established earlier in the course of the illness, allowing the practitioner to be more comfortable and confident working with these patients and families.

Learning Objectives:
- Recognize and diagnose dementia early in the course of the disease
- Discuss available treatment options with patients and families
- Cite important risk factors and proper management related to potential prevention of dementia

Lecture Notes
Summary: Physicians often used medications "off-label" which are not FDA approved, for insomnia treatment. In addition, therapies such as cognitive behavior therapy, which have more durable and long lasting effects than pharmacotherapy for chronic insomnia are often under-utilized by providers. This presentation will discuss evidence-based guidelines for the current management of insomnia, including medications and also non-medical treatments for insomnia. It will also cover the factors which predispose to and perpetuate insomnia which can be targeted for treatment. Thus it will attempt to close the "knowledge or practice gap" which currently exists amongst physicians regarding insomnia management.

Learning Objectives:
- Identify factors which can predispose to, precipitate and perpetuate insomnia
- Offer insomnia patients approved medical and non-medical therapies for management of their insomnia

Lecture Notes
Summary: Management of obesity is an ever changing topic with the advent of new over the counter products, new diets new surgical options and recently new medications. This lecture will discuss new developments in obesity and their usefulness in your practice. Another area of endocrinology that is controversial is adrenal insufficiency the diagnosis and therapy. This year there is a new set of practical guidelines for this area for the Endocrine Society and they will be discussed with case based applications to primary care practice.

Learning Objectives:
- Discuss what is new in the therapy for obesity
- Discuss guidelines for adrenal; insufficiency diagnosis and therapy and their application to your practice
Claim Your Credit and Evaluate!
https://www.surveymonkey.com/r/2016_FemalePatient_PostTest
https://www.surveymonkey.com/r/2016_FemalePatient_CME_Eval_Form

The following questions will appear on your evaluation form.
Jot down your thoughts now and use this guide when you enter your evaluation responses online.

Indicate the reason you registered for this conference (check all that apply):

- To improve clinical skills
- To improve interpretive and diagnostic skills
- To acquire new information on the subject
- To review the subject
- To meet CME requirements

Did the conference meet your expectations (confirming your reason to register)?
__Yes __ No,
Please Explain:________________________________________________________

How might the format of this activity be improved in order to be most appropriate for the content presented (check all that apply):

- Include more case-based presentations
- Add breakouts for subtopics
- Add a hands-on instructional component
- Schedule more time for Q&A
- Format was appropriate; no changes needed
- Other: Tell us your ideas for the program format:__________________________

As a result of my participation in this activity, the ONE most likely change/new strategy I will implement in my practice is: (Select only ONE response)*

- Modify treatment plans
- Change my screening and prevention practice
- Incorporate different diagnosis strategies into patient evaluation
- Use alternative communication methodologies with patients and families
- Implement new documentation procedures to improve efficiency and accuracy of business practice
- Use systems-based resources for improved quality of care
- Improve the structure and operations of my practice to address healthcare reform cost containment and other regulatory issues
- None – This conference validated current practices
- Other:________________________________________________________

Was the information provided practical and applicable to your practice? __Yes ___ No.
Please explain:
________________________________________________________

Did you perceive commercial bias/influence at any point during this conference? __Yes __ No
If yes, please provide detail including the speaker and situation.
________________________________________________________
DO NOT TURN IN THIS FORM! Use these pages now to jot your thoughts throughout the meeting so you may accurately answer questions later when you complete your online Request for Credit and Evaluation Form.

Practice Gap/Needs Assessment
What patient challenges, (clinical) issues do you see in your office that you don’t feel properly prepared to address?

______________________________________________

What non-clinical, business-related areas could you benefit from further education?


Faculty Evaluations
Rate your faculty between 1 - 10 (1 =poor and 10=great) or NA if you did not hear a speaker, considering the following elements: knowledge of the subject area, effectiveness as speaker, and presentation of organized, evidence-based content. Circle your answer. Anything else you wish to remember?

Dr. Veronica Piziak
1 2 3 4 5 6 7 8 9 10 NA

Dr. Jennifer Wells
1 2 3 4 5 6 7 8 9 10 NA

Dr. Michael Thomas
1 2 3 4 5 6 7 8 9 10 NA

Dr. Nancy DeMore
1 2 3 4 5 6 7 8 9 10 NA

Dr. Jeffrey Clark
1 2 3 4 5 6 7 8 9 10 NA

Ms. Paula Synder
1 2 3 4 5 6 7 8 9 10 NA

Dr. Chitra Lal
1 2 3 4 5 6 7 8 9 10 NA

OB/GYN BREAKOUT SPEAKERS

Dr. Nancy Phillips
1 2 3 4 5 6 7 8 9 10 NA

Dr. Lauren Castleberry
1 2 3 4 5 6 7 8 9 10 NA

Dr. Nancy Hueppchen
1 2 3 4 5 6 7 8 9 10 NA

Dr. Sharon Weissman
1 2 3 4 5 6 7 8 9 10 NA

MEDICINE BREAKOUT SPEAKERS

Dr. Donald DiPette
1 2 3 4 5 6 7 8 9 10 NA

Dr. Peter Buch
1 2 3 4 5 6 7 8 9 10 NA

Dr. Teresa Stadler Camden
1 2 3 4 5 6 7 8 9 10 NA

Dr. Diana Antonovich
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<td>Lipids Update</td>
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<td>Wednesday, July 20—OB/GYN Breakout</td>
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<td>7:00 am</td>
<td>High Risk Obstetrics: Obstetrical Emergencies – A Team Approach</td>
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<td>8:00 am</td>
<td>Menopausal Dyspareunia – Not Always Atrophy</td>
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<td>Infectious Diseases Top Stories</td>
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<td>10:15 am</td>
<td>Long-Acting Reversible Contraception: Not Just a Lark!</td>
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<td>Vaginitis: The Most Common Complaint You’ll Ever Hear</td>
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<td>Multidisciplinary Approach to Prenatal Diagnosis and Management of Fetal Anomalies</td>
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<td>Wednesday, July 20—Medicine Breakout</td>
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<td>Sports Medicine Head and Shoulders, Knees and Toes: What the PCP Must Know</td>
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<td>Irritable Bowel Syndrome: Tools for Successful Treatment</td>
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<td>9:00 am</td>
<td>New Insulins- Where Do They Fit In Your Practice?</td>
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<td>Seizures, Syncope, and Other Spells Made Easy</td>
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<td>Recognizing Premalignant and Malignant Cutaneous Neoplasms</td>
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<td>Care of the Weekend Warrior</td>
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<td>Cosmetic Dermatology: What Works</td>
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<td>Thursday, July 21—Plenary Session</td>
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<td>7:00 am</td>
<td>Medical Ethics and Physician Patient Encounters</td>
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<td>Dementia Diagnosis, Treatment and Prevention</td>
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<td>9:00 am</td>
<td>Treatment of Insomnia: With or Without Medications</td>
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<td>Exercise to Prevent Injury in the Elderly</td>
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<td>11:15 am</td>
<td>Update in Obesity and Adrenal Insufficiency</td>
<td>1.0</td>
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Take advantage of the benefits included as part of your registration.

- *Southern Medical Journal* our monthly peer-reviewed medical journal [http://sma.org/smj](http://sma.org/smj)
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- Dell.com Discounts [http://sma.org/benefits](http://sma.org/benefits)
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- Medical malpractice insurance [http://sma.org/easywin](http://sma.org/easywin)
- Access to vision, dental, group health, group life, long term disability insurance [http://sma.org/sma-services-inc](http://sma.org/sma-services-inc)
- AirMed Air Ambulatory insurance [http://sma.org/airmed](http://sma.org/airmed)

If you have questions about any of the above, call 800-423-4992, ext. 640 and a Member Services representative will be happy to assist.
CALENDAR OF CME EVENTS

August 25, 2016
The Red, White and Blue of Prescribing Controlled Substances: Risks, Wisdom and Balance
Pickwick Landing State Park, Counce, TN
sma.org/pcs-nmmc

November 3, 2016
Psychiatry Pearls for the Primary Care Provider
The Chataanooogan Hotel, Chattanooga, TN
sma.org/education-sma/events/psychiatry-pearls-conference

November 3-5, 2016
SMA Scientific Assembly
The Chataanooogan Hotel, Chattanooga, TN
sma.org/assembly

December 16-18, 2016
Medical Dilemmas in Patient Care
Westin New York Times Square, New York, NY
sma.org/medical-dilemmas

July 18-21, 2016
Focus on the Female Patient Conference
Kiawah Island Golf Resort, East Beach Conference Center
Kiawah Island, SC
Save the Date!

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