



Harvard Medical School
Department of Continuing Education
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ANNUAL UPDATE IN INTERNAL MEDICINE

Up-to-date, comprehensive education for physicians delivered by the best teachers and world experts on the most important topics in internal medicine, including:

- Cancer screening and treatment
- Diabetes and obesity
- Hepatitis
- Gastroenterology
- Thyroid disease
- Osteoporosis
- Cardiology
- Rheumatologic disorders
- Pulmonary disease
- Infectious diseases, including new and emerging infections
- Common orthopedic disorders
- Motivational skills for the internist

DEC. 3-9
2017
BOSTON, MA



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ANNUAL UPDATE IN INTERNAL MEDICINE | 2017

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UPDATES, ADVANCES AND BEST PRACTICES TO OPTIMIZE PATIENT CARE IN ALL AREAS OF INTERNAL MEDICINE

Under the leadership of:

Sanjiv Chopra, MD, MACP
Martin J. Abrahamson, MD, FACP
Mark L. Zeidel, MD

More than 80 interactive lectures, case-based reviews and ask-the-experts sessions led by the foremost authorities in:

- Oncology
- Rheumatology
- Gastroenterology
- Hepatology
- Endocrinology
- Infectious diseases
- Neurology
- Cardiology
- Hematology
- Nephrology
- Orthopedics
- Pulmonary diseases
- General internal medicine

REGISTER AT www.UpdateInternalMedicine.com

WHY YOU SHOULD ATTEND

THIS COURSE OFFERS NEW AND RETURNING ATTENDEES THE OPPORTUNITY TO STAY CURRENT WITH ANNUAL ADVANCES ACROSS EVERY MAJOR AREA OF GENERAL MEDICINE. DESIGNED BY AND FOR CLINICIANS, THE CURRICULUM FOCUSES ON STATE-OF-THE-ART APPROACHES TO THE CHALLENGES YOU FACE AND THE BEST WAYS TO APPLY THESE APPROACHES TO YOUR PRACTICE.

Who Attends

Clinicians seeking a useful and comprehensive review that ensures they are up to date across all major fields in internal medicine. This includes:

- Internists
- Family medicine physicians
- Medical specialists
- Nurse practitioners
- PAs
- Physicians preparing for the recertification examination or internal medicine boards
- Other medical professionals interested in refreshing their knowledge of general internal medicine

You Will Take Home

- Improved understanding of common medical conditions
- Checklists, key “take-home points” and other recommendations to optimize management of many common disorders
- Tools and resources to share with and motivate your patients

Upon completion of this activity, you will be able to:

1. Integrate new knowledge and research findings into the evaluation and treatment of common and uncommon medical disorders.
2. Apply up-to-date screening recommendations for breast, ovarian, lung, colon and prostate cancers.
3. Develop strategies to prevent and/or treat atherosclerotic cardiovascular disease.
4. Provide state-of-the-art care to patients with a wide range of disorders commonly seen in the primary care provider’s practice.
5. Determine an appropriate approach to assessing patient-specific risks and benefits of opiates for chronic pain.

Dear Colleague,

Today the world of internal medicine is changing at a faster pace than ever before. The practicing physician faces ever-increasing challenges to keep abreast with these changes so that he/she can maintain state-of-the-art care for patients. We therefore invite you to attend our annual Update in Internal Medicine, which is designed to provide you with comprehensive, up-to-date, evidence-based advances in our understanding and treatment of the most common disorders that you will encounter in everyday practice.

Our course will cover all the major subspecialties, including cardiology, endocrinology, hepatology, gastroenterology, hematology, oncology, infectious diseases, nephrology, rheumatology and pulmonary diseases, and include a number of keynote lectures on important miscellaneous topics.

Our best teachers and clinicians will cover these topics through lectures, symposia, workshops, ask-the-experts sessions and case-based “challenges” using a computerized audience-response system that enables you to anonymously test your knowledge.

Our comprehensive syllabus will include a plethora of images, checklists and additional tools that will enhance your knowledge and provide you with additional skills to improve your practice.

Whether you are preparing for certification or recertification in internal medicine or planning to attend to improve your knowledge, we are certain you will find this course most informative and inspiring and you will come away with new skills and knowledge that will help your patients lead healthier and happier lives.

We look forward to seeing you in December.

With best wishes,



Sanjiv Chopra, MD, MACP

Professor of Medicine
Harvard Medical School
James Tullis Firm Chief, Department of Medicine
Co-Director, Division of Continuing Education
Beth Israel Deaconess Medical Center



Martin J. Abrahamson, MD, FACP

Associate Professor of Medicine
Harvard Medical School
Co-Director, Division of Continuing Education
Beth Israel Deaconess Medical Center



Mark L. Zeidel, MD

Herrman Ludwig Blumgart Professor of Medicine
Harvard Medical School
Chair, Department of Medicine
Beth Israel Deaconess Medical Center

FACULTY

Harvard Medical School Course Directors

Sanjiv Chopra, MD, MACP
Professor of Medicine

Martin J. Abrahamson, MD, FACP
Associate Professor of Medicine

Mark L. Zeidel, MD
Herrman Ludwig Blumgart Professor of Medicine

Guest Faculty

Louis R. Caplan, MD
Professor of Neurology
Harvard Medical School

Deepak Chopra, MD
Co-Founder and Chairman
The Chopra Center for Wellbeing

Frank Domino, MD
Professor
University of Massachusetts
Medical School

Patricia E. Greenstein, MD
Assistant Professor of Neurology
Harvard Medical School

Marissa Heller, MD
Instructor in Dermatology
Harvard Medical School

Daniel B. Jones, MD, MS, FACS
Professor of Surgery
Harvard Medical School

Jonathan B. Kruskal, MD, PhD
Professor of Radiology
Harvard Medical School

Mark C. Kuperwaser, MD
Assistant Professor of Ophthalmology
Harvard Medical School

Ralph Metson, MD
Professor of Otolaryngology
Harvard Medical School

Edward M. Phillips, MD
Assistant Professor of Physical
Medicine and Rehabilitation
Harvard Medical School

Daniel Press, MD
Associate Professor of Neurology
Harvard Medical School

Arun J. Ramappa, MD
Assistant Professor of
Orthopedic Surgery
Harvard Medical School

John R. Sharp, MD, FAPA, FAPM
Lecturer on Psychiatry
Harvard Medical School

Rudolph E. Tanzi, PhD
Joseph P. and Rose Kennedy
Professor of Neurology
Harvard Medical School

Harvard Medical School/ Beth Israel Deaconess Department of Medicine Faculty

Asha Anandaiah, MD
Instructor in Medicine

Fadi Badlissi, MD, MSC
Assistant Professor of Medicine

Kenneth A. Bauer, MD
Professor of Medicine

Richard S. Beaser, MD
Associate Professor of Medicine

Alan Bonder, MD
Assistant Professor of Medicine

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Associate Professor of Medicine

James D. Chang, MD
Assistant Professor of Medicine

Adam S. Cheifetz, MD
Associate Professor of Medicine

Marc L. Cohen, MD
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Steven E. Come, MD
Associate Professor of Medicine

Michael P. Curry, MD
Associate Professor of Medicine

Raphael Dolin, MD
Maxwell Finland Professor of
Medicine (Microbiology and
Molecular Genetics)

Reed E. Drews, MD, FACP
Associate Professor of Medicine

Jody Dushay, MD, MMSc
Assistant Professor of Medicine

Loryn S. Feinberg, MD, FACC
Instructor in Medicine

Lisa M. Fitzgerald, MD
Assistant Professor of Medicine

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Gorman Brothers Clinical Professor
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Eli V. Gelfand, MD, FACC
Assistant Professor of Medicine

Robert Hallowell, MD
Instructor in Medicine

Margaret M. Hayes, MD
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James J. Heffernan, MD, MPH
Associate Professor of Medicine

Melanie P. Hoenig, MD
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Anthony N. Hollenberg, MD
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Joseph P. Kannam, MD
Assistant Professor of Medicine

Adolf W. Karchmer, MD
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Ciarán P. Kelly, MD
Professor of Medicine

Anthony Lembo, MD
Associate Professor of Medicine

Julia H. Lindenberg, MD
Instructor in Medicine

Warren J. Manning, MD
Professor of Medicine and Radiology

Peter Oettgen, MD
Associate Professor of Medicine

Vilas R. Patwardhan, MD
Assistant Professor of Medicine

Duane S. Pinto, MD, MPH
Associate Professor of Medicine

Melanie S. Pogach, MD, MMSc
Instructor in Medicine

Jeffrey J. Popma, MD
Professor of Medicine

Harold N. Rosen, MD
Associate Professor of Medicine

Lowell E. Schnipper, MD
Theodore W. and Evelyn G.
Berenson Professor of Medicine

Richard M. Schwartzstein, MD
Ellen and Melvin Gordon Professor of
Medicine

Robert H. Shmerling, MD
Associate Professor of Medicine
Harvard Medical School

C. Christopher Smith, MD
Associate Professor of Medicine

Robert C. Stanton, MD
Associate Professor of Medicine

Wendy Stead, MD
Assistant Professor of Medicine

Vikas P. Sukhatme, MD, ScD
Victor J. Aresty Professor of Medicine

Nadine M. Tung, MD
Associate Professor of Medicine

Peter J. Zimetbaum, MD
Associate Professor of Medicine

*"Superb and renowned faculty
with encyclopedic knowledge
and a flair for teaching."*

GENERAL INFORMATION

REGISTRATION FEES

Update in Internal Medicine	Register on/before Oct. 6, 2017	Register after Oct. 6, 2017
Physicians and Allied Health Professionals	\$1695	\$1795
Residents and Fellows in Training	\$1295	\$1395

Fees shown in USD. Your tuition includes all breakfasts, coffee and snack breaks and complimentary Internet access.

All attendees will receive an electronic version of the course materials. You can purchase a printed copy of these materials at the time of registration for \$100, or on-site at the course for \$125.

REGISTRATION INFORMATION

PAYMENT, CONFIRMATION AND REFUND POLICY

You may register by credit card (Visa, MasterCard or American Express) or check using Harvard Medical School's secure online registration system at www.UpdateInternalMedicine.com. A processing fee of \$5 (USD) will be assessed per transaction. Upon receipt of your paid registration, an email confirmation from the HMS-DCE office will be sent to you. **Be sure to include an email address that you check frequently.** Your email address is used for critical information, including registration confirmation, evaluation and certificate. Refunds, less an administrative fee of \$150, will be issued for all cancellations received two weeks before the start of the course. Refund requests must be received by postal mail, email or fax. No refunds will be issued should cancellation occur less than two weeks before. "No shows" are subject to the full course fee, and no refunds will be issued once the conference has started.

ACCOMMODATIONS AND TRAVEL

A limited number of rooms have been reserved at the Westin Copley Place. Please call 617-262-9600 and specify that you are attending the HMS Update in Internal Medicine course to take advantage of the reduced group rate of \$273 single/double. This rate is available on a first-come, first-serve basis until Nov. 10, 2017. You can also make your reservation online now. Please do not purchase nonrefundable airline ticket(s) until you have received an email from our office confirming your paid registration.

INQUIRIES

By phone at 617-384-8600, Monday-Friday, 9 AM to 5 PM (EST), or by email at ceprograms@hms.harvard.edu.

ACCREDITATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 55 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credits*[™] to an equivalent number of European CME Credits[®] (ECMEC[®]s). Information on the process of converting *AMA PRA Category 1 Credits*[™] to ECMEC[®]s can be found at: www.eaccme.eu.



COURSE LOCATION

All sessions for this activity will be held at:
The Westin Copley Place
10 Huntington Avenue
Boston, MA 02116
Tel: 617-262-9600

COURSE SCHEDULE

SUNDAY, DEC. 3, 2017

RISK MANAGEMENT

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 8.50 credits of Risk Management Study. This includes 1.0 credit of Opioid Education and Pain Management Training and .75 credits in End-of-Life Care Studies. Please check with your individual state licensing board requirements before claiming Risk Management Credits.

AAFP ACCREDITATION

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

ACGME COMPETENCIES

This course is designed to meet the following American Board of Medical Specialties and Accreditation Council of Graduate Medical Education competencies: patient care and procedural skills, medical knowledge and practice-based learning and improvement.

IOM COMPETENCIES

This course is designed to meet the following Institute of Medicine competencies: provide patient-centered care, work in interdisciplinary teams and apply quality improvements.

DISCLOSURE POLICY

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

DISCLAIMER

CME activities sponsored by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

"What an inspiring, motivating and stimulating course. It rejuvenated my interest in practicing medicine."

7:00AM – 8:00AM

Registration and Continental Breakfast

8:00AM – 8:15AM

Introduction and Welcome

ONCOLOGY – PART I

8:15AM – 9:10AM

Assessment and Management of Breast and Ovarian Cancer Risk: An Update*

Nadine M. Tung, MD

9:10AM – 9:50AM

Prostate Cancer: An Update

Marc B. Garnick, MD

9:50AM – 10:15AM

How We Think About and Manage Breast Cancer in 2017*

Steven E. Come, MD

KEYNOTE LECTURE

10:15AM – 10:55AM

Reverence for Life at the End of Life*

Lachlan Forrow, MD

10:55AM – 11:15AM

Refreshment Break

ONCOLOGY – PART II

11:15AM – 11:55AM

Update on Lung and Colorectal Cancer

Steven E. Come, MD

11:55AM – 12:35PM

Cancer: Progress One Patient at a Time*

Lowell E. Schnipper, MD

12:35PM – 1:35PM

Lunch Break (on your own)

1:35PM – 1:50PM

Oncology Q&A

Lowell E. Schnipper, MD

1:50PM – 2:30PM

Oncology: Challenging Cases with Your Participation

Lowell E. Schnipper, MD

RHEUMATOLOGY

2:30PM – 3:05PM

Gout: The King of Diseases

Fadi Badlissi, MD, MSc

3:05PM – 3:15PM

Rejuvenation Exercises

3:15PM – 3:35PM

Refreshment Break

3:35PM – 4:10PM

Rheumatoid Arthritis

Lisa M. Fitzgerald, MD

4:10PM – 4:45PM

Diagnostic Tests in Rheumatic Disease: What's Old, What's New and What's Useful

Robert H. Shmerling, MD

4:45PM – 5:00PM

Rheumatology Q&A

Robert H. Shmerling, MD

5:00PM – 5:45PM

Rheumatology: Challenging Cases with Your Participation

Robert H. Shmerling, MD

MONDAY, DEC. 4, 2017

6:30AM – 7:00AM
Continental Breakfast

ENDOCRINOLOGY – PART I

7:00AM – 7:45AM
Treatment of Type 2 Diabetes 2017: Advances, Challenges and Opportunities
Martin J. Abrahamson, MD, FACP

7:45AM – 8:30AM
Advancing to Insulin Replacement Therapy: When, Why and How
Richard S. Beaser, MD

8:30AM – 9:10AM
Osteoporosis Management in the Era of Limited Resources
Harold N. Rosen, MD

9:10AM – 9:30AM
Refreshment Break

KEYNOTE LECTURE

9:30AM – 11:00AM
Healthy Brain, Healthy Mind, Healthy Universe
Deepak Chopra, MD
Rudolph E. Tanzi, PhD

ENDOCRINOLOGY – PART II

11:00AM – 11:45AM
Problems in Thyroid Disease
Anthony N. Hollenberg, MD

11:45AM – 12:00PM
Endocrinology Q&A
Martin J. Abrahamson, MD, FACP

12:00PM – 12:45PM
Endocrinology: Challenging Cases with Your Participation
Martin J. Abrahamson, MD, FACP

12:45PM – 1:45PM
Lunch Break (on your own)

GASTROENTEROLOGY AND HEPATOLOGY

1:45PM – 2:25PM
Irritable Bowel Syndrome
Anthony Lembo, MD

2:25PM – 3:10PM
Inflammatory Bowel Disease: What Every Clinician Needs to Know
Adam S. Cheifetz, MD

3:10PM – 3:20PM
Rejuvenation Exercises

3:20PM – 3:40PM
Refreshment Break

3:40PM – 4:25PM
Laboratory Tests and Diagnostic Procedures in Liver Disease: Adventures in Liverland
Sanjiv Chopra, MD, MACP

4:25PM – 5:10PM
Celiac Sprue: Protean Manifestations
Ciarán P. Kelly, MD

5:10PM – 5:25PM
Gastroenterology and Hepatology Q&A
Ciarán P. Kelly, MD
Sanjiv Chopra, MD, MACP

5:25PM – 6:10PM
Gastroenterology and Hepatology: Challenging Cases with Your Participation
Sanjiv Chopra, MD, MACP

TUESDAY, DEC. 5, 2017

6:30AM – 7:00AM
Continental Breakfast

SPECIAL SYMPOSIUM: MEDICAL AND SURGICAL MANAGEMENT OF OBESITY: WHAT THE PCP NEEDS TO KNOW

7:00AM – 7:40AM
Motivational Interviewing: A Proven Approach for Weight Loss
Frank Domino, MD

7:40AM – 8:15AM
Medical Management of Obesity: What the PCP Needs to Know*
Jody Dushay, MD, MMSc

8:15AM – 8:50AM
Exercise Prescription: Promoting Physical Activity in You and Your Patients*
Edward M. Phillips, MD

8:50AM – 9:25AM
Surgical Treatment of Obesity
Daniel B. Jones, MD, MS, FACS

9:25AM – 9:45AM
Panel Discussion
Frank Domino, MD
Jody Dushay, MD, MMSc
Edward M. Phillips, MD
Daniel B. Jones, MD, MS, FACS

KEYNOTE LECTURE

9:45AM – 10:30AM
Screening for Diabetes: Is It Ready for Primetime?*
Martin J. Abrahamson, MD

10:30AM – 10:50AM
Refreshment Break

SPECIAL SYMPOSIUM: HEPATOLOGY

10:50AM – 11:35AM
Nonalcoholic Fatty Liver Disease: A Burgeoning Epidemic
Sanjiv Chopra, MD, MACP

11:35AM – 12:10PM
Complications of Cirrhosis*
Alan Bonder, MD

12:10PM – 1:10PM
Lunch Break (on your own)

1:10PM – 1:55PM
Chronic Hepatitis C: A Multifaceted Disease
Michael P. Curry, MD

1:55PM – 2:35PM
Hepatitis B: Recent Advances
Vilas R. Patwardhan, MD

2:35PM – 3:25PM
Don't-Miss Causes of Anemia*
Reed E. Drews, MD, FACP

3:25PM – 3:35PM
Rejuvenation Exercises

3:35PM – 3:55PM
Refreshment Break

HEMATOLOGY

3:55PM – 4:50PM
Diagnosis and Management of Hypercoagulability and New Anti-coagulants: Interpreting the Data
Kenneth A. Bauer, MD

4:50PM – 5:05PM
Hematology Q&A
Reed E. Drews, MD, FACP

5:05PM – 5:50PM
Hematology: Challenging Cases with Your Participation
Reed E. Drews, MD, FACP

NEUROLOGY

5:50PM – 6:50PM
Ask the Experts: Neurology
Patricia E. Greenstein, MD
Daniel Press, MD

WEDNESDAY, DEC. 6, 2017

6:30AM – 7:00AM
Continental Breakfast

ENT/OPHTHALMOLOGY

7:00AM – 8:05AM
Ask the Expert: ENT/Ophthalmology
Ralph Metson, MD
Mark C. Kuperwasser, MD

KEYNOTE LECTURE

8:05AM – 8:55AM
Yesterday's Medicines, Today's Insights, Tomorrow's Cures
Vikas P. Sukhatme, MD, ScD

8:55AM – 9:15AM
Refreshment Break



SPECIAL SYMPOSIUM: AN ORTHOPEDICS PRIMER – LIVE PATIENT DEMONSTRATION

9:15AM – 10:00AM
The Evaluation and Management of Common Disorders of the Shoulder
Arun J. Ramappa, MD

10:00AM – 10:45AM
The Evaluation and Management of Common Disorders of the Knee
C. Christopher Smith, MD

10:45AM – 11:30AM
The Evaluation and Management of Common Disorders of the Back
James J. Heffernan, MD, MPH

KEYNOTE LECTURE

11:30AM – 12:15PM
Keynote TBD
TBD

12:15PM – 1:00PM
Vaccine Update
Raphael Dolin, MD

THURSDAY, DEC. 7, 2017

6:30AM – 7:00AM
Continental Breakfast

CARDIOLOGY – PART I

7:00AM – 7:40AM
Heart Disease in Women
Loryn S. Feinberg, MD, FACC

7:40AM – 8:20AM
Syncope
Peter J. Zimetbaum, MD

8:20AM – 9:00AM
Atrial Fibrillation
Peter J. Zimetbaum, MD

KEYNOTE LECTURE

9:00AM – 9:45AM
Dharma, Happiness and Living with Purpose
Sanjiv Chopra, MD, MACP

9:45AM – 10:05AM
Refreshment Break

CARDIOLOGY – PART II

10:05AM – 10:45AM
Valvular Heart Disease
Eli V. Gelfand, MD, FACC

10:45AM – 11:25AM
The Current Cholesterol Guidelines and Treating Residual Risk*
Peter Oettgen, MD

11:25AM – 12:10PM
Acute Coronary Syndromes
Duane S. Pinto, MD, MPH

12:10PM – 1:10PM
Lunch Break (on your own)

1:10PM – 1:50PM
Peripheral Arterial Disease: Journey of 1,000 Steps
Duane S. Pinto, MD, MPH

1:50PM – 2:30PM
Congestive Heart Failure
James D. Chang, MD

2:30PM – 2:40PM
Rejuvenation Exercises

2:40PM – 3:00PM
Refreshment Break

KEYNOTE LECTURE

3:00PM – 3:40PM
New Frontiers in Radiology: From the First X-ray to Molecular Radiology
Jonathan B. Kruskal, MD, PhD

CARDIOLOGY – PART III

3:40PM – 4:05PM
Noninvasive Valve Replacement
Jeffrey J. Popma, MD

4:05PM – 4:45PM
Noninvasive Cardiac Imaging: So Many Tools to Choose From!
Warren J. Manning, MD

4:45PM – 5:00PM
Cardiology Q&A
Joseph P. Kannam, MD

5:00PM – 5:45PM
Cardiology: Challenging Cases with Your Participation
Joseph P. Kannam, MD

FRIDAY, DEC. 8, 2017

6:30AM – 7:00AM
Continental Breakfast

INFECTIOUS DISEASES

7:00AM – 7:45AM
Fever in the Returning Traveler
Wendy Stead, MD

7:45AM – 8:15AM
Attack of the Cocci: New Defenses and Treatment Strategies
Adolf W. Karchmer, MD

8:15AM – 8:30AM
Infectious Diseases Q&A
Adolf W. Karchmer, MD

8:30AM – 9:15AM
Infectious Diseases: Challenging Cases with Your Participation
Adolf W. Karchmer, MD

KEYNOTE LECTURE

9:15AM – 10:00AM
Leadership: Lessons Learned from the Life and Legacy of Abraham Lincoln*
Mark L. Zeidel, MD

10:00AM – 10:20AM
Refreshment Break

NEPHROLOGY

10:20AM – 11:00AM
Acute Renal Failure
Mark L. Zeidel, MD

11:00AM – 11:45AM
Approach to the Patient with Proteinuria and Hematuria
Melanie P. Hoenig, MD

11:45AM – 12:25PM
Prevention and Treatment of Chronic Kidney Disease: Early Diagnosis and Aggressive Treatment
Robert C. Stanton, MD

12:25PM – 1:25PM
Lunch Break (on your own)

1:25PM – 1:40PM
Nephrology Q&A
Robert S. Brown, MD

1:40PM – 2:25PM
Nephrology: Challenging Cases with Your Participation
Robert S. Brown, MD

PULMONARY DISEASES

2:25PM – 3:00PM
Update on Venous Thromboembolism
Margaret M. Hayes, MD

3:00PM – 3:10PM
Rejuvenation Exercises

3:10PM – 3:30PM
Refreshment Break

3:30PM – 4:10PM
Fresh Air: What's New with Asthma in 2017
Asha Anandaiah, MD

4:10PM – 4:50PM
Interstitial Diseases
Robert Hallowell, MD

4:50PM – 5:30PM
Understanding COPD: Going Beyond the Wheeze
Richard M. Schwartzstein, MD

5:30PM – 5:45PM
Pulmonary Diseases Q&A
Richard M. Schwartzstein, MD

5:45PM – 6:30PM
Pulmonary Diseases: Challenging Cases with Your Participation
Richard M. Schwartzstein, MD

SATURDAY, DEC. 9, 2017

7:00AM – 7:30AM
Continental Breakfast

RISK MANAGEMENT

7:30AM – 8:30AM
Opiates for Chronic Pain: An Approach to Decision Making, Risk Management and Monitoring*
Marc L. Cohen, MD
Julia H. Lindenberg, MD

MISCELLANEOUS

8:30AM – 9:10AM
Cutaneous Malignancies: A Primer
Marissa Heller, MD

9:10AM – 9:30AM
Refreshment Break

9:30AM – 10:15AM
Sleep Apnea: Review and Update
Melanie S. Pogach, MD, MMSc

10:15AM – 11:00AM
Stroke: What You Really Need to Know
Louis R. Caplan, MD

11:00AM – 11:45AM
Telepsychiatry: A New Frontier in Psychiatry
John R. Sharp, MD, FAPA, FAPM

*Qualifies for Risk Management Credits