ANNUAL UPDATE IN INTERNAL MEDICINE

Updates, advances and best practices to optimize screening, diagnosis and management of patient care in all areas of medicine, including:

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

Save $100
Register by Sept. 28

Dec. 2-8 2018
Boston, MA
ANNNUAL UPDATE IN INTERNAL MEDICINE | 2018

DEC. 2-8, 2018  THE WESTIN COPLEY PLACE | BOSTON, MA

INTERNISTS, MEDICAL SPECIALISTS, PHYSICIANS, PAs AND NPs CAN RELY ON THIS PROGRAM FOR UPDATES, ADVANCES AND BEST PRACTICES TO OPTIMIZE PATIENT CARE IN ALL AREAS OF INTERNAL MEDICINE

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

- Cardiology
- Endocrinology
- ENT and ophthalmology
- Gastroenterology
- Hematology
- Hepatology
- Infectious diseases
- Nephrology
- Neurology
- Oncology
- Pulmonary diseases
- Psychiatry
- Rheumatology
- Opiates for chronic pain
- Sleep deprivation
- Medical and surgical management of obesity
- Common orthopedic conditions
- Opiates for chronic pain
- Sleep deprivation
- Medical and surgical management of obesity
- Common orthopedic conditions

UNDER THE LEADERSHIP OF:
SANJIV CHOPRA, MD, MACP  |  MARTIN J. ABRAHAMSON, MD, FACP  |  MARK L. ZEIDEL, MD

EARN UP TO:
53 AMA PRA Category 1 Credits™  |  53 ECMECs®  |  53 ABIM MOC Points
8.50 Risk Management Credits, including 1 Credit in Opioid Education and Pain Management Training

REGISTER NOW  UpdateInternalMedicine.com
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 course, which is designed to provide you with comprehensive, up-to-date, evidence-based advances.

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

Our best teachers and clinicians will cover these topics through lectures, symposia, workshops, live demonstrations, 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
Editor-in-Chief, Hepatology Section
UpToDate

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
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.

**WHY YOU SHOULD ATTEND**

- Cardiology
- Endocrinology
- ENT and ophthalmology
- Gastroenterology
- Hematology
- Hepatology
- Infectious diseases
- Nephrology
- Neurology
- Oncology
- Pulmonary diseases
- Psychiatry
- Rheumatology
- Opiates for chronic pain
- Sleep deprivation
- Medical and surgical management of obesity
- Common orthopedic conditions

**WHO SHOULD ATTEND?**

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

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

**ENGAGING SESSIONS WITH PROMINENT EXPERTS**

Our outstanding faculty, recognized as experts in the field, will teach you how to incorporate the latest tests and tools into your practice. We will discuss challenging cases and treatments and give you ample opportunity to ask questions of and interact with leading experts. Course material will be presented in a distraction-free environment through formats that include:

- Innovative lectures
- Valuable case-based sessions
- Live demonstrations
- Question-and-answer panels
- Interactive discussions

**LEARNING OBJECTIVES**

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 cancer.
3. Treat patients with or at risk for diabetes.
4. Interpret liver function tests, and understand advances made in the treatment of infectious hepatitis.
5. Develop strategies to prevent and/or treat atherosclerotic cardiovascular disease.
6. Provide state-of-the-art care to patients with a wide range of disorders commonly seen in the primary care provider’s practice.
7. Identify strategies to optimize the impact of lifestyle interventions in the treatment of obesity.

**HIGHEST-RATED CME**

*This program is among the highest-rated Harvard Medical School CME courses.*

**REGISTER NOW** UpdateInternalMedicine.com
REGISTRATION FEES

<table>
<thead>
<tr>
<th>Update in Internal Medicine</th>
<th>Register on/before Sept. 28, 2018</th>
<th>Register after Sept. 28, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians and Allied Health Professionals</td>
<td>$1725</td>
<td>$1825</td>
</tr>
<tr>
<td>Residents and Fellows in Training</td>
<td>$1295</td>
<td>$1395</td>
</tr>
</tbody>
</table>

Fees shown in USD. Your tuition includes daily continental breakfast, coffee and refreshment breaks as well as 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.

GENERAL INFORMATION

REGISTRATION, 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. A processing fee of $5 (USD) will be assessed per transaction. Upon receipt of your paid registration, an email confirmation from the HMS-GCE 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 $75, 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.

ACCREDITATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 53.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM MAINTENANCE OF CERTIFICATION

Successful completion of this CME activity enables the participant to earn up to 53.00 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 points.

NURSE PRACTITIONERS AND REGISTERED NURSES

For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept AMA PRA Category 1 Credit™ issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with AMA PRA Category 1 Credit™ for relicensure.

PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that AMA PRA Category 1 Credits™ are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with AMA PRA Category 1 Credit™ for relicensure.

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. Please check with your individual state licensing board requirements before claiming Risk Management Credits.

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® (ECMECs®). Information on the process of converting AMA PRA Category 1 Credits™ to ECMECs® can be found at www.eaccme.eu.

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.

REGISTER NOW UpdateInternalMedicine.com
### 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

### ACCOMMODATIONS AND TRAVEL

A limited number of rooms have been reserved until Nov. 9 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. Early reservations are encouraged. You can also make your reservation online at updateinternalmedicine.com/venue. Please do not purchase nonrefundable airline ticket(s) until you have received an email from the HMS-GCE 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.

### DISCUSSIONS

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

### DISCLAIMER

CME activities accredited 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.

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#### COURSE SCHEDULE

**SUNDAY, DEC. 2, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00AM – 8:00AM</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>8:00AM – 8:10AM</td>
<td>Introduction and Welcome</td>
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<tr>
<td><strong>ONCOLOGY – PART I</strong></td>
<td></td>
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<tr>
<td>8:10AM – 9:00AM</td>
<td>Assessment and Management of Breast and Ovarian Cancer Risk: An Update*</td>
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<tr>
<td>Nadine M. Tung, MD</td>
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<tr>
<td>9:00AM – 9:40AM</td>
<td>Prostate Cancer: An Update</td>
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<tr>
<td>Marc B. Garnick, MD</td>
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<tr>
<td>9:40AM – 9:45AM</td>
<td>Stretch</td>
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<tr>
<td>9:45AM – 10:10AM</td>
<td>How We Think About and Manage Breast Cancer in 2018*</td>
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<tr>
<td>Steven E. Come, MD</td>
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<tr>
<td><strong>KEYNOTE LECTURE</strong></td>
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<tr>
<td>10:10AM – 10:55AM</td>
<td>Microbiome (The Second Human Genome): What Shapes It and How It Shapes Us</td>
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<tr>
<td>Sanjiv Chopra, MD, MACP</td>
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<tr>
<td><strong>10:55AM – 11:15AM</strong></td>
<td>Refreshment Break and Stretch</td>
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<tr>
<td><strong>ONCOLOGY – PART II</strong></td>
<td></td>
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<tr>
<td>11:15AM – 11:55AM</td>
<td>Update on Lung and Colorectal Cancer</td>
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<tr>
<td>Steven E. Come, MD</td>
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<tr>
<td>11:55AM – 12:35PM</td>
<td>Cancer: Progress One Patient at a Time*</td>
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<tr>
<td>Lowell E. Schnipper, MD</td>
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<tr>
<td>12:35PM – 1:35PM</td>
<td>Lunch Break (on your own)**</td>
</tr>
<tr>
<td><strong>1:35PM – 1:50PM</strong></td>
<td>Oncology Q&amp;A</td>
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<tr>
<td>Lowell E. Schnipper, MD</td>
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<tr>
<td>1:50PM – 2:30PM</td>
<td>Oncology: Challenging Cases with Your Participation</td>
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<tr>
<td>Lowell E. Schnipper, MD</td>
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<tr>
<td><strong>2:30PM – 2:40PM</strong></td>
<td>Rejuvenation Exercises</td>
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<tr>
<td><strong>RHEUMATOLOGY</strong></td>
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<tr>
<td>2:40PM – 3:15PM</td>
<td>Gout: The King of Diseases</td>
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<tr>
<td>Fadi Badlissi, MD, MSc</td>
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<tr>
<td>3:15PM – 3:35PM</td>
<td>Refreshment Break and Stretch</td>
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<tr>
<td><strong>3:35PM – 4:10PM</strong></td>
<td>Rheumatoid Arthritis</td>
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<tr>
<td>Lisa M. Fitzgerald, MD</td>
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<tr>
<td>4:10PM – 4:45PM</td>
<td>Diagnostic Tests in Rheumatic Disease: What’s Old, What’s New and What’s Useful</td>
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<tr>
<td>Robert H. Shmerling, MD</td>
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<tr>
<td><strong>4:45PM – 5:05PM</strong></td>
<td>Stretch</td>
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<tr>
<td><strong>4:50PM – 5:05PM</strong></td>
<td>Rheumatology Q&amp;A</td>
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<tr>
<td>Robert H. Shmerling, MD</td>
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<tr>
<td><strong>5:05PM – 5:50PM</strong></td>
<td>Rheumatology: Challenging Cases with Your Participation</td>
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<tr>
<td>Robert H. Shmerling, MD</td>
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</tbody>
</table>
MONDAY, DEC. 3, 2018

6:30AM – 7:00AM
Continental Breakfast

ENDOCRINOLOGY – PART I
7:00AM – 7:50AM
Treatment of Type 2 Diabetes 2018: Advances, Challenges and Opportunities
Martin J. Abrahamson, MD, FACP

7:50AM – 8:40AM
Advancing to Insulin Replacement Therapy: When, Why and How
Richard S. Beaser, MD

8:40AM – 9:20AM
Problems in Thyroid Disease
James V. Hennessy, MD

9:20AM – 9:40AM
Refreshment Break and Stretch

KEYNOTE LECTURE
9:40AM – 11:00AM
The Healing Self
Deepak Chopra, MD
Rudolph E. Tanzi, MD

ENDOCRINOLOGY – PART II
11:00AM – 11:30AM
Osteoporosis Management in the Era of Limited Resources
Harold N. Rosen, MD

11:30AM – 11:45AM
Endocrinology Q&A
Martin J. Abrahamson, MD, FACP

11:45AM – 12:30PM
Endocrinology: Challenging Cases with Your Participation
Martin J. Abrahamson, MD, FACP

12:30PM – 1:30PM
Lunch Break (on your own)**

GASTROENTEROLOGY AND HEPATOLOGY
1:30PM – 2:15PM
Laboratory Tests and Diagnostic Procedures in Liver Disease: Adventures in Liverland
Sanjiv Chopra, MD, MACP

2:15PM – 3:00PM
Inflammatory Bowel Disease: What Every Clinician Should Know
Adam S. Cheifetz, MD

3:00PM – 3:10PM
Rejuvenation Exercises

3:10PM – 3:50PM
GI Bleeding
Simon C. Robson, MD, PhD, FRCP

3:50PM – 4:10PM
Refreshment Break and Stretch

4:10PM – 4:55PM
Celiac Sprue: Protean Manifestations
Ciarán P. Kelly, MD

4:55PM – 5:10PM
Gastroenterology and Hepatology Q&A
Sanjiv Chopra, MD, MACP
Ciarán P. Kelly, MD

5:10PM – 5:55PM
Gastroenterology and Hepatology: Challenging Cases with Your Participation
Sanjiv Chopra, MD, MACP

4:30PM – 5:00PM
Attack of the Cocci: New Defenses and Treatment Strategies
Adolf W. Karchmer, MD

5:00PM – 5:05PM
Stretch

5:05PM – 5:20PM
Infectious Diseases Q&A
Adolf W. Karchmer, MD

5:20PM – 6:05PM
Infectious Diseases: Challenging Cases with Your Participation
Adolf W. Karchmer, MD

WEDNESDAY, DEC. 5, 2018

6:00AM – 6:30AM
Morning Yoga

6:30AM – 7:00AM
Continental Breakfast

ENT AND OPHTHALMOLOGY
7:00AM – 8:05AM
Ask the Expert: ENT and Ophthalmology
Ralph Metson, MD
Mark C. Kuperwaser, MD

8:05AM – 8:50AM
Exemplary Leaders: From the Pages of History to Contemporary Times
Sanjiv Chopra, MD, MACP
Ciarán P. Kelly, MD

8:50AM – 9:10AM
Refreshment Break and Stretch

GASTROENTEROLOGY AND HEPATOLOGY
9:10AM – 9:55AM
The Evaluation and Management of Common Disorders of the Shoulder
James J. Heffernan, MD, MPH

9:55AM – 10:40AM
The Evaluation and Management of Common Disorders of the Knee
C. Christopher Smith, MD

10:40AM – 10:45AM
Stretch

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

*Qualifies for Risk Management Credits
NEUROLOGY
11:30AM – 12:45PM
Ask the Experts: Neurology
Patricia E. Greenstein, MD
Daniel Press, MD
Louis R. Caplan, MD

THURSDAY, DEC. 6, 2018
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 – 8:25AM
Stretch
8:25AM – 9:05AM
Atrial Fibrillation
Peter J. Zimetbaum, MD

KEYNOTE LECTURE
9:05AM – 9:50AM
Medical Errors and the Healing Power of Apology*
Patricia Folcarelli, RN, PhD
9:50AM – 10:05AM
Refreshment Break and Stretch

CARDIOLOGY – PART II
10:10AM – 10:50AM
Valvular Heart Disease
Elie V. Gelfand, MD, FACC
10:50AM – 11:30AM
The Current Cholesterol Guidelines and Treating Residual Risk*
Peter Oettgen, MD
11:30AM – 12:15PM
Acute Coronary Syndromes
Duane S. Pinto, MD, MPH
12:15PM – 1:20PM
Managing Arterial Disease: A Tour for the PCP
Brett J. Carroll, MD
1:20PM – 2:00PM
Interventional Cardiology: What the PCP Needs to Know
Duane S. Pinto, MD, MPH
2:00PM – 2:15PM
Rejuvenation Exercises

KEYNOTE LECTURE
3:35PM – 4:20PM
Quality and Safety: Raising the Bar*
Mark L. Zeidel, MD

4:20PM – 5:00PM
Noninvasive Cardiac Imaging: So Many Tools to Choose From!
Warren J. Manning, MD
5:00PM – 5:15PM
Cardiology Q&A
Joseph P. Kannam, MD
5:15PM – 6:00PM
Cardiology: Challenging Cases with Your Participation
Joseph P. Kannam, MD

FRIDAY, DEC. 7, 2018
6:30AM – 7:00AM
Continental Breakfast

HEMATOLOGY
7:00AM – 7:55AM
Diagnosis and Management of Hypercoagulability and New Anticoagulants: Interpreting the Data
Kenneth A. Bauer, MD
7:55AM – 8:35AM
Don’t Miss Causes of Anemia*
Reed E. Drews, MD, FACP
8:35AM – 8:50AM
Hematology Q&A
Reed E. Drews, MD, FACP
8:50AM – 8:55AM
Stretch
8:55AM – 9:40AM
Hematology: Challenging Cases with Your Participation
Reed E. Drews, MD, FACP

NEPHROLOGY
10:00AM – 10:40AM
Acute Renal Failure
Mark L. Zeidel, MD
10:40AM – 11:25AM
Approach to the Patient with Proteinuria and Hematuria
Melanie P. Hoenig, MD
11:25AM – 12:05PM
Prevention and Treatment of Chronic Kidney Disease: Early Diagnosis and Aggressive Treatment
Robert C. Stanton, MD
12:05PM – 1:05PM
Lunch Break (on your own)**
1:05PM – 1:20PM
Nephrology Q&A
Robert S. Brown, MD
1:20PM – 2:05PM
Nephrology: Challenging Cases with Your Participation
Robert S. Brown, MD
2:05PM – 2:15PM
Rejuvenation Exercises

PULMONARY DISEASES
2:15PM – 2:50PM
Update on Venous Thromboembolism
Margaret M. Hayes, MD

2:50PM – 3:10PM
Refreshment Break and Stretch
3:10PM – 3:50PM
Fresh Air: What’s New with Asthma in 2018
Asha A. Anand, MD
3:50PM – 4:30PM
From Copycat to Birds of a Feather: Decoding Interstitial Lung Disease
Robert Hallowell, MD
4:30PM – 5:10PM
Understanding COPD: Going Beyond the Wheeze
Richard M. Schwartzstein, MD
5:10PM – 5:15PM
Stretch
5:15PM – 5:30PM
Pulmonary Diseases Q&A
Richard M. Schwartzstein, MD
5:30PM – 6:15PM
Pulmonary Diseases: Challenging Cases with Your Participation
Richard M. Schwartzstein, MD

SATURDAY, DEC. 8, 2018
7:00AM – 7:30AM
Continental Breakfast

MISCELLANEOUS
7:30AM – 8:00AM
Tuberculosis 2018: What’s New
Ruvandhi Nathavitharana, MD, MPH
8:00AM – 9:00AM
Opiates for Chronic Pain: An Approach to Decision-Making, Risk Management and Monitoring*
Marc L. Cohen, MD
Julia H. Lindenberg, MFD
9:00AM – 9:40AM
Cutaneous Malignancies: A Primer
Marissa Heller, MD
9:40AM – 10:00AM
Refreshment Break and Stretch
10:00AM – 10:40AM
Sleep Deprivation: Dire Consequences
Suzie M. Bertisch, MD, MPH
10:40AM – 11:25AM
Practical Everyday Psychiatry
John R. Sharp, MD, FAPA, FAPM

** There are many convenient and varied lunch options just steps away from the course.

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