Annual Update in Internal Medicine | 2019

Dec. 8–14, 2019  The Westin Copley Place | Boston, MA

CME for Internists, Family Physicians, Medical Specialists, NPs and PAs
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
- Common orthopedic conditions
- Endocrinology
- ENT and ophthalmology
- Gastroenterology
- Hematology
- Hepatology
- Infectious diseases
- Leadership in medicine
- Medical and surgical management of obesity
- Nephrology
- Neurology
- Oncology
- Opiates for chronic pain
- Pulmonary diseases
- Psychiatry
- Rheumatology
- Sleep deprivation

Under the Leadership of:
Sanjiv Chopra, MD, MACP  |  Martin J. Abrahamson, MD, FACP  |  Mark L. Zeidel, MD

Earn up to:
54.00 AMA PRA Category 1 Credits™  |  54.00 ECMECs®  |  54.00 ABIM MOC Points
10.25 Risk Management Credits, including 1 Credit in Opioid Education and Pain Management Training
53.75 Prescribed Credits by the American Academy of Family Physicians

Register Now UpdateInternalMedicine.com
Dear Colleague,

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 in order to provide state-of-the-art care for patients. It’s with these challenges in mind that we developed this program to provide you with updates, advances and best practices to optimize patient care in all areas of medicine.

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 includes a number of special symposia and keynote lectures on important topics in medicine.

Our outstanding senior faculty, from one of the premier medical institutions in our country, will cover these topics through innovative lectures, symposia, live demonstrations, ask-the-experts sessions and case-based “challenges” using the Audience Response System to anonymously test your knowledge in the different areas of medicine and compare it with that of your peers.

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

Harvard Medical School Course Directors
Martin J. Abrahamson, MD, FACP
Sanjiv Chopra, MD, MACP
Mark L. Zeidel, MD

Guest Faculty
Ron L. Alterman, MD
Louis R. Caplan, MD
Joseph DeAngelis, MD
Frank J. Domino, MD
Robert E. Graham, MD, MPH, FACP
Patricia E. Greenstein, MD
Marissa Heller, MD
Daniel B. Jones, MD, MS, FACS
Mark C. Kuperwaser, MD
Melvyn A.J. Menezes, PhD, MBA
Ralph Metson, MD
Kerry L. O’Brien, MD
Daniel Press, MD
Arun J. Ramappa, MD
John R. Sharp, MD, FAPA, FAPM
Alexandra M. Stiliman, MD
Ajith J. Thomas, MD

Harvard Medical School/Beth Israel Deaconess Department of Medicine Faculty
Asha Anandaiyah, MD
Fadi Badlissi, MD, MSc
Kenneth A. Bauer, MD
Richard S. Beaser, MD
Mark D. Benson, MD
Suzie M. Bertisch, MD, MPH
Alan Bonder, MD
Robert S. Brown, MD
Brett J. Carroll, MD
James D. Chang, MD
Adam S. Cheifetz, MD
Mark C. Kuperwaser, MD
Melvyn A.J. Menezes, PhD, MBA
Ralph Metson, MD
Kerry L. O’Brien, MD
Daniel Press, MD
Arun J. Ramappa, MD
John R. Sharp, MD, FAPA, FAPM
Alexandra M. Stiliman, MD
Ajith J. Thomas, MD

FACULTY
Why You Should Attend

Internists, medical specialists, physicians, PAs and NPs from around the world attend this intensive course for updates, advances and best practices to optimize screening, diagnosis and management of patient care in all areas of medicine, including:

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

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.

Highest-Rated CME

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

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.
8. Inform and inspire colleagues to prevent burnout and lead in effective ways.

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

Register Now UpdateInternalMedicine.com
REGISTRATION INFORMATION

REGISTRATION FEES

<table>
<thead>
<tr>
<th>Update in Internal Medicine</th>
<th>Register on/before Sept. 27 (SAVE $100)</th>
<th>Register after Sept. 27</th>
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<tr>
<td>Physicians and Allied Health Professionals</td>
<td>$1750</td>
<td>$1850</td>
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<tr>
<td>Residents and Fellows in Training</td>
<td>$1295</td>
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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 $10 (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 email. 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 54.00 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 54.00 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.

AAFP ACCREDITATION
This live activity, Update in Internal Medicine 2019, with a beginning date of 12/08/2019, has been reviewed and is acceptable for up to 53.75 Prescribed Credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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 Accreditation Council for Continuing Medical Education (ACME). 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 10.25 credits of Risk Management Study. This includes 1 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
SUNDAY, DEC. 8, 2019

7:00AM – 8:00AM
Registration and Continental Breakfast

8:00AM – 8:10AM
Introduction and Welcome

**ONCOLOGY**

8:10AM – 9:00AM
Assessment and Management of Breast and Ovarian Cancer Risk: An Update*
Nadine M. Tung, MD

9:00AM – 9:40AM
Prostate Cancer: An Update
Marc B. Garnick, MD

9:40AM – 10:05AM
How We Think About and Manage Breast Cancer in 2019*
Steven E. Come, MD

10:05AM – 10:25AM
Refreshment Break and Stretch

10:25AM – 11:05AM
Update on Lung and Colorectal Cancer
Steven E. Come, MD

11:05AM – 11:45AM
Cancer: Progress One Patient at a Time*
Lowell E. Schnipper, MD

11:45AM – 12:00PM
Oncology Q&A
Lowell E. Schnipper, MD

12:00PM – 12:45PM
Oncology: Challenging Cases with Your Participation
Lowell E. Schnipper, MD

1:45PM – 2:30PM
KEYNOTE LECTURE
Microbiome (The Second Human Genome): What Shapes It and How It Shapes Us
Sanjiv Chopra, MD, MACP

**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 and Stretch

3:35PM – 4:10PM
Diagnostic Tests in Rheumatic Disease: What’s Old, What’s New and What’s Useful
Robert H. Shmerling, MD

4:10PM – 4:45PM
Rheumatoid Arthritis
Lisa M. Fitzgerald, 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

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**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. 12 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 $279 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 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.

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

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

**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.

Program changes/substitutions may be made without notice. To view the most up-to-date agenda, please visit the course website.
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<th>Time</th>
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<td>7:00AM – 7:40AM</td>
<td>Osteoporosis Management in the Era of Limited Resources</td>
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<td>7:40AM – 8:30AM</td>
<td>Treatment of Type 2 Diabetes 2019: Advances, Challenges and Opportunities</td>
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<td>Advancing to Insulin Replacement Therapy: When, Why and How</td>
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THURSDAY, DEC. 12, 2019

6:30AM – 7:00AM
Continental Breakfast

CARDIOLOGY – PART I
7:00AM – 7:40AM
Syncope
Peter J. Zimetbaum, MD
7:40AM – 8:20AM
Atrial Fibrillation
Peter J. Zimetbaum, MD

NEUROLOGY
8:20AM – 9:00AM
Concussion Diagnosis and Management*
Alexandra M. Stillman, MD
9:00AM – 9:40AM
Update on Treating Headaches
Gerald W. Smetana, MD, MACP
9:40AM – 10:00AM
Refreshment Break and Stretch

CARDIOLOGY – PART II
10:00AM – 10:40AM
Hypertension 2019: Recent Evidence That Will Change Your Practice
Gerald W. Smetana, MD, MACP
10:40AM – 11:20AM
Valvular Heart Disease
Eli V. Gelfand, MD, FACC
11:20AM – 11:55AM
The Current Cholesterol Guidelines and Treating Residual Risk*
Mark D. Benson, MD
11:55AM – 12:35PM
Managing Arterial Disease: A Tour for the PCP
Brett J. Carroll, MD
12:35PM – 1:35PM
Lunch Break**
1:35PM – 2:20PM
Acute Coronary Syndromes
Duane S. Pinto, MD, MPH
2:20PM – 2:50PM
Interventional Cardiology: What the PCP Needs to Know
Duane S. Pinto, MD, MPH
2:50PM – 3:00PM
Rejuvenation Exercises
3:00PM – 3:20PM
Refreshment Break and Stretch
3:20PM – 4:00PM
Congestive Heart Failure
James D. Chang, MD
4:00PM – 4:15PM
Cardiology Q&A
Joseph P. Kannam, MD
4:15PM – 5:00PM
Cardiology: Challenging Cases with Your Participation
Joseph P. Kannam, MD

FRIDAY, DEC. 13, 2019

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 – 9:35AM
Hematology: Challenging Cases with Your Participation
Reed E. Drews, MD, FACP
9:35AM – 9:55AM
Refreshment Break and Stretch

NEPHROLOGY
9:55AM – 10:35AM
Acute Renal Failure
Mark L. Zeidel, MD
10:35AM – 11:20AM
Approach to the Patient with Proteinuria and Hematuria
Melanie P. Hoenig, MD
11:20AM – 12:00PM
Prevention and Treatment of Chronic Kidney Disease: Early Diagnosis and Aggressive Treatment
Robert C. Stanton, MD
12:00PM – 1:00PM
Lunch Break**
1:00PM – 1:15PM
Nephrology Q&A
Robert S. Brown, MD
1:15PM – 2:00PM
Nephrology: Challenging Cases with Your Participation
Robert S. Brown, MD
2:00PM – 2:10PM
Rejuvenation Exercises

PULMONARY DISEASES
2:10PM – 2:45PM
Controversies in VTE: A Tale of Four Patients
Margaret M. Hayes, MD
2:45PM – 3:05PM
Refreshment Break and Stretch
3:05PM – 3:45PM
Fresh Air: What's New with Asthma in 2019
Asha Anandaiah, MD
3:45PM – 4:25PM
Understanding COPD: Going Beyond the Wheeze
Richard M. Schwartzstein, MD
4:25PM – 5:05PM
From Copycats to Birds of a Feather: Decoding Interstitial Lung Disease
Robert Hallowell, MD

SATURDAY, DEC. 14, 2019

7:00AM – 7:30AM
Continental Breakfast

MISCELLANEOUS
7:30AM – 8:00AM
Transfusion Medicine
Kerry L. O'Brien, MD
8:00AM – 9:00AM
Opiates for Chronic Pain: An Approach to Decision-Making, Risk Management and Monitoring*
Marc L. Cohen, MD
Julia H. Lindenberg, MD
9:00AM – 9:40AM
Cutaneous Malignancies: A Primer
Marissa Heller, MD
9:40AM – 10:00AM
Refreshment Break and Stretch
10:00AM – 10:45PM
KEYNOTE LECTURE
A Doctor Becomes a Chef: Would Hippocrates Approve?
Robert E. Graham, MD, MPH, FACP
10:45AM – 11:25AM
Technological Advances in Neurosurgery
Ron L. Alterman, MD
Ajith J. Thomas, MD
11:25AM – 12:05PM
Practical Everyday Psychiatry
John R. Sharp, MD, FAPA, FAPM

* Qualifies for Risk Management Credits
** There are many convenient and varied lunch options just steps away from the course location.
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
- Leadership in medicine

UpdateInternalMedicine.com

SAVE $100
Register by Sept. 27