INTERNAL MEDICINE FOR PRIMARY CARE:
WOMEN’S HEALTH/MEN’S HEALTH/ENDOCRINOLOGY/
PSYCHIATRY

Maui, Hawaii – Grand Wailea, A Waldorf Astoria Resort
August 17 – 21, 2014

Participating Faculty

Marc-Andre Cornier, MD
Associate Professor of Medicine
Division of Endocrinology, Metabolism and Diabetes
University of Colorado School of Medicine

Michelle L. Matthews, MD
Associate Director, Reproductive Endocrinology
Director, 4th year medical student education
UNC-Chapel Hill Charlotte Campus
Carolina Healthcare System

Teresa A. Pigott, MD
Professor and Associate Medical Director
Harris County Psychiatric Center
Department of Psychiatry & Behavioral Sciences
University of Texas Medical School at Houston

Shandra Wilson, MD
Associate Professor, Urologic Oncology
University of Colorado Health
Denver, Colorado
Marc-Andre Cornier, MD
Associate Professor of Medicine
Division of Endocrinology, Metabolism and Diabetes
University of Colorado School of Medicine

Dr. Cornier received his undergraduate degree from Vanderbilt University in Nashville and his medical degree from the Medical College of Georgia School of Medicine in Augusta. He completed his internship and residency in Internal Medicine at Georgetown University Medical Center in Washington, D.C. followed by a fellowship in Endocrinology at the University of Colorado Health Sciences Center in Denver.

Dr. Cornier is a member of several professional societies such as the Endocrine Society, the American Diabetes Society, the American Heart Association, and the North American Association for the Study of Obesity. He has been involved in many publications and educational presentations. His primary research interest is in studying the metabolic and behavioral adaptations to short-term overnutrition in “obese resistant” and “obese prone” individuals. He has also been interested in ethanol metabolism.
Michelle L. Matthews, MD
Associate Director, Reproductive Endocrinology
Director, 4th year medical student education
UNC-Chapel Hill Charlotte Campus
Carolinas Healthcare System

Dr. Matthews received her undergraduate degree from Miami University in Oxford, Ohio and her medical degree from the Northeastern Ohio Universities College of Medicine. She completed an internship and residency in Obstetrics and Gynecology at Summa Healthcare System in Ohio followed by a fellowship in Reproductive Endocrinology at Rush-Presbyterian St. Luke’s Medical Center in Chicago.

Dr. Matthews is board certified in both Obstetrics and Gynecology and Reproductive Endocrinology. She is a member of the American College of Obstetrics and Gynecology, the Association of Professors of Obstetrics and Gynecology, American Society of Reproductive Medicine, the Society of Reproductive Surgeons, and the National Association of Pediatric and Adolescent Gynecology. She is currently the co-director of the Pediatric and Adolescent Gynecology Center at Carolinas Medical Center. She has been the recipient of numerous awards including the Association of Professors of Obstetrics and Gynecology (APGO) Excellence in Teaching Award. Dr. Matthews has published widely, been involved in many presentations, and serves as a board examiner for the American Board of Obstetrics and Gynecology as well as the medical director of the Avon Walk for Breast Cancer.
Dr. Pigott received her undergraduate degree from the University of Akron and her medical degree from the Northeastern Ohio Universities College of Medicine. After her internship and residency in the Department of Psychiatry at the Medical University of South Carolina, she also completed a Psychopharmacology Fellowship at the National Institute of Mental Health, Division of Intramural Research. She is Board Certified by the American Board of Psychiatry and Neurology and has additional certification in Clinical Psychopharmacology as recognized by The American Society of Clinical Psychopharmacology.

She is a member of the Anxiety Disorders of America, the Depression and Manic-Depression Association, the Society of Biological Psychiatry and the Association for the Advancement of Sciences.

She has received numerous awards including a Laughlin Fellowship from the American College of Psychiatrists and a Travel Fellowship from the American College of Neuropsychopharmacology. She was also named one of the "Best Doctors in America-Central Region" by Woodward and White, Inc (1996-99). Dr. Pigott has published articles in peer review journals and book chapters. She has also conducted over fifty clinical trials involving new psychotropic medication in patients with mood, anxiety and psychotic disorders.
Dr. Wilson received her undergraduate degrees from the University of Denver and a medical degree from Washington University at St. Louis. She completed residency training at the University of Southern California and then enjoyed a fellowship in urologic oncology at the University of Colorado Health Sciences Center. Dr. Wilson has been the recipient of numerous honors and awards including America’s Top Urologist 2010, Patient Care Award from the University of Colorado Medical School and the National Doctor Day Award. She holds memberships in various professional societies such as Rocky Mountain Urological Association, American Urological Association and the Society of Women in Urology. Dr. Wilson has presented and published widely. Her interests include bladder, kidney, prostate, testicular and penile cancer. She is also actively involved in clinical and basic science research to improve outcomes in patients diagnosed with genitourinary malignancy.
Sunday, August 17th:

3:30 pm – 4:00 pm
Registration

4:00 pm – 5:00 pm – Michelle L. Matthews, MD
Abnormal Uterine Bleeding
Overview of normal/abnormal menstrual physiology/profile; menstrual disturbances; ovulatory and anovulatory uterine bleeding; other menstrual abnormalities; diagnosis and appropriate treatment options

5:00 pm – 6:00 pm – Michelle L. Matthews, MD
Menopausal Transition and Hormone Replacement Therapy
Estrogen analogs; options in estrogen therapy; designer estrogens; SERMs; HRTs; risks/benefits, especially in breast cancer and CHD

6:00 pm
Session Adjourns
Monday, August 18th:

7:30 am – 8:00 am
Hot Breakfast

8:00 am – 9:00 am – Shandra Wilson, MD
Benign Prostatic Conditions
Appropriate management of BPH as well as identification of patients with complex or refractory cases that warrant referral; diagnosis and treatment of prostatitis

9:00 am – 10:00 am – Shandra Wilson, MD
Prostate Cancer Screening; Treatment
Review and clarification of the often confusing and political literature regarding prostate cancer screening, risks and benefits of screening for prostate cancer and strategies for decreasing the risk of over treatment

10:00 am – 10:10 am
Coffee Break

10:10 am – 10:50 am – Michelle L. Matthews, MD
Breast Cancer Screening
Comparison of recent breast cancer screening recommendations from USPSTF, ACOG/ACS/NCI/NCCN; Discussion of risks and benefits of screening at various ages; Review of the scientific basis for screening

10:50 am – 11:40 pm – Michelle L. Matthews, MD
Management of Abnormal Pap Smears
Current recommendations for cervical cancer screening; incorporating the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into your practice; algorithm for the appropriate use of HPV testing

11:40 am – 12:30 pm – Michelle L. Matthews, MD
Management of High-Risk HPV
The natural history of HPV infection in women and effectiveness of the HPV vaccine; determining appropriate candidates for the use of the HPV vaccine; management of women with prior history and recommendations for missed doses; storage and administration of vaccine; contraindications to use; CPT codes for billing

12:30 pm
Session Adjourns
Tuesday, August 19th:

7:30 am – 8:00 am
Hot Breakfast

8:00 am – 9:00 am – Marc-Andre Cornier, MD
Type 1 Diabetes Mellitus
Diagnosis and treatment; lessons from the DCCT; managing diabetic emergencies

9:00 am – 10:00 am – Marc-Andre Cornier, MD
Type 2 Diabetes Mellitus
Prevalence, diagnosis, complications, new therapies

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:15 am – Shandra Wilson, MD
Sexually Transmitted Disease
Presenting symptoms, lesions, latencies, diagnostic work-ups and therapies of the common sexually transmitted diseases

11:15 am – 12:30 pm – Shandra Wilson, MD
Androgen Replacement, Sexual Function
Treatment algorithm and safety profiles for the treatment of erectile dysfunction; testosterone supplementation for the treatment of ED or hypogonadism

12:30 pm
Session Adjourns
Wednesday, August 20th:

7:30 am – 8:00 am
Hot Breakfast

8:00 am – 9:00 am – Teresa A. Pigott, MD
The Complexity of Adult ADHD
Diagnosis and treatment of ADHD in adults with an emphasis on history taking, differential diagnosis, medical and psychiatric co-morbidity, and FDA-approved treatments

9:00 am – 10:00 am – Teresa A. Pigott, MD
Antidepressants Don’t Work Doc
Bipolar spectrum disorders in adults compared to children and adolescents; the importance of longitudinal/developmental history; multiple medical and psychiatric co-morbidities; evidence based treatments

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:15 am – Marc-Andre Cornier, MD
Management of Dyslipidemia
Cholesterol disorders; triglyceride disorders; new NCEPIII guidelines; new tests and current therapies

11:15 am – 12:30 pm – Marc-Andre Cornier, MD
Obesity Management Update
Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

12:30 pm
Session Adjourns
Thursday, August 21st:

7:30 am – 8:00 am
Continental Breakfast

8:00 am – 9:00 am – Teresa A. Pigott, MD
I Just Drink a Few Beers At Night (Substance Abuse)
Substance abuse history-taking to encourage patient honesty; accurate diagnosis; use of screening tools; co-morbidities and treatment options.

9:00 am – 10:00 am – Teresa A. Pigott, MD
I'm Always So Nervous, Doc (Anxiety Disorders)
Generalized anxiety disorder, panic disorder, and social phobia; focus on etiology, diagnosis, co-morbidity and treatment of these common and disabling conditions

10:00 am
Conference Adjourns
Target Audience
This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

Learning Objectives
Upon completion of this program, participants should be better able to:

- Describe the management and treatment of abnormal pap smears, uterine bleeding, and HPV
- Explain the process of menopausal transition (climacteric) and describe the potential risks/benefits of HRT option, especially in relation to breast cancer and cardiovascular disease
- Discuss updated recommendations for breast cancer screening and interpretation
- Differentiate between benign prostate conditions and prostate cancers
- Discuss medical management of male sexual health including sexual function, fertility and infertility, androgen replacement and sexually transmitted diseases
- Diagnose and tailor treatment strategies for Type 1 and Type 2 diabetes
- Describe the pathophysiology surrounding obesity and council patients on the various weight management strategies including patient selection criteria for surgery
- Accurately diagnose and treat (pharmacologic and nonpharmacologic) substance abuse, anxiety disorders, and ADHD in adults
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders

Nursing Purpose Statement
To provide updates in primary care medicine to office based providers
Disclosure of Conflicts of Interest
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<td>Marc-Andre Cornier, MD</td>
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<tr>
<td>MER nurse planner</td>
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All lectures incorporate time for questions and answers. Due to last-minute updates by the faculty, flash drives may differ from the actual presentations.
Accreditation

Physician Accreditation
Medical Education Resources is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation
Medical Education Resources designates this live activity for a maximum of 17 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Academy of Family Physicians
This Live activity, Internal Medicine for Primary Care, with a beginning date of August 21, 2014 has been reviewed and is acceptable for up to 17 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

American Osteopathic Association
These programs are approved for 17 hours in Category 2-A by the American Osteopathic Association.

American College of Emergency Physicians
This program is approved by the American College of Emergency Physicians for a maximum of 17 hours of ACEP Category I credit.

Canadian Physicians
The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

American Academy of Physician Assistants
AAPA accepts certificates of participation for educational activities certified for Category I credit from AOACCME, Prescribed credit from AAFP, and AMA PRA Category 1 Credit(s)™ from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 17 hours of Category I credit for completing this program.

Nursing Accreditation
Medical Education Resources is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This CE activity provides 17 contact hours of continuing nursing education.

Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 17 contact hours.
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Universal Program Number: 0816-0000-14-065-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form. Certificates of credit will be provided at the conclusion of the activity. This activity is certified as Knowledge-based CPE.