KEY ISSUES IN INTERNAL MEDICINE FOR:
EAR NOSE THROAT/GASTROENTEROLOGY/ENDOCRINOLOGY

Palm Springs, California – Hyatt Regency Indian Wells Resort & Spa
February 20 – 22, 2015

Participating Faculty

**Cynthia Hild Burns, MD, FACP**
Director, Internal Medicine Clerkship & Acting Internships
Associate Professor, Department of Internal Medicine
Section of Endocrinology & Metabolism
Wake Forest University School of Medicine

**Joel S. Levine, MD, MACP**
Head, Division of Digestive and Liver Health
Denver Health
Professor of Medicine, University of Colorado School of Medicine

**Timothy F. Pingree, MD**
Private Practice
Integrated Ear Nose & Throat
Lone Tree, Colorado
Cynthia Hild Burns, MD, FACP
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Joel S. Levine, MD, MACP
Head, Division of Digestive and Liver Health
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Professor of Medicine, University of Colorado School of Medicine

Dr. Levine received his undergraduate degree from CUNY, Brooklyn College and his medical degree from SUNY, Downstate Medical Center. He completed his internship and residency at the New England Medical Center Hospital in Boston and a Fellowship in Gastroenterology at the University of Colorado School of Medicine in Denver.

Dr. Levine is board certified in Internal Medicine and Gastroenterology. He is a Master in the American College of Physicians, a Fellow in the American Gastroenterology Association and a member of the American Federation for Clinical Research as well as other professional societies.

Dr. Levine has written numerous papers, abstracts and book chapters and lectured widely. He was the 2007 recipient of the James Addison Sewall Award for Service to the University of Colorado. His research interests include the medical therapy of inflammatory bowel disease/irritable bowel syndrome, outcomes of medical interventions, health policy analysis.
Timothy F. Pingree, MD
Private Practice
Integrated Ear Nose & Throat
Lone Tree, Colorado

Dr. Pingree received his undergraduate degree from Brigham Young University, graduating Cum Laude and his medical degree from the University of Utah School of Medicine at Salt Lake City. He completed an internship in General Surgery and a residency in Otolaryngology, Head and Neck Surgery at the University of Texas Health Science Center at San Antonio. Dr. Pingree is certified by the American Board of Otolaryngology and is a member of the American Medical Association and the American Academy of Otolaryngology-Head & Neck Surgery as well as other professional societies. He holds a faculty appointment with the University of Colorado School of Medicine in the Department of Family Medicine and serves as a Clinical Instructor/Preceptor with the Family Practice Residency at Swedish Medical Center.
Friday, February 20th  
7:30 am – 8:00 am  
Registration and Hot Breakfast

8:00 am – 9:00 am – Timothy F. Pingree, MD  
Evaluation of the Neck Mass  
A straightforward primary care approach for evaluating the neck mass so that no patient goes undiagnosed while remaining efficient in ordering ancillary tests.

9:00 am – 10:00 am – Timothy F. Pingree, MD  
The Use of Antimicrobial Therapy in Treating Sinusitis  
Lecture will focus on the use of antimicrobial agents in treating acute and chronic sinusitis, with regards to common pathogens, emerging resistance and oral vs. topical regimens. Additionally, discussion will focus on the appropriate time to order a sinus CT scan and refer to a specialist.

10:00 am – 10:10 am  
Coffee Break

10:10 am – 11:00 am – Joel S. Levine, MD, MACP  
Management of Lower GI Bleeding—From Occult to Massive  
The correct use and interpretation of tests for occult blood in the stool will be discussed in relation to lower GI bleeding; focus on the utility of different diagnostic and management approached to the spectrum of patients presenting with hematochezia.

11:00 am – 11:50 am – Joel S. Levine, MD, MACP  
Cost-Effective, Appropriate Management of Irritable Bowel Disease  
Importance of early and positive diagnosis based upon a careful history and the exclusion of other health problems; treatment focused on presenting symptoms recognizing that symptoms and functionality can be improved with a consistent approach.

11:50 am – 12:40 pm – Timothy F. Pingree, MD  
A Primary Care Update on the Treatment of Allergic Rhinitis  
The lecture will focus on a review of the basic allergic pathways that affect the body. Special emphasis will be given to the nasal and sinus regions, with discussion to include diagnostic testing and modes of treatment, including avoidance, pharmacotherapy and immunotherapy.

12:40 pm  
Session Adjourns
Saturday, February 21st:

7:30 am – 8:00 am
Hot Breakfast

8:00 am – 9:00 am – Timothy F. Pingree, MD
Understanding the Inflammation Tripod: Environment, Lifestyle and Biologic Triggers
Many, if not all disease processes in the head and neck region (and the whole body) result from inflammation. Session will include discussion of a simple approach for evaluating and treating the inflammatory mechanism, based on elimination of the inciting triggers and strengthening the body’s immune system.

9:00 am – 10:00 am – Joel S. Levine, MD, MACP
Evaluation of the Patient with Dysphagia
The importance of history in organizing the diagnostic evaluation directed at either neuromuscular or structural causes; Specific attention will be given to the diagnosis and treatment of achalasia, oropharyngeal dysphagia, and eosinophilic esophagitis.

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:00 am – Joel S. Levine, MD, MACP
Medications and the Liver
The use of exemplary cases will be used to discuss the differential diagnosis and management of mild hepatotoxic drug reactions (e.g. statins), and more serious drug reactions that present as cholestasis (mimic biliary obstruction) or serious hepatitis (mimic viral hepatitis).

11:00 am – 11:50 am – Cynthia Hild Burns, MD, FACP
Obesity Management Update
Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

11:50 am – 12:40 pm – Cynthia Hild Burns, MD, FACP
Disorders of Thyroid Function
Prevalence, diagnosis and treatment

12:40 pm
Session Adjourns
Sunday, February 22nd:

7:30 am – 8:00 am
Continental Breakfast

8:00 am – 9:00 am – Cynthia Hild Burns, MD, FACP
Osteoporosis
Diagnosis and Treatment of Metabolic Bone Disease

9:00 am – 10:00 am – Cynthia Hild Burns, MD, FACP
Type 2 Diabetes Mellitus
Prevalence, diagnosis, complications, new therapies

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:
- List evaluation and treatment options for the neck mass, sinusitis and tonsillitis
- Identify the inflammation tripod of disease processes in the head and neck region
- Identify at risk patients, institute diagnostic criteria, and manage fatty liver disease
- Determine crucial facts from liver tests and what steps should then be taken
- Diagnose, and direct the management of, patients with swallowing disorders
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight-management strategies including patient selection criteria for surgery
- Discuss current diagnostic and treatment approaches to thyroid disorders and osteoporosis
- Diagnose and tailor treatment strategies for Type 2 diabetes

Nursing Purpose Statement
To provide updates in primary care medicine to office based providers
Disclosure of Conflicts of Interest
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<tr>
<td>Cynthia Hild Burns, MD, FACP</td>
<td>No financial relationships to disclose</td>
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<td>No financial relationships to disclose</td>
</tr>
<tr>
<td>Timothy F. Pingree, MD</td>
<td>Ownership Interest (spouse): LAT Company</td>
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<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
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Credit Designation
Medical Education Resources designates this live activity for a maximum of 11 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, Key Issues In Internal Medicine, with a beginning date of February 20, 2015 has been reviewed and is acceptable for up to 11 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 11 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 11 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
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Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 11 contact hours.
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