

Division of General Internal
Medicine
Department of Medicine
University of California
San Francisco, School of Medicine



University of California
San Francisco

PRIMARY CARE MEDICINE: CONCEPTS & CONTROVERSIES



SUNDAY-FRIDAY

February 19-24, 2012

Fiesta Americana

Puerto Vallarta, Mexico

PRIMARY CARE MEDICINE: UPDATE 2012



SUNDAY-FRIDAY

April 1-6, 2012

Wailea Beach Marriott

Maui, Hawaii

COURSE DIRECTOR

Robert B. Baron, MD, MS

Professor of Medicine
Associate Dean for Graduate and
Continuing Medical Education

PRIMARY CARE MEDICINE: UPDATE 2012

April 1-6, 2012

Changing patterns of medical practice are placing greater emphasis on ambulatory medicine and primary care practice, including office-based preventive medicine, reduction of cardiovascular risk factors, issues in women's health, management of chronic disease, application of behavioral medicine skills to ambulatory medical patients and the rational use of diagnostic tests and new medications. Designed for practicing internists, family practitioners, gynecologists, nurse practitioners, physician assistants, and all other health professionals interested in providing high quality primary care, this course will provide opportunities to enhance competence and improve performance. The course will focus on the skills and strategies needed in day-to-day office practice. The curriculum will feature in-depth discussion of challenging cases in preventive medicine, common problems in ambulatory care, a broad selection of chronic illnesses, and controversial topics in health policy. This year's course will also feature extensive discussion of key issues in clinical neurology and in women's health.

An audience response system will facilitate discussion of challenging clinical cases. A complete course syllabus will be provided for all participants. The course is presented by the UCSF Division of General Internal Medicine of the Department of Medicine and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco.

EDUCATIONAL OBJECTIVES The purpose of this course is to increase competence and improve clinician practice in primary care. We specifically anticipate improvements in skills and strategies:

- to discuss and implement new guidelines in office-based preventive medicine including new guidelines for cancer screening, genetic testing, vaccines, and reduction of cardiovascular risk factors;
- to manage common office problems including hypertension, diabetes, lipid disorders, hepatitis B and C, COPD, asthma, cirrhosis, GERD, peptic ulcer disease, irritable bowel syndrome, GI malignancies, back pain, depression, and migraine;
- to diagnosis and treat common problems in women's health including menopause and osteoporosis;
- to use the neurological history and physical exam to better assess common neurological symptoms;
- to diagnose and treat common neurologic disorders including headache and back pain;
- to discuss new developments in health policy that impact primary care practice.

ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UCSF designates this live activity for a maximum of **20.75 AMA PRA Category 1 Credit(s)TM**.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 CreditTM* issued by organizations accredited by the ACCME.

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 CreditTM*.

Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians.

Determination of credit is pending.

Geriatric Medicine: The approved credits shown above include **16.50** credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

Hawaii

SUNDAY, APRIL 1, 2012

3-5:00pm *Registration*

5:00 **Welcome and Introduction**

Robert B. Baron, MD, MS

OPENING ADDRESSES

- 5:10 **Health Care Reform and Primary Care: Where Do We Stand and Where are We Going?**
- 6:05 **Understanding and Reducing Health Disparities**
- 7:00 *Adjourn*

Robert B. Baron, MD, MS
Talmadge E. King, Jr., MD

MONDAY, APRIL 2, 2012

Moderator: Robert B. Baron, MD, MS

- 6:30am *Continental Breakfast*
- 7:00 **Current Controversies in Cancer Screening: Letting Evidence Be Our Guide**
- 7:55 **Using Genetic Testing for Disease Prevention: Has the Era of Personalized Medicine Begun?**
- 8:50 *Break*
- 9:10 **Management of Diabetes: A Primary Care Perspective**
- 10:05 **Controversies in the Upper GI Tract: GERD, Ulcers, PPI Interactions and Screening for Barretts**
- 11:00 *Adjourn*

Eliseo J. Perez-Stable, MD
Mary S. Beattie, MD, MAS
Robert B. Baron, MD, MS
Jeffrey Fox, MD, MPH

TUESDAY, APRIL 3, 2012

Moderator: Eliseo J. Perez-Stable, MD

- 6:30am *Continental Breakfast*
- 7:00 **Updates in Hypertension Management: What to Expect from JNC 8**
- 7:55 **Assessment and Clinical Management of Headache: A Primer for the Primary Care Clinician**
- 8:50 *Break*
- 9:10 **Primary Care for Hepatitis B and C: Clinical Tools for Efficient Management**
- 10:05 **New Directions in GI Malignancies**
- 11:00 *Adjourn*

Eliseo J. Perez-Stable, MD
John W. Engstrom, MD
Rena K. Fox, MD
Jeffrey Fox, MD, MPH

WEDNESDAY, APRIL 4, 2012

Moderator: Rena K. Fox, MD

- 6:30am *Continental Breakfast*
- 7:00 **Back Pain: A Case-Based Approach**
- 7:55 **Irritable Bowel Syndrome: Masqueraders Ball?**
- 8:50 *Break*
- 9:10 **Applying Best Evidence in Menopause Management**
- 10:05 **Depression: More Than One Strategy for Primary Care**
- 11:00 *Adjourn*

John W. Engstrom, MD
Jeffrey Fox, MD, MPH
Mary S. Beattie, MD, MAS
Rena K. Fox, MD

THURSDAY, APRIL 5, 2012

Moderator: Mary S. Beattie, MD, MAS

- 6:30am *Continental Breakfast*
- 7:00 **Advances in Women's Health: A Critical Review of This Year's Most Important Papers**
- 7:55 **Updates in COPD and Asthma**
- 8:50 *Break*
- 9:10 **Vaccinations for Adults and Adolescents**
- 10:05 **Clinical Dilemmas in Neurology: Using the Neurological Exam to Sort Out Clinical Problems**
- 11:00 *Adjourn*

Mary S. Beattie, MD, MAS
Talmadge E. King, Jr., MD
Eliseo J. Perez-Stable, MD
John W. Engstrom, MD

FRIDAY, APRIL 6, 2012

Moderator: Robert B. Baron, MD, MS

- 6:30am *Continental Breakfast*
- 7:00 **Current Issues in Lipid Management**
- 7:55 **Diffuse Lung Disease: A Case-Based Approach**
- 8:50 *Break*
- 9:10 **Clinical Dilemmas in Liver Disease**
- 10:05 **Building Better Bones: Advances in Osteoporosis**
- 11:00 *Adjourn*

Robert B. Baron, MD, MS
Talmadge E. King, Jr., MD
Rena K. Fox, MD
Mary S. Beattie, MD, MAS

- Satisfies the California requirement for Geriatric CME

COURSE DIRECTOR

Robert B. Baron, MD, MS

Professor of Medicine;
Associate Dean for Graduate and Continuing
Medical Education; Vice Chief, Division of
General Internal Medicine

COURSE FACULTY

(All University of California, San Francisco unless
otherwise noted)

Mary S. Beattie, MD, MAS

Professor of Medicine

Douglas C. Bauer, MD

Professor of Medicine, Epidemiology and
Biostatistics; Director of Research, General
Internal Medicine

Kenneth Fox, MD

Assistant Professor of Clinical Medicine;
Chief of Neurology, Permanente Medical Group,
Kaiser San Francisco

Lindy P. Fox, MD

Assistant Professor of Dermatology;
Director of Hospital Consultation

Anthony Luke, MD, MPH

Associate Professor; Director, Primary Care
Sports Medicine, Department of Orthopaedic
Surgery; UCSF Department of Family and
Community Medicine

Michael G. Shlipak, MD, MPH

Chief, Division of General Internal Medicine
San Francisco VA Medical Center;
Professor-In-Residence of Medicine,
Epidemiology and Biostatistics

Jeffrey A. Tice, MD

Assistant Professor of Medicine

Mexico **faculty**

COURSE DIRECTOR

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Professor of Medicine;
Associate Dean for Graduate and Continuing
Medical Education; Vice Chief, Division of
General Internal Medicine

COURSE FACULTY

(All University of California, San Francisco unless
otherwise noted)

Mary S. Beattie, MD, MAS

Professor of Medicine

John W. Engstrom, MD

Professor & Vice-Chair of Neurology;
Director, Neurology Residency Program;
Clinical Chief of Service

Jeffrey Fox, MD, MPH

Assistant Professor of Clinical Medicine, UCSF;
Chief of Gastroenterology, Permanente Medical
Group, Kaiser San Rafael

Rena K. Fox, MD

Associate Professor of Medicine

Talmadge E. King, Jr., MD

Julius R. Krevans Distinguished Professorship in
Internal Medicine; Chair, Department of Medicine

Eliseo J. Perez-Stable, MD

Professor of Medicine;
Chief, Division of General Internal Medicine;
Director, Medical Effectiveness Research Center
for Diverse Populations

Hawaii **faculty**

CONFERENCE LOCATION

**Fiesta Americana Puerto Vallarta
Puerto Vallarta, Mexico**

HOTEL RESERVATIONS

A block of guestrooms has been reserved at the
special UCSF conference rate of **\$189/night** ROH.
You are urged to make your reservations early. The
reservation cut-off date is **January 19, 2012**, or
until the group room block is filled.

Website: **www.fiestamericana.com**

Hotel Phone: **1-800-343-7821**

Group Name: **Primary Care Medicine 2012**

Promo Code: **GLRVE@FAV**

ADDITIONAL TRAVEL INFORMATION

Visit our website at **www.cme.ucsf.edu** for
information on discounted Rental Car and Air
Transportation.

Mexico

CONFERENCE LOCATION

**Wailea Beach Marriott
Maui, Hawaii**

HOTEL RESERVATIONS

A block of guestrooms has been reserved at
the following discounted rates:

Terrace View \$199/night

Ocean View \$239/night

Ocean Front \$269/night

Website: **https://resweb.passkey.com/go/UCSFPC**

Hotel Phone: **1-800-367-2960**

1-808-879-1922

Group Name: **UCSF Primary Care Medicine 2012**

The reservation cut-off date is **March 3, 2012**
or until the group room block is filled.

ADDITIONAL TRAVEL INFORMATION

Visit our website at **www.cme.ucsf.edu** for
information on discounted Rental Car and Air
Transportation.

Hawaii

MDM12M07 • MEXICO

**PRIMARY CARE MEDICINE:
CONCEPTS AND CONTROVERSIES**

February 19-24, 2012
Fiesta Americana
Puerto Vallarta, Mexico

February 19-24, 2011

MDM12M06 • HAWAII

**PRIMARY CARE MEDICINE:
UPDATE 2012**

April 1-6, 2012
Wailea Beach Marriott
Maui, Hawaii

April 1-6, 2012

Mail to : UCSF Office of CME
P.O. Box 45368
San Francisco, CA 94145-0368
Fax: (415) 502-1795

Online registration: www.cme.ucsf.edu
Registration Information: (415) 476-5808
Course Information: (415) 476-4251

Dr. Mr. Mrs. Ms.

Last Name First M.I.

Degree Specialty

Address

City State Zip

Daytime Phone Fax

Email

Address Label Code Letter (see address label: example, A, B, C, D, etc.) _____

Would you like to be on our priority email list? Yes No

Date of birth to be used as OCME registrant number: ____ / ____ / **XX**
Month Day

 Please indicate if you have any special needs: _____

REGISTRATION FEES (Receipt/Confirmation will be mailed within two to four weeks):

PRIMARY CARE MEDICINE: CONCEPTS AND CONTROVERSIES • MEXICO MDM12M07

- \$715** Physicians
- \$565** Nurses/Allied Health Professionals/Residents/Fellows

PRIMARY CARE MEDICINE: UPDATE 2012 • HAWAII MDM12M06

- \$715** Physicians
- \$565** Nurses/Allied Health Professionals/Residents/Fellows

Make checks payable to *UC Regents*

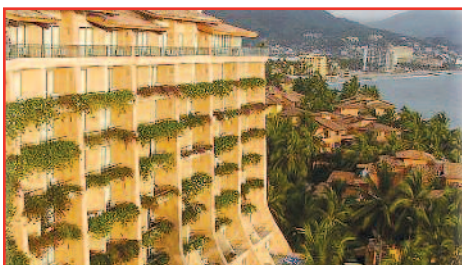
Please charge my credit card: Visa MasterCard AmEx \$ _____

Card # Expiration date

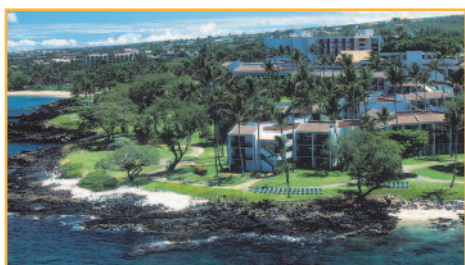
Name on Card (Please Print) Authorized Signature

Refund Policy: Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up to date information on the course at www.cme.ucsf.edu



**Fiesta Americana
Puerto Vallarta, Mexico**



**Wailea Beach Marriott
Maui, Hawaii**

PRIMARY CARE MEDICINE: CONCEPTS & CONTROVERSIES

February 19-24, 2012

This course is designed for primary care clinicians including internists, family physicians, gynecologists, nurse practitioners and physician assistants. The curriculum will feature a diverse selection of up-to-date, practical topics in primary care and specialty medicine including controversies in preventive medicine, management of cardiovascular risk factors, diagnosis and treatment of common ambulatory problems, women's health, and new developments in management of chronic disease. This year's course will also feature comprehensive "mini-courses" in dermatology and in-office orthopedics and sports medicine.

Our approach is to combine the best in evidence-based medicine with the day-to-day practicalities of providing quality patient care. Learning will center on discussion of challenging clinical cases commonly encountered by course participants. An audience response system will facilitate discussion. A complete course syllabus will be provided for all participants. This course is presented by the Division of General Internal Medicine, Department of Medicine, and is sponsored by the University of California, San Francisco School of Medicine.

TARGET AUDIENCE

This course is designed for primary care clinicians including internists, family physicians, gynecologists, nurse practitioners, and physician assistants.

EDUCATIONAL OBJECTIVES

The purpose of this course is to increase competence and improve clinician practice in primary care. We specifically anticipate improvements in skills and strategies:

- to discuss and implement new guidelines in office-based preventive medicine including new guidelines for cancer screening, genetic testing, and prevention of heart disease and stroke;
- to manage common office problems including diabetes, congestive heart failure, chronic kidney disease, thyroid disorders, transient ischemic attacks, back pain, knee pain, and shoulder pain;
- to diagnosis and treat common problems in women's health including osteoporosis and menopause;
- to perform an effective problem-focused history and physical examination for evaluation and of dermatologic and musculoskeletal complaints;
- to diagnose and treat common dermatologic disorders;
- to advise patients about using vitamins and common supplements for disease prevention and symptom management;
- to diagnose and treat common sleep disorders;
- to recommend when to use newly-approved medical technologies;
- to identify the most important journal articles of the year in primary care and in women's health;
- to discuss new developments in health policy that impact primary care practice.

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Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians.

Determination of credit is pending.

Mexico

Mexico

SUNDAY, FEBRUARY 19, 2012

3-5:00pm *Registration*

5:00 **Welcome and Introduction**

Robert B. Baron, MD, MS

OPENING ADDRESSES

- 5:10 **Health Care Reform and Primary Care: Where Do We Stand and Where are We Going?**
- 6:05 **Cancer Screening 2012: Letting Evidence Be our Guide**
- 7:00 *Adjourn*

Robert B. Baron, MD, MS

Jeffrey A. Tice, MD

MONDAY, FEBRUARY 20, 2012

Moderator: Robert B. Baron, MD, MS

6:30am *Continental Breakfast*

7:00 **Using Genetic Testing for Disease Prevention: Has the Era of Personalized Medicine Begun?**

Mary S. Beattie, MD, MAS

- 7:55 **Congestive Heart Failure: Effective Monitoring and Treatment**

Michael G. Shlipak, MD, MPH

8:50 *Break*

- 9:10 **New Developments in Osteoporosis**

Douglas C. Bauer, MD

- 10:05 **Common Knee Problems: What you "Knee'd" to Know**

Anthony Luke, MD, MPH

11:00 *Adjourn*

TUESDAY, FEBRUARY 21, 2012

Moderator: Jeffrey A. Tice, MD

6:30am *Continental Breakfast*

- 7:00 **Vitamins and Supplements: An Evidence-Based Approach**

Jeffrey A. Tice, MD

- 7:55 **Advances in Prevention and Treatment of Stroke: What Every Primary Care Physician Needs to Know**

Kenneth Fox, MD

8:50 *Break*

9:10 **Common Dermatologic Disorders: Tips for Diagnosis and Management (Part 1)**

Lindy P. Fox, MD

10:05 **Common Dermatologic Disorders: Tips for Diagnosis and Management (Part 2)**

Lindy P. Fox, MD

11:00 *Adjourn*

WEDNESDAY, FEBRUARY 22, 2012

Moderator: Douglas C. Bauer, MD

6:30am *Continental Breakfast*

- 7:00 **Management of Diabetes: A Primary Care Perspective**

Robert B. Baron MD, MS

- 7:55 **Chronic Kidney Disease: What the Generalist Needs to Know**

Michael G. Shlipak, MD, MPH

8:50 *Break*

- 9:10 **Advances in Women's Health: Hot Topics in the Last Year**

Mary S. Beattie, MD, MAS

- 10:05 **Modern Management of Sleep Disorders**

Douglas C. Bauer, MD

11:00 *Adjourn*

THURSDAY, FEBRUARY 23, 2012

Moderator: Mary Beattie, MD, MAS

6:30am *Continental Breakfast*

- 7:00 **Applying Best Evidence in Menopause Management**

Mary S. Beattie, MD, MAS

- 7:55 **Management of Common Thyroid Disorders**

Douglas C. Bauer, MD

8:50 *Break*

- 9:10 **Melanoma and Non-Melanoma Skin Cancer: What You Need to Know**

Lindy P. Fox, MD

- 10:05 **Diagnosis and Management of Shoulder Injuries: Reach for the Top**

Anthony Luke, MD, MPH

11:00 *Adjourn*

FRIDAY, FEBRUARY 24, 2012

Moderator: Jeffrey A. Tice MD

6:30am *Continental Breakfast*

7:00 **Avoiding Dermatologic Pitfalls**

Lindy P. Fox, MD

- 7:55 **Managing Spine Problems: Back to Basics**

Anthony Luke, MD, MPH

8:50 *Break*

- 9:10 **New Treatment Options for Common Illnesses: When to Use Recently Approved Medical Technologies**

Jeffrey A. Tice, MD

CLOSING ADDRESS

- 10:05 **Advances in Primary Care: Practice Changing Papers from the Last Year**

Michael G. Shlipak, MD, MPH

11:00 *Adjourn*

- Satisfies the California requirement for Geriatric CME



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University of California,
San Francisco
Office of Continuing
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San Francisco, CA
94143-0742

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For more information or to register online visit our website at www.cme.ucsf.edu. You may also reach us by calling the Office of CME at (415) 476-4251 or emailing: info@ocme.ucsf.edu.

UPCOMING COURSES

JULY IN HAWAII

**Essentials of Women's Health:
An Integrated Approach to
Primary Care and Office Gynecology**
Hapuna Beach Prince Hotel,
Hawaii's Big Island
July 1-6, 2012

AUGUST AT LAKE TAHOE

**Essentials of Primary Care:
A Core Curriculum for Adult
Ambulatory Practice**
Resort at Squaw Creek,
North Lake Tahoe
August 12-17, 2012

OCTOBER IN SAN FRANCISCO

**Primary Care Medicine:
Principles & Practice**
Hotel Nikko, San Francisco
October 31 - November 2, 2012

DECEMBER IN SAN FRANCISCO

Controversies in Women's Health
Hotel Nikko, San Francisco
December 6-7, 2012

GENERAL INFORMATION

Pre-registration is preferred to ensure that registrants receive a syllabus at the course.

HOW TO ENROLL

Tuition: **\$715** Physicians

\$565 Nurses/Allied Health Professionals/
Residents/Fellows

Payment may be made by Visa, MasterCard, AmEx or check.

REGISTER VIA:

Online: www.cme.ucsf.edu

Mail: Complete course registration form and send with payment to:

UCSF Office of CME
P.O. Box 45368
San Francisco, CA
94145-0368

Fax: Fax completed registration form to: (415) 502-1795 (be sure to include your credit card number)

On-Site Registration: Generally we are able to accommodate on-site registration at our courses. To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808. Please check our website for up-to-date information on the course: www.cme.ucsf.edu

REFUND POLICY

Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.