

Presented by the  
Asian Health Institute  
Department of Medicine  
University of California, San Francisco



University of California  
San Francisco

3<sup>rd</sup> Annual

# Asian Health Symposium: A New Wave in Medicine

FRIDAY – SATURDAY  
**September 12-13, 2014**



*Endorsed by the Chinese Community Health Care Association*

#### Course Directors

Gordon Fung, MD, MPH, PhD  
Professor of Medicine, UCSF

Diana Lau, PhD, RN, CNS  
Assistant Professor  
School of Nursing, UCSF

#### Steering Committee

Gordon Fung, MD, PhD  
Diana Lau, PhD, RN, CNS  
Shan Lin, MD  
Lowell Lo, MD  
Randall Low, MD  
Ida Sim, MD, PhD  
Dr. Anne Tang, MD

**Laurel Heights  
Conference Center**  
3333 California Street  
San Francisco, CA

The rate of increase of Asians in the nation has grown rapidly in the last decade, presenting big challenges to healthcare providers in eliminating healthcare disparities. In light of the special needs of the Asian community, many of whom are immigrants, the Asian Health Institute, University of California, San Francisco, started the Asian Health Symposium series in 2012 to educate healthcare providers on the health and healthcare needs of Asians.

The 3rd Asian Health Symposium will highlight six specific areas for this unique community, including adult health, cardiovascular, renal, and ophthalmology with special emphasis on the differences in Asian patients. Specifically, there will be two very unique sessions, one on the seldom touched, sensitive social issues in the Asian community, and the other on the new mobile health area, which is changing the landscape of our practice in medicine.

This symposium will help bridge the knowledge and practice gaps in treating many diseases and health issues that have significant impacts on the Asian community: cardiovascular issues that include CVD prevention, hypertension, sudden cardiac death and stroke; nephrology issues that include chronic kidney disease and kidney transplant outcomes and issues; ophthalmology conditions that include glaucoma, cataracts and effects of systemic medications on the eyes and systemic effects of eye medications; adult health that include palliative and hospice care, alcohol abuse, depressions and diabetes; mhealth advances that include a general overview of mobile apps in health, and specific apps being used in the research areas of diabetes self-care, lifestyle interventions, and monitoring of ascite; and social issues that include domestic violence, internet addiction, and teenage pregnancy.

## TARGET AUDIENCE

This educational activity is intended for family and primary care physicians, internists, and specialists, as well as nurse practitioners, physician assistants, nurses, pharmacists, and other healthcare providers who face the unique health care needs and challenges of their Asian patients.

## OBJECTIVES

After attending the two-day symposium, attendees will be able to:

### Nephrology

- Appropriately include chronic kidney disease in the differential diagnoses of Asian Americans.
- Understand chronic kidney disease prevalence, prevention, and treatment in Asian Americans.
- Use criteria learned in the course to assess renal transplant options in practice, including donor issues, and prognosis.

### Ophthalmology

- Recognize unique presenting features of glaucoma and cataracts in Asian Americans.
- Assess the risks and benefits of eye medications and their systemic effects before recommending them to Asian American patients.
- Evaluate the risks of systemic medications with ophthalmic effects before recommending/prescribing them to Asian American patients with eye disease such as acute angle glaucoma.

### Adult Health

- Enhance discussions related to palliative and hospice care for Asian American patients through improved cultural understanding of Asian American values.
- Recognize signs of alcohol abuse in Asian patients.
- Take steps to implement team approaches that integrate cultural issues in the care of the Chinese diabetic patient.

- Recognize undiagnosed depression in Asians and help them access appropriate treatment.

### Cardiovascular Health

- Offer cardiovascular disease risk reduction advice to patients in regular check-ups. Incorporate new hypertension guidelines in clinical practice as deemed appropriate.
- Increase the accuracy in the diagnosis of stroke in Asian American patients.
- Implement system change to decrease the symptom to treatment time of stroke.
- Discuss the clinical disparities in stroke in Asian Americans.
- Discuss the state-of-the-art treatment in sudden cardiac death.

### Mobile Health

- Begin using mobile technologies to enhance health with timely disease monitoring.
- Take steps to overcome major barriers to the widespread use of mobile health.
- Consider the potential impact of m-health when applied to the field of hepatology, patients with cirrhosis, and for a diverse population.

### Social and Tabooed Issues

- Recognize signs of domestic violence and internet addiction, and encourage discussions with Asian American patients through improved cultural understanding of their values.
- Early prevention and recognition of health problems that may arise from internet addiction
- Enhance pregnancy discussions with Asian American patients through improved cultural understanding of their values.

## 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 **13.50 AMA PRA Category 1 Credits™**. Physicians should claim only the 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 Credit™* issued by organizations accredited by the ACCME.

### Pharmacy

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 Credit™*.

### Family Physicians

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

### Physician Assistants

AAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA category 1 credit™* from organizations accredited by the ACCME.

### Geriatric Medicine

The approved credits shown above include **9.75** credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

# 3<sup>rd</sup> Annual Asian Health Symposium: A New Wave

## SEPTEMBER 12, 2014

7:45 am *Registration and Continental Breakfast*

8:45 **Welcome and Introduction** Gordon Fung, MD, MPH, PhD

### NEPHROLOGY Moderator: Lowell Lo, MD

9:00 **G Chronic Kidney Disease in Asians** Chi-Yuan Hsu, M.D, MS

9:30 **G Renal Transplant Outcome in Asians** Stephen Tomlanovich, MD

10:00 *Coffee Break*

10:30 **G Renal Transplant and Organ Donation** Brian Lee, MD

11:00 **Session Q & A and Panel Discussion**

11:30 *Lunch*

### OPHTHALMOLOGY Moderator: Shan Lin, MD

12:30 pm **G Glaucoma in Asians** Shan Lin, MD

1:00 **G Macular Degeneration and Diabetic Retinopathy in Asians** Robert Bhisitkul, MD

1:30 **G Cataracts in Asians** Cynthia Chiu, MD

2:00 **G Effects of Systemic Medications on the Eye, and the Systemic Effects of Eye Medications** Saras Ramanathan, MD

2:30 **Session Q & A and Panel Discussion**

2:55 *Coffee Break*

### ADULT HEALTH Moderator: Randall Low, MD

3:15 **G Palliative and Hospice Care in Asians** Steven Pantilat, MD

3:40 **G Alcohol Abuse in the Chinese/Asian Population** David Pating, MD

4:05 **G The Epidemic of Undiagnosed Depression in Asians** Yulan Liao, MD

4:30 **G Clinical Tips in the Care of the Chinese Diabetic Patient** Anne Tang, MD

5:00 **Session Q & A and Panel Discussion**

5:30 pm *Adjourn*

**G** – Geriatric credit

program

### GENERAL INFORMATION

Advance registration closes one business day prior to start of course.

### HOW TO ENROLL

**Tuition:** \$475 Physicians  
\$295 Nurses/Allied Health Professionals  
\$250 Residents/Fellows

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

### REGISTER VIA

**Online:** [www.cme.ucsf.edu](http://www.cme.ucsf.edu)

**Mail:** Complete course registration form and send with payment to:  
UCSF Office of Continuing Medical Education  
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)

**Phone:** 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](http://www.cme.ucsf.edu)

**On-Site Registration:** Generally we are able to accommodate on-site registration at our courses, however pre-registration is preferred to ensure that we have adequate course materials.

### 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.

## SEPTEMBER 13, 2014

8:00 am *Continental Breakfast*

### CARDIOVASCULAR Moderator: Gordon Fung, MD, PhD

- 9:00 **G** **CVD Prevention in the Asian Population** Nisha Parikh, MD
- 9:25 **G** **Improving Population-Based Hypertension Control in Asians and Implications of New Guidelines** Alan S. Go, MD
- 9:50 *Coffee Break*
- 10:15 **G** **Sudden Cardiac Death in Asians** Zian Tseng, MD
- 10:40 **G** **Stroke in the Chinese Community** David Tong, MD
- 11:05 **Session Q & A and Panel Discussion**
- 11:30 *Lunch*

### mHEALTH Moderator: Ida Sim, MD

- 12:30 pm **G** **Mobile Health: Beyond “There’s an App for That”** Ida Sim, MD, PhD
- 1:00 **G** **Promoting Diabetes Self-Care and Quality of Life Using Cantonese-Language Automated Telephone Self-Management** Neda Ratanawongsa, MD
- 1:25 **G** **Digitally Connected Lifestyle Interventions – What Do We Know Now?** Yoshimi Fukuoka, PhD, RN
- 1:50 **G** **A New “Weigh” to Manage Ascites: Pilot Study of a Weight Monitoring System for Patients with Cirrhosis** Chanda Ho, MD, MPH
- 2:15 **Session Q & A and Panel Discussion**
- 2:40 *Coffee Break*

### SOCIAL AND TABOOED ISSUES IN THE ASIAN COMMUNITY Moderator: Anne Tang, MD

- 3:00 **G** **Domestic Violence** Kamaljit Sran, MD
- 3:30 **G** **Internet Addiction in the Korean Population** Murtuza Ghardili, MD
- 4:00 **Cultural Issues Regarding Pregnancy in the Asian Population** Yinn Tzeng, MD
- 4:30 **Session Q & A and Panel Discussion**
- 5:00 **Closing** Diana Lau, PhD, RN, CNS
- 5:15 pm *Adjourn*

**G** – Geriatric credit

#### CONFERENCE LOCATION

University of California, San Francisco  
Laurel Heights Conference Center  
3333 California Street @ Walnut Street  
San Francisco, CA 94118

#### PARKING

Limited parking is available at the Laurel Heights Conference Center for \$14/day on Friday and \$6/day on Saturday. The conference center is located at 3333 California Street, between Presidio Avenue and Laurel Street and is accessible by public transportation (MUNI lines 1 and 43).

#### RENTAL CAR

Hertz is offering special rates for participants of this conference; simply call (800) 654-2240 and refer to convention number # 03BW0133 or call your travel agent. You may also make reservations at [www.Hertz.com](http://www.Hertz.com). Advance reservations are recommended.

#### AIR TRANSPORTATION

UCSF has negotiated special fares with American and United Airlines for our course attendees. You may use the following tour codes to book on your own:

American (800) 433-1790 code: 3794BV

United [www.united.com](http://www.united.com) code: ZQPP914327



0569  
University of California,  
San Francisco  
Office of CME  
UCSF Box 0742  
San Francisco, CA  
94143-0742

## REGISTER TODAY!

For more information or to register  
online visit our website at  
[www.cme.ucsf.edu](http://www.cme.ucsf.edu).

You may also reach us by calling  
the Office of Continuing Medical  
Education at (415) 476-4251  
or emailing  
[info@ocme.ucsf.edu](mailto:info@ocme.ucsf.edu).

♻️ Printed on Recycled Paper

### COURSE CHAIRS

**Gordon Fung, MD, MPH, PhD**  
Professor of Medicine, UCSF

**Diana Lau, PhD, RN, CNS**  
Assistant Professor  
School of Nursing, UCSF

### COURSE FACULTY

(University of California, San Francisco  
unless indicated)

**Robert Bhistkul, MD, FACS**  
Professor of Ophthalmology  
Department of Ophthalmology  
and Medicine

**Cynthia Chiu, MD, FACS**  
Associate Professor  
Department of Ophthalmology  
and of Medicine

**Yoshimi Fukuoka, PhD, RN**  
Associate Professor  
Institute for Health & Aging,  
School of Nursing

**Murtuza Ghadiali, MD**  
Assistant Chief  
Chemical Dependence &  
Recovery Department  
San Francisco Kaiser  
Medical Center

**Alan S. Go, MD**  
Associate Professor of  
Epidemiology, Biostatistics,  
and of Medicine  
Director of Kaiser Permanente's  
Comprehensive Clinical Research  
Unit (CCRU); Chief, Cardiovascular  
and Metabolic Conditions Section;  
Regional Medical Director for  
Clinical Research and Senior  
Research Scientist, Kaiser  
Permanente Northern California  
Division of Research

**Chanda Ho, MD, MPH**  
Fellow, Advanced/Transplant  
Hepatology, Department  
of Medicine, Division of  
Gastroenterology

**Chi-Yuan Hsu, MD, MS**  
Professor of Medicine,  
Chief of Nephrology

**Brian Lee, MD**  
Assistant Professor of Medicine,  
Division of Nephrology

**Yulan Liao, MD**  
Senior Staff Psychiatrist  
San Francisco Kaiser Medical  
Center, Assistant Clinical Professor  
of Psychiatry

**Shan Lin, MD**  
Professor of Ophthalmology

**Lowell Lo, MD**  
Assistant Professor of Medicine,  
Division of Nephrology

**Randall Low, MD**  
Internist/Cardiologist  
Associate Executive Director  
Chinese Community Health Care  
Association

**Steven Pantilat, MD**  
Professor of Medicine  
Founding Director of the Palliative  
Care Program and the Palliative  
Care Leadership Center

**Nisha Parikh, MD**  
Assistant Professor of Medicine

**David Pating, MD**  
Chief, Chemical Dependence and  
Recovery Department  
San Francisco Kaiser Medical  
Center

**Saras Ramanathan, MD**  
Associate Professor of  
Ophthalmology

**Neda Ratanawongsa, MD**  
Assistant Professor of Medicine;  
Associate Chief Medical Informatics  
Officer, San Francisco General  
Hospital

**Ida Sim, MD, PhD**  
Professor of Medicine, Co-Director,  
Biomedical Informatics,  
UCSF Clinical and Translational  
Science Institute  
Co-Founder, Open mHealth

**Kamaljit Sran, MD**  
Internist, Kaiser Permanente  
Hospital and Medical Center,  
San Francisco

**Anne Tang, MD, FACP**  
Chief, Bilingual Chinese Module  
Chief, Pharmacy & Therapeutics,  
San Francisco Chair, Pharmacy  
Education Subcommittee,  
California Regions  
Kaiser Permanente Hospital and  
Medical Center, San Francisco

**Stephen Tomlanovich, MD**  
Professor of Medicine,  
Division of Nephrology  
Medical Director of the UCSF  
Kidney Transplant Service

**David Tong, MD**  
Medical Director of the  
Stroke Care Center  
California Pacific Medical Center  
San Francisco

**Zian Tseng, MD**  
Associate Professor Medicine,  
Division of Cardiology

**Yinn Tzeng, MD**  
Senior Staff physician  
Department of Obstetrics and  
Gynecology, San Francisco Kaiser  
Medical Center

faculty

