

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



University of California
San Francisco

4th Annual Asian Health Symposium: Best Clinical Practices in Medicine for the Asian American Patient

FRIDAY – SATURDAY

September 25-26, 2015

Course Directors

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

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

Steering Committee

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Dr. Diana Lau
Dr. Peter Chin-Hong
Dr. Lee-May Chen
Dr. Anand Dhruva
Dr. Andrew Ko
Dr. Byron Lee
Dr. Randall Low
Dr. Anne Tang

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



Endorsed by the
Chinese Community
Health Care Association

4th Annual Asian Health Symposium: Best Clinical Practices in Medicine for the Asian American Patient

The national Asian population 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 4th annual Asian Health Symposium will highlight five specific areas for this unique community, including cancer, cardiovascular, geriatrics, integrative medicine, and global health and infectious disease with special emphasis on the differences in Asian patients.

This symposium will help bridge the knowledge and practice gaps in treating the many diseases and health issues that have significant impacts on the Asian community including: common cancer conditions that affect Asians most, including cancer genetics and immunology; cardiovascular issues that are on the rise in Asians: hypertension, heart failures, atrial fibrillation, and diabetic cardiomyopathy, as well as anticoagulation issues. The course also features geriatric issues that include the continuum of care, polypharmacy, distinction between dementia and Alzheimer's disease, and Parkinsonism; integrative medicine that includes a general overview of the common healing approaches from Asia commonly adopted by the community: acupuncture, yoga and herbal medicines; as well as infectious diseases that include travel medicine, hepatitis B & C and the controversies around vaccination requirements.

TARGET AUDIENCE

Designed 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:

Cancer

- Recognize the main types of cancers that afflict the Asian communities most, such as lung cancer;
- Develop a heightened awareness of cancers that have low screening rates in the Asian communities most;
- Understand the current roles of genetics and immunology in cancer prevention and treatment and implications in Asian patients.

Cardiovascular

- Discuss the state-of-the-art treatment in atrial fibrillation;
- Offer appropriate treatment to Asian patients in heart failure with preserved ejection fraction;
- Incorporate new hypertension guidelines in clinical practice as deemed appropriate;
- Increase the accuracy in the diagnosis of diabetic cardiomyopathy in Asian American patients;
- Discuss the clinical disparities in the use of anticoagulants in Asian Americans.

Geriatrics

- Offer appropriate transitional care for the entire healthcare spectrum to Asian patients;
- Beware of the all-too-common polypharmacy issues with the geriatric population;
- Offer differential treatments to Asian patients between dementia and Alzheimer's disease;
- Offer culturally appropriate treatments to Asian patients with Parkinson's disease.

Integrative Medicine

- Integrate the use of yoga in patients as a therapeutic treatment modality in chronic illnesses such as back pain, anxiety, depression, cardiovascular diseases, and cancer;
- Offer acupuncture as a culturally-appropriate treatment option to the Asian patients when indicated;
- Offer appropriate guidance to patients regarding use of herbal medicines.

Global Health and Infectious Diseases

- Offer guidance to patients in their vaccination needs during their trip preparation phase;
- Understand the controversies regarding compulsory vaccination of school children;
- Offer state-of-the-art treatment to patients with Hepatitis B and/or C.

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 **12.50 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.

Physician Assistants:

AAPA accepts category 1 credit from AOACCEM, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit™* from 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.

Geriatric Medicine:

The approved credits shown above include **12.50** credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.



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REGISTER TODAY!

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 Continuing Medical
Education at (415) 476-4251
or emailing
info@ocme.ucsf.edu.

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COURSE CHAIRS

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Assistant Professor
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COURSE FACULTY

(University of California, San Francisco
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Staff Physician, On Lok Lifeways,
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Genetic Counselor, Cancer Risk
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Assistant Professor of Medicine

Van Selby, MD
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San Francisco Chair, Pharmacy
Education Subcommittee,
California Regions
Kaiser Permanente Hospital and
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Division of Hematology and
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Specialty Center
Bellevue, WA
Associate Professor of Medicine
Division of Cardiology
University of Washington Medical
Center
Seattle, WA

faculty

4th Annual Asian Health Symposium: Best Clinical Practices in Medicine for the Asian

FRIDAY, SEPTEMBER 25, 2015

7:45 am *Registration and Continental Breakfast*

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

GERIATRICS UPDATE

MODERATOR: ANNE TANG, MD

9:00 **G The Continuum of Care: Home, Clinics, Acute Care, Convalescent Care, and Long-term Care** Dandan Liu, MD

9:30 **G Polypharmacy in the Aging Population: Meaningful Management in Dosing, Monitoring, and Adherence** Elena Tinloy, PharmD

10:00 *Coffee Break*

10:30 **G Differential Diagnosis of Alzheimer's Disease and Dementia – Guiding Therapeutic Management** Richard Tsai, MD

11:00 **G Parkinson's Disease: Old and New Approaches to Treatment** Michael Aminoff, MD

11:30 **G Session Q & A and Panel Discussion**

12:00 pm *Lunch provided*

CARDIOVASCULAR UPDATE

MODERATORS: BYRON LEE, MD & GORDON FUNG, MD, MPH, PHD

1:00 **G Atrial Fibrillation: Medical Management and Ablation** Byron Lee, MD

1:30 **G A Parade of New Anticoagulation Drugs** Gordon Leung, MD

2:00 **G Are there Alternatives to Anticoagulation for the AF Patient?** Eugene Yang, MD

2:30 *Coffee Break*

3:00 **G Controversies in the New Guidelines for Hypertension Management** Brian Lee, MD

3:30 **G Diabetic Cardiomyopathy** Ivy Ku, MD

4:00 **G Treatment for Heart Failure Patients with Preserved Ejection Fraction** Van Selby, MD

4:30 **G Session Q & A and Panel Discussion**

5:00 pm *Adjourn*

G – Geriatric credit

GENERAL INFORMATION

Advance registration closes one (1) 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

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

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.

SATURDAY, SEPTEMBER 26, 2015

8:00 am *Continental Breakfast*

CANCER UPDATE

MODERATORS: ANDREW KO, MD & LEE-MAY CHEN, MD

9:00	G Lung Cancer in Non-smoking Women	Sunny Wang, MD
9:30	G Cervical Cancer Screening, Prevention (Vaccines), and Treatment	Stefanie Ueda, MD
10:00	<i>Coffee Break</i>	
10:30	G Cancer Genetics and Genetic Counseling	Julie Mak, MS, MSc, LCGC
11:00	G What's New in Cancer Immunology	Lawrence Fong, MD
11:30	G Session Q & A and Panel Discussion	
12:00 pm	<i>Lunch provided</i>	

INTEGRATIVE MEDICINE: HEALING APPROACHES FROM ASIA

MODERATOR: ANAND DHRUVA, MD

1:00	G Therapeutic Yoga: Clinical Evidence and Mechanisms	Anand Dhruva, MD
1:30	G Acupuncture Approaches in Cancer Care	Joseph Acquah, OMD, LAc
2:00	G Botanical Medicines	Sanjay Reddy, MD
2:30	G Session Q & A and Panel Discussion	
2:50	<i>Coffee Break</i>	

GLOBAL HEALTH & INFECTIOUS DISEASE

MODERATOR: PETER CHIN-HONG, MD

3:10	G Travel Medicine	Peter Chin-Hong, MD
3:40	G Vaccination Update	Chris Keh, MD
4:10	G Breakthrough Treatments in Hepatitis B and C	Jennifer Lai, MD
4:40	G Session Q & A and Panel Discussion	
5:00	Closing	Diana Lau, PhD, RN, CNS
5:15 pm	<i>Adjourn</i>	

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 \$15/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 03BW0134 or call your travel agent. You may also make reservations at www.Hertz.com. Advance reservations are recommended.

AIR TRANSPORTATION

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

United: www.united.com code: ZUG2332213

program

general info

