Evidence-Based Approaches to Common Medical Problems

October 23–24, 2014
Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors
Bernard J. Bernacki, DO, MPH, FACOFP
Frederick R. DeRubertis, MD
James R. Johnston, MD
Wishwa N. Kapoor, MD, MPH
Melissa McNeil, MD, MPH
Larry W. Moreland, MD
A.J. Pinevich, MD, MBA, FACP
John J. Reilly Jr., MD
Fred H. Rubin, MD
Francis X. Solano Jr., MD, FACP
Terence W. Starz, MD
David C. Whitcomb, MD, PhD
Overview • • •
This two-day post graduate course is designed to provide general internists, family practitioners, medical specialists, and other health care professionals who deliver primary care services with a comprehensive update on major advances in internal medicine as well as a review of various medical and surgical related topics impacting daily practice. The course is also designed to update specialists on disease perspectives that can impact their specialty practice activities. Emphasis is placed on evidence-based approaches to practical and innovative health care delivery including quality and cost effectiveness. In addition, this year’s course will consider care pathways that focus on key elements in the diagnosis and management of various diseases.

Objectives • • •
Upon completion of this course, participants should be able to:

• Define care management pathways for common diseases encountered in primary care including hypertension, anxiety and depression, diabetes, skin disorders, antibody testing for rheumatic disease, and irritable bowel syndrome.

• Synthesize current scientific evidence for managing women’s health issues, allergies, testosterone therapy, hepatitis C, and age-related body changes.

• Analyze the impact and outcomes of breast cancer screening, pain management intervention and the new anticoagulants.

Who Should Attend • • •
This course is designed for general internists, family practitioners, medical specialists, and other health care professionals who provide primary care services.

Special Needs • • •
Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 647-8232.

Continuing Education Credit • • •
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 15.75 AMA PRA Category 1 Credit(s)™. Each physician should only claim credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded 1.5 continuing education units (CEU’s) which are equal to 15.75 contact hours.

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

Application for Category 2-A credit has been filed with the American Osteopathic Association. Determination of credit is pending.

The Center for Continuing Education in the Health Sciences has included topics which should meet the Patient Safety / Risk Management criteria. These topics will be highlighted in gold-colored shading within the schedule.

Meeting Location, Accommodations, Parking • • •
Marriott Pittsburgh City Center
112 Washington Place • Pittsburgh, Pennsylvania 15219
Phone: (412) 471-4000
Fax: (412) 533-5252

The conference has contracted a limited number of hotel rooms at the Marriott Pittsburgh City Center for our conference attendees. You may book a room by calling the hotel at (412) 471-4000 and stating that you are attending the UPMC Update in Internal Medicine Conference. The room block is limited and only available until Wednesday, October 1, 2014 at 12:00 PM. Space cannot be guaranteed once the block expires or the block is filled, whichever occurs first.

Room rates are $143.00 per night plus applicable taxes and fees.

If you experience difficulty arranging your reservations, please call (412) 647-8232.

Parking is on your own and not covered by conference tuition. The on-site parking facility is approximately $22.00/day. The entrance is located on the side of the Marriott Pittsburgh City Center hotel.
UPDATE IN INTERNAL MEDICINE: 2014 Schedule
Evidence-Based Approaches To Common Medical Problems

THURSDAY, OCTOBER 23, 2014

7:15 am  Registration/Continental Breakfast
7:55 am  Welcome/Introduction

MORNING SESSION

8:00 am Hypertension: Achieving Management Goals Using the JNC-8
James R. Johnston, MD

8:30 am Diabetes, Pancreatitis, and Pancreatic Cancer Risk
Dhiraj Yadav, MD

9:00 am Irritable Bowel Syndrome and Celiac Disease
Marc B. Schwartz, MD

9:30 am Osteoporosis: Management Guidelines Including Calcium, Vitamin D, and Bisphosphonates
Susan L. Greenspan, MD

10:00 am Break

10:15 am Microbiome in Health and Disease
Stephen J.D. O’Keefe, MD, MSc

11:00 am Statin Myopathies
Chester V. Oddis, MD

11:20 am Hepatitis C for Primary Care Providers
Ramakrishna Prasad, MD

11:40 am Testosterone Therapy — Yes or No?
Jodie Alton Reider, MD

Noon  Lunch Break – “Grab and Go”

12:15 pm Controversies about Screening for Breast Cancer: Life-Saving or Over-Diagnosis?
Adam M. Brufsky, MD, PhD and Margarita L. Zuley, MD
Moderator: Nancy E. Davidson, MD

1:15 pm  Break

AFTERNOON SESSION

1:30 pm Thrombophlebitis and Pulmonary Embolism: Inpatient and Outpatient Evaluation and Management
Phillip E. Lamberty, MD

2:00 pm Immunization Update: Influenza, Zoster, Pneumonia and Diphtheria
Shanta M. Zimmer, MD

2:30 pm Alzheimer’s and Dementia: Evaluation and Management
Oscar L. Lopez, MD

3:10 pm  Break

3:30 pm Congestive Heart Failure: New Approaches to an Old Problem
Michael Mathier, MD

4:00 pm Vasculitis: The Great Masquerader
Kimberly P. Liang, MD

4:30 pm Lessons from Look AHEAD: Action for Health in Diabetes
Mary T. Korytkowski, MD

5:00 pm Antibiotic: Which One and When?
Peter J. Veldkamp, MD, MS

5:30 pm Thursday Adjournment

Topics meeting Patient Safety / Risk Management criteria are highlighted in gold-colored shading within the schedule.
# UPDATE IN INTERNAL MEDICINE: 2014 Schedule

**Evidence-Based Approaches To Common Medical Problems**

**Friday, October 24, 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>7:15 am</td>
<td>Continental breakfast</td>
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<tr>
<td><strong>Morning Session</strong></td>
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<tr>
<td>8:00 am</td>
<td><strong>Obesity: Medical vs. Surgical Management</strong></td>
<td>Anita P. Courcoulas, MD, MPH, FACS and Molly B. Conroy, MD, MPH</td>
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<tr>
<td>8:45 am</td>
<td><strong>Evaluating and Managing Risk Factors for Coronary Artery Disease including Hyperlipidemia</strong></td>
<td>Trevor J. Orchard, MD, MMedSci, FAHA, FACE</td>
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<td>9:30 am</td>
<td><strong>Body Composition or Decomposition? Preventing Disability in Old Age</strong></td>
<td>Anne B. Newman, MD, MPH</td>
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<tr>
<td>10:00 am</td>
<td>Break</td>
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<tr>
<td>10:15 am</td>
<td><strong>BREAKOUT SESSION I</strong> (repeated at 11:10 am)</td>
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<tr>
<td>A.</td>
<td><strong>What Do Autoantibodies Mean? Laboratory Testing for Rheumatologic Diseases</strong></td>
<td>Thomas A. Medger Jr., MD</td>
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<td>B.</td>
<td><strong>Allergy Update: Rashes, Drug Allergy and Sublingual Allergen Immunotherapy</strong></td>
<td>Andrej A. Petrov, MD</td>
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<td>C.</td>
<td><strong>Subclinical Thyroid Diseases: Hyper- and Hypo-</strong></td>
<td>Shane O. LeBeau, MD</td>
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<td>D.</td>
<td><strong>Oh, My Aching Feet: What the Internist Needs to Know</strong></td>
<td>Carl T. Hasselman, MD</td>
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<td>E.</td>
<td><strong>Management of Anxiety and Depression: Tips for When Time is Limited</strong></td>
<td>James D. Tew Jr., MD</td>
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<td>F.</td>
<td><strong>Common Skin Diseases</strong></td>
<td>Lisa Grandinetti, MD, FAAD</td>
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<td>10:55 am</td>
<td>Room Change for Breakouts</td>
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<tr>
<td>11:10 am</td>
<td><strong>BREAKOUT SESSION II</strong> (Repeat of 10:15 am BREAKOUT SESSION I)</td>
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<td>11:50 am</td>
<td>Lunch Break – “Grab and Go”</td>
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<td>Noon</td>
<td><strong>Does Quality Matter: What is the Evidence?</strong></td>
<td>Oscar C. Marroquin, MD</td>
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<td>1:00 pm</td>
<td>Break</td>
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<td><strong>Afternoon Session</strong></td>
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<td>1:20 pm</td>
<td><strong>Women’s Health: 2014</strong></td>
<td>Melissa A. McNeil, MD, MD, MPH</td>
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<td>2:00 pm</td>
<td><strong>Coagulation Issues: Evidence-Based Management of Common Disorders</strong></td>
<td>Franklin A. Bontempo, MD</td>
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<tr>
<td>2:45 pm</td>
<td><strong>Genotyping for Personalized Medicine — Implications for Pharmacotherapy</strong></td>
<td>Phillip E. Empey, PharmD, PhD, BCPS</td>
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<tr>
<td>3:30 pm</td>
<td><strong>The Brain and Pain: Targeting the 5th Vital Sign</strong></td>
<td>Eva Szigethy, MD, PhD</td>
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<td>4:15 pm</td>
<td>Conference Adjournment</td>
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Course Directors • • •

Bernard J. Bernacki, DO, MPH, FACOP
Chairman, Department of Family and Community Medicine

Frederick R. DeRubertis, MD
Professor of Medicine

James R. Johnston, MD
Professor of Medicine

Wishwa N. Kapoor, MD, MPH
Distinguished Service Professor and Falk Professor of Medicine
Professor of Health Policy and Management, and Clinical and Translational Science

Melissa A. McNeil, MD, MPH
Professor of Medicine

Larry W. Moreland, MD
Margaret Jane Miller Endowed Professor of Arthritis Research
Department of Medicine

A.J. Pinevich, MD, MBA, FACP
Vice President, Medical Affairs
UPMC Mercy

John J. Reilly Jr., MD
Jack D. Myers Professor and Chair Department of Medicine

Fred H. Rubin, MD
Professor of Medicine

Francis X. Solano Jr., MD, FACP
Clinical Professor of Medicine

Terence W. Starz, MD
Clinical Professor of Medicine

David C. Whitcomb, MD, PhD
Giant Eagle Foundation Professor of Cancer Genetics
Professor of Medicine, Cell Biology and Physiology and Human Genetics

Local Faculty • • •

Franklin A. Bontempo, MD
Associate Professor of Medicine

Adam M. Brufsky, MD, PhD
Professor of Medicine

Molly B. Conroy, MD, MPH
Assistant Professor of Medicine, Epidemiology and Clinical and Translational Science

Anita P. Courcoulas, MD, MPH, FACS
Professor of Surgery

Nancy E. Davidson, MD
Distinguished Professor of Medicine

Phillip E. Empey, PharmD, PhD, BCPS
Assistant Professor of Pharmacy and Therapeutics

Lisa Grandinetti, MD, FAAD
Assistant Professor of Dermatology

Susan L. Greenspan, MD
Professor of Medicine

Carl T. Hasselman, MD
Three Rivers Orthopedic Associates — UPMC
UPMC St. Margaret

James R. Johnston, MD
Professor of Medicine

Mary T. Korytkowski, MD
Professor of Medicine

Phillip E. Lambert, MD
Assistant Professor of Medicine

Shane O. LeBeau, MD
Clinical Associate Professor of Medicine

Kimberly P. Liang, MD
Assistant Professor of Medicine

Oscar L. Lopez, MD
Professor of Neurology

Oscar C. Marroquin, MD
Assistant Professor of Medicine and Epidemiology, and Clinical and Translational Science

Michael Mathier, MD
Associate Professor of Medicine

Melissa A. McNeil, MD, MPH
Professor of Medicine

Thomas A. Medsger Jr., MD
Professor of Medicine Emeritus

Anne B. Newman, MD, MPH
Chair, Department of Epidemiology
Professor of Epidemiology, Medicine, and Clinical and Translational Science

Chester V. Oddis, MD
Professor of Medicine

Stephen J.D. O’Keefe, MD, MSc
Professor of Medicine

Trevor J. Orchard, MD, MMedSci, FAHA, FACE
Professor of Epidemiology, Medicine and Pediatrics

Andrei A. Petrov, MD
Assistant Professor of Medicine

Ramakrishna Prasad, MD
Clinical Assistant Professor of Medicine

Jodie Alton Reider, MD
Clinical Assistant Professor of Medicine

Marc B. Schwartz, MD
Assistant Professor of Medicine

Eva Szigethy, MD, PhD
Associate Professor of Psychiatry, Pediatrics and Medicine

James D. Tew, Jr., MD
Assistant Professor of Psychiatry

Peter J. Veldkamp, MD, MS
Associate Professor of Medicine

Dhiraj Yadav, MD
Associate Professor of Medicine

Shanta M. Zimmer, MD
Associate Professor of Medicine

Margarita L. Zuley, MD
Associate Professor of Radiology

Unless otherwise noted, all conference faculty are affiliated with the University of Pittsburgh School of Medicine and are located in the Pittsburgh, PA region.

Faculty for this activity has been required to disclose all relationships with any proprietary entity producing health care goods or services.
Registration Information

PRE-REGISTER – Early registrations are due by Friday, September 19, 2014. After September 19, 2014 late registrations will be accepted until Tuesday, October 21, 2014 at an additional fee and we cannot guarantee space in the program or any program inclusions for those registrations received after this date. If space is available after October 21, 2014, on-site registration will be required and incur an additional processing fee.

Online Registrations (due by October 21, 2014)
Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

Visit our online registration site at: UPMCPhysicianResources.com/UIIM

Click the Registration button and enter all the requested information (including an email address and follow the prompts to submit your registration after entering your payment information.

Print the automatic electronic registration confirmation email sent to the email address you provided us when you registered. If you do not receive this confirmation, please contact us at (412) 647-8232.

Paper Registrations by Fax or Mail
(see contact information below)
If you are unable to register online please submit a request for a paper form. UPMC employees whose registration fee will be remitted via journal transfer must request the paper registration form.

Cancellation

All cancellations must be in writing and sent to us via U.S. mail, email or fax. Tuition for cancellations postmarked or date stamped before October 14, 2014 will be completely refunded. After October 14, 2014, a $35 administrative fee will be assessed. No refunds will be made after October 21, 2014. Cancellation requests can be made to:

Krystal Golacinski
UPMC CCEHS
Iroquois Building, Suite 302
200 Lothrop Street, Pittsburgh PA 15213
ccehsconfmgmt101@upmc.edu
Phone: (412) 647-8232
Fax: (412) 647-8222

The UPMC Center for Continuing Education in the Health Sciences reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees.

Registration Fees

<table>
<thead>
<tr>
<th>On-Time Rate (before or on September 19, 2014)</th>
<th>Late Registration (all registrations received after September 19, 2014)</th>
<th>On-site Registration (required after October 21, 2014)</th>
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<td>$250 Physician Fee</td>
<td>$275 Physician Fee</td>
<td>$300 Physician Fee</td>
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<tr>
<td>$150 Nurses, PAs and other healthcare professionals</td>
<td>$175 Nurses, PAs and other healthcare professionals</td>
<td>$200 Nurses, PAs and other healthcare professionals</td>
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<td>FEE WAIVED for: Physicians in first year of practice, Residents and Fellows</td>
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Registration fee includes:
- Continuing education credit
- Registration and course materials
- Continental breakfast, refreshments and lunch

For additional information, contact:
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200 Lothrop Street, Pittsburgh PA 15213
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