

Spokane Society of Internal Medicine
P.O. Box 18731
Spokane, WA 99228

RETURN SERVICE REQUESTED

60th Annual Scientific Meeting
UPDATE IN INTERNAL MEDICINE

PRESORTED
STANDARD
U.S. POSTAGE PAID
SPOKANE, WA
PERMIT NO. 1221

PROGRAM

FRIDAY, February 27, 2008

8:30 a.m. **Registration**, Coffee and breakfast items available
Welcome and Introductions, Mary Noble, M.D. Program
Chair

9:15 **Assessment and Management of High Risk**

Breast Cancer Patients, Carol Guthrie, M.D.

10:15 **Sister, can you store it for me? In-vivo stem cell storage**

Alaa Elkhawily, M.D., Internal Medicine resident

10:30 **Warm Type Autoimmune Hemolytic Anemia with**

Chronic Hepatitis C virus infection - a rare association

Sandeep Atwal, M.D., Internal Medicine resident

10:45 **Break**

11:15 **Doctor, Is It My Thyroid? Diagnosing and Treating**

Thyroid Disorders, Peter Capell, M.D.

Lunch Room 206

1:00 **Professionalism, T. "Jock" Murray, M.D.**

2:00 **Recognizing Paraneoplastic Syndromes**

Alfred Curnow, M.D., Internal Medicine resident

2:15 **Not Just Another Frequent Flyer**

Alice McCauley, M.D., Internal Medicine resident

2:30 **Break**

3:00 **Obesity Update 2009:**

Medical Management of Obesity, Robert A. Kanter, M.D.

Surgery for Metabolic Complications of Obesity

Matt Rawlins, M.D.

4:30 **Environmental Contaminants and Human Health**

Pat Hunt, Ph.D.

5:30 **Reception**

SATURDAY, February 28, 2009

7:30 a.m. Breakfast items available in Exhibit Hall

8:00 **The Good, The Bad and The Ugly: New Horizons in**

Arthritis Medications, Gary Craig, M.D.

9:00 **Chronic Non-Malignant Pain in Primary Care:**

Medical Management, Matt Hollon, M.D.

Interventional Management, Jamie Lewis, M.D.

10:30 **Break**

11:00 **Mitigating the Effect of Sleep Loss on**

Workplace Performance, Greg Belenky, M.D.

12:00 **Adjourn**

60TH ANNUAL SCIENTIFIC MEETING

Update In Internal Medicine 2009

Friday & Saturday

February 27 & 28, 2009

Spokane Convention Center

334 W. Spokane Falls Blvd.

Spokane, WA

Mail registration form

by February 6th

to save!



Jointly sponsored by the Spokane Society of Internal Medicine
and the Spokane County Medical Society

The meeting will be held at the Spokane Convention Center, 334 West Spokane Falls Boulevard. For directions call 509-279-7000. For registration questions call the SSIM at 509-468-0236. The registration fee includes lunch on Friday and a CD containing syllabus information. Registration must be completed by mail by February 20th. The early registration deadline is February 6th. After February 6th fees increase by \$25. No refunds are given after February 23rd.

Blocks of rooms have been reserved until January 31st:

THE DOUBLETREE HOTEL \$119/night 509-744-2363 or 800-222-8733

THE DAVENPORT HOTEL \$169/night 509-455-8888 or 800-899-1482

Ask for the Spokane Society of Internal Medicine rate

CME CREDIT

This activity has been planned and implemented in accordance with the Essential Elements, Criteria, and Standards of Accreditation of the Washington State Medical Association CME Accreditation Committee through the partnership of The Spokane County Medical Society and The Spokane Society of Internal Medicine. The Spokane County Medical Society, a Washington State Medical Association accredited sponsor, designates this educational activity for a maximum of 10 hours in Category 1 to satisfy the re-licensure requirements of the Washington State Medical Quality Assurance Commission. The Spokane County Medical Society designates this educational activity for a maximum of ten AMA PRA Category 1 Credits. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PROGRAM COMMITTEE

Mary Noble, M.D., Chair, Internal Medicine Residency Spokane

Lynn A. Kohlmeier, M.D., Endocrine Associates of Spokane

George Novan, M.D., Internal Medicine Residency Spokane

Darryl Potyk, M.D., Internal Medicine Residency Spokane

Michael E. Ring, M.D., Heart Clinics Northwest

Meeting Coordinator: Merry Maccini, MHA

Spokane Society of Internal Medicine

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LEARNING OBJECTIVES

Upon completion of this program, the participants will:

Be able to:

- 1) Stratify women into breast cancer risk categories.
- 2) Determine the need for BRCA testing and interpret results.
- 3) Establish surveillance recommendations for each risk group.
- 4) Formulate recommendations for risk reduction strategies.

Be familiar with stem cell transplants as a possible treatment for myeloma, as illustrated in this very unusual case presentation.

Be able to recognize that Hepatitis C is associated with several autoimmune conditions, including some rare manifestations, such as Autoimmune Hemolytic Anemia.

Be able to:

- 1) Understand how to differentiate thyroid disorders from non-thyroidal illness with low TSH level and normal T₄.
- 2) Evaluate treatment decisions for elevated TSH levels.

Be able to:

- 1) Outline the principles and responsibilities of professionalism.
- 2) Indicate examples of pressures on professionalism.
- 3) Explain the necessity of maintaining professionalism in office and institutional practice in the interests of patients and the profession.

Be able to recognize potential neurologic manifestations of paraneoplastic syndromes.

Recognize that some patients with acute exacerbations of chronic pain might have significant underlying conditions, and appreciate the important role that primary care physicians can play in assessing this situation.

Understand general strategies for the medical management of non-malignant chronic pain.

Be able to:

- 1) Understand the role of adipose tissue as an endocrine organ.
- 2) Identify correctable factors and problem medications that contribute to weight gain.
- 3) Understand that all treatment modalities (diet, exercise, behavior change and surgery) are synergistic.

Be able to:

- 1) Identify the patient who is likely to benefit from weight-loss surgery.
- 2) Compare the outcomes of the various procedures for weight-loss
- 3) Describe how different types of weight-loss surgery affect diabetes and other metabolic complications of obesity.

Be able to:

- 1) Define "endocrine disrupting chemicals."
- 2) List the target tissues and developmental windows during which these chemicals are likely to exert effects on reproductive tissues.

Be able to understand the classification and use of new rheumatologic medications.

Understand general strategies for the medical management of non-malignant chronic pain.

Be able to:

- 1) Understand the basic processing of nociceptive pain transmission and perception.
- 2) Understand the basic pathophysiology of neuropathic pain perception, plasticity, hyperalgesia and allodynia.
- 3) Be familiar with the mechanism of action and site of action of commonly prescribed analgesics such that the best agent can be chosen for a given clinical picture and the most effective combination of therapy can be selected.

Be familiar with tools and techniques that can better predict and measure outcomes, as well as identify risk of addiction or medication misuse.

Be able to understand:

- 1) the effects of sleep loss on performance.
- 2) the underlying neurobiology of sleep and sleep loss.
- 3) the components of fatigue.
- 4) the new science of fatigue risk management.

FACULTY

Gregory Belenky, M.D., Research Professor and Director
Sleep and Performance Research Center
Washington State University
Pullman, WA

Peter T. Capell, M.D., Clinical Professor of Medicine
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University of Washington School of Medicine
Seattle, WA

Gary L. Craig, M.D., Rheumatologist
Arthritis Northwest
Spokane, WA

Carol R. Guthrie, M.D.
Director, Spokane Breast Center
Clinical Instructor, Department of Surgery, UW School of Medicine
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Jamie Lee Lewis, M.D.
Spine Team Spokane
Attending physician, St. Luke's Pain Rehabilitation Program
Spokane, WA

T. "Jock" Murray, M.D.
Professor Emeritus, Dalhousie Medical School
Halifax, Nova Scotia, Canada

Mathew C. Rawlins, M.D.
Director, Bariatric Surgery
Sacred Heart Medical Center
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*Membership is open to internal medicine specialists and sub-specialists in the greater Spokane area.
For more information, contact SSIM at spokanesim@gmail.com*

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Update In Internal Medicine
February 27-28, 2009

Fees:	<u>Before February 6</u>	<u>After February 6</u>
<i>Please circle</i>		
Non SSIM member:		
Physician	\$175	\$200
Retired Physician	\$150	\$175
SSIM member:		
Physician	\$150	\$175
Retired physician	\$ 25	\$ 50
Residents	\$ 25	\$ 50
Physician Assistants/ Nurse Practitioners/ Other Allied Health	\$150	\$175
Pre-paid Parking:		
Friday	\$ 5	\$ 5
Saturday	\$ 5	\$ 5
Total Enclosed	_____	_____
Make check payable to: Spokane Society of Internal Medicine or SSIM. Canadian checks payable in U.S. Dollars. No partial registrations.		
NAME _____		
TYPE OF PRACTICE/SPECIALTY _____		
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Mail registration form and check to:
SPOKANE SOCIETY OF INTERNAL MEDICINE
P.O. Box 18731
Spokane, WA 99228

*Registration confirmation and parking coupons (if ordered) will be mailed.
Registration is limited. Please register by February 20, 2009*