



19.5 AAFP CME Credits Available!!!

**57th ANNUAL POSTGRADUATE SYMPOSIUM  
FAMILY MEDICINE UPDATE: 2014**

June 27-29, 2014  
Paradise Point Resort  
San Diego, California

# SAN DIEGO ACADEMY OF FAMILY PHYSICIANS

## 57th ANNUAL POSTGRADUATE SYMPOSIUM

### Officers of the San Diego Chapter

President and Program Chair - *Daniel Slater, MD*

President Elect - *John Dawkins, MD*

Secretary-Treasurer - *Heidi Meyer, MD*

Executive Director - *Sabrina Bazzo, MPH*

### Fees

	Enrollments Reserved By 6/13/14	Enrollments Reserved After 6/13/14
AAFP Member or Active Duty Military	\$395.00	\$445.00
AAFP Retired Member	\$350.00	\$400.00
Non-Member	\$450.00	\$500.00
Allied Health Professional (RN, NP, PA, PHARM)	\$350.00	\$400.00
Resident/Medical Professional Course*	\$100.00	\$150.00
Medical Students Only**	\$75.00	\$125.00

\* Letter of verification from Residency or Medical Professional Course Director must accompany registration.

\*\* Letter of verification from Medical School Official verifying full-time status must accompany registration.

**Note: Fees include lectures, lunches, continental breakfast and afternoon refreshments, Saturday evening gala reception, syllabus, flash drive, and certificate recognizing course completion.**

**REFUNDS:** A refund, less \$50.00, will be allowed if requested prior to June 13, 2014.

### Accreditation

**AAPA and AOA:** This live activity, 56th Annual Family Medicine Update: 2014, with a beginning date of June 27, 2014, has been reviewed and is acceptable for up to 19.50 Prescribed credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

**AOA:** This program has been reviewed and is approved for a maximum of 19.5 Category 2-A CME Hours by the American Osteopathic Association

**AAPA:** Accepts certificates of participation for educational activities certified by AAFP Prescribed Credit.

**RN:** An approved provider by the California Board of Registered Nursing, BRM Provider No. CEP 9591 for 19.5 contact hours.

**PHARMACISTS:** This course may be used to satisfy 19.5 hours continuing education for pharmacists by the California Board of Pharmacy.

### Overall Program Objectives of Family Medicine Update: 2014

This program is completely developed by local volunteer American Academy of Family Physicians members to meet the day-to-day needs of the busy Family Medicine Physician.

**After attending this course, participants should be able to:**

- Determine patients at risk for a particular medical condition in order to control or prevent further complications.
- Detect and provide treatment for a variety of disease states typically seen by a primary care physician or other primary care healthcare professional.
- Identify current trends taking place in primary care medicine and their impact on clinical practice.

### Educational Grants

This program is supported in part, by educational grants from industry, in accordance with AACME Accreditation Standards for Commercial support. All supporters will be recognized during the course of this live program.

Register online at: [www.tinyurl.com/SDAFPCON2014](http://www.tinyurl.com/SDAFPCON2014)

# PROGRAM

## FRIDAY, JUNE 27

- 7:00 a.m. Registration/Continental Breakfast
- 7:45 a.m. **Program Overview/Moderator**  
*Daniel Slater, M.D. - 2014 SDAFP  
President and Program Chair*
- 8:00 a.m. **Derm Bootcamp for Conditions  
Commonly Seen by the Family  
Medicine Physician**  
*Brett White, M.D.*
- 8:40 a.m. **Evidence Based Approaches to  
Insomnia**  
*Melanie Fiorella, M.D.*
- 9:20 a.m. **Contraception Controversies,  
Myths, & Updates**  
*Rebecca Rosen, M.D.*
- 10:00 a.m. **Refreshment Break/Visit Exhibits**
- 10:50 a.m. **Integrative Anti-Inflammatory  
Treatments**  
*Maeve O'Connor, M.D.*
- 11:40 a.m. **Luncheon Spotlight Lecture -  
Covered California Update**  
*David Bazzo, M.D.*
- 12:30 p.m. **Overview of Program/Moderator**  
*John Dawkins, M.D. - 2014 SDAFP  
President-Elect*
- 12:40 p.m. **Collateral Damage: The Opiate  
Epidemic, Opiate Dependence,  
and the Role of Buprenorphine  
in Treatment**  
*Kai MacDonald, M.D., FAPA*
- 1:20 p.m. **Update on Venous Disease, the  
Spectrum that All FP's Should Know**  
*Helene Fronck, M.D., FACP, FACPh*
- 2:00 p.m. **ATP 4 Recommendations**  
*Ted Ganiats, M.D.*
- 2:40 p.m. **Refreshment Break/Visit  
Exhibits/Resident Poster Session**
- 3:40 p.m. **Everyday Psychiatry by the  
Family Physician (What You  
Don't Need to Refer)**  
*Kristy Lamb, M.D.*
- 4:20 p.m. **Doctor Patient Negotiation - Win Win  
Negotiations in the Era of Guidelines  
and Performance Monitoring**  
*Andrew Golden, M.D.*
- 5:00 p.m. **Adjournment**

## SATURDAY, JUNE 28

- 7:00 a.m. Registration/Continental Breakfast
- 7:45 a.m. **Overview of Program/Moderator**  
*J. Randy Schwartz, M.D.*
- 8:00 a.m. **Optimizing Fracture Prevention  
in Patients with Osteoporosis**  
*Cheryl Lambing M.D.  
Diane Schneider, M.D.*
- 9:00 a.m. **Ayurvedic Evidence Based  
Medicine**  
*Valencia Porter, M.D.*
- 9:40 a.m. **Going for the Gut, Evidence  
Based Integrative Therapies**  
*Robert Bonakdar, M.D., FAAFP*
- 10:20 a.m. **Refreshment Break/Visit Exhibits**
- 11:10 a.m. **Female Incontinence & Pelvic  
Floor Update: What a Family  
Physician CAN Manage**  
*Karl M. Lubner, M.D.*
- 12:00 p.m. **LUNCHEON KEYNOTE ADDRESS:  
The Future of all Medicine is  
Integrative**  
*Erminia Guarneri, M.D.*
- 1:00 p.m. **Program Overview/Moderator,**  
*Charles Camarata, M.D., CME  
Chair Emeritus*
- 1:10 p.m. **Dietary Supplements: An Evidence  
Based Approach for Clinicians**  
*Tieraona Lowdog, M.D.*
- 1:50 p.m. **Preconception Counseling:  
Health Promotion for the Next  
Generation**  
*Victoria Maizes, M.D.*
- 2:30 p.m. **Refreshment Break/Visit Exhibits**
- 3:15 p.m. **Common MSK Injuries in Primary  
Care: What the Orthopods Don't  
Want You to Know, But You  
Already Do**  
*John Dawkins, M.D.*
- 3:55 p.m. **Exercising as We Age: Sports  
Medicine Tips for Keeping Active  
as We Go "Over the Hill"**  
*Jamie Saben, M.D.*
- 4:35 p.m. **2 MINUTES/2 SLIDES/2 QUESTIONS**  
*Bradford Stiles, M.D.*
- 5:15 p.m. **Adjournment**
- 5:30 p.m. **Cocktail Party**



# GENERAL SESSION

## SUNDAY, JUNE 29

7:00 a.m. Registration/Continental Breakfast

9:00 a.m. **Program Overview**

*Heidi Meyer, M.D.*

*SDAFP 2014 Secretary/Treasurer*

9:10 a.m. **Keeping Current With COPD Management**

*Barbara Yawn, M.D., M.S., FAAFP*

10:10 a.m. **Hypertension Update JNC-8**

*Karen Muchowski, M.D.*

10:50 a.m. **Refreshment Break**

11:05 a.m. **Diabetes Update: The Newer Medications and How & When to Use Them**

*Daniel Einhorn, M.D.*

11:45 a.m. **Diabetes: Team Approach to Patient Care**

*Chris Sadler, P.A., M.A., P.A.-C., C.D.E.*

12:25 p.m. **Adjournment**

Please plan to join us  
Saturday June 28, 2014  
5:30 - 6:30 p.m.

## Gala Cocktail Party

*Featuring Renowned Spanish Guitarist, Mario Olivares*

Casual Attire - Admission included with conference fee



## WORKSHOPS

All workshops will take place Sunday, June 29

7:00 a.m. - **Self Assessment Module (SAM) on Chronic Pain**

This workshop will provide the opportunity for all attendees to complete the ABFM SAM-Care of Chronic pain. Please bring your ABFM login & password and laptop/mobile device to this workshop.

*Timothy Munzig, M.D., FAAFP*

7:00 a.m. - **Injection Workshop**

9:00 a.m. This hands-on workshop will train attendees on proper techniques for administering joint injections in the office setting.

*John Dawkins, M.D.*

*Jamie Saben, M.D.*

*Amy Leu, D.O.*

*Alan Shahtaji, D.O.*

7:00 a.m. - **Intro to Osteopathic**

9:00 a.m. **Manipulation**

This hands-on workshop by local and national experts will provide training in manual manipulation skills whether you are a novice or an intermediate needing a refresher.

*Michael Kurisu, D.O.*

*Hollis King, D.O., Ph.D.*

*Jake Fleming, D.O.*

7:00 a.m. - **Supplement Bootcamp**

9:00 a.m. This workshop will provide attendees with to-the-point practical, evidence-based advice to use for 12-20 common conditions/symptoms.

*Lance Fuchs, M.D.*

*Daniel Slater, M.D.*

*Heidi Meyer, M.D.*



Register online at: [www.tinyurl.com/SDAFPCON2014](http://www.tinyurl.com/SDAFPCON2014)

# San Diego Academy of Family Physician's 57th Annual Postgraduate Symposium

June 27 - 29, 2014 Register online at: [www.tinyurl.com/SDAFPCON2014](http://www.tinyurl.com/SDAFPCON2014)

## SYMPOSIUM REGISTRATION AND HOTEL RESERVATION INFORMATION

### SYMPOSIUM REGISTRATION FORM

	Thru June 13	After June 13
AA FP Member & Active Duty Military	\$395	\$445
AAFP Retired Member	\$350	\$400
AAFP Membership ID No. _____		
Check one: <input type="checkbox"/> DO <input type="checkbox"/> MD		
Non-Member	\$450	\$500
Allied Health Professional	\$350	\$400
Check one: <input type="checkbox"/> RN <input type="checkbox"/> NP <input type="checkbox"/> PA <input type="checkbox"/> PHARM		
Resident/Medical Professional		
Course Student*	\$100	\$150
Medical Students Only*	\$75	\$125

\*Special Requirements Apply (See accreditation section of brochure for details.)

#### Friday Luncheon Program

- I will attend (Registration lunch included in reservation fee)
- I request \_\_\_\_\_ additional guest voucher(s) at \$35.00 each for the Friday luncheon lecture

#### Saturday Luncheon Program

- I will attend (Registration lunch included in reservation fee)
- I request \_\_\_\_\_ additional guest voucher(s) at \$35.00 each for the Saturday luncheon lecture

#### Gala Reception

- I will attend (included in reservation fee)
- Total number of Family Members attending: \_\_\_\_\_  
(4 included in reservation fee - \$15.00 for ea. additional person. Children under 5 are free.)

#### Fee Breakdown

Registration \_\_\_\_\_

Late Fee (add \$50 after June 13, 2014) \_\_\_\_\_

Additional Fri. Luncheon Voucher \_\_\_\_\_ X x \$35 = \_\_\_\_\_

Additional Sat. Luncheon Voucher \_\_\_\_\_ X x \$35 = \_\_\_\_\_

Additional Reception tickets \_\_\_\_\_ X x \$15 = \_\_\_\_\_

#### Optional Workshops

June 29th - 7 a.m. - 9 a.m.

SAM - Chronic Pain (7 a.m. - 11 a.m.) \_\_\_\_\_ X x \$75 = \_\_\_\_\_

Joint Injuncton \_\_\_\_\_ X x \$50 = \_\_\_\_\_

Supplement Bootcamp \_\_\_\_\_ X x \$50 = \_\_\_\_\_

Intro to Osteopathic Manipulation \_\_\_\_\_ X x \$50 = \_\_\_\_\_

#### Financial Workshops

June 27th and June 28th - 11 a.m.

Not All Investment Advice is the same no charge \_\_\_\_\_

**Grand Total** \_\_\_\_\_

CHARGE TO:  Visa  MasterCard  Amex  Discover

CREDIT CARD NUMBER \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

FIRST, LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

BUSINESS PHONE \_\_\_\_\_

HOME PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

SPOUSE/GUEST NAME (FOR NAME TAG): \_\_\_\_\_

Please mail OR FAX this form and payment information to:

**San Diego Academy of Family Physicians**

Post Office Box 910144, San Diego, CA 92191

Phone: 858-458-9439 Fax: 858-458-9467

[www.sandiegoafp.org](http://www.sandiegoafp.org)

Register On-line at: [www.tinyurl.com/SDAFPCON2014](http://www.tinyurl.com/SDAFPCON2014)

### HOTEL RESERVATION FORM

**San Diego Academy of Family Physicians  
57th Annual Postgraduate Symposium**

**June 27-29, 2014**

**Paradise Point Resort, San Diego, California**

The **Paradise Point Resort** is a 44-acre island tucked away on gentle Mission Bay, minutes from the heart of downtown San Diego and adjacent to the famous Sea World Adventure Park. This San Diego luxury resort features comfortable, California beach bungalow-style guest rooms amidst lush, tropical gardens and meandering lagoons. Perfect for families, the resort features over 460 guest rooms, including everything from luxury suites, lanai patio rooms, lanai garden rooms, and lanai bayside guest rooms, as well as studio garden suites. You are sure to relax comfortably in our tranquil guest bungalows, featuring breezy patios with striking views. For more information check out our website: [www.paradisepoint.com](http://www.paradisepoint.com).

**Please fax this side of form to the hotel. Other options to reserve a room including calling the number below or going to the hotel website listed below.**

PLEASE PRINT

\_\_\_\_\_  
FIRST, LAST NAME

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
CITY/STATE/ZIP

\_\_\_\_\_  
BUSINESS PHONE

\_\_\_\_\_  
HOME PHONE

\_\_\_\_\_  
EMAIL

ARRIVAL DATE: \_\_\_\_\_ DEPARTURE DATE \_\_\_\_\_

\_\_\_\_\_  
NUMBER IN PARTY

**Special Conference Rates** (plus city occupancy tax):

Single or Double Occupancy  \$249.00/Night

**Reservation Deadline: May 31, 2014. After this date reservations will be taken on a space-available basis only.**

Reservations must be made directly with the resort by calling 1-800-344-2626, or by going to the website listed below, and require one-night's deposit, or you may mail or fax this registration form with payment of your one-night's deposit, by check or credit card. A 72-Hour cancellation notice prior to your arrival date is required to obtain a refund of deposit.

**Complimentary parking, internet access and use of fitness center for overnight guests!**

Please indicate credit card to be used for deposit:

PLEASE INDICATE CREDIT CARD TO BE USED FOR DEPOSIT

Visa  MasterCard  Amex

Discover  Diner's Club

\_\_\_\_\_  
NAME ON CARD

\_\_\_\_\_  
CREDIT CARD NUMBER

\_\_\_\_\_  
EXPIRATION DATE

Please mail OR FAX this form and payment information to:

**Paradise Point Resort**

1404 West Vacation Road

San Diego, California 92109

Reservations: 800-344-2626 Fax: 858-581-5924

Or On-line at: [www.tinyurl.com/SDAFPFM2014](http://www.tinyurl.com/SDAFPFM2014)  
group code is SDAFP14