



19.5 AAFP CME Credits Available!!!

**63rd ANNUAL POSTGRADUATE SYMPOSIUM
FAMILY MEDICINE UPDATE: 2020**

October 2 - 4, 2020

Virtual Program

SAN DIEGO ACADEMY OF FAMILY PHYSICIANS

63rd ANNUAL POSTGRADUATE SYMPOSIUM

Officers of the San Diego Chapter

President and Program Chair - *Maria Carreido-Ceniceros, MD*

President Elect - *Kristin Brownell, MD*

Secretary-Treasurer - *Seth Camhi, M.D.*

Executive Director - *Sabrina Bazzo, MPH*

Rates for Virtual Meeting:2020

	Enrollments Reserved By 9/18/20	Enrollments Reserved After 9/18/20
AAFP Member or Active Duty Military	\$195.00	\$250.00
AAFP Retired Member	\$150.00	\$200.00
Non-Member	\$250.00	\$300.00
Allied Health Professional (RN, NP, PA, PHARM)	\$150.00	\$200.00
Resident/Medical Professional Course*	\$50.00	\$75.00
Medical Students Only**	\$25.00	\$50.00

* 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, link to online syllabus and certificate recognizing course completion.

REFUNDS: A refund, less \$50.00, will be allowed if requested by September 18, 2019.

Accreditation

AAFP This Live activity, SDAFP 63rd Annual Family Medicine Update 2020, with a beginning date of 10/2/2020, has been reviewed and is acceptable for up to 19.5 Prescribed credit(s) 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 Credits™ 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 Credits by the American Osteopathic Association

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

RN: An approved provider by the California Board of Registered Nursing, BRM Provider No. CEP 16914 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: 2020

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/SDAFP20con

PROGRAM

FRIDAY, OCTOBER 2

- 7:45 a.m. **Program Overview/Moderator**
Maria Carriedo-Ceniceros, MD
SDAFP President and Program Chair
- 8:00 a.m. **Responsible Use of Benzodiazepines and How to Taper**
Kai MacDonald, M.D.
- 8:40 a.m. **Menopausal Hormone Therapy: 2020 Update**
Cynthia Stuenkel, M.D.
- 9:20 a.m. **Opening the Window of Opportunity to Optimize Cardiovascular Health in Women**
Cynthia Stuenkel, M.D.
- 10:00 a.m. **Break**
- 10:15 a.m. **Front Lines of Family Medicine Management and Prevention of Influenza in High Risk Patients**
Charles P. Vega Jr, M.D.
- 11:05 a.m. **Irritable Bowel Syndrome: Easing the Patient Burden**
Jeffrey Unger, M.D.
- 11:55 a.m. **Break**
- 12:15 p.m. **Overview of Program/Moderator:**
SDAFP President-Elect, Kristen Brownell, M.D.
- 12:20 p.m. **From Antibodies to Devices: What's New in 2020 for Treatment of Headache**
Christy Jackson, M.D.
- 1:00 p.m. **Adverse Childhood Events (ACES) Influence Adult Health Outcomes, Can We Intervene in Childhood?**
Sheila Gahagan, M.D., M.P.H.
- 1:40 p.m. **Diabetes Management: Putting the Patient First**
Stephen Brunton, MD
- 2:30 p.m. **Break**
- 2:50 p.m. **Epidemic of Fatty Liver Disease in Primary Care: Current Status and Future Direction**
Patrick Sweet, M.D.
- 3:30 p.m. **The Heart of Diabetes Care**
Neelima Chu, M.D., FACE
- 4:10 p.m. **Updates in Alzheimer's Disease: Solutions for Early Identification and Management**
James E. Galvin, M.D., MPH, FANA
- 5:00 p.m. **Adjournment**

SATURDAY, OCTOBER 3

- 7:45 a.m. **Program Overview/Moderator**
Jeff Anthony, D.O.
SDAFP Immediate Past-President
- 8:00 a.m. **ANA Positive: Now What**
Dana Reddy, M.D.
- 8:40 a.m. **Putting the Patient First: Improving Depression Identification and Treatment**
James Sloan Manning, M.D., MRO
- 9:30 a.m. **Current Trends in Nutrition: Macronutrient Diets, Time Restriction and Intuitive Eating**
Alan Shahtaji, D.O., CAQ-SM
- 10:20 a.m. **Break**
- 10:40 a.m. **Behind the Front Lines, A Nephrologist's View of the Hypertension Crusade**
John Videen, M.D.
- 11:20 a.m. **2 Minutes/2 Slides/2 Questions**
Bradford H. Stiles, M.D., FAAFP
- 12:00 p.m. **Break**
- 12:20 p.m. **Legislative Update**
David E. J. Bazzo, M.D.
Lee Ralph, M.D.
- 1:00 p.m. **Overview of Program/Moderator:**
Charles Camarata, MD
- 1:10 p.m. **Watchman and Other LAA Closure Devices for A-Fib**
Daniel Blanchard, MD, FACC
- 1:50 p.m. **Treating Substance Use Disorders in Primary Care**
Aleka Delafield, M.D., ABPM, ASAM
- 2:30 p.m. **Continuing the Discussion on Health Disparities**
Rodney G. Hood, M.D.
- 3:10 p.m. **Break**
- 3:30 p.m. **Stemming the Progression of Diabetic Kidney Disease: The Role of the Primary Care Clinician**
Jeffrey Unger, M.D.
- 4:20 p.m. **Mastering the Athletic Preparticipation Examination**
Elizabeth Williams, D.O.
- 5:00 p.m. **Adjournment**

GENERAL SESSION

SUNDAY, OCTOBER 4

7:45 a.m. **Program Overview/Moderator**

*Seth Camhi, M.D.
SDAFP Secretary Treasurer*

8:00 a.m. **Update in Colorectal Cancer Screening**

Samir Gupta, MD, MSCS, AGAF

8:40 a.m. **Transgender Health - TRANSitioning to Better Health System**

Maja Marinkovic, M.D.

9:20 a.m. **Recent Outbreaks - What You Need to Know**

Eric McDonald, M.D.

10:00 a.m. **Break**

10:20 a.m. **Common Injuries of the Hip and Knee for the Primary Care Provider**

Alexandra R. Myers, D.O.

11:00 p.m. **Implicit Bias and Racism in Medicine**

Melissa Campos, M.D.

11:40 a.m. **Tuberculosis Update**

Patrick Yassini, M.D.

12:20 p.m. **Adjournment**

WORKSHOPS

Sunday, October 4

Additional fee is required. Please see registration form for details.

7:00 a.m. - 10:00 a.m.

Dermoscopy: What Have You Been Missing?

1. Understand benefits of dermoscopy in evaluation of skin lesions.
2. Understand the limitations of dermoscopy.
3. Learn how to properly use a dermoscope.
4. Incorporate dermoscopy into family practice.

Michael Van Buskirk, M.D.

How Does This Work?

Once registered, a secure link to join the meeting will be emailed to you.

Please make sure the electronic device you will be viewing from has a strong internet connection.

Stay tuned for more information to be shared on our website about additional virtual networking events throughout the weekend!!



Virtual Conference!

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