Sports Medicine for the Primary Care Physician: October 2, 2019

7:30-8:00 am  
Registration and Breakfast

8:00-8:40 am  
Prevention and Management of Knee Osteoarthritis  
Bob Kinningham, MD, MA, Associate Professor, Department of Family Medicine, Michigan Medicine

8:40-9:20 am  
Update in Sports Cardiology  
Eugene Chung, MD, Associate Professor, Department of Internal Medicine, Michigan Medicine

9:20-10:00 am  
Learn More to Move More: An Update on Physical Activity Guidelines  
Keri Denay, MD, Assistant Professor, Sports Medicine Fellowship Director, Department of Family Medicine, Michigan Medicine

10:00-10:40 am  
Musculoskeletal Diagnostic Imaging  
Vivek Kalia, MD, MPH, MS, Assistant Professor, Division of Musculoskeletal Radiology, Department of Radiology, Michigan Medicine

10:40-10:50 am  
Break

10:50-11:30 am  
Concurrent Breakout Sessions: Group A  
A1: Evaluation of Knee Pain  
Alan Zakaria, DO, MS, Assistant Professor, Oakland University William Beaumont Hospital, School of Medicine
A-2: Common Pediatric Sports Medicine Injuries  
*Ingrid Ichesco, MD*, Clinical Instructor, Department of Pediatrics, Michigan Medicine

A-3: On-Field Assessment and Management of Injuries  
*M. Anacker, MD*, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

A-4: Evaluation of Shoulder Pain  
*Bob Kiningham, MD, MA*

11:30-11:35 am  
**Break**

11:35 am-12:15 pm  
**Concurrent Breakout Sessions: Group B**

B-1: Evaluation of Knee Pain  
*Alan Zakaria, DO, MS*

B-2: Special Concerns of the Female Athlete  
*Christina Murphy, MD*, Clinical Lecturer, Department of Family Medicine, Michigan Medicine

B-3: Office Fracture Care  
*Ramsey Shehab, MD*, Deputy Chief, Division of Sports Medicine, Department of Orthopedics, Henry Ford Health System

B-4: Evaluation of Shoulder Pain  
*Bob Kiningham, MD, MA*

12:15-1:00 pm  
**Lunch**

1:00-1:40 pm  
**Hot Topics in Sports Medicine**  
*Mark Riederer, MD*, Assistant Professor, Department of Pediatrics, Michigan Medicine

*Rebecca Northway, MD*, Clinical Instructor, Department of Internal Medicine and Pediatrics, Michigan Medicine

1:40-1:45 pm  
**Break**

1:45-2:25 pm  
**Concurrent Breakout Sessions: Group C**

C-1: Evaluation of Hip Pain  
*Miguel Linares, MD*, Assistant Professor, Department of Family Medicine, Michigan Medicine
C-2: Core Strength: How Does It Impact Low Back and Lower Extremity Injuries
Andrea Aagesen, DO, Assistant Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine

C-3: Evaluation and Management of Heat Illness
Rebecca Northway, MD

2:25-2:30 pm  Break

2:30-3:10 pm  Concurrent Breakout Sessions: Group D
D-1: Evaluation of Foot and Ankle Injuries
Kylee Phillips, MD, MBA, Clinical Instructor, Department of Emergency Medicine, Michigan Medicine; Team Physician, University of Michigan Athletic Department

D-2: Strength Training for Health: An Evidence-Based Review with Recommendations
Robert Kiningham, MD, MA

D-3: Pulmonary Problems in Athletes
Speaker TBA

3:10-3:20 pm  Break

3:20-4:00 pm  Concurrent Breakout Sessions: Group E
E-1: Evaluation of Elbow Injuries
Adam Lewno, DO, Assistant Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine

E-2: Case Studies in Concussion Management
Mitchell Odom, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

Jordan Hilgefort, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

E-3: Evaluation and Management of Running Injuries
Erica Martin, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine
Fall Update in Family Medicine: Thursday, October 3, 2019

7:30-8:00 am  Registration and Breakfast

8:00-8:30 am  Updates in Cervical Cancer Screening
*Diane Harper, MD, MPH, MS*, Senior Associate Director, Michigan Institute for Clinical and Health Research; Professor, Department of Family Medicine, Michigan Medicine

8:35-9:05 am  The Use of Cannabinoids to Treat Pain
*Daniel Clauw, MD*, Director, Chronic Pain & Fatigue Research Center; Professor, Departments of Anesthesiology, Internal Medicine and Psychiatry, Michigan Medicine

9:10-9:40 am  Integrative Approaches to Chronic Pain
*Jill Schneiderhan, MD*, Assistant Professor, Department of Family Medicine, Michigan Medicine

9:40-10:00 AM  Break

10:00-10:50 am  Concurrent Breakout Sessions: Group F
F-1: Updates in Cervical Cancer Screening
*Diane Harper, MD, MPH, MS*

F-2: Evidence of the Benefits and Risks of Cannabis and Cannabinoids for Treating Pain
*Daniel Clauw, MD*

F-3: Integrative Approaches to Chronic Pain: Putting It Into Practice
*Jill Schneiderhan, MD*

10:50-10:55 am  Break

10:55-11:45 am  Concurrent Breakout Sessions: Group G
Repeat of Group F sessions

G-1: Updates in Cervical Cancer Screening
*Diane Harper, MD, MPH, MS*

G-2: Evidence of the Benefits and Risks of Cannabis and Cannabinoids for Treating Pain
*Daniel Clauw, MD*

G-3: Integrative Approaches to Chronic Pain: Putting It Into Practice
*Jill Schneiderhan, MD*
11:45-12:30 pm  **Lunch**

12:30-1:00 pm  **Emergence of Lyme Disease in Michigan**  
*Kevin Gregg, MD,* Associate Professor, Department of Internal Medicine, Michigan Medicine

1:05-1:45 pm  **Concurrent Breakout Sessions: Group H**  
**H-1: Diagnosis and Treatment of Lyme Disease**  
*Kevin Gregg, MD*

**H-2: Common Acute Pediatric Urgent Issues Encountered in Primary Care Settings**  
*Andrew Hashikawa, MD,* Associate Professor, Departments of Emergency Medicine and Pediatrics, Michigan Medicine

**H-3: Contraceptive Use**  
*Allison Ursu, MD,* Assistant Professor, Department of Family Medicine, Michigan Medicine

1:50-2:30 pm  **Concurrent Breakout Sessions: Group I**  
*Repeat of Group H sessions*

**I-1: Diagnosis and Treatment of Lyme Disease**  
*Kevin Gregg, MD*

**I-2: Common Acute Pediatric Urgent Issues Encountered in Primary Care Settings**  
*Andrew Hashikawa, MD*

**I-3: Contraceptive Use**  
*Allison Ursu, MD*

2:30-2:45 pm  **Break**

2:45-3:25 pm  **Concurrent Breakout Sessions: Group J**  
**J-1: Hypertension in Children and Adolescents**  
*Anita Hernandez, MD,* Lecturer, Department of Family Medicine, Michigan Medicine

**J-2: Gun Violence and Injury Prevention: The Clinician’s Role**  
*James Peggs, MD,* Professor Emeritus, Department of Family Medicine, Michigan Medicine

**J-3: Approach to Frequent Micturition in Females**  
*Bumsoo Park, MD, PhD,* Assistant Professor, Department of Family Medicine, Michigan Medicine
3:30-4:10 pm  Concurrent Breakout Sessions: Group K
  Repeat of Group J sessions

  K-1: Hypertension in Children and Adolescents
  Anita Hernandez, MD

  K-2: Gun Violence and Injury Prevention: The Clinician’s Role
  James Peggs, MD

  K-3: Approach to Frequent Micturition in Females
  Bumsoo Park, MD, PhD

Fall Update in Family Medicine: Friday, October 4, 2019

7:30-8:00 am  Registration and Breakfast

8:00-8:30 am  Pulmonary Nodules
  Douglas Arenberg, MD, Associate Professor, Department of Internal Medicine, Michigan Medicine

8:35-9:05 am  Irritable Bowel Syndrome: A Practical Approach to Evaluation and Management
  Russ Wasylyshyn, MD, Lecturer, Department of Family Medicine, Michigan Medicine

9:10-9:40 am  Benzodiazepine: The Next Epidemic?
  Daniel Berland, MD, Associate Professor, Department of Internal Medicine, Michigan Medicine

9:40-9:45 am  Break

9:45-10:35 am  Concurrent Breakout Sessions: Group L
  L-1: Pulmonary Nodules
  Douglas Arenberg, MD

  L-2: Expanding the Differential: A Review of Gallbladder Dyskinesia, SIBO and Other Functional Abdominal Disorders
  Russ Wasylyshyn, MD

  L-3: Benzodiazepine Use/Misuse
  Daniel Berland, MD

10:35-10:40 am  Break
10:40-11:30 am  Concurrent Breakout Sessions: Group M
Repeat of Group L sessions

M-1: Pulmonary Nodules
Douglas Arenberg, MD

M-2: Expanding the Differential: A Review of Gallbladder Dyskinesia, SIBO and Other Functional Abdominal Disorders
Russ Wasylyshyn, MD

M-3: Benzodiazepine Use/Misuse
Daniel Berland, MD

11:30 am-12:15 pm  Lunch

12:15-1:15 pm  Interactive Session: Human Trafficking
Christine Medaugh, MD, Clinical Lecturer, Department of Family Medicine, Michigan Medicine

1:20-2:20 pm  Interactive Session: Evaluation of Fatigue
Julie Blaszczak, MD, Academic Fellow, Department of Family Medicine, Michigan Medicine

2:25-3:25 pm  Interactive Session: Topics in Cardiology
James Froehlich, MD, MPH, Professor, Department of Internal Medicine, Michigan Medicine

3:25 pm  Conference adjourns