

Sports Medicine for the Primary Care Physician & Fall Update in Family Medicine

M | MEDICAL SCHOOL
UNIVERSITY OF MICHIGAN
Department of Family Medicine

Holiday Inn | Ann Arbor, MI
October 2-4, 2019

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

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| 7:30-8:00 am | Registration and Breakfast |
| 8:00-8:40 am | Prevention and Management of Knee Osteoarthritis
<i>Bob Kinningham, MD, MA</i> , Associate Professor, Department of Family Medicine, Michigan Medicine |
| 8:40-9:20 am | Update in Sports Cardiology
<i>Eugene Chung, MD</i> , Associate Professor, Department of Internal Medicine, Michigan Medicine |
| 9:20-10:00 am | Learn More to Move More: An Update on Physical Activity Guidelines
<i>Keri Denay, MD</i> , Assistant Professor, Sports Medicine Fellowship Director, Department of Family Medicine, Michigan Medicine |
| 10:00-10:40 am | Musculoskeletal Diagnostic Imaging
<i>Vivek Kalia, MD, MPH, MS</i> , 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
A-1: Evaluation of Knee Pain
<i>Alan Zakaria, DO, MS</i> , 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

Michael Anacker, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

A-4: Evaluation of Shoulder Pain

Bob Kinningham, 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 Kinningham, 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 Kinningham, 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 Hilgfort, 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 Blaszcak, 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**