



2025 Summer CME Conference Schedule

Mars vs Venus: Managing the Terrain

Subject to change

Thursday, August 14			
6:45- 7:25 a.m.	Registration Sign-in/Breakfast/Exhibits		
7:25- 7:30 a.m.	Welcome		
7:30- 9:30 a.m.	OMT, 2 credits – OMT for Headaches: an Anatomy-based Approach to Diagnosis and Treatment	Nathan Barnhurst, DO	
9:30- 9:45 a.m.	Break/Exhibits		
9:45- 11:45 a.m.	OMT, 2 credits – Somatic Dysfunction and Treatment in Runners	Michael L. Cosgrave, DO	
11:45- 1:00 p.m.	Lunch/Exhibits – Sponsored by Physician Wealth Advisors		
1:00- 2:00 p.m.	1 credit – Menopause Management: Hormone Therapy You Can Prescribe with Confidence	Erika Noonan, DO	
2:00- 3:00 p.m.	1 credit – Wound Care and Hyperbaric Medicine	Marc Robins, DO	
3:00- 3:15 p.m.	Break/Exhibits		
3:15- 4:15 p.m.	1 credit – Maximize Revenue When Implementing OMT in Practice	Jennifer Shumway, Medical Practice Consultant	
4:15- 5:15 p.m.	1 credit – Artificial Intelligence (AI) in Medicine	Joseph Kingston, DO	

Friday, August 15			
6:45- 7:25 a.m.	Registration Sign-in/Breakfast/Exhibits		
7:25- 7:30 a.m.	Welcome		
7:30- 8:30 a.m.	1 credit – Reversing Liver Failure and Ulcerative Colitis – Phosphatidylethanolamine N-methyltransferase (PEMT): A treatable Genetic Cause for Mild to Advanced Hepatobiliary Disease	Dan Purser, MD	
8:30- 9:30 a.m.	1 credit – Approach to MASLD/MASH	J. Ray Thomason, MD	
9:30- 9:45 a.m.	Break/Exhibits		
9:45- 10:45 a.m.	1 credit – Serving the Medical Needs of Those Who Served: Military Service Member and Veteran Care	Amie Mower, DO	
10:45- 11:45 a.m.	1 credit – Sharpening the Lens on Postural Orthostatic Tachycardia Syndrome (POTS): Enhancing Autonomic Awareness in Everyday Practice	Nicole Silberfeld, Certified Life, Health and Wellness Coach	
11:45-12:45 p.m.	Lunch/Exhibits – Sponsored by Noorda College of Osteopathic Medicine		
12:45- 1:45 p.m.	1 credit – Empowering Medical Providers: Breaking the Cycle of Expert Witness Exploitation in Personal Injury Lawsuits	Kevin Peterson, Attorney	
1:45- 2:45 p.m.	1 credit – High Risk Condition in the Female Athlete	Brent Pickett, DO	
2:45- 3:00 p.m.	Break/Exhibits		
3:00- 4:00 p.m.	1 credit – Eosinophilic Esophagitis and Barrett's Esophagus	Alan Erdmann, MD	
4:00- 5:00 p.m.	1 credit – Socioeconomics of Medicine and the Impact on Providers	Brian Anderson, MD	

Saturday, August 16			
6:45- 7:25 a.m.	Registration Sign-in, Breakfast/Exhibits		
7:25- 7:30 a.m.	Welcome		
7:30- 8:30 a.m.	1 credit – Allergies and Sinusitis	Glen Porter, MD	
8:30- 9:30 a.m.	1 credit – Student Research Poster Presentations, Sponsored by Physician Wealth Advisors	RVU Students & Noorda Students	
9:30- 9:45 a.m.	Break		
9:45- 11:45 a.m.	2 credits – Expanding Clinical Insight: A Hands-On Introduction to Point-of-Care Ultrasound (POCUS) Using the eFAST Protocol	Michael Rhodes, MD	
Total Credits for the 3-day activity = 20 credits*			



2025 Summer CME Conference Schedule

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7:30 a.m.

OMT for Headaches: An Anatomy-based Approach to Diagnosis & Treatment

Instructor – Nathan Barnhurst, DO

Dr. Nathan Barnhurst is Board certified in Osteopathic Neuro-musculo-skeletal Medicine. He sees patients in the OMM clinic downstairs and teaches OPP. A major career goal for him is to improve access to OMT in Utah by helping docs better incorporate OPP and OMT into their practices. Outside work, he enjoys being a playful dad to his three cute little daughters, and archery hunting big game.

There are several cranial regions where patients commonly demonstrate the pain distribution of their headache. We will look at relevant anatomic structures of each and introduce a rapid evaluation of them to determine which are dysfunctional. I'll demonstrate this exam, then we'll practice it. Then we'll practice the treatments. We'll repeat this process with several headache patterns. Lecture photos will help us visualize the anatomy we'll be affecting. The goal will be for us to practice a relatively easy and fast evaluation and treatment, so our patients are more likely to get treated during the limited time we have with them.

9:45 a.m.

OMT – An Osteopathic Approach to Running Injury

Instructor – Michael Cosgrave, DO and Hawkins Mecham, DO

Dr. Michael Cosgrave completed a residency in Family Medicine and a fellowship in Sports Medicine. In practice he has taken care of athletes at all levels including professional and olympic athletes. He is currently a physician for US Speedskating. He has been teaching clinical skills and osteopathic medicine at Noorda College of Osteopathic Medicine for the past five years.

Dr. Hawkins Mecham is the Program Director for proposed Osteopathic Neuromusculoskeletal Medicine (ONMM) Residency and Assistant Professor of OPP at Noorda COM. He practices OMM in the Noorda-COM Heath Clinic here on campus.

Running is one of the most common forms of aerobic exercise. Unfortunately, approximately half of all people who run regularly will experience an injury every year. Understanding the basic fundamentals of running, how to evaluate a patient with a running injury, and how to apply an osteopathic approach to treatment will be the focus of this presentation.

1:00 p.m.

Menopause Management: Hormone Therapy You Can Prescribe with Confidence

Instructor: Erika Noonan, DO

Dr. Erika Noonan is a board-certified family physician with over 15 years of experience, fellowship-trained in geriatrics and integrative medicine, and a certified menopause provider. She is the founder of Healthspan Utah and has been teaching at Noorda College of Osteopathic Medicine for several years.

Menopausal hormone therapy (MHT) remains the most effective treatment for vasomotor symptoms and genitourinary syndrome of menopause, with additional benefits for bone health. Yet, decades after the WHI, uncertainty persists about who should receive therapy, how to prescribe it safely, and how to address patient concerns about risks. This evidence-based session will review current guidelines, FDA-approved indications, and practical prescribing strategies for



2025 Summer CME Conference Schedule

Mars vs Venus: Managing the Terrain

systemic and local therapies. We will cover risk stratification, route and dose selection, the role of progestogens, special clinical scenarios, and common myths. Attendees will leave with ready-to-use regimens, a streamlined prescribing algorithm, and clear strategies for discussing MHT with patients.

2:00 p.m.

Wound Care and Hyperbaric Medicine

Instructor: Marc Robins, DO

Dr. Marc Robins, DO, MPH, FUHM was the Intermountain Health Senior Medical Director for Wound & Hyperbaric Medicine Shared Services, now retired. He is a Past President of the UHMS and continues as the Chair the Accreditation Council. He was boarded in Hyperbaric Medicine, Aerospace Medicine, Occupational Medicine and Family Practice and retired as a Colonel from the USAF.

A brief description of Wound Care and Hyperbaric specialties with the history of their evolution and requirements for practice.

3:15 p.m.

Maximize Revenue When Implementing OMT in Practice

Instructor: Jenn Shumway

Jenn has worked in private healthcare for over 20 years. Her experience ranges from her start at the front desk to spending the bulk of her career in business management. She has worked with various specialties, including neurology; integrative medicine; sports & regenerative medicine; and osteopathic manual medicine. Jenn has worked to create recognition of ONMM within Utah's health systems.

Utah's healthcare landscape is difficult for any private practice to survive and presents an even greater challenge for ONMM specialists. Jenn shares her experience in working with Utah's hospital and insurance systems to recognize the ONMM specialty, ensure that OMT codes are categorized correctly for insurance benefits, and know how to properly document and bill for treatment so it gets paid.

Instructor:

4:15 p.m.

Artificial Intelligence in Medicine: A Clinician's Guide to Practical and Responsible Use

Instructor: Joseph Kingston, DO

Dr. Joseph Kingston is a physician specializing in Osteopathic Neuromuscular Medicine and an educator at Noorda COM. With dual degrees in computer science and engineering, he integrates AI into his osteopathic practice and teaching. He is passionate about responsible AI and reducing physician burnout.

Artificial Intelligence (AI) is rapidly transforming healthcare, offering tools that can enhance patient care, reduce clinician workload, and improve outcomes. But how can physicians integrate AI responsibly in everyday practice? In this session, Dr. Joseph Kingston—an ONMM specialist with a background in computer science and engineering—shares real-world examples of AI in clinical settings, outlines the benefits and limitations of current tools, and provides a framework for using AI ethically and effectively. Attendees will leave with actionable strategies to incorporate AI in a way that supports, rather than replaces, clinical judgment.



2025 Summer CME Conference Schedule

Mars vs Venus: Managing the Terrain

Friday, August 15, 2025

7:30 a.m.

Reversing Liver Failure and Ulcerative Colitis – Phosphatidylethanolamine N-methyltransferase (PEMT): A treatable Genetic Cause for Mild to Advanced Hepatobiliary Disease

Instructor: Dan Purser, MD

Physician 38 years. Member of the UMA, AAFP. Has served as state medical director over geriatrics and 15 years as the Utah County Medical Association representative. He changed several laws in Utah to help physicians. Has designed and manufactured supplements for 30+ years for all the major companies in Utah (Young Living, Doterra, NuSkin, etc) and many elsewhere (DFH, etc). Written 31 books — 17 have been #1 on Amazon. He has a book on genetics that was #1 overall on Amazon for two years. Currently, he has 8,000 patient cohorts for fibromyalgia on Facebook. And he has two new books he is currently working on.

PEMT, a relatively newly discovered genetic disorder strongly linked to numerous hepatobiliary diseases (SIBO, gallbladder disease, NAFLD, NASH, pancreatitis, Ulcerative Colitis, Crohn's Disease), is essentially a failure to make phosphatidylcholine. We've treated hundreds of patients with exceptional responses, using our VARS Glutathione (only patented oral glutathione in the world) which contains phosphatidylcholine (as part of the liposome) which we believe rejuvenated the hepatocytes and removes scar tissue. We also use Seeking Health Optimal PC for 420 mg of phosphatidylcholine 1-4/day for extra therapy when needed. Last year we got 12 people off liver transplant lists and will have many more this year. Details explained.

8:30 a.m.

The Critical Role of Community Provider's Identification and Management of Liver Disease

Instructor: J. Ray Thomason, MD

Dr. Ray Thomason, a board-certified Transplant Hepatologist and Associate Professor with University of Utah Health, has been involved in liver care and transplant in Utah since 1986. Now focused on educational outreach, he shares expertise in chronic liver disease, liver cancer, and transplant management with community providers and hospitalists.

How to identify liver disease using hx, px, labs and imaging Natural hx of liver disease New terminology for most common liver disease Compensated vs. Decompensated Cirrhosis Who and when to work up for HCC When to refer for hepatology or transplant consultation Management of hospitalized decompensated patients

9:45 a.m.

Serving the Medical Needs of Those Who Served: Military Service Member and Veteran Care

Instructor: Amie Mower, DO

Dr. Amie Mower is an Osteopathic Family Physician and a proud Army Veteran. After graduating from KCU-COM in 2012, she served 7 years on active duty as an Army physician. From 2019-2023 she worked at Mason Health, a rural healthcare system in Washington. She moved to Utah in 2023 and joined Noorda-COM as Assistant Faculty in the Clinical Sciences Department in 2024.

This presentation provides a general overview of how civilian physicians can better understand and support the medical needs of military service members, veterans, and their families. These populations often navigate complex healthcare systems and face unique clinical challenges. While policies governing access to non-military or non-VA care (such as TRICARE and VA Community Care) are covered in broad terms, the focus remains on equipping providers with practical awareness rather than exhaustive policy interpretation, given the frequent changes within these systems. By the end of this session, participants should have a clearer understanding of the military-affiliated patient experience, some of the care pathways that may apply, and how to serve as a trusted provider for this deserving population within the civilian healthcare system.



2025 Summer CME Conference Schedule

Mars vs Venus: Managing the Terrain

10:45 a.m.

Sharpening the Lens on Postural Orthostatic Tachycardia Syndrome (POTS): Enhancing Autonomic Awareness in Everyday Practice

Instructor: Nicole Silberfeld

Nicole Carvalho Silberfeld is a Honolulu-based TV newscaster and health and wellness educator specializing in POTS and chronic illness resilience. In addition to her on-air reporting role, she brings experience in clinical program development and board-approved health coaching. Nicole bridges lived experience with medical insight to help healthcare providers better recognize and support patients with complex, often invisible, autonomic conditions.

This session offers a clinician-focused look at Postural Orthostatic Tachycardia Syndrome (POTS) and related autonomic conditions. Drawing from both lived experience and professional collaboration, the presentation highlights patterns of symptom presentation, barriers to timely diagnosis, and practical strategies for improving clinical recognition. Attendees will explore real-world cases, communication tools, and diagnostic cues to strengthen confidence in identifying autonomic dysfunction—particularly in patients whose symptoms fall outside conventional frameworks. The session emphasizes enhancing, not overhauling, clinical practice by introducing a more nuanced, patient-informed perspective.

12:45 p.m.

Empowering Medical Providers: Breaking the Cycle of Expert Witness Exploitation in Personal Injury Lawsuits

Instructor: Kevin Peterson, Attorney

Kevin is trial attorney handling catastrophic injury cases in NV and UT. He began his career as a judicial law clerk, then as a medical malpractice defense attorney. Kevin now advocates for human-victims who have been injured by no fault of their own. He offers physicians practical legal insights from both sides of the courtroom.

Access to justice and/or an attorney is a huge barrier for nearly every person who finds themselves facing legal issues. That's true, even for injured victims who were hurt by no fault of their own. The victims did not choose to be hurt; and most often when the victim reaches out to the person they trust the most with their health, the medical providers, the medical providers shut the door in their face. The medical providers don't see the repercussions. Their doors are shut. But I do, as a caring, compassionate advocate. So I'm here to empower you all to never shut the door on an injured patient out of fear of litigation, and certainly not out of fear of not getting fairly compensated for your valuable time. I'm here to give you knowledge, and therefore power, to use against any attorney who uses their subpoena power to force you into court, and then attempts to say "you're testifying as a fact-witness." Fact-witnesses get \$40 for the entire day. Expert-witnesses, i.e., treating medical providers, charge between \$400 and \$600 per hour when called to testify in litigation. I want to make sure our medical providers are recognized and fairly valued in our society.



2025 Summer CME Conference Schedule

Mars vs Venus: Managing the Terrain

1:45 p.m.

High Risk conditions in the Female Athlete

Instructor: Brent Pickett, DO

Dr. Brent Pickett graduated from Utah State University and subsequently attended Kirksville College of Osteopathic Medicine for medical school, graduating in 2017. He completed a family medicine residency at Memorial Hospital in South Bend, Indiana and subsequently completed a primary care sports medicine fellowship at Duke University in Durham, North Carolina. Since that time, he has been employed by Intermountain health, practicing in Logan, Utah and providing coverage for division one sports teams at Utah State University and local high schools.

Presentation will base around two high risk conditions in younger, physically, active female athletes: relative energy deficiency in sport syndrome (REDS) and ACL injury with a discussion on diagnosis, management, and treatment/prevention.

3:00 p.m.

Esophageal Disorders

Instructor: Alan Erdmann, MD

Dr. Alan Erdmann is a Springville native, alum of Duke University Medical school 2013, Duke Internal Medicine Residency 2016, and UNC Carolinas Medical Center Gastroenterology Fellowship 2019. He has been in clinical practice at Revere Health since 2019 where he is the department chair of gastroenterology. He also serves as the medical executive committee president at IHC Spanish Fork Hospital.

Overview of the pathophysiology, risks factors, natural history, diagnosis, and treatment of Eosinophilic Esophagitis and Barrett's Esophagus

4:00 p.m.

Socioeconomics of Medicine and the Impact on Providers

Instructor: Brian Anderson, MD

Dr. Brian Anderson attended medical school at OHSU in Portland, Oregon. He completed neurosurgery residency at Penn State where he completed 2 CAST fellowships, a master's degree in healthcare administration and served as the CSNS socioeconomic fellow. He practices in both Utah and Illinois, heavily focused on functional neurosurgery, with an emphasis on access for underserved populations.

This lecture provides a brief overview of many key reimbursement considerations that exist within healthcare. The discussion covers public versus private payer systems and CMS services, including how physician work is assessed and valued. The better physicians understand the delivery and financing of healthcare, the more efficient they can be at providing patient care. Efficient care should result in better outcomes with less financial requirement, which helps to control out-of-control spending. Physician education tends to be lacking when it comes to the business of medicine, and physicians should be at the forefront providing leadership rather than at the mercy of administrators and insurance companies.



2025 Summer CME Conference Schedule

Mars vs Venus: Managing the Terrain

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7:30 a.m.

Allergies and Sinusitis

Instructor: Glen Porter, MD

Dr. Glen Porter graduated from Georgetown Medical school and completed a residency in Otolaryngology, Head & Neck Surgery at the University of Texas Medical Branch. He subsequently became a fellow of the American Academy of Otolaryngology and obtained an additional board certification in Sleep Medicine. He has practiced ENT, Allergy and Sleep in American Fork since 2009.

Overview of inhalant allergy, it's diagnosis and treatment as well as recurrent and chronic sinusitis.

8:30 a.m.

Student Research Posters

9:45 a.m.

Point of Care Ultrasonography, Part I and II

Instructor: Michael Rhodes, MD

Dr Rhodes is the Associate Dean for Clinical Affairs, Professor of Family Medicine and Course Director for POCUS at Noorda COM. Dr Rhodes practiced full-spectrum, Inpatient and Outpatient Family Medicine w/OB, with Intermountain Health and served as faculty and Program Director at the Utah Valley Hospital Family Medicine Residency where he developed a passion for POCUS and it's uses in and out of the hospital setting.

Many physicians remain unfamiliar with the practical use and integration of point-of-care ultrasound (POCUS) in clinical decision-making, especially as newer handheld devices become more accessible. This session addresses the knowledge and skill gap in applying POCUS using a standardized protocol (eFAST) that can be adapted for various clinical scenarios beyond trauma care.