



# 2023 Annual CME Conference Schedule

## Ages & Stages – Living a Life with Passion

Subject to change

<b>Thursday, August 10</b>			
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 – OPP for Pediatric Ages	Chris Edwards, DO	
9:30- 9:45 a.m.	<i>Break/Exhibits</i>		
9:45- 11:45 a.m.	OMT, 2 credits – OPP for Geriatric Ages	Chris Edwards, DO	
Noon- 1:00 p.m.	<i>Lunch/Exhibits</i> – Sponsored by Physician Wealth Advisors & Noorda COM		
1:00- 2:00 p.m.	1 credit – AOA Board Certification Renewal	Kevin Duke, DO	
2:00- 3:00 p.m.	1 credit – Optimize Your Documentation to Improve Your Bottomline	Cynthia Penkala, CMM AOA Physician Services	
3:00- 3:15 p.m.	<i>Break/Exhibits</i>		
3:15- 4:15 p.m.	1 credit – Providing Accessible Care to Patients with Disabilities	Michelle Chan, PhD	
4:15- 5:15 p.m.	1 credit – Cancer Screening Options	Judith Moore, DO	
5:15- 6:00 p.m.	Networking Mix and Mingle Hor d'oeuvres – Sponsored by Physician Wealth Advisors		

<b>Friday, August 11</b>			
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 – Updates in Epilepsy	Amir M. Arain, MD	
8:30- 9:30 a.m.	1 credit – Medical Cannabis Treatment Basics: The Endocannabinoid System and Evidence-based Guidance	Matthew McIlff, MD	
9:30- 9:45 a.m.	<i>Break/Exhibits</i>		
9:45- 10:45 a.m.	1 credit – The Unintended Consequences of Wellness Culture and Weight-Focused Healthcare	Janae Decker, MPH, RD, CSOWM	
10:45- 11:45 a.m.	1 credit – Hand Disorders Through the Ages	Travis Peterson, DO	
11:45-12:45 p.m.	<i>Lunch, UOMA Business Meeting</i> – Sponsored by Evexias		
12:45- 1:45 p.m.	1 credit – Aging Skin	Warren Peterson, DO	
1:45- 2:45 p.m.	1 credit – Brain Aging – Evaluate and Prevent or Slow Progression	Aling Fong, PhD	
2:45- 3:00 p.m.	<i>Break/Exhibits</i>		
3:00- 4:00 p.m.	1 credit – Early Identification and Diagnosis of Axial Spondyloarthritis	Matthew Stoll, MD, PhD, MSCS	
4:00- 5:00 p.m.	1 credit – Heart Health and Hormones – HRT or Not?	Toby Paulson, DO	

<b>Saturday, August 12</b>			
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 – Regenerative Medicine	Steven E. Warren, MD	
8:30- 9:30 a.m.	1 credit – Student Research <i>Poster Presentations</i> , <i>Sponsored by</i>	RVU Students & Noorda Students	
9:30- 9:45 a.m.	<i>Break</i>		
9:45- 10:45 a.m.	1 credit – 2023 Urology and Men's Health Update	Lane C. Childs, MD	
10:45- 11:45 a.m.	1 credit – Resolving Fibromyalgia	Dan Purser, MD	
Adjourn	<i>Total Credits for the 3-day activity = 20 credits*</i>		

\*The Utah Osteopathic Medical Association is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The Utah Osteopathic Medical Association designates this program for a maximum of 20 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.  
 \* This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Utah Medical Association through the joint sponsorship of the UMA Foundation and the Utah Osteopathic Medical Association. The UMA Foundation is accredited by the Utah Medical Association to provide continuing medical education for physicians. The UMA Foundation designates this live activity for a maximum of 20 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



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#### Thursday, August 10, 2023

##### **OMM Approach for Pediatric Ages**

Instructor – Dr. Chris Edwards, D.O.

The goal of this session is to provide a framework for applying the osteopathic principles to the care of pediatric patients with considerations to anatomy and physiology. We will discuss appropriate OMM treatment modifications for a pediatric patient.

##### **OMM Approach for Geriatric Ages**

Instructor – Dr. Chris Edwards, D.O.

The goal of this session is to provide a framework for applying the osteopathic principles to the care of geriatric patients with considerations to anatomy and physiology, including physiology of aging. We will discuss appropriate OMM treatment modifications for a geriatric patient.

##### **AOA Board Certification Renewal**

Instructor: Kevin Duke, DO

The renewal process is in constant flux. We will discuss what is new, what is required and how to navigate the system?

##### **Coding 101 - Optimize Your Documentation to Improve Your Bottom Line.**

Instructor: Cynthia Penkala,

There's nothing more frustrating than not getting credit for work performed. Physicians often leave large amounts of compensation on the table, because even though services were provided, insurance payers do not recognize the work due to suboptimal documentation. This seems to be the trend today. This presentation will provide a refresher on the revenue cycle fundamentals and the basics of coding and billing. It will also stress the role your documentation plays within the revenue cycle process. Putting this all together to show the importance of defensible documentation can have on your bottom line.

##### **Providing Accessible Care to Patients with Disabilities**

Instructor: Michelle Chan, PhD

This presentation will describe disparities in healthcare experience by people with disabilities and recognize barriers people with disabilities face when accessing healthcare preventative services. Learn strategies and approaches to provide competent care to patients with disabilities.

##### **Are these Tests on Your Radar?**

Instructor: Judith Moore, DO

Various imaging, blood, stool, saliva, and urine testing that can help with answers to “Why isn't my patient getting better? Or What can I do when my patient refuses a mammogram or colonoscopy?”

#### Friday, August 11, 2023

##### **Updates in Epilepsy**

Instructor: Amir Adain, MD

I will be discussing the current updates in clinical epilepsy; incidence, treatment options )medical and surgical and SUDEP.

##### **Medical Cannabis Treatment Basics: The Endocannabinoid System and Evidence-based Guidance**

Instructor: Matthew McIff, MD

The need is great to educate medical providers in its utility, dosing, administration, and side effects. It will start with the physiology of the endocannabinoid system and then discuss evidence-based guidance for cannabis therapy. Emphasis on the role of medical providers in patient selection, monitoring, and guidance.



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#### **The Unintended Consequences of Wellness Culture and Weight-Focused Healthcare**

Instructor: Janae Decker, MPH, RD, CSOWM

Women and Men are presenting more frequently in the office with dysfunctional body image. Join the discussion in to ways to have the conversation with your patients and providing the guidance and therapies needed to make a difference for these patients.

#### **Hand Disorders**

**Instructor: Travis Peterson, DO**

A review of several hand problems common to various ages and stages of life. History, diagnosis, and treatment modalities will be discussed.

#### **The Aging Skin**

Instructor: Warren Peterson, DO

General Information on Dermatoheiosis; amelioration and billable codes; and Geriatric Cosmesis. What to watch for and the treatment regimens.

#### **Brain Aging – Evaluate to Prevent or Slow Progression**

**Instructor: Alina K. Fong, PhD**

Research on

#### **Early Identification and Diagnosis of Axial Spondyloarthritis**

Instructor: Matthew Stoll, MD

Axial spondyloarthritis (also known as ankylosing spondylitis) is an often-overlooked cause of chronic back pain and a diagnostic delay of several years is common. As non-rheumatology healthcare professionals, you will be educated on clinical features that suggest the presence of axial spondyloarthritis as well as the involvement of the intestinal microbiota.

#### **Heart Health and Hormones – Hormone Replacement Therapy or Not, that is the question.**

Instructor: Toby Paulson, DO

Synopsis of sex hormone effect on the cardiovascular system review recommendation for replacing hormones and its effects on the body and CG system.

### **Saturday, August 12, 2023**

#### **Regenerative Medicine – The Current and the Future**

Instructor: Steven E. Warren, MD

A review of regenerative medicine reviewing some of the common procedures now being practiced and then looking toward the future in this arena. A review of PRP, stem cell injections, peptides, and current practices. A discussion about new procedures in regenerative medicine and review of the regulatory battles.

#### **Student Research Posters**

Elite student research projects presented by students of Rocky Vista University-Utah Southern Campus College of Osteopathy Medicine and Noorda College of Osteopathic Medicine.

#### **2023 Urology and Men's Health Update**

Instructor: Lane Childs, MD

Overview of proper screening tests, current treatments practices and options for care of men's health issues including ED, hormone therapy questions, cancer factors, and kidney stone issues.



## 2023 Annual CME Conference Schedule

### **Ages & Stages – Living a Life with Passion**

#### **Resolving Fibromyalgia -- Cause and Effects, and Symptoms Explained**

Instructor: Dan Purser, MD

Copper Overload occurs because of specific identified genetic single nucleotide polymorphisms (snps), key nutritional deficiencies, and the modern diet which is excessively high in copper thus causing the fibromyalgia symptoms. Patients with fibromyalgia, in a number of studies, have shown this is familial, they suffer from excessively high levels of copper, and when these levels are reduced their symptoms resolve.