



HARVARD
MEDICAL SCHOOL

Beth Israel Deaconess
Medical Center

ANNUAL UPDATE IN INTERNAL MEDICINE | 2020

DEC. 6-12, 2020



More than 80 interactive lectures, case-based reviews and ask-the-experts sessions led by the foremost authorities in:

- Cardiology
- Common orthopedic conditions
- COVID-19
- Endocrinology
- ENT and ophthalmology
- Gastroenterology
- Hematology
- Hepatology
- Infectious diseases
- Leadership in medicine
- Medical and surgical management of obesity
- Nephrology
- Neurology
- Oncology
- Opiates for chronic pain
- Pulmonary diseases
- Psychiatry
- Rheumatology
- Sleep deprivation

CME for Internists, Family Physicians, Medical Specialists, NPs and PAs

UPDATES, ADVANCES AND BEST PRACTICES TO OPTIMIZE PATIENT CARE IN ALL AREAS OF INTERNAL MEDICINE

UNDER THE LEADERSHIP OF:

Sanjiv Chopra, MD, MACP | Martin J. Abrahamson, MD, FACP | Mark L. Zeidel, MD

Register at UpdateInternalMedicine.com

EARN UP TO:

52.50 AMA PRA Category 1 Credits™

52.50 ECMECs®

55.25 ABIM MOC Points

10.50 Risk Management Credits, including .75 Credits of Opioid Education and Pain Management Training and .50 Credits of End-of-Life Care Education

50.50 Prescribed Credits by the American Academy of Family Physicians

FACULTY

Dear Colleague,

The world of internal medicine is changing at a faster pace than ever before. The practicing physician faces ever-increasing challenges to keep abreast with these changes in order to provide state-of-the-art care for patients. It's with these challenges in mind that we developed this program to provide you with updates, advances and best practices to optimize patient care in all areas of medicine.

Our course will cover all the major subspecialties, including cardiology, endocrinology, ENT and ophthalmology, gastroenterology, hematology, hepatology, infectious diseases, nephrology, neurology, oncology, pulmonary diseases, psychiatry and rheumatology, and includes a number of special symposia and keynote lectures on important topics in medicine.

Hot-off-the-press emerging topics will also be addressed, arming you with the latest information.

And to ensure access to CME opportunities during the ongoing COVID-19 pandemic, this program is now being live streamed providing an opportunity for everyone to attend and eliminating the need to travel.

Our outstanding senior faculty, from one of the premier medical institutions in our country, will cover these topics through innovative lectures, symposia, live demonstrations, ask-the-experts sessions and case-based "challenges" using the Audience Response System to anonymously test your knowledge in the different areas of medicine and compare it with that of your peers.

Whether you are preparing for certification or recertification in internal medicine or planning to attend to improve your knowledge, we are certain you will find this course most informative and inspiring and you will come away with new skills and knowledge that will help your patients lead healthier and happier lives.

We hope you will join us in December!

With best wishes,

Sanjiv Chopra, MD, MACP, Martin J. Abrahamson, MD, FACP, and Mark L. Zeidel, MD

Harvard Medical School Course Directors

Sanjiv Chopra, MD, MACP



Professor of Medicine
Harvard Medical School
Co-Director, Division of
Continuing Education
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Medical Center
Editor-in-Chief
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UpToDate

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Herrman Ludwig
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Medicine
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Chair, Department of
Medicine
Beth Israel Deaconess
Medical Center

Guest Faculty

Ron L. Alterman, MD
Marianne Brandon, PhD, IF
Louis R. Caplan, MD
Joseph DeAngelis, MD
Frank J. Domino, MD
Susan Feeney, DNP, FNP-BC
Patricia E. Greenstein, MD
Charles J. Hatem, MD
Marissa Heller, MD
Chris Herren
Hester Hill Schnipper, LICSW, OSW-C
Daniel B. Jones, MD, MS, FACS
Ralph B. Metson, MD
Abraham Morgentaler, MD, FACS
Kerry L. O'Brien, MD
Edward M. Phillips, MD
Daniel Press, MD
Arun J. Ramappa, MD
Robert Stickgold, PhD
Alexandra M. Stillman, MD
Ajith J. Thomas, MD
Jae Young You, MD

Harvard Medical School/Beth Israel Deaconess Department of Medicine Faculty

Nezam H. Afdhal, MD
Asha Anandaiah, MD
Fadi Badlissi, MD, MSc, RhMSUS
Kenneth A. Bauer, MD
Richard S. Beaser, MD
Mark D. Benson, MD, PhD
Alan Bonder, MD
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Brett J. Carroll, MD
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Michael P. Curry, MD
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B. Lachlan Forrow, MD
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Howard S. Gold, MD
Robert Hallowell, MD

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Ruvandhi Nathavitharana, MD, MPH
Duane S. Pinto, MD, MPH
Simon C. Robson, MD, PhD, FRCP
Harold N. Rosen, MD
Lowell E. Schnipper, MD
Richard M. Schwartzstein, MD
Robert H. Shmerling, MD
Gerald W. Smetana, MD, MACP
Robert C. Stanton, MD
Nadine M. Tung, MD
Peter J. Zimetbaum, MD

COMPREHENSIVE REVIEW OF INTERNAL MEDICINE

This course offers new and returning attendees the opportunity to stay current with annual advances across every major area of general medicine. Designed by and for clinicians, the curriculum focuses on state-of-the-art approaches to the challenges you face and the best ways to apply these approaches to your practice.

Reasons to Attend

Internists, medical specialists, physicians, PAs and NPs from around the world attend this intensive course for updates, advances and best practices to optimize screening, diagnosis and management of patient care in all areas of medicine, including:

- Cardiology
- Common orthopedic conditions
- COVID-19
- Endocrinology
- ENT and ophthalmology
- Gastroenterology
- Hematology
- Hepatology
- Infectious diseases
- Leadership in medicine
- Medical and surgical management of obesity
- Nephrology
- Neurology
- Oncology
- Opiates for chronic pain
- Pulmonary diseases
- Psychiatry
- Rheumatology
- Sleep deprivation

Engaging Sessions with Prominent Experts

Our outstanding faculty, recognized as experts in the field, will teach you how to incorporate the latest tests and tools into your practice. We will discuss challenging cases and treatments and give you ample opportunity to ask questions of and interact with leading experts. Course material will be presented in a distraction-free environment through formats that include:

- Innovative lectures
- Valuable case-based sessions
- Live demonstrations
- Question-and-answer panels
- Interactive discussions

WHO SHOULD ATTEND?

Clinicians seeking a useful and comprehensive review that ensures they are up to date across all major fields in medicine. This includes:

- Internists
- Family medicine physicians
- Medical specialists
- PAs
- Nurse practitioners
- Physicians preparing for the recertification examination or internal medicine boards
- Other medical professionals interested in refreshing their knowledge

Learning Objectives

1. Integrate new knowledge and research findings into the evaluation and treatment of common and uncommon medical disorders.
2. Apply up-to-date screening recommendations for breast, ovarian, lung, colon and prostate cancer.
3. Treat patients with or at risk for diabetes.
4. Interpret liver function tests and understand advances made in the treatment of infectious hepatitis.
5. Develop strategies to prevent and/or treat atherosclerotic cardiovascular disease.
6. Provide state-of-the-art care to patients with a wide range of disorders commonly seen in the primary care provider's practice.
7. Identify strategies to optimize the impact of lifestyle interventions in the treatment of obesity.
8. Inform and inspire colleagues to prevent burnout and lead in effective ways.

Register at UpdateInternalMedicine.com

REGISTRATION INFORMATION

TUITION FEES

Update in Internal Medicine	Fee
Livestream	\$1285
Video recordings (one year of access)	\$250

Fees are shown in USD. The course will be presented in its entirety and includes real-time audience-response questions and interactive Q&A sessions allowing you to pose specific questions to our expert faculty via online chat. All livestream sessions are eligible for *AMA PRA Category 1 Credits™* and ABIM MOC points, as well as other relevant CME credits.

GENERAL INFORMATION

Registration, Payment, Confirmation and Refund Policy

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at UpdateInternalMedicine.com.

At the end of the registration process, a \$10 non-refundable processing fee will be added to your registration. Credit card payments are accepted (Visa, MasterCard, or American Express). Postal, telephone, fax, and cash-payment registrations are not accepted. All fees are shown in USD.

Upon receipt of your paid registration, an email confirmation will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks before the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks before. "No shows" are subject to the full course fee and no refunds will be issued once the course has started.

Questions? By phone: 617-384-8600 Monday-Friday, 9:00am to 5:00pm (ET), or by email at: CEPrograms@hms.harvard.edu.

Accreditation

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 52.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM Maintenance of Certification

Successful completion of this CME activity enables the participant to earn up to 52.50 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.

American Academy of Family Physicians Accreditation

This live activity, Update in Internal Medicine 2020, with a beginning date of 12/6/2020, has been reviewed and is acceptable for up to 50.50 Prescribed Credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse Practitioners and Registered Nurses

For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept *AMA PRA Category 1 Credit™* issued by organizations accredited by the Accreditation Council for Continuing Medical Education (ACCME). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for relicensure.

Physician Assistants

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for relicensure.

Risk Management

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 10.50 credits of Risk Management Study. This includes .75 Credits of Opioid Education and Pain Management Training and .50 Credits of End-of-Life Education. Please check with your individual state licensing board before claiming Risk Management Credits.

Canadian and European Accreditation

Please visit UpdateInternalMedicine.com/Accreditation for details.

Disclaimer

CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

Program changes/substitutions may be made without notice. To view the most up-to-date agenda, please visit the course website.

COURSE SCHEDULE

Your questions will be answered in real-time during each presentation in addition to dedicated Q&A sessions that are noted on the agenda.

Sunday, Dec. 6, 2020

7:50am – 8:00am

Introduction and Welcome

ONCOLOGY

8:00am – 8:45am

Assessment and Management of Breast and Ovarian Cancer Risk: An Update*

Nadine M. Tung, MD

8:45am – 9:25am

Prostate Cancer: An Update

Marc B. Garnick, MD

9:25am – 9:35am

Break

9:35am – 10:00am

How We Think About and Manage Breast Cancer in 2020*

Steven E. Come, MD

10:00am – 10:40am

Update on Lung and Colorectal Cancer

Steven E. Come, MD

10:40am – 11:00am

Break and Rejuvenation Exercises*

11:00am – 11:40am

Oncology: Challenging Cases with Your Participation

Lowell E. Schnipper, MD

11:40am – 11:50am

Oncology Q&A

Lowell E. Schnipper, MD

11:50am – 12:50pm

Lunch Break

SPECIAL LECTURES

12:50pm – 1:30pm

What's Ahead When Cancer Is in the Rearview Mirror?*

Lowell E. Schnipper, MD

Hester Hill-Schnipper, LICSW, OSW-C

1:30pm – 2:15pm

Coronavirus: Lessons Learned and Future Directions

Howard S. Gold, MD

2:15pm – 2:35pm

Break and Rejuvenation Exercises*

RHEUMATOLOGY

2:35pm – 3:10pm

Gout: The King of Diseases

Fadi Badlissi, MD, MSc, RhMSUS

3:10pm – 3:45pm

Diagnostic Tests in Rheumatic Disease: What's Old, What's New and What's Useful

Robert H. Shmerling, MD

3:45pm – 3:55pm

Break

3:55pm – 4:30pm

Rheumatoid Arthritis: What the PCP Needs to Know

Lisa M. Fitzgerald, MD

4:30pm – 5:10pm

Rheumatology: Challenging Cases with Your Participation

Robert H. Shmerling, MD

5:10pm – 5:20pm

Rheumatology Q&A

Robert H. Shmerling, MD

Monday, Dec. 7, 2020

6:50am – 7:00am

Guided Meditation*

ENDOCRINOLOGY

7:00am – 7:40am

Osteoporosis Management in the Era of Limited Resources

Harold N. Rosen, MD

7:40am – 8:25am

Treatment of Type 2 Diabetes 2020: Getting to Goal Safely and Reducing Cardiovascular Risk

Martin J. Abrahamson, MD, FACP

8:25am – 8:35am

Break

8:35am – 9:20am

Advancing to Insulin Replacement Therapy: When, Why and How

Richard S. Beaser, MD

9:20am – 10:00am

Problems in Thyroid Disease

James V. Hennessey, MD

10:00am – 10:20am

Break and Rejuvenation Exercises*

10:20am – 11:10am

Sexual Dysfunction in Men and Women*

Abraham Morgentaler, MD, FACS
Marianne Brandon, PhD, IF

11:10am – 11:15am

Break

11:15am – 11:55am

Endocrinology: Challenging Cases with Your Participation

Martin J. Abrahamson, MD, FACP

11:55am – 12:05pm

Endocrinology Q&A

Martin J. Abrahamson, MD, FACP

12:05pm – 1:05pm

Lunch Break

1:05pm – 1:50pm

KEYNOTE LECTURE

From Addiction to Recovery and Wellness*

Chris Herren

GASTROENTEROLOGY AND HEPATOLOGY

1:50pm – 2:35pm

Laboratory Tests and Diagnostic Procedures in Liver Disease: Adventures in Liverland

Sanjiv Chopra, MD, MACP

2:35pm – 2:55pm

Break and Rejuvenation Exercises*

2:55pm – 3:40pm

Chronic Diarrhea: Practical Pointers

Adam S. Cheifetz, MD

3:40pm – 4:25pm

Celiac Sprue: Protean Manifestations

Ciarán P. Kelly, MD

4:25pm – 4:35pm

Break

4:35pm – 5:15pm

Gastroenterology and Hepatology: Challenging Cases with Your Participation

Sanjiv Chopra, MD, MACP

5:15pm – 5:25pm

Gastroenterology and Hepatology Q&A

Sanjiv Chopra, MD, MACP

Ciarán P. Kelly, MD

Tuesday, Dec. 8, 2020

6:50am – 7:00am

Guided Meditation*

SPECIAL SYMPOSIUM: MEDICAL AND SURGICAL MANAGEMENT OF OBESITY: WHAT THE PCP NEEDS TO KNOW

7:00am – 7:40am

Exercise Prescription: Promoting Physical Activity in You and Your Patients*

Edward M. Phillips, MD

* Qualifies for Risk Management Credits

✦ Optional Wellness Activity

7:40am – 8:20am
**Motivational Interviewing:
A Proven Approach for
Weight Loss**

Frank J. Domino, MD

8:20am – 8:30am
Break

8:30am – 9:05am
**Medical Management of Obesity:
What the PCP Needs to Know***

Jody Dushay, MD, MMSc

9:05am – 9:40am
**Surgical Treatment of Obesity:
Procedures Outcomes and a
Patient's Perspective**

Daniel B. Jones, MD, MS, FACS

9:40am – 10:00am
**Break and Rejuvenation
Exercises***

ASK THE EXPERTS: NEUROLOGY

10:00am – 11:05am
Ask the Experts: Neurology

Patricia E. Greenstein, MD

Daniel Press, MD

Louis R. Caplan, MD

11:05am – 11:10am
Break

**SPECIAL SYMPOSIUM:
HEPATOLOGY**

11:10am – 11:45am
Complications of Cirrhosis*

Alan Bonder, MD

11:45am – 12:30pm
Global Elimination of HCV

Michael P. Curry, MD

12:30pm – 1:30pm
Lunch Break

1:30pm – 2:10pm
Hepatitis B: Recent Advances

Nezam H. Afdhal, MD

2:10pm – 2:50pm
**Nonalcoholic Steatohepatitis:
Assessing Severity and
Optimizing Management**

Sanjiv Chopra, MD, MACP

2:50pm – 3:10pm
**Break and Rejuvenation
Exercises***

NEPHROLOGY

3:10pm – 3:50pm
Acute Renal Failure

Mark L. Zeidel, MD

INFECTIOUS DISEASES

3:50pm – 4:20pm
**New Looks at Classic Infectious
Diseases**

Adolf W. Karchmer, MD

4:20pm – 4:30pm
Break

4:30pm – 5:10pm
**HIV Prevention:
The Time Has Come***

Howard Libman, MD, FACP

5:10pm – 5:50pm
**Infectious Diseases: Challenging
Cases with Your Participation**

Adolf W. Karchmer, MD

5:50pm – 6:00pm
Infectious Diseases Q&A

Adolf W. Karchmer, MD

Wednesday, Dec. 9, 2020

6:50am – 7:00am
Guided Meditation*

**MINI-ORTHOPEDICS SYMPOSIUM:
A PRIMER FOR THE PCP**

7:00am – 7:40am
**My Shoulder Hurts and the Golf
Season Is Starting**

Arun J. Ramappa, MD

7:40am – 8:20am
**My Knee Is Swollen and I'm Having
Trouble Walking**

Joseph DeAngelis, MD

8:20am – 8:25am
Break

8:25am – 9:05am
**Neck Pain: Evaluation and
Management of Common and/or
Important Causes**

James J. Heffernan, MD, MPH

9:05am – 9:25am
**Break and Rejuvenation
Exercises***

**ASK THE EXPERTS:
ENT/OPHTHALMOLOGY**

9:25am – 10:25am
**Ask the Experts: ENT/
Ophthalmology**

Ralph B. Metson, MD

Jae Young You, MD

10:25am – 10:35am
Break

HEMATOLOGY

10:35am – 11:20am
**Diagnosis and Management
of Hypercoagulability and New
Anti-coagulants: Interpreting
the Data**

Kenneth A. Bauer, MD

11:20am – 12:00pm
Don't-Miss Causes of Anemia*

Reed E. Drews, MD, FACP

12:00pm – 12:10pm
**Break and Rejuvenation
Exercises***

12:10pm – 12:50pm
**Hematology: Challenging Cases
with Your Participation**

Reed E. Drews, MD, FACP

12:50pm – 1:00pm
Hematology Q&A

Reed E. Drews, MD, FACP

Thursday, Dec. 10, 2020

6:50am – 7:00am
Guided Meditation*

CARDIOLOGY

7:00am – 7:40am
**Approach to the Patient with
Syncope**

Peter J. Zimetbaum, MD

7:40am – 8:20am
**Applying Real-World Evidence to
Patient Care: Atrial Fibrillation**

Peter J. Zimetbaum, MD

8:20am – 8:30am
Break

NEUROLOGY

8:30am – 9:10am
**Concussion Diagnosis and
Management***

Alexandra M. Stillman, MD

9:10am – 9:50am
Update on Treating Headaches

Gerald W. Smetana, MD, MACP

9:50am – 10:10am
**Break and Rejuvenation
Exercises***

CARDIOLOGY

10:10am – 10:50am
**Hypertension 2020: Recent
Evidence That Will Change Your
Practice**

Gerald W. Smetana, MD, MACP

10:50am – 11:30am
Valvular Heart Disease for the Clinician
Eli V. Gelfand, MD, FACC

11:30am – 11:35am
Break

11:35am – 12:20pm
The Current Cholesterol Guidelines and Treating Residual Risk*
Mark D. Benson, MD, PhD

12:20pm – 1:20pm
Lunch Break

1:20pm – 2:00pm
Managing Arterial Disease: A Tour for the PCP
Brett J. Carroll, MD

2:00pm – 2:45pm
Acute Coronary Syndromes
Duane S. Pinto, MD, MPH

2:45pm – 3:05pm
Break and Rejuvenation Exercises*

3:05pm – 3:35pm
Interventional Cardiology: What the PCP Needs to Know
Duane S. Pinto, MD, MPH

3:35pm – 4:15pm
Congestive Heart Failure
James D. Chang, MD

4:15pm – 4:25pm
Break

4:25pm – 5:05pm
Cardiology: Challenging Cases with Your Participation
Joseph P. Kannam, MD

5:05pm – 5:15pm
Cardiology Q&A
Joseph P. Kannam, MD

SPECIAL LECTURE

5:15pm – 5:55pm
Transgender Care: Practical Tools for Providers*
Michael S. Irwig, MD, FACE

Friday, Dec. 11, 2020

6:50am – 7:00am
Guided Meditation*

LEADERSHIP SYMPOSIUM

7:00am – 7:40am
Reflections on Staying Well in the Care of Patients: Three Key Questions
Charles J. Hatem, MD

7:40am – 8:20am
Reverence for Life at the End of Life*
B. Lachlan Forrow, MD

8:20am – 8:30am
Break

8:30am – 9:15am
The Two Most Important Days: How to Find Your Purpose and Live a Happier, Healthier Life
Sanjiv Chopra, MD, MACP

SPECIAL LECTURES

9:15am – 9:55am
Sleep, Memory and Dreams: A Unified Theory
Robert Stickgold, PhD

9:55am – 10:15am
Break and Rejuvenation Exercises*

10:15am – 10:45am
Tuberculosis 2020: What's New?
Ruvandhi Nathavitharana, MD, MPH

NEPHROLOGY

10:45am – 11:25am
Approach to the Patient with Proteinuria and Hematuria
Melanie P. Hoenig, MD

11:25am – 11:30am
Break

11:30am – 12:10pm
Prevention and Treatment of Chronic Kidney Disease: Early Diagnosis and Aggressive Treatment
Robert C. Stanton, MD

12:10pm – 1:10pm
Lunch Break

1:10pm – 1:50pm
Nephrology: Challenging Cases with Your Participation
Robert S. Brown, MD

1:50pm – 2:00pm
Nephrology Q&A
Robert S. Brown, MD

PULMONARY DISEASES

2:00pm – 2:45pm
Fresh Air: What's New with Asthma
Asha Anandaiah, MD

2:45pm – 3:05pm
Break and Rejuvenation Exercises*

3:05pm – 3:45pm
Understanding COPD: Going Beyond the Wheeze
Richard M. Schwartzstein, MD

3:45pm – 4:25pm
From Copycats to Birds of a Feather: Decoding Interstitial Lung Disease
Robert Hallowell, MD

4:25pm – 4:30pm
Break

4:30pm – 5:10pm
Pulmonary Diseases: Challenging Cases with Your Participation
Richard M. Schwartzstein, MD

5:10pm – 5:20pm
Pulmonary Diseases Q&A
Richard M. Schwartzstein, MD

Saturday, Dec. 12, 2020

7:20am – 7:30am
Guided Meditation*

SPECIAL LECTURES

7:30am – 8:10am
Transfusion Medicine
Kerry L. O'Brien, MD

8:10am – 9:10am
Opiates for Chronic Pain: An Approach to Decision-Making, Risk Management and Monitoring*
Marc L. Cohen, MD
Julia H. Lindenberg, MD

9:10am – 9:30am
Break and Rejuvenation Exercises*

9:30am – 10:15am
Cutaneous Malignancies: A Primer
Marissa Heller, MD

10:15am – 11:00am
e-Cigarettes and Vaping: The Good, the Bad and the Ugly*
Susan Feeney, DNP, FNP-BC

11:00am – 11:10am
Break

11:10am – 12:00pm
Technological Advances in Neurosurgery
Ron L. Alterman, MD
Ajith J. Thomas, MD

12:00pm – 12:30pm
GI Bleeding
Simon C. Robson, MD, PhD, FRCP

“What an inspiring, motivating and stimulating course. It rejuvenated my interest in practicing medicine.”



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