

Imaging Update in Costa Rica

December 8-13, 2019

The Marriott los Sueños Ocean & Golf Resort
Playa Herradura, Puntarenas

CME Credits: 25

Self-Assessment Credits: 25



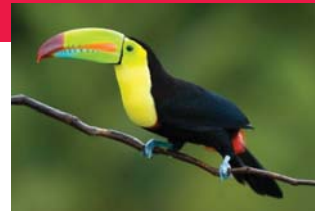
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UCSF Department of Radiology
and Biomedical Imaging
<https://radiology.ucsf.edu/cme>



Course Outline

This course will focus on practical imaging issues for the general radiologist, with an emphasis on routine and potential pitfalls in diagnosis and patient management. Daily sessions will cover specific themes, which will be organized by organ system and modality, and will include abdominal, thoracic, cardio-vascular, breast, musculoskeletal and neurologic imaging utilizing CT, MR and Ultrasound.

At the completion of the course, the attendee should be able to:

1. utilize HRCT imaging in the multidisciplinary diagnosis of idiopathic pulmonary fibrosis;
2. include 5th edition BI-RADS categories in breast imaging reports;
3. recognize and remedy complications associated with paracentesis, central vein access, thoracentesis;
4. interpret acute abnormalities in the abdomen, pelvis and musculoskeletal systems using ultrasound and CT/MR correlations;
5. develop an efficient approach to analyze common musculoskeletal disease dilemmas, including osseous infection and malignancy;
6. identify a range of neurological conditions; including intracranial hemorrhage, spine infections, CNS tumors and CSF dynamics.

Self-Assessment (SAM) Credits

This course will offer 25 Self-Assessment credits (pending approval and subject to change):

4.0 in Abdominal, 4.75 in Thoracic, 3.5 in Interventional, 4.5 in Musculoskeletal, 4.25 in Breast, 4.0 in Neuro.

As of January 1, 2013, updated MOC Part 2 requirements: 75 CME credits every three years, at least 25 of which must be self-assessment activities. For more information: www.theabr.org/moc-dr-comp2

UCSF Faculty

Travis S. Henry, MD

Course Chair

Associate Professor of Clinical Radiology

Matthew D. Bucknor, MD

Associate Professor of Clinical Radiology

Miles B. Conrad, MD, MPH

Professor of Clinical Radiology

Heather I. Greenwood, MD

Assistant Professor of Clinical Radiology

Tara A. Morgan, MD

Associate Professor of Clinical Radiology

David M. Wilson, MD, PhD

Associate Professor of Radiology
Chief of Neuroradiology, SF VAMC

Registration

<https://meded.ucsf.edu>

Pre-registration is encouraged to ensure your space in this course.

Pre-register by October 1, 2019 and save \$75 on your enrollment fee.

Tuition \$1,295 for all medical professionals; registration discounts are available for qualifying attendees, please review the registration form on the last page.

On-site Registration

Sunday, December 8, 2019 at 6:30 am
The Marriott los Sueños, Playa Herradura
Puntarenas, Costa Rica

Syllabus An electronic syllabus and paper notebook will be provided onsite. You must provide an email address with your registration to receive advance syllabus information, which will be distributed electronically.

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Course Program page 1 of 2

Sunday, December 8, 2019

6:30 am	Registration and Continental Breakfast	
7:00	Acute Aorta	Travis S. Henry, MD
7:45	IVC Filters: Complications and Medicolegal Implications	Miles B. Conrad, MD, MPH
8:15	Pulmonary Embolism and Flow Artifacts on CTA.....	Travis S. Henry, MD
9:00	Ultrasound DVT: What's Positive	Tara A. Morgan, MD
9:30	Recess	
9:45	The Role of Interventional Radiology in Trauma in the Modern Era	Miles B. Conrad, MD, MPH
10:30	Cardiac Findings on Routine Chest CT.....	Travis S. Henry, MD
11:00	Antibiotics, Sedation, and Anticoagulation for Radiologists	Miles B. Conrad, MD, MPH
11:45	Ultrasound Thyroid: What Not to Biopsy	Tara A. Morgan, MD
12:15 pm	Adjourn	

Monday, December 9, 2019

6:30 am	Continental Breakfast	
7:00	HRCT 1: Fundamentals	Travis S. Henry, MD
7:45	HRCT 2: Sound Like a Pro.....	Travis S. Henry, MD
8:30	Esophagus (Multimodality).....	Tara A. Morgan, MD
9:00	Pneumonia and Non-infectious Consolidation	Travis S. Henry, MD
9:45	Recess	
10:00	Multisystemic Diseases of the GI Tract.....	Tara A. Morgan, MD
10:45	Pearls, Pitfalls, and Disasters of Common Procedures:	Miles B. Conrad, MD, MPH
	Paracentesis, Thoracentesis, Central Venous Access	
11:30	CT of Gynecologic Pathology.....	Tara A. Morgan, MD
12:15 pm	Adjourn	

Tuesday, December 10, 2019

6:30 am	Continental Breakfast	
7:00	New Innovations in Breast Cancer Imaging:	Heather I. Greenwood, MD
	Tomosynthesis, Fast MRI, Localization Methods	
7:45	Acute MSK pathology	Tara A. Morgan, MD
8:15	Mammographic Analysis of Breast Calcifications	Heather I. Greenwood, MD
8:45	Ultrasound of Groin Pain.....	Tara A. Morgan, MD
9:15	Recess	
9:30	Multi-modality Breast Imaging Cases	Heather I. Greenwood, MD
10:15	Ultrasound Right Lower Quadrant Pain	Tara A. Morgan, MD
10:45	Work-up of the Palpable Breast Lump	Heather I. Greenwood, MD
11:30	Foot and Ankle: Three Tough Topics.....	Matthew D. Bucknor, MD
12:15 pm	Adjourn	

Wednesday, December 11, 2019

No formal course program.

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Thursday, December 12, 2019

6:30 am	Continental Breakfast	
8:00	Patterns of Elbow Injury in Throwing Athletes	Matthew D. Bucknor, MD
7:45	Midline Masses and Sella	David M. Wilson, MD, PhD
8:15	Breast MRI BI-RADS Review.....	Heather I. Greenwood, MD
9:00	Cysts and Hydrocephalus	David M. Wilson, MD, PhD
9:30	Recess	
9:45	Breast Rad-Path Correlation	Heather I. Greenwood, MD
10:30	Radiographic Checklist for Hip Impingement.....	Matthew D. Bucknor, MD
11:00	Facial Symptoms in Neuroradiology	David M. Wilson, MD, PhD
11:45	ACL Reconstruction	Matthew D. Bucknor, MD
12:15 pm	Adjourn	

Friday, December 13, 2019

6:30 am	Continental Breakfast	
7:00	Lateral Chest Radiograph	Travis S. Henry, MD
7:30	Spinal Inflammation and Infection	David M. Wilson, MD, PhD
8:00	Osseous Infectious Dilemmas	Matthew D. Bucknor, MD
8:30	Brain Tumors, Mimics and Post-Operative Complications	David M. Wilson, MD, PhD
9:15	Recess	
9:30	Common Musculoskeletal Tumors	Matthew D. Bucknor, MD
10:00	CNS Infections	David M. Wilson, MD, PhD
10:30	Spondyloarthropathy	Matthew D. Bucknor, MD
11:00	Intracranial Hemorrhage	David M. Wilson, MD, PhD
11:30	Biopsies and Drainage Procedures From Hell: Tips for Success	Miles B. Conrad, MD, MPH
12:15 pm	Adjourn	

All lectures will include Self-Assessment questions (SAM).

Accreditation

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

UCSF designates this live activity for a maximum of **25.0 AMA PRA Category 1 Credits**.™

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The total credits are inclusive of 6.75 in CT, 9.25 in MRI, 3.25 in Ultrasound, and 4.5 in Breast.

This educational activity meets the requirement under California State Assembly Bill 1195, continuing education and cultural and linguistic competency.

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Puntarenas, Costa Rica

Puntarenas, with beautiful coastal beaches, islands and waterfalls on the western coast of the country, is one of the most popular tourist destinations throughout Central America. Costa Rica has more ecological preservation, sight-seeing and recreational activities per square mile than any other country in the world.

More than a quarter of the country is dedicated to national parks and wildlife preserves, while tropical rain forests, active volcanoes, miles of unspoiled beaches and climatic zones provide visitors with an incredible travel experience.



Marriott los Sueños Ocean & Golf Resort Playa Herradura, Puntarenas (Horseshoe Beach, Sandy Point)

Nestled between warm Pacific waters and a verdant rain forest, Los Sueños Marriott Ocean & Golf Resort captures the region's natural splendor, with the contemporary amenities of a world-class resort.

The free-form horizon pool – the centerpiece of the resort – lazily meanders throughout the resort, under footbridges, and past shade-bearing palms. Deftly carved out of the natural landscape, an 18-hole Ted Robinson-designed championship golf course offers not just a challenging layout, but a spectacular gallery that includes friendly monkeys and brightly hued macaws.

In addition, guests may enjoy the lighted tennis courts, a fully equipped fitness center, sauna and spa services, water sports, and a casino and entertainment center.



Accommodations

US Toll-Free: 888-813-2776 or International +506-2298-0844

Email: reservas.costarica@marriotthotels.com deadline: Friday, Nov. 8, 2019

UCSF group rate: Run of House + \$199* + \$25 resort fee (per day).

Group rate includes \$150 resort credit, per room per stay.

The Los Sueños Marriott still has a few rooms at the above room rate for this conference. You may send an email or call the hotel and mention that you are attending the UCSF Radiology course to receive the group rate.

Roomrate includes complimentary in-room internet, use of the fitness center and currency exchange at the front desk. Guest rooms include hair dryers. UCSF attendees are offered a 20% discount on SIBO spa treatments.

Anyone wishing to extend their reservation before Saturday, Dec. 7 or after Friday, Dec. 13 should make a reservation and forward the confirmation number to confirm availability for pre-/ post- conference dates, email to: maria.barboza@marriotthotels.com



Conference rates for reservation requests made after the above deadline cannot be guaranteed and will be extended on a space and rate-available basis only. A credit card number is required to confirm your reservation.

* Room rates are subject to 13% gov't tax. Additional charge of \$20 for third adult in room, maximum four. Check-in is 4 pm, check-out is 12 noon. Cancellation deadline is 48 hours prior to scheduled arrival to avoid penalties, after which a one-night stay will be charged. Early departures not notified at check-in will be charged for the full stay. Bellmen charge is \$5 per person round trip, house-keeping charge is \$2 per room, per day. Overnight valet park is \$6, self-park is complimentary. In addition to the nightly room-rate, registrants are liable for any hotel taxes, fees, portage, gratuities and applicable guestroom charges upon check-out.

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Optional Tours

Visit the course webpage for details and pricing, be sure to mention you are with the UCSF group:

<https://radiology.ucsf.edu/cme/ucsf-imaging-update-2019-costarica>

White-Water Rafting on Naranjo & Savegre Rivers - Class 3/4 (full-day)

This adventurous, family-friendly, full-day trip is a unique white water river rafting adventure with internationally-trained, bilingual guides and safety-kayakers.

Canopy Vista Los Sueños (morning, two hours)

Enjoy this zip-line tour (approx two miles) with spectacular views of mountains, beaches and the marina, as well as macaws, toucans and monkeys.

Horseback Riding and Waterfalls

(morning and afternoon, three hours)

The tour begins at the base of Herradura just ten minutes from Playa Jaco area and Los Sueños; if lucky, along the way you may see toucans, scarlet macaws and white-faced monkeys.

Tortuga Island Catamaran (full-day)

Enjoy hiking, snorkeling, kayaking, volleyball, or just enjoy the sun on the white sand beach. Includes delicious buffet served on the beach.

Damas Island Boat Tour (five hours)

Excellent river views offer the chance to see caimans, sloths, boas, white-face monkeys, egrets and many more.

Kayak Outriggers (half-day, morning and afternoon)

In this journey you will find beaches, pelicans, waterfowl and different natural views.

Stand-Up Paddle Boarding (four hours)

Get a great workout with amazing views surrounding you.

Turu Ba Ri Park

Start with an aerial tram for stunning views of this ancient valley. Exhibits include a butterfly garden, iguanas nest and a crocodile/caiman pond.

Aerial Tram Pacific (morning and afternoon)

The Rainforest Aerial Tram offers a relaxing open gondola ride through the treetops, while a guide describes the world unfolding below.

Whale Watching

There are three species of whales and five species of dolphins living in the coast, and the first half of December is one of the best viewing times of the year.

Private Tours include Sailing, Sport fishing, Poas Volcano, Doka Coffee Plantation, La Paz Waterfall

Airline Discounts

UCSF Radiology has negotiated discounted fares with United and Delta Airlines for radiology course attendees. The closest major airport is Juan Santamaria (SJO). To ensure the lowest fares, please book with the airlines directly using the codes below:

Delta <https://tinyurl.com/www-delta-com-book>
code NY2R4 800-328-1111

United <https://tinyurl.com/www-united-com-book>
code ZFKT721044 800-426-1122

Both U.S. and Canadian citizens require a valid passport, as do European nationals. The San Jose airport is approximately 65 miles or 80 minutes east of Puntarenas.

Airport Transfers

Airport-to-hotel transfers are being arranged through TAM Tour & Travel.

Transfer time is approximately 90 minutes in an air-conditioned van.

Transfer rate is a flat-rate of USD \$230 for up to six people (one-way).

Email experiences@tamtravel.com to book your transfer. Be sure to mention you are with the UCSF group.

Car Rental

PC# 137480 / www.hertz.com / 800-654-3001

You must use the six-digit PC code above when booking and you must present a paper coupon at the rental agency upon pick-up (print from the course webpage above).

Hertz is offering a 10% discount on qualifying affordable rates for rentals in Costa Rica. Twenty-four hour pre-booking and three-day minimum rental required, minimum rental age is 25.

Travel Information www.visitcostarica.com

Passports: U.S., Canadian and Western Europeans require a valid passport that is valid for 90 days after date of entry (through March 12, 2020).

Time Zone: Costa Rica is on Central Standard Time year-round.

Language: Spanish is the official language, although most businesses and resort areas also speak English.

Currency: The Costa Rican Colón is the official currency, although U.S. dollars, Canadian dollars and the Euro are generally accepted in tourist areas. As of February 2019, the exchange rate for \$1 USD was approximately 600 CRC.

Tipping: Most restaurant bills will include a 10% "service tax", it is customary to tip more for good service. Tipping for taxis is about \$5 (2500 CRC).

Voltage: Electric sockets are compatible with U.S. current (110 volts).

Safety and Health: No inoculations or other health precautions are required. Wear sunblock as the sun is very strong, even when cloudy. Drinking of bottled water is recommended.

Weather: Lying close to the equator, the average daily high in December is usually in the low-80s, with nightly temperatures around 70. December is the dry season.



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REGISTRATION

IMAGING UPDATE IN COSTA RICA (RAD20 017)

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Early Enrollment Deadline: Friday, October 11, 2019

Four easy ways to register:

1. Mail this form to UCSF Office of CME, 3333 California St - Suite 450, SF CA 94118
2. Phone using Visa, Amex or Mastercard. 415-476-5808, 8:30 am-4:00 pm (Pacific Time)
3. Online at <http://meded.ucsf.edu/cme>
4. Fax this form to 415-502-1795

REGISTRANT INFORMATION (PLEASE PRINT)

Name _____
First Last Degree

Address _____

Tel _____ Fax _____
Area Code Area Code

E-mail _____

You must provide your email address to receive advance syllabus information.
Paper copies will not be provided on site.

Would you like to receive general UCSF Radiology CME email notices? ☐ Yes ☐ No

Month / Day of Birth for record verification: ____ / ____ / XXXX
month day year

COURSE REGISTRATION

By 10/11/19 After 10/11/19 Loyalty Discount applies only to live courses attended (not home-study)

☐ \$1,225	☐ \$1,295	Standard Registration	no UCSF Rad paid course 2018 calendar year
☐ \$1,095	☐ \$1,170	Silver Status 10% discount	1 UCSF Rad paid course 2018 calendar year
☐ \$ 965	☐ \$1,040	Gold Status 20% discount	2 UCSF Rad paid courses 2018 calendar year
☐ \$ 835	☐ \$ 910	Platinum Status 30% discount	3 UCSF Rad paid courses 2018 calendar year

METHOD OF PAYMENT

☐ Visa ☐ Mastercard ☐ American Express ☐ Check, payable to UC Regents.

Card No. _____

Exp. Date _____ Signature _____

Payment may be made by credit card or by check or money order drawn on a U.S. bank in U.S. currency. We regret that we cannot accept checks drawn on foreign banks. Enrollment confirmation will be mailed to you within two weeks of receipt of the application. In the unlikely event that the program is cancelled, UCSF Radiology will refund the registration fee in full, but cannot be responsible for any hotel or travel costs.

Cancellation A refund of the enrollment fee, less \$100, will be made upon receipt of a written request only by Friday, November 8, 2019. No refunds will be made after this date.

