

Presented by the
Asian Health Institute
Department of Medicine
University of California, San Francisco
University of Washington
Kaiser Permanente



7th ANNUAL

Asian Health Symposium

LAUREL HEIGHTS CONFERENCE CENTER
San Francisco, California

THURSDAY - FRIDAY

October 11-12, 2018



COURSE DIRECTORS

Gordon Fung, MD, MPH, PhD
Professor of Medicine, UCSF

Diana Lau, PhD, RN, CNS
Assistant Professor
School of Nursing, UCSF
Director, UCSF Asian Health
Institute

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Peter Chin-Hong, MD
Andrew Ko, MD
Gene Lau, MD
Descartes Li, MD
Chienying Liu, MD
Don Ng, MD
Eugene Yang, MD

UW Medicine

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7th ANNUAL Asian Health Symposium

The Asian population has grown rapidly in the nation over the last decade, presenting major challenges in healthcare to provide culturally-appropriate care and eliminate healthcare disparities. Over half of the Asian community are immigrants with unique cultural and language needs. In light of that, the Asian Health Institute at the University of California, San Francisco launched the Asian Health Symposium series in 2012 with the aim to educate healthcare providers on the specific health and healthcare needs of Asian patients.

The 7th Annual Asian Health Symposium will highlight several specific areas for this unique community, including rheumatology, infectious disease, diabetes, and hypertension, with special emphasis on the differences in the care of Asian patients in these targeted disease areas. In addition, the topics of healthcare technology, addiction, and various healthcare initiatives will be addressed.

This unique symposium is one of the very few CME programs in the nation that can help bridge the knowledge and practice gaps of the healthcare community in treating Asian patients, especially the disadvantaged immigrants, on the many diseases and health issues that have significant impacts on them.

TARGET AUDIENCE

Designed for family and primary care physicians, internists, and specialists, as well as nurse practitioners, physician assistants, nurses, pharmacists, and other healthcare providers who face the unique health care needs and challenges of their Asian patients.

OBJECTIVES

After attending the two-day symposium, attendees will be able to:

- Incorporate a multicultural focus to improve patient care and satisfaction;
- Identify why precision genomics and counseling play important roles to reduce hereditary cancer risks;
- Better manage Asian patients with diabetes;
- Provide clinical treatment for rheumatoid arthritis;
- Identify emerging infections and new antibiotics;
- Utilize new treatments in Hepatitis B and C;
- Incorporate strategies to lower the stigma of having HIV in Asian patients;
- Use screening techniques in the evaluation of dementia;
- State two controversial issues with the new 2018 hypertension guidelines;
- Educate patients on the prevention of osteoporosis;
- Describe opioid use in Asians and health issues arising out of the legalization of the use of cannabis.

Laurel Heights
Conference Center

ACCREDITATION

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

UCSF gratefully acknowledges the collaboration of this course's Co-Providers, The University of Washington and Kaiser Permanente.

UCSF designates this live activity for a maximum of **12.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Nurses: For the purpose of recertification, the American accepts **AMA PRA Category 1 Credit™** issued by organizations accredited by the ACCME.

Physician Assistants:

AAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and **AMA PRA Category 1 Credit™** from organizations accredited by the ACCME.

Pharmacy: The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for **AMA PRA Category 1 Credit™**.

Geriatric Medicine:

The approved credits shown above include **12.25** credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

State of California Acupuncture Board:

Approved for a maximum of 12.75 Course category 1 hours by the California Acupuncture Board (CAB). Provider Number: 1419.

AMERICAN BOARD OF INTERNAL MEDICINE MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 12.75 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 credit.

7th ANNUAL Asian Health Symposium

THURSDAY, OCTOBER 11, 2018

7:45 am	<i>Registration and Breakfast</i>	
8:30	Welcome and Introduction	Gordon Fung, MD, PhD
8:40	Innovative Strategies Addressing the Crisis in Geriatric and Chronic Care	Jennie Chin Hansen, MS, RN, FAAN

COMMUNICATION SKILLS: AT A CROSS ROAD WITH TECHNOLOGY

Moderators: **Gene Lau, MD and Chienying Liu, MD**

9:35	Communication: the Most Common Procedure in Healthcare	Calvin Chou, MD
10:00	<i>Coffee Break</i>	
10:20	Language Access: Emerging Trends and Quality Implications	Gayle Tang, RN, MS
10:45	Precision Genomics and Counseling with Cancer Patients	Galen Joseph, PhD
11:10	Counseling Asian Patients with Diabetes	Sarah Kim, MD
11:35	Smart Technologies to Enhance Diabetes Management and Communication	Robert Rushakoff, MD, MS
12:00 pm	Q & A Panel	Conference Faculty

12:15 *Lunch • Provided*

RHEUMATOLOGY • *Moderators:* **Gordon Fung, MD, PhD and Don Ng, MD**

1:15	Osteoarthritis, Gout, and Pseudo Gout	R. Krishna Chaganti, MD, MS
1:55	Rheumatoid Arthritis	Mary Nakamura, MD
2:35	Q & A Panel	Conference Faculty
2:45	<i>Coffee Break</i>	

INFECTIOUS DISEASE UPDATE • *Moderator:* **Peter Chin-Hong, MD**

3:00	Emerging Infections and New Antibiotics	Monica Fung, MD
3:25	Hepatitis B & C Update	Jennifer Lai, MD
3:50	HIV in Asians	Sophy Wong, MD
4:15	Q & A Panel	Conference Faculty
4:30 pm	<i>Adjourn</i>	

GENERAL INFORMATION

Advance registration closes on October 9, 2018.

SYLLABUS

An electronic syllabus will be sent to participants prior to the course and posted on the course website.

HOW TO ENROLL

Tuition:

\$475	Physicians
\$295	Advanced Practice & Allied Health Professionals
\$250	Residents/Fellows
\$395	Physicians - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG
\$215	Advanced Practice & Allied Health Professionals - UCSF/UW/Kaiser/SFDPH/ZSFG/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG
\$150	All Residents/Fellows/Staff - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG

Payment can be made by Visa, MasterCard, AmEx or check.

REGISTER VIA:

Online: **cme.ucsf.edu**

Mail: Complete course registration form and send with payment to:

UCSF Office of CME
P.O. Box 45368
San Francisco, CA
94145-0368

Fax: Fax completed registration form to: (415) 502-1795 (be sure to include your credit card number).

Phone: To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.
Please check our website for up-to-date information on the course: **cme.ucsf.edu**

FRIDAY, OCTOBER 12, 2018

8:00 am *Breakfast*

DISEASE PREVENTION • *Moderators: Andrew Ko, MD & Eugene Yang, MD*

8:35 **Dementia Diagnosis and Treatment:
Current and Future Strategies** Richard Tsai, MD

9:00 **Hypertension Guidelines Update 2018** Eugene Yang, MD

9:25 **An Update in Lipid Management 2018** Patricia Kim Phuong
Nguyen, MD

9:50 **SF CAN: The Citywide San Francisco
Colorectal Cancer Task Force** Ma Somsouk, MD

10:15 **Q & A Panel** Conference Faculty

10:30 *Coffee Break*

WOMEN'S HEALTH • *Moderator: Anne Chang, MD*

10:55 **Osteoporosis** Joan Lo, MD

11:25 **Domestic & Interpersonal Violence:
Assessment and Resources** Nicole Appelle, MPH, MD

11:50 **Herbs Commonly Used by Females** Molly Heublein, MD

12:15 **Q & A Panel** Conference Faculty

12:30 pm *Lunch on Own*

ADDICTION ISSUES • *Moderators: Descartes Li, MD & Don Ng, MD*

1:30 **Gambling Addiction** Michael Liao, MSW

2:10 **Social Media and Internet Addiction
across Cultures** Ravi Chandra, MD, DFAPA

2:45 *Coffee Break*

3:00 **Cannabis and Opioid Addiction** David Kan, MD

3:50 **Q & A Panel and Closing** Conference Faculty
and Diana Lau, PhD, RN, CNS

4:30 pm *Adjourn*

program

On-Site Registration: Generally we are able to accommodate on-site registration at our courses however pre-registration is preferred to ensure that we have adequate course materials.

REFUND POLICY

Cancellations received in writing by **October 9, 2018** will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

CONFERENCE LOCATION

University of California, San Francisco
Laurel Heights Conference Center
3333 California Street @ Walnut Street
San Francisco, CA 94118

PARKING

Limited parking is available at the Laurel Heights Conference Center for \$15/day on Friday and \$6/day on Saturday. The Conference Center is located at 3333 California Street, between Presidio Avenue and Laurel Street and is accessible by public transportation (MUNI lines 1, 2 and 43).

RENTAL CAR

Hertz is offering special rates for participants of this conference; simply call (800) 654-2240 and refer to convention number 03BW0137 or call your travel agent. You may also make reservations at www.Hertz.com. Advance reservations are recommended.

AIR TRANSPORTATION

UCSF has negotiated special fares with United Airlines for our course attendees. You may use the following tour code to book on your own:

United: www.united.com code: ZZ26868008

REGISTER TODAY!

For more information or to register online visit our website at cme.ucsf.edu
You may also reach us by calling the Office of CME at (415) 476-4251 or emailing: info@ocme.ucsf.edu.



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Director, UCSF Asian Health Institute

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(University of California, San Francisco unless indicated)

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Associate Professor of Medicine

R. Krishna Chaganti, MD, MS
Associate Professor of Medicine

Ravi Chandra, MD, DFAPA
www.facebuddha.co
Transcendence in the Age of
Social Networks
Winner, 2017 Nautilus Silver Award
for Religion/Spirituality of
Eastern Thought
San Francisco, CA

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VA Medical Center

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Board of Directors, Scan Health Plan
and Dignity Health System
CEO, OnLok
San Francisco, CA

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History and Social Medicine

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Clinic Director, Opiate Treatment
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Division of Endocrinology and
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Transplantation

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NICOS Chinese Health Coalition
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Endocrinologist and Graduate
Medical Education Research Director
Kaiser Permanente, East Bay
Professor of Medicine, UCSF

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Professor of Medicine
Division of Rheumatology

Robert Rushakoff, MD, MS
Professor of Medicine Division
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Director of Advanced Imaging,
Palo Alto VA Medical Center

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Associate Professor of Medicine

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Consultant
Past National Director, Multicultural
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Co-author, California Healthcare
Interpreter Standards of
Practice and Code of Ethics
Adjunct Professor,
City College of San Francisco
San Francisco, CA

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Assistant Professor of Medicine

Sophy Wong, MD
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North Coast AIDS Education and
Training Center (AETC)
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Internist and HIV Specialist,
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faculty

7th ANNUAL ASIAN HEALTH SYMPOSIUM

MMJ19030

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Mail to : UCSF Office of CME
P.O. Box 45368
San Francisco, CA 94145-0368
Fax: (415) 502-1795

Online registration: cme.ucsf.edu
Registration Information: (415) 476-5808
Course Information: (415) 476-4251

☐ Dr. ☐ Ms. ☐ Mr. ☐ Mrs.

Last Name	First	M.I.	
Degree			Specialty
Address			
City	State	Zip	
Daytime Phone		Fax	
Email			

Address Label Code (see address label: example, A, B, C, D, etc.) _____

Would you like to be on our priority email list? ☐ Yes ☐ No

Date of birth to be used as OCME registrant number: _____ / _____ / **XX**
Month Day

Please indicate if you have any special needs: _____

Registration Fees:

- | | |
|--|--|
| ☐ \$475 Physicians | ☐ \$395 Physicians - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG |
| ☐ \$295 Advanced Practice/Allied Health Professionals | ☐ \$215 Advanced Practice/Allied Health Professionals - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG |
| ☐ \$250 Residents/Fellows | ☐ \$150 All Residents/Fellows /Staff - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG |

Make checks payable to *UC Regents*

Please charge my credit card: ☐ Visa ☐ MasterCard ☐ AmEx for \$ _____

Card #	Expiration date
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Name on Card (Please Print) _____ Authorized Signature _____

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Please check our website for up to date information on the course: cme.ucsf.edu

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