



**2016 Primary Care Hawaii—
Caring for the Active and Athletic Patient**

May 2-6, 2016

Grand Hyatt Resort & Spa, Poipu Beach, Kauai, HI

Agenda

Breakfast served in the Exhibit Hall on Tuesday, Thursday, and Friday from 7:00-8:00 AM.

MONDAY MAY 2, 2016 EXERCISE AND HEALTH		
TIME	TOPIC	SPEAKER
12:30 PM	Exercise and Brain Health: What's the Connection?	Robert Sallis, MD
1:10 PM	Healthy Aging: What Works?	Robert J Nied, MD
1:50 PM	The Dangers of Too Much Exercise	Francis G. O'Connor, MD
2:30 PM	Break	
3:00 PM	Healthy Pleasures: The New Science Behind Happiness	David Sobel, MD
3:40 PM	Exercise in Pregnancy	Robert J Nied, MD
4:20 PM	Health Behavior Change in a Busy Clinical Practice	David Sobel, MD
5:00 PM	Adjourn	
6:00 PM	Welcome Reception	
TUESDAY MAY 3, 2016 PROBLEMS IN THE ACTIVE PATIENT		
TIME	TOPIC	SPEAKER
8:00 AM	Primary Care Management of Common Facial and Eye Injuries	Robert Sallis, MD
8:40 AM	Diagnosing Subtle Fractures; What Not to Miss on an X-ray	Dennis Khalili-Borna, MD
9:20 AM	Evaluation and Management of Head Injuries	Robert J Nied, MD
10:00 AM	Break	
10:30 AM	Exertional Syncope: An Evidenced Bases Approach	Francis G. O'Connor, MD
11:10 AM	Common Joint and Soft Tissue Injections in Primary Care	Dennis Khalili-Borna, MD
11:50 AM	Alternative Treatments for Musculoskeletal Pain	Robert Sallis, MD
12:30 PM	Adjourn	

WEDNESDAY MAY 4, 2016 MUSCULOSKELETAL MEDICINE		
TIME	TOPIC	SPEAKER
12:30 PM	The Painful Shoulder: Evaluation and Management	David Anderson, MD
1:10 PM	Elbow, Wrist, and Hand Problems in Primary Care	Robert Sallis, MD
1:50 PM	Common Pediatric Orthopedic Injuries	Dennis Khalili-Borna, MD
2:30 PM	Break	
3:00 PM	Evidenced-Based Approach to Managing Acute Low Back Pain	Francis G. O'Connor, MD
3:40 PM	Common Knee Problems	David Anderson, MD
4:20 PM	Heel Pain: Diagnosis and Management	Dennis Khalili-Borna, MD
5:00 PM	Adjourn	
THURSDAY MAY 5, 2016 COMMON MEDICAL ISSUES		
TIME	TOPIC	SPEAKER
8:00 AM	How to Diagnose Hypertension	Joel Handler, MD
8:40 AM	COPD: How to Diagnose and Manage	Ted O'Connell, MD
9:20 AM	Drug Treatment of Hypertension in the Active Patient	Joel Handler, MD
10:00 AM	Break	
10:30 AM	Optimizing Bone Health to Prevent Fractures	David Anderson, MD
11:10 AM	All Things Thyroid: What You Need to Know	Ted O'Connell, MD
11:50 AM	Managing the Patient with Resistant Hypertension	Joel Handler, MD
12:30 PM	Adjourn	
FRIDAY MAY 6, 2016 PRIMARY CARE OF THE ACTIVE PATIENT		
TIME	TOPIC	SPEAKER
8:00 AM	Screening Tests in the Adult Patient; An Evidence Based Approach	Ted O'Connell, MD
8:40 AM	Screening for Sudden Death: What Not to Miss	Francis G. O'Connor, MD
9:20 AM	GI Issues in the Active Patient	Robert J Nied, MD
10:00 AM	Break	
10:30 AM	Great Expectations: Optimizing the Placebo Effect	David Sobel, MD
11:10 AM	Androgen Supplementation in the Aging Male: Risks vs Benefits?	Ted O'Connell, MD
11:50 AM	Stress; What Clinicians and Patients Need to Know	David Sobel, MD
12:30 PM	Conference Concludes	

Conference Faculty

Robert Sallis, MD, FACSM, FAAFP

Conference Chairman
Family Medicine Physician
Clinical Professor of Family Medicine
UC Riverside School of Medicine
Department of Family Medicine
Kaiser Permanente Medical Center, Fontana, CA

David Anderson, MD

Orthopedic Surgeon
Director of Healthy Bones Program
Kaiser Permanente Medical Center
Ontario, CA

Joel Handler, MD

Internal Medicine Physician
Southern California Kaiser Permanente
Hypertension Lead
Kaiser Permanente Medical Center, Anaheim

Dennis Khalili-Borna, MD

Family Medicine Physician
Physician in Charge; Department of Family
Medicine
Kaiser Permanente Medical Center, Fontana, CA

Robert J Nied, MD

Family Medicine Physician
Medical Director for Specialty Care
Family and Sports Medicine
Kaiser Permanente, Santa Rosa

Ted O'Connell, MD

Family Medicine Physician
Program Director; Family Medicine Residency
Program
Kaiser Permanente Napa-Solano
Assistant Clinical Professor
Department of Family and Community Medicine
UC San Francisco School of Medicine

Francis G. O'Connor, MD, MPH, FACSM

Family Medicine Physician
Medical Director, Consortium for Health and
Military Performance
Professor and Chair, Department of Military and
Emergency Medicine
Uniformed Services University of the Health
Sciences
Past President, American Medical Society for
Sports Medicine

David Sobel, MD, MPH

Adult Medicine Physician
Consulting Professor, Stanford University School of
Medicine
Former Medical Director, Patient Education and
Health Promotion
Kaiser Permanente Northern California