



2019 PRIMARY CARE HAWAII CONFERENCE-CARING FOR THE ACTIVE AND ATHLETIC PATIENT

May 6-10, 2019

Hyatt Regency Maui
Resort & Spa

MONDAY MAY 6, 2019		EXERCISE AND HEALTH
TIME	TOPIC	SPEAKER
10:00 AM	Registration and name badge pickup	Grand Promenade
10:00 AM	Exhibit Hall	Monarchy Ballroom 1-3
12:25 PM	Opening remarks by the Chairman	Robert Sallis, MD
12:30 PM	Exercise Across the Lifespan	Carrie A. Jaworski, MD
1:10 PM	Connecting Fitness with Healthcare to Improve Health	Robert Sallis, MD
1:50 PM	The Keys to Healthy Aging	Robert J Nied, MD
2:30 PM	Refreshment Break	Monarchy Ballroom 1-3
3:00 PM	Healthy Pleasures: Why Everything that Feels Good is Not Bad for You	David Sobel, MD
3:40 PM	Drugs and Exercise Performance	Aaron Rubin, MD
4:20 PM	Surviving the CA Wildfires; A Lesson in Resiliency	Todd Weitzenberg, MD
5:00 PM	Adjourn	

TUESDAY MAY 7, 2019		COMMON MUSCULOSKELETAL ISSUES
TIME	TOPIC	SPEAKER
7:00 AM	Breakfast in the Exhibit Hall	Monarchy Ballroom 1-3
8:00 AM	Evaluation and Care of Common Ankle and Foot Problems	Cindy Chang, MD
8:40 AM	The Diagnosis and Management of Shin Splints	Todd Weitzenberg, MD
9:20 AM	Evaluation and Treatment of the Injured Knee	Evan Bass, MD
10:00 AM	Refreshment Break	Monarchy Ballroom 1-3
10:30 AM	Low Back Pain Evaluation	Robert Sallis, MD
11:10 AM	Management of Common Elbow Injuries	Robert J Nied, MD
11:50 AM	A Simple Approach to Shoulder Problems	Aaron Rubin, MD
12:30 PM	Adjourn	

WEDNESDAY MAY 8, 2019		UPDATE ON WOMEN'S HEALTH (AND MORE)
TIME	TOPIC	SPEAKER
12:30 PM	Issues in the Active Athletic Female	Carrie A. Jaworski, MD
1:10 PM	Exercise in Pregnancy	Robert J Nied, MD
1:50 PM	Preventing ACL Injuries in Female Athletes	Todd Weitzenberg, MD
2:30 PM	Refreshment Break	Monarchy Ballroom 1-3
3:00 PM	Thriving with Stress: The New Science of Stress Resilience	David Sobel, MD
3:40 PM	Dealing with Jet Lag and Sleep	Cindy Chang, MD
4:20 PM	Rx Healthy Sex: Is Sex Good Medicine	David Sobel, MD
5:00 PM	Adjourn	David Sobel, MD
THURSDAY MAY 9, 2019		PRIMARY CARE OF THE ACTIVE PATIENT
TIME	TOPIC	SPEAKER
7:00 AM	Breakfast in the Exhibit Hall	Monarchy Ballroom 1-3
8:00 AM	Complex Regional Pain Syndrome	Todd Weitzenberg, MD
8:40 AM	Evaluation and Treatment of Osteoarthritis	Robert Sallis, MD
9:20 AM	Managing Thoracic Outlet Syndrome	Cindy Chang, MD
10:00 AM	Refreshment Break	Monarchy Ballroom 1-3
10:30 AM	Musculoskeletal Radiology for the Primary Care Physician	Evan Bass, MD
11:10 AM	Pain Management in the No Opioid Era	Aaron Rubin, MD
11:50 AM	Cases the Keep Me Up at Night	Carrie A. Jaworski, MD
12:30 PM	Adjourn	
FRIDAY MAY 10, 2019		CURRENT ISSUES FOR THE PRIMARY CARE DOC
TIME	TOPIC	SPEAKER
7:00 AM	Breakfast in the Exhibit Hall	Monarchy Ballroom 1-3
8:00 AM	Health Behavior Change in a Busy Clinical Practice	David Sobel, MD
8:40 AM	The Preparticipation Physical Exam	Cindy Chang, MD
9:20 AM	Managing Achilles Tendon Problems	Robert J Nied, MD
10:00 AM	Refreshment Break	Monarchy Ballroom 1-3
10:30 AM	Update on Concussion Management	Carrie A. Jaworski, MD
11:10 AM	Staying Safe from the Clinic to the Exam Room	Aaron Rubin, MD
11:50 AM	Scuba Medicine	Evan Bass, MD
12:30 PM	Conference Concludes	
12:30 PM	Pick up CME Certificates	