



2019 Napa Primary Care Conference

Caring For the Active and Athletic Patient

November 6-10, 2019 Napa Valley Marriott,
Napa California

Conference Agenda

WEDNESDAY NOVEMBER 6, 2019

EXERCISE AND THE BRAIN

TIME

TOPIC

SPEAKER

4:30 PM	Benefits of Exercise in Kids with Intellectual Disabilities	Jessie Fudge, MD
5:10 PM	Exercise and Brain Health; What's the Connection?	Robert Sallis, MD
5:50 PM	Reversing Cognitive Decline as we Age	Joseph Scherger, MD
6:30 PM	Adjourn	

6:30 PM

Wine Tasting Reception/Meet and Greet.
All conference attendees and one guest
are invited to attend a special wine tasting.
Appetizers will be served.

*You're Invited to a
Wine Tasting*



THURSDAY NOVEMBER 7, 2019

UPDATES ON LIFESTYLE MEDICINE

TIME

TOPIC

SPEAKER

8:00	Using Lifestyle to Heal Patients	Joseph Scherger, MD
8:40	Trends in Youth Sedentary Behavior and Exercise Guidelines	Jessie Fudge, MD
9:20	Moving Kids to Learn: Adding Running and Recess to the 3 R's	Liz Joy, MD
10:00	Break	
10:20	Can Exercise Be Prescribed? Here's How	Liz Joy, MD
11:00	Reversing Type 2 Diabetes	Joseph Scherger, MD
11:40	Latest Apps to Help Get Patients Moving	Liz Joy, MD
12:20	Adjourn	

5:30 pm

Special Dinner Presentation sponsored by Legally Mine
"The Key to Locking Out Lawsuits and Lowering Taxes".
All conference attendees and their spouse/partner are
welcome to attend. Pre-registration required.
This is a Non- CME Event


LEGALLY MINE
Daniel McNeff,
CEO Legally Mine

FRIDAY NOVEMBER 8, 2019**COMMON MUSCULOSKELETAL ISSUES**

TIME	TOPIC	SPEAKER
8:00	Overuse Injuries: Diagnosis and Management	Jim Macintyre, MD
8:40	Common Problems of the Elbow, Wrist and Hand	Robert Sallis, MD
9:20	Shoulder Problems in Active (and Not so Active) Patients	Jim Macintyre, MD
10:00	Break	
10:20	Evaluation of the Painful Knee	Robert Sallis, MD
11:00	The Ankle Sprain that Doesn't Get Better	Jim Macintyre, MD
11:40	Fracture Management in Primary Care	Dennis Khalili-Borna, MD
12:20	Adjourn	

SATURDAY NOVEMBER 9, 2019**UPDATE ON MEDICAL ISSUES IN THE ACTIVE PATIENT**

TIME	TOPIC	SPEAKER
8:00	Is this Osteoarthritis?	Steve S. Lee, DO
8:40	Common Rashes in Primary Care	Linda Tolbert, MD
9:20	Osteoporosis: Update on Assessment and Management	Dennis Khalili-Borna, MD
10:00	Break	
10:20	Sun Damage and Skin Cancer: Prevention and Management	Linda Tolbert, MD
11:00	Update on Rheumatoid Arthritis for the Primary Care Physician	Steve S. Lee, DO
11:40	Skin Conditions and Sports	Linda Tolbert, MD
12:20	Adjourn	

SUNDAY NOVEMBER 10, 2019**CURRENT ISSUES FOR THE PRIMARY CARE DOC**

TIME	TOPIC	SPEAKER
8:00	Hypothermia and Frostbite	Jessie Fudge, MD
8:40	Infectious Disease in the Active and Athletic Patient	Dennis Khalili-Borna, MD
9:20	Muscles and Inflammation: Pinpointing the Cause	Steve S. Lee, DO
10:00	Conference Concludes	

CONFERENCE FACULTY



**ROBERT SALLIS, MD,
FACS, FAFAP**

Conference Chairman
Family Medicine Physician
Clinical Professor of Family Medicine
UC Riverside School of Medicine
Department of Family Medicine
Kaiser Permanente Medical Center,
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**JESSIE FUDGE, MD,
FACS**

Family Medicine Physician
Chief of Activity, Sports and
Exercise Medicine (ASEM)
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LIZ JOY, MD, MPH, FACS

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DENNIS KHALILI-BORNA, MD

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STEVE S. LEE, DO, FACR

Rheumatologist
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**JIM MACINTYRE, MD, MPE,
FACSM, DIP SPORT MED**

Primary Care Sports Medicine
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JOSEPH SCHERGER, MD, MPH

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