

NEBRASKA ACADEMY OF FAMILY PHYSICIANS
24TH ANNUAL FALL CONFERENCE AND FAMILY WEEKEND
SPEAKER LEARNING OBJECTIVES, BIOS AND DISCLOSURES

PRE-PARTICIPATION SPORTS PHYSICALS & AEDs

LEARNING OBJECTIVES:

- 1) Understand the importance of limitations of Pre-Participatory Physicals.
- 2) Discuss aspects of "ECG Screening".
- 3) Know about the importance of AED availability.

CHRISTOPHER C. ERICKSON, MD

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BIOGRAPHY:

Dr. Christopher Erickson earned his medical degree and completed his residency at the University of Nebraska College of Medicine. He completed fellowships at Children's Hospital Boston/Harvard Medical School; Baylor College of Medicine. Dr. Erickson is certified in Pediatric Cardiology Fellow, Heart Rhythm Society, American College of Cardiology, AAP and AHA.

Dr. Erickson brings expertise in cardiac sports medicine related to heart rhythm disorders, inherited arrhythmia syndromes and sudden cardiac arrest. He specializes in the heart's electrical system in children and adults with congenital heart defects. He is a professor of Pediatrics and Internal Medicine with UNMC and CUMC. Dr. Erickson has a special interest in pre-participation screening, particularly the 14-point screening process recommended by the American Academy of Pediatrics (AAP), the American Heart Association (AHA) and others. He is a member of the Cardiac Electrophysiology Society, the Pediatric and Congenital Electrophysiology Society and the Adult Congenital Heart Association.

CONFLICT OF INTERESTS:

Consultant for fee relationship with Medtronic, Inc. in the area of defibrillators and ICD's.
All Conflicts Have Been Resolved.

IMPROVING PRIMARY CARE MANAGEMENT OF IBS-D THROUGH EARLY DIAGNOSIS AND PERSONALIZED TREATMENT

THIS TALK IS SUPPORTED BY AN EDUCATIONAL GRANT FROM SALIX PHARMACEUTICAL AND PROVIDED TO US BY INTEGRITY, CE.

LEARNING OBJECTIVES:

- 1) Apply an approach to the diagnosis of IBS-D that is consistent with current evidence-based guidelines.
- 2) Identify strategies for encouraging effective provider-patient communication to improve assessment of disease burden in patients with IBS-D.
- 3) Summarize current evidence regarding efficacy and safety of available options for the treatment of IBS-D.

WILLIAM R. SONNENBERG, MD, FAAFP

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BIOGRAPHY:

Dr. Sonnenberg is a graduate of the University of Pittsburgh, School of Medicine and completed his residency in Family Practice in McKeesport, PA. He has been in solo, private practice in Titusville, PA for 35 years. He has served as President of the Pennsylvania Academy of Family Physicians. He has spoken at the AAFP Scientific Assembly/FMX 10 times. His lectures have been published in Audio Digest seven times and FP Audio three times. His article on patient satisfaction, published in Medscape in 2014 had over 800,000 hits.

CONFLICT OF INTERESTS:

None

IMPROVING THE DIAGNOSIS AND TREATMENT OF LUPUS: PRACTICAL GUIDANCE FOR THE PRIMARY CARE PHYSICIAN

THIS TALK IS SUPPORTED BY AN EDUCATIONAL GRANT FROM GLAXOSMITHKLINE AND PROVIDED TO US BY PEERVIEW INSTITUTE.

LEARNING OBJECTIVES:

Upon completion of this activity, participants will be able to:

- 1) Diagnose systemic lupus erythematosus (SLE) based upon recognition of characteristic clinical manifestations in the setting of supportive serologic studies, after excluding alternative diagnoses.
- 2) Outline nonpharmacologic measures and other medical interventions that are important in the comprehensive management of SLE.
- 3) Describe current approaches to drug therapy in SLE, recognizing that treatment is highly individualized and depends on the predominant symptoms, organ involvement, response to previous therapy, and disease activity and severity.
- 4) Collaborate with SLE patients and other care providers (eg, rheumatologists) to monitor disease activity and therapy, as well as improve treatment adherence, quality of life, and survival outcomes.

S. SAM LIM, MD, MPH

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BIOGRAPHY:

Dr. Sam Lim is Professor of Medicine in the Division of Rheumatology and Professor of Epidemiology at Emory University. He is also the Chief of Rheumatology for Grady Health Systems, the only safety net hospital in Atlanta. His clinical and research interests are the improvement in the diagnosis and management of lupus and the epidemiology and outcomes of lupus, particularly as it relates to racial health disparities. Dr. Lim is funded by the CDC and NIH and is very active nationally and internationally in lupus. He is a member of the Systemic Lupus International Collaborating Clinics; an international lupus research group representing 43 centers from 16 different countries and was awarded the Distinguished Service Award and Clinical Investigator Fellowship Award by the American College of Rheumatology.

CONFLICT OF INTERESTS:

None

TRAVEL MEDICINE & CURRENT GLOBAL INFECTIOUS DISEASE OUTBREAKS

LEARNING OBJECTIVES:

- 1) Review key principles of the pre-travel evaluation.
- 2) Discuss illnesses in returning travelers.
- 3) Detail current infectious diseases outbreaks.

ANGELA HEWLETT, MD, MS

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BIOGRAPHY:

Angela Hewlett MD, MS, is Associate Professor of Internal Medicine and Infectious Diseases at the University of Nebraska Medical Center (UNMC). She is also an Associate Professor at the University of Nebraska College of Public Health, Associate Professor in the Department of Orthopaedic Surgery, and Director of the UNMC Infectious Diseases clinic. She serves as Medical Director of the Nebraska Biocontainment Unit. Dr. Hewlett actively participated in the care of several patients with Ebola virus disease in 2014 and has since provided subject matter expertise in multiple national and international venues on the clinical management of patients with highly infectious diseases as well as outbreak preparedness and response. She serves as faculty in the National Ebola Training and Education Center (NETEC), which provides education and training to hospitals preparing to care for patients with Ebola and other highly infectious diseases. Her book, "Planning for Bioemergencies: A Guide for Healthcare Facilities" was published in 2018.

Dr. Hewlett earned her MD from the University of Texas Medical Branch (UTMB) in Galveston, Texas, where she also completed a residency in Internal Medicine. She served as Chief Resident, then completed a 2-year fellowship in Infectious Diseases followed by a 1-year NIH-funded research fellowship with a focus in Hospital Epidemiology and Infection Control. She also holds a master's degree in clinical sciences-Clinical Investigation from the University of Texas Medical Branch.

CONFLICT OF INTERESTS:

Research grant relationship with Medtronic, LeafBio, Inc. in the area of Ebola treatment studies. All Conflicts Have Been Resolved.

MANAGEMENT OF HEART FAILURE

LEARNING OBJECTIVES:

- 1) Identify and understand the different stages of heart failure.
- 2) Understand the two basic types of heart failure.
- 3) Understand basic medical treatment of heart failure.
- 4) Understand advanced therapies for heart failure.

JOHN STEUTER, MD, FACC

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BIOGRAPHY:

Dr. John Steuter is a cardiologist practicing with Bryan Heart in Lincoln, NE.

Dr. Steuter grew up in western Nebraska on a ranch between Ainsworth and Valentine, along the Niobrara River.

After completing his undergraduate studies at the University of Nebraska Lincoln (UNL) and research internship at Notre Dame, he attended the University of Nebraska Medical Center (UNMC), completing his medical school training, residency and fellowship. He received several awards and honors during his residency and fellowship, including resident and fellow of the year, multiple times.

Dr. Steuter is in his fifth year of practice in Lincoln as a cardiologist. He has special interests in advanced cardiac imaging, structural heart cardiology, and advanced heart failure. He currently serves as the director for heart failure and the director of imaging. He is also the co-director for structural heart and chief medical officer for Bryan Heart.

He has published several papers and currently serves as the principal investigator on multiple ongoing cardiac research trials. He is also responsible for and the main contributor to the Bryan Heart monthly blog entitled "The Beat".

CONFLICT OF INTERESTS:

None

STORIES FROM THE PSORIASIS CASEBOOK: OVERCOMING CHALLENGES IN DIAGNOSIS & TREATMENT FOR FPs

THIS TALK IS SUPPORTED BY AN EDUCATIONAL GRANT FROM NOVARTIS PHARMACEUTICAL CORPORATION AND PROVIDED TO US BY PEERVIEW INSTITUTE.

LEARNING OBJECTIVES:

- 1) Apply evidence-based strategies to diagnose and classify patients with psoriasis.
- 2) Identify novel treatments for psoriasis in terms of mechanism of action, efficacy, and safety.
- 3) Employ comprehensive, multidisciplinary, patient-centered approaches to treating patients with psoriasis that include the management of comorbidities and systemic manifestations.

JASHIN J. WU, MD

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BIOGRAPHY:

Through the 7-year Honors Program in Medical Education, Jashin J. Wu, M.D., earned a BA in biological sciences from Northwestern University in Evanston, Illinois and an MD from Northwestern University Medical School in Chicago. Dr. Wu completed dermatology residency at the University of California, Irvine, California, where he was chief resident.

Dr. Wu is a Medical Board member of the National Psoriasis Foundation (NPF) and a Councilor for the International Psoriasis Council. He serves on the American Academy of Dermatology/NPF psoriasis guidelines committee, which will publish updated psoriasis guidelines in 2019. He is co-editor for 5 books which include Therapy for Severe Psoriasis, 1st edition, 2016; Clinical Cases in Psoriasis, 1st edition; Mild-To-Moderate Psoriasis, 3rd edition, 2014; Moderate-To-Severe Psoriasis, 4th edition, 2014. He is associate editor for the upcoming 4th edition of Comprehensive Dermatologic Drug Therapy projected to publish in 2019. He has written over 265 Pubmed articles, of which over 160 are about psoriasis. He is Past President of the Los Angeles Metropolitan Dermatological Society, Board Member of the California Society of Dermatology & Dermatologic Surgery (CalDerm), and Board Member of the Pacific Dermatology Association. Dr. Wu has given over 100 psoriasis lectures at medical conferences in 9 countries.

STORIES FROM THE PSORIASIS CASEBOOK

JASHIN J. WU, MD

(CONT)

CONFLICT OF INTERESTS:

Speaker has a financial interest/relationship or affiliation in the form of:

Consultant for: AbbVie Inc.; Almirall, S.A; Amgen Inc.; Bristol-Myers Squibb; Celgene Corporation; Dermira, Inc.; Dr. Reddy's Laboratories Ltd.; Eli Lilly and Company; Janssen Pharmaceuticals, Inc.; LEO Pharma Inc.; Novartis Pharmaceuticals Corporation; Promius Pharmaceuticals, Inc.; Regeneron; Sun Pharmaceutical Industries Ltd.; UCB, Inc.; and Valeant Pharmaceuticals North America (Bausch Health).

Grant/Research Support from: AbbVie Inc.; Amgen Inc.; Eli Lilly and Company; Janssen Pharmaceuticals, Inc.; and Novartis Pharmaceuticals Corporation.

Speakers Bureau Participant with: Celgene Corporation; Novartis Pharmaceuticals Corporation; Sun Pharmaceutical Industries Ltd.; UCB, Inc.; and Valeant Pharmaceuticals North America (Bausch Health).

All Conflicts Have Been Resolved.

CERVICAL SPINAL STENOSIS AND MYELOPATHY: DIAGNOSIS, DETERMINING WHEN TO TREAT, SURGICAL OPTIONS AND PROGNOSIS

LEARNING OBJECTIVES:

- 1) Illustrate the natural history of myelopathy.
- 2) Discuss history and physical exam finding.
- 3) Identify diagnostic tests and imaging modalities.
- 4) Define surgical treatment options and prognosis.

CHASE C. WOODWARD, MD, MPH

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BIOGRAPHY:

Chase C. Woodward, MD, MPH, is an Orthopedic Spine Surgeon with Nebraska Spine + Pain Center, with six locations in Nebraska. He is the son of H. Randal Woodward, MD, Orthopedic Spine Surgeon, who retired from the practice in December 2017.

Dr. Chase Woodward completed his undergraduate degree at Northwestern University in Illinois. His residency in Orthopedic Surgery took place at University of Pennsylvania in Philadelphia. He completed a Spine Fellowship at the Washington University School of Medicine in St Louis.

Dr. Woodward primarily sees patients at the NSPC Omaha location.

CONFLICT OF INTERESTS:

None

ADVANCES IN DERMATOLOGY

LEARNING OBJECTIVES:

- 1) Understand updates in staging for skin cancer.
- 2) Differentiate common rashes in dermatology.
- 3) Identify findings concerning for dermatologic emergencies.
- 4) Review therapeutic options for acne vulgaris.
- 5) Recognize signs and symptoms of venous insufficiency.

ASHLEY WYSONG, MD, MS

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BIOGRAPHY:

Dr. Wysong is UNMC Department of Dermatology founding Chair and William W. Bruce MD Distinguished Chair. Prior to coming to UNMC, Dr. Wysong was University of Southern California's Director of Mohs Micrographic Surgery and Procedural Dermatology in the department of dermatology. She obtained her master's degree in epidemiology in the Stanford University's Department of Health Research and Policy. She earned her medical degree at Duke University School of Medicine where she was valedictorian of her medical school class. She completed her residency in dermatology at Stanford University where she also served as chief resident. Her fellowship in procedural dermatology and Mohs micrographic surgery was completed at Scripps Clinic under the direction of Dr. Hugh Greenway in Mohs surgery, Dr. Victor Ross in laser and cosmetic dermatology, and Dr. Leland Housman in veins.

Dr. Wysong specializes in Mohs surgery and reconstruction for melanoma and non-melanoma skin cancer. She has a special interest in locally advanced and metastatic basal cell and squamous cell carcinoma as well as treatment of rare skin tumors. She was previously the Director of the USC Multidisciplinary Cutaneous Tumor Board and is now an active participant in the UNMC Melanoma Tumor Board. She has significant experience treating skin cancer in high-risk populations such as patients with organ transplants, leukemia/lymphoma, HIV, and other forms of chronic immunosuppression. As a cancer epidemiologist, she has an extensive background in translational and outcomes-based research and is widely published in the medical literature.

Dr. Wysong also has extensive experience in cosmetic dermatology and laser procedures and believes in subtle enhancements to obtain a natural and refreshed look. She also practices the use of cosmetic techniques for the revision of surgical, traumatic, and burn scars. She is certified by the American Board of Venolymphatic Medicine to perform medical and surgical treatment for patients with varicose veins and other vein conditions.

CONFLICT OF INTERESTS: None

A PRACTICAL APPROACH TO MULTIPLE SCLEROSIS THERAPIES

LEARNING OBJECTIVES:

- 1) To briefly introduce MS epidemiology, immunopathogenesis and courses.
- 2) To review different categories of MS treatments.
- 3) To review available disease modifying therapies for both Relapsing-Remitting MS and Primary Progressive MS.
- 4) To focus on issues of particular importance to the Family Physician -
 - a) infections; b) neoplasia; and c) vaccination.

RANA K. ZABAD, MD

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BIOGRAPHY:

Dr. Rana K. Zabad is an Associate Professor and Director of the Multiple Sclerosis Program at the University of Nebraska Medical Center since October 2008. Dr. Zabad received her medical degree from St. Joseph University in Beirut, Lebanon, completed her internship and neurology residency at the Detroit Medical Center, Wayne State University School of Medicine in Detroit, Michigan. She further went for a fellowship in MS Neuroimmunology for three years at the University of Calgary in Calgary, Alberta, Canada under the mentorship of Drs. Luanne Metz and Wee Yong. Dr. Zabad is board certified by the American Board of Psychiatry and Neurology and a member of the American Academy of Neurology, the American Medical Association, National MS Society, Nebraska Chapter, the Consortium of MS centers, the United Leukodystrophy Foundation and the International Association of Health Care professionals. Dr. Zabad is a receiver of the Who's Who award in Medicine in 2002.

CONFLICT OF INTERESTS:

Speaker Bureau and Consultant for fee relationship with Teva Neuroscience; Consultant for Fee relationships with Genzyme and Celgene; Adjudication Committee relationship with MedDay Pharmaceutical.

All Conflicts Have Been Resolved.