

2021 Napa Primary Care Conference

Wednesday November 3, 2021 Issues in the Active Patient

4:20 PM	Opening remarks by the Conference Chairman	Robert Sallis, MD
4:30 PM	Managing Overuse Injuries	Francis O'Connor, MD
5:10 PM	Exercise and COVID-19: What's the Connection?	Robert Sallis, MD
5:50 PM	Caring for Patients with Anxiety and Depression	Neel R. Doshi, DO
6:30 PM	Adjourn	

Thursday November 4, 2021 Lifestyle Medicine

8:00 AM	The Preparticipation Exam	Francis O'Connor, MD
8:40 AM	Exercise Prescription for Patients of All Ages	James C. Puffer, M.D.
9:20 AM	Insomnia & the Active Patient	Neel R. Doshi, DO
10:00 AM	Refreshment Break	
10:30 AM	Carbohydrates & Mortality What's the Connection?	Sean Hashmi, MD, MS
11:10 AM	Update on Vaping: Is it Helpful or Harmful?	Renee Fogelberg, MD
11:50 AM	Trauma in Athletics	Neel R. Doshi, DO
12:30 PM	Adjourn	

Friday November 5, 2021 Musculoskeletal Issues in Primary Care

8:00 AM	Chronic Shoulder Pain: A Primary Care Approach	Francis O'Connor, MD,
8:40 AM	Evaluation of the Injured Wrist	James C. Puffer, M.D.
9:20 AM	Osteoarthritis: A Primary Care Approach	Francis O'Connor, MD,
10:00 AM	Refreshment Break	
10:30 AM	Pediatric Sports Injuries: Kids are Not Little Adults!	James C. Puffer, M.D.
11:10 AM	Non-Drug Options for Treating Musculoskeletal Pain	Robert Sallis, MD
11:50 AM	Common Musculoskeletal Problems in Primary Care: A Cased Oriented Approach	James C. Puffer, M.D.
12:30 PM	Adjourn	

Saturday November 6, 2021 Women's Health

8:00 AM	An Evidence Based Approach to Nutrition	Sean Hashmi, MD, MS
8:40 AM	Nutrition for the Active Female	Kathryn E. Ackerman, MD
9:20 AM	Update on Oral Contraceptives	Renee Fogelberg, MD
10:00 AM	Refreshment Break	
10:30 AM	Common Problems in the Active and Athletic Female Patient	Robert Sallis, MD
11:10 AM	Management of Stress Fractures in the Active Woman	Kathryn E. Ackerman, MD,
11:50 AM	Update on Hormone Replacement Therapy	Renee Fogelberg, MD
12:30 PM	Adjourn	

Sunday November 7, 2021 Hot Topics in Primary Care

8:00 AM	The Ketogenic Diet: Does it work and is it Healthy?	Sean Hashmi, MD
8:40 AM	Update on Pap Smears and HPV	Renee Fogelberg, MD
9:20 AM	Evaluation and Management of Spondylolysis	Kathryn E. Ackerman, MD
10:00 AM	Final Adjourn	

Lectures Cut

A Primary Care Approach to Managing Opioids

James C. Puffer, M.D.

Exertional Illness: The Challenge of Prevention

Francis G. O'Connor, MD

How to Maintain Boundaries with Patients

Neel R. Doshi, DO

The Female Athlete Triad and RED-S

Kathryn E. Ackerman, MD

The Dangers of Too Little vs Too Much Exercise

Robert Sallis, MD

The Skinny on Saturated Fat and Coffee

Sean Hashmi, MD, MS

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

Kathryn E. Ackerman, MD, MPH, FACSM

Internal Medicine Physician
Medical Director- Female Athlete Program, Division of Sports Medicine, Boston Children's Hospital
Associate Director- Sports Endocrine Research Lab, Neuroendocrine Unit, Massachusetts General Hospital
Assistant Professor; Harvard Medical School

Neel R. Doshi, DO

Adult Psychiatry and Child & Adolescent Psychiatry Physician
Kaiser Permanente Medical Center, Orange County, CA

Renee Fogelberg, MD, FACOG, NCMP

Obstetrics and Gynecology Physician
Northern California Clinical Lead for Tobacco Cessation
Kaiser Permanente, Northern California
Pinole, CA
Chair of the Chiefs of Patient Education
Regional Board Member- American Cancer Society

Sean Hashmi, MD, MS, FASN

Internal Medicine/Nephrology/Obesity Medicine
Regional Lead, Adult Weight Management -SCPMG
Healthy Workforce Physician Champion
Physician Wellness Champion
Kaiser Permanente Medical Center Woodland Hills, CA

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

Family Medicine Physician
Medical Director, Consortium for Health and Military Performance
Professor, Department of Military and Emergency Medicine
Uniformed Services University of the Health Sciences

James C. Puffer, M.D.

Family Medicine Physician
Professor Emeritus of Clinical Family Medicine
David Geffen School of Medicine at UCLA
Past President and Chief Executive Officer Emeritus
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