

AGENDA

Topics and lecture times subject to change

All lectures in the Grand Hyatt Kauai Ballroom

Monday August 9, 2021

Women's Health

10:00 AM	Registration and name badge pickup	
10:00 AM	Exhibit Hall	
12:25 PM	Opening remarks by the Chairman	Robert Sallis, MD
12:30 PM	Nutrition for the Active Female	Kathryn E. Ackerman, MD, MPH, FACSM
1:10 PM	Weight Loss Strategies that Work	Sean Hashmi, MD, MS, FASN
1:50 PM	Update on Oral Contraceptives	Renee Fogelberg, MD, FACOG, NCMP
2:30 PM	Refreshment Break	
3:00 PM	Unique Problems in the Active and Athletic Female Patient	Robert Sallis, MD, FACSM, FAAFP
3:40 PM	Management of Stress Fractures in the Active Woman	Kathryn E. Ackerman, MD, MPH, FACSM
4: 20 PM	Update on Hormone Replacement Therapy	Renee Fogelberg, MD, FACOG, NCMP
5:00 PM	Adjourn	

Tuesday August 10, 2021

Musculoskeletal Issues in Primary Care

7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	Chronic Shoulder Pain: A Primary Care Approach	Francis G. O'Connor, MD, MPH, FACSM
8:40 AM	Evaluation of the Injured Wrist	James C. Puffer, M.D.
9:20 AM	Evaluation and Management of Spondylolysis	Kathryn E. Ackerman, MD, MPH, FACSM
10:00 AM	Refreshment Break	
10: 30 AM	Pediatric Sports Injuries: Kids are Not Little Adults!	James C. Puffer, M.D
11:10 AM	Osteoarthritis: A Primary Care Approach	Francis G. O'Connor, MD, MPH, FACSM
11:50 AM	Common Musculoskeletal Problems in Primary Care: A Cased Oriented Approach	James C. Puffer, M.D.
12:30 PM	Adjourn	

Wednesday August 11, 2021

Lifestyle Medicine

12:00-5:00 PM	Exhibit Hall	
12:30 PM	The Preparticipation Exam	Francis G. O'Connor, MD, MPH, FACSM
1:10 PM	Exercise Prescription for Patients of All Ages	James C. Puffer, M.D.
1:50 PM	The Dangers of Too Little vs Too Much Exercise	Robert Sallis, MD, FACSM, FAAFP
2:30 PM	Refreshment Break	
3:00 PM	What's the Connection? Carbs & Mortality; Physical Activity & Mental Health	Sean Hashmi, MD, MS, FASN
3:40 PM	Update on Vaping: Is it Helpful or Harmful?	Renee Fogelberg, MD, FACOG, NCMP
4: 20 PM	Caring for Patients with Anxiety and Depression	Neel R. Doshi, DO
5:00 PM	Adjourn	

Thursday August 12, 2021

Issues in the Active Patient

7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	The Skinny on Saturated Fat and Coffee	Sean Hashmi, MD, MS, FASN
8:40 AM	Managing Overuse Injuries	Francis G. O'Connor, MD, MPH, FACSM
9:20 AM	Non-Drug Options for Treating Chronic Pain	Robert Sallis, MD, FACSM, FAAFP
10:00 AM	Refreshment Break	
10: 30 AM	A Primary Care Approach to Managing Opioids	James C. Puffer, M.D.
11:10 AM	Caring for the Patient with Post Traumatic Stress Disorder	Neel R. Doshi, DO
11:50 AM	The Ketogenic Diet: Does it work and is it Healthy?	Sean Hashmi, MD, MS, FASN
12:30 PM	Adjourn	

Friday August 13, 2021		
Hot Topics in Primary Care		
7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	A Primary Care Approach to the Bipolar Patient	Neel R. Doshi, DO
8:40 AM	Update on Pap Smears and HPV	Renee Fogelberg, MD, FACOG, NCMP
9:20 AM	The Female Athlete Triad; AKA RED-S	Kathryn E. Ackerman, MD, MPH, FACSM
10:00 AM	Refreshment Break	
10:30 AM	Update on COVID-19	Robert Sallis, MD, FACSM, FAAFP
11:10 AM	Exertional Illness: The Challenge of Prevention	Francis G. O'Connor, MD, MPH, FACSM
11:50 AM	How to Maintain Boundaries with Patients	Neel R. Doshi, DO
12:30 PM	Final Adjourn	

FACULTY

Robert Sallis, MD, FACSM, FAAFP

Conference Chairman
 Family Medicine Physician
 Clinical Professor of Family Medicine
 UC Riverside School of Medicine
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 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
 Team Physician; USA Rowing

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
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Sean Hashmi, MD, MS, FASN

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