

# 2021 Primary Care Hawaii Conference AGENDA

Topics and lecture times subject to change

## 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
1:10 PM	An Evidence Based Approach to Nutrition	Sean Hashmi, MD, MS,
1:50 PM	Update on Oral Contraceptives	Renee Fogelberg, MD
2:30 PM	Refreshment Break	
3:00 PM	Unique Problems in the Active and Athletic Female Patient	Robert Sallis, MD
3:40 PM	Management of Stress Fractures in the Active Woman	Kathryn E. Ackerman, MD,
4: 20 PM	Update on Hormone Replacement Therapy	Renee Fogelberg, MD
5:00 PM	Adjourn	

## Tuesday August 10, 2021 Hot Topics in Primary Care

7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	Insomnia & the Active Patient	Neel R. Doshi, DO
8:40 AM	Update on Pap Smears and HPV	Renee Fogelberg, MD
9:20 AM	The Female Athlete Triad and RED-S	Kathryn E. Ackerman, MD
10:00 AM	Refreshment Break	
10: 30 AM	Update on COVID-19	Robert Sallis, MD
11:10 AM	Exertional Illness: The Challenge of Prevention	Francis G. O'Connor, MD
11:50 AM	How to Maintain Boundaries with Patients	Neel R. Doshi, DO
12:30 PM	Adjourn	

## Wednesday August 11, 2021 Lifestyle Medicine

12:00-5:00	Exhibit Hall	
12:30 PM	The Preparticipation Exam	Francis G. O'Connor, MD
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
2:30 PM	Refreshment Break	
3:00 PM	What's the Connection? Carbs & Mortality; Physical Activity & Mental Health	Sean Hashmi, MD, MS
3:40 PM	Update on Vaping: Is it Helpful or Harmful?	Renee Fogelberg, MD
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
8:40 AM	Managing Overuse Injuries	Francis G. O'Connor, MD
9:20 AM	Non-Drug Options for Treating Chronic Pain	Robert Sallis, MD
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
12:30 PM	Adjourn	

## Friday August 13, 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,
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,
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,
11:50 AM	Common Musculoskeletal Problems in Primary Care: A Case Oriented Approach	James C. Puffer, M.D.
12:30 PM	Final Adjourn	

### FACULTY

#### **Robert Sallis, MD, FACS, 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, FACS**

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  
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  
American Board of Family Medicine