

## 2021 Napa Primary Care Conference AGENDA TOPICS

Topics and lectures subject to change  
**Wednesday November 3, 2021 4:00 -6:00 PM**  
**Thursday November 4, 2021 8:00-12:00 PM**  
**Friday November 5, 2021 8:00-12:00 PM**  
**Saturday November 6, 2021 8:00-12:00 PM**  
**Sunday November 7, 2021 8:00-10:00 AM**

### Women's Health

	Nutrition for the Active Female	Kathryn E. Ackerman, MD, MPH, FACSM
	Weight Loss Strategies that Work	Sean Hashmi, MD, MS, FASN
	Update on Oral Contraceptives	Renee Fogelberg, MD, FACOG, NCMP
	Refreshment Break	
	Unique Problems in the Active and Athletic Female Patient	Robert Sallis, MD, FACSM, FAAFP
	Management of Stress Fractures in the Active Woman	Kathryn E. Ackerman, MD, MPH, FACSM
	Update on Hormone Replacement Therapy	Renee Fogelberg, MD, FACOG, NCMP

### Musculoskeletal Issues in Primary Care

	Chronic Shoulder Pain: A Primary Care Approach	Francis G. O'Connor, MD, MPH, FACSM
	Evaluation of the Injured Wrist	James C. Puffer, M.D.
	Evaluation and Management of Spondylolysis	Kathryn E. Ackerman, MD, MPH, FACSM
	Pediatric Sports Injuries: Kids are Not Little Adults!	James C. Puffer, M.D.
	Osteoarthritis: A Primary Care Approach	Francis G. O'Connor, MD, MPH, FACSM
	Common Musculoskeletal Problems in Primary Care: A Cased Oriented Approach	James C. Puffer, M.D.

### Lifestyle Medicine

	The Preparticipation Exam	Francis G. O'Connor, MD, MPH, FACSM
	Exercise Prescription for Patients of All Ages	James C. Puffer, M.D.
	The Dangers of Too Little vs Too Much Exercise	Robert Sallis, MD, FACSM, FAAFP
	What's the Connection? Carbs & Mortality; Physical Activity & Mental Health	Sean Hashmi, MD, MS, FASN
	Update on Vaping: Is it Helpful or Harmful?	Renee Fogelberg, MD, FACOG, NCMP
	Caring for Patients with Anxiety and Depression	Neel R. Doshi, DO

<b>Issues in the Active Patient</b>		
	The Skinny on Saturated Fat and Coffee	Sean Hashmi, MD, MS, FASN
	Managing Overuse Injuries	Francis G. O'Connor, MD, MPH, FACSM
	Non-Drug Options for Treating Chronic Pain	Robert Sallis, MD, FACSM, FAAFP
	A Primary Care Approach to Managing Opioids	James C. Puffer, M.D.
	Caring for the Patient with Post Traumatic Stress Disorder	Neel R. Doshi, DO
	The Ketogenic Diet: Does it work and is it Healthy?	Sean Hashmi, MD, MS, FASN

<b>Hot Topics in Primary Care</b>		
	A Primary Care Approach to the Bipolar Patient	Neel R. Doshi, DO
	Update on Pap Smears and HPV	Renee Fogelberg, MD, FACOG, NCMP
	The Female Athlete Triad; AKA RED-S	Kathryn E. Ackerman, MD, MPH, FACSM
	Update on COVID-19	Robert Sallis, MD, FACSM, FAAFP
	Exertional Illness: The Challenge of Prevention	Francis G. O'Connor, MD, MPH, FACSM
	How to Maintain Boundaries with Patients	Neel R. Doshi, DO