

# 2024 Napa Primary Care Conference

## Agenda

All Lectures held in the Napa Ballroom at the Napa Marriott Hotel

**Wednesday November 6, 2024**

2 HOURS CME

## Hot Topics n Primary Care

Wednesday November 6, 2024	Lecture Topic	Speaker
4:25 PM	Opening Remarks by the Chairman	Robert Sallis, MD
4:30 PM	Common Rashes in Primary Care	Linda Tolbert, MD
5:10 PM	Osteoporosis Assessment and Management	Dennis Khalili Borna, MD
5:50 PM	Sun Damage and Skin Cancer: Prevention and Management	Linda Tolbert, MD
6:30 PM	Adjourn	
6:30 PM	Wine Tasting Reception	

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**Thursday November 7, 2024**

4 HOURS CME

### Common Musculoskeletal Issues

Thursday November 7, 2024	Lecture Topic	Speaker
7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	Elbow, Wrist and Hand Problems	Robert Sallis, MD
8:40 AM	Common Knee Issues in Primary Care	Jordan Metzli, MD
9:20 AM	Low Back Pain Evaluation	Robert Sallis, MD
10:00 AM	Refreshment Break and Exhibit Hall	
10:30 AM	Common Foot and Ankle Problems	Cindy Chang, MD
11:10 AM	Heel Pain in the Active Patient	Dennis Khalili Borna, MD
11:50 AM	Shoulder Problems	Jason Brayley, MD
12:30 PM	Adjourn	



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**Friday November 8, 2024**

4 HOURS CME

### Staying Healthy

Friday November 8, 2024	Lecture Topic	Speaker
7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	Healthy Pleasures: Applying the Science of Happiness to Health	David Sobel, MD
8:40 AM	Preparing Patients to Enter the Golden Years	Timothy Munzing, MD
9:20 AM	Thriving with Stress: The New Science of Resilience	David Sobel, MD
10:00 AM	Refreshment Break and Exhibit Hall	
10:30 AM	Small Lifestyle Changes Can Lead to Giant Health Impacts	Cindy Chang, MD
11:10 AM	The Exercise Prescription in Primary Care	Jordan Metz, MD
11:50 AM	Rx Healthy Sex: Is Sex Good Medicine?	David Sobel, MD
12:30 PM	Adjourn	

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**Saturday November 9, 2024**

4 HOURS CME

### Current Issues for the Primary Care Doc

<b>Saturday November 9, 2024</b>	<b>Lecture Topic</b>	<b>Speaker</b>
<b>7:00 AM</b>	<b>Breakfast in the Exhibit Hall</b>	
<b>8:00 AM</b>	<b>Running Medicine 101: What's New in the Science of Running</b>	<b>Jordan Metzl, MD</b>
<b>8:40 AM</b>	<b>Skin Conditions and Sports</b>	<b>Linda Tolbert, MD</b>
<b>9:20 AM</b>	<b>Stress Fractures in the Active Patient</b>	<b>Jason Brayley, MD</b>
<b>10:00 AM</b>	<b>Refreshment Break and Exhibit Hall</b>	
<b>10:30 AM</b>	<b>Upper Extremity Numbness and Tingling</b>	<b>Cindy Chang, MD</b>
<b>11:10 AM</b>	<b>Musculoskeletal Pearls for the Primary Care Physician</b>	<b>Dennis Khalili Borna, MD</b>
<b>11:50 AM</b>	<b>The Masters Athlete: Tricks to Keep Your Aging Patients Moving</b>	<b>Jordan Metzl, MD</b>
<b>12:30 PM</b>	<b>Adjourn</b>	

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**Sunday November 10, 2024**

2 HOURS CME

### Important Issues for the Primary Care Doc

Sunday November 10, 2024	Lecture Topic	Speaker
7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	Travel Medicine: What You Should Know	Timothy Munzing, MD
8:40 AM	Dealing with Sleep and Jet Lag	Cindy Chang, MD
9:20 AM	In-Flight Medical Emergencies: What You Should Know	Gyll Turteltaub, PsyD
10:00 AM	Final Adjourn	

