



16 HOURS AAFP CME CREDIT



2024 NAPA PRIMARY CARE CONFERENCE

November 6–10, 2024
Marriott Hotel, Napa, CA

Agenda

All lectures located in the Napa Marriott Ballroom.

Wednesday, November 6 Hot Topics in Primary Care

2.0 hrs CME

TIME	TOPIC	SPEAKER
4:25 pm	Opening Remarks	<i>Dennis Khalili Borna, MD</i>
4:30 pm	Common Rashes in Primary Care	<i>Linda Tolbert, MD</i>
5:10 pm	Osteoporosis Assessment and Management	<i>Dennis Khalili Borna, MD</i>
5:50 pm	Responsible Opioid Prescribing	<i>Timothy Munzing, MD</i>
6:30 pm	Adjourn	
6:30 pm	Wine Tasting Reception	
	Exhibit Hall Open 4:30 pm – 6:30 pm	

Thursday, November 7 Staying Healthy

4.0 hrs CME

TIME	TOPIC	SPEAKER
7:00 am	Breakfast in the Exhibit Hall	
8:00 am	Healthy Pleasures: Applying the Science of Happiness to Health	<i>David Sobel, MD</i>
8:40 am	Preparing Patients to Enter the Golden Years	<i>Timothy Munzing, MD</i>
9:20 am	Thriving with Stress: The New Science of Resilience	<i>David Sobel, MD</i>
10:00 am	Refreshment Break and Exhibit Hall	
10:30 am	Small Lifestyle Changes Can Lead to Giant Health Impacts	<i>Cindy Chang, MD</i>
11:10 am	The Exercise Prescription in Primary Care	<i>Jordan Metzl, MD</i>
11:50 am	Rx Healthy Sex: Is Sex Good Medicine?	<i>David Sobel, MD</i>
12:30 pm	Adjourn	
	Exhibit Hall Open 7:00 am – 12:30 pm	

Friday, November 8**Common Musculoskeletal Issues****4.0 hrs CME**

TIME	TOPIC	SPEAKER
7:00 am	Breakfast in the Exhibit Hall	
8:00 am	Shoulder Problems	<i>Jason Brayley, MD</i>
8:40 am	Elbow, Wrist and Hand Problems	<i>Robert Sallis, MD</i>
9:20 am	Common Knee Issues in Primary Care	<i>Jordan Metzl, MD</i>
10:00 am	Refreshment Break and Exhibit Hall	
10:30 am	Low Back Pain Evaluation	<i>Robert Sallis, MD</i>
11:10 am	Common Foot and Ankle Problems	<i>Cindy Chang, MD</i>
11:50 am	Heel Pain in the Active Patient	<i>Dennis Khalili Borna, MD</i>
12:30 pm	Adjourn	

Saturday, November 9**Primary Care for the Active Patient****4.0 hrs CME**

TIME	TOPIC	SPEAKER
7:00 am	Breakfast in the Exhibit Hall	
8:00 am	Facial Injuries in the Athlete	<i>Robert Sallis, MD</i>
8:40 am	Running Medicine 101: What's New in the Science of Running	<i>Jordan Metzl, MD</i>
9:20 am	Skin Conditions and Sports	<i>Linda Tolbert, MD</i>
10:00 am	Refreshment Break and Exhibit Hall	
10:30 am	Stress Fractures in the Active Patient	<i>Jason Brayley, MD</i>
11:10 am	Upper Extremity Numbness and Tingling	<i>Cindy Chang, MD</i>
11:50 am	The Masters Athlete: Tricks to Keep Your Aging Patients Moving	<i>Jordan Metzl, MD</i>
12:30 pm	Adjourn	
	Exhibit Hall Open 7:00 am – 12:30 pm	

Sunday, November 10**Issues in the Athlete****2.0 hrs CME**

TIME	TOPIC	SPEAKER
7:00 am	Breakfast in the Exhibit Hall	
8:00 am	Musculoskeletal Pearls for the Primary Care Physician	<i>Dennis Khalili Borna, MD</i>
8:40 am	Update on Concussion Management	<i>Jason Brayley, MD</i>
9:20 am	Infectious Diseases in Athletes	<i>Dennis Khalili Borna, MD</i>
10:00 am	Final Adjourn	
	Exhibit Hall Open 7:00 am – 10:00 am	





Agenda



Syllabus

2023 NAPA PRIMARY CARE CONFERENCE

November 8–12, 2023

Agenda

All lectures located in the Napa Marriott Ballroom.

Wednesday, November 8 Caring for Yourself

2.0 hours CME

TIME	TOPIC	SPEAKER
4:25 pm	Opening Remarks by the Chairman	<i>Robert Sallis, MD</i>
4:30 pm	Natural Pathways to Wellbeing	<i>Gyll Turteltaub, PsyD</i>
5:10 pm	An Overview of Genomics	<i>Tim Ho, MD</i>
5:50 pm	The Importance of Sleep to Health and Performance	<i>Heidi Meyer, MD</i>
6:30 pm	Adjourn	
6:30 pm	Wine Tasting Reception in the Courtyard	

Thursday, November 9 Food is Medicine

4.0 hours CME

TIME	TOPIC	SPEAKER
7:00 am	Breakfast in the Exhibit Hall	
8:00 am	Carnivore vs Mediterranean vs Plant Based Diet: Pros and Cons	<i>Joseph E. Scherger, MD</i>
8:40 am	The Safety and Efficacy of Vitamins and Supplements	<i>Heidi Meyer, MD</i>
9:20 am	Updates from the US Preventative Service Task Force	<i>Tim Ho, MD</i>
10:00 am	Refreshment Break	
10:30 am	Gut Health for the Active and Athletic Patient	<i>Joseph E. Scherger, MD</i>
11:10 am	GI Issue in the Active Patient	<i>Robert J. Nied, MD</i>
11:50 am	A Mindful Approach to Stress	<i>Gyll Turteltaub, PsyD</i>
12:30 pm	Adjourn	

