

2024 Primary Care Hawaii Conference Conference

Agenda

Monday April 1, 2024

4 Hours CME



Hot Topics in Primary Care

Monday April 1, 2024	Lecture Topic	Speaker
12:25 PM	Opening Remarks by the Chairman	Robert Sallis, MD
12:30 PM	Common Rashes in Primary Care	Linda Tolbert, MD
1:10 PM	Osteoporosis Assessment and Management	Dennis Khalili Borna, MD
1:50 PM	Sun Damage and Skin Cancer: Prevention and Management	Linda Tolbert, MD
2:30 PM	Refreshment Break and Exhibit Hall	
3:00 PM	Health Behavior Change in a Primary Care Practice	David Sobel, MD
3:40 PM	Performance Enhancing Drugs	Jason Brayley, MD
4:20 PM	Responsible Opioid Prescribing	Timothy Munzing, MD
5:00 PM	Adjourn	

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Tuesday April 2, 2024

4 Hours CME



Common Musculoskeletal Issues

Tuesday April 2, 2024	Lecture Topic	Speaker
8:00 AM	Shoulder Problems	Jason Brayley, MD
8:40 AM	Elbow, Wrist and Hand Problems	Robert Sallis, MD
9:20 AM	Common Knee Issues in Primary Care	Jordan MetzI, MD
10:00 AM	Refreshment Break and Exhibit Hall	
10:30 AM	Low Back Pain Evaluation	Robert Sallis, MD
11:10 AM	Common Foot and Ankle Problems	Cindy Chang, MD
11:50 AM	Heel Pain in the Active Patient	Dennis Khalili Borna, MD
12:30 PM	Adjourn	

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Wednesday April 3, 2024

4 Hours CME

Staying Healthy



Wednesday April 3, 2024	Lecture Topic	Speaker
12:30 PM	Healthy Pleasures: Applying the Science of Happiness to Health	David Sobel, MD
1:10 PM	Preparing Patients to Enter the Golden Years	Timothy Munzing, MD
1:50 PM	Thriving with Stress: The New Science of Resilience	David Sobel, MD
2:30 PM	Refreshment Break and Exhibit Hall	
3:00 PM	Small Lifestyle Changes Can Lead to Giant Health Impacts	Cindy Chang, MD
3:40 PM	The Exercise Prescription in Primary Care	Jordan Metzl, MD
4:20 PM	Rx Healthy Sex: Is Sex Good Medicine?	David Sobel, MD
5:00 PM	Adjourn	

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Thursday April 4, 2024

4 Hours CME



Primary Care for the Active Patient

Thursday April 4, 2024	Lecture Topic	Speaker
8:00 AM	Running Medicine 101: What's New in the Science of Running	Jordan Metzl, MD
8:40 AM	Skin Conditions and Sports	Linda Tolbert, MD
9:20 AM	Stress Fractures in the Active Patient	Jason Brayley, MD
10:00 AM	Refreshment Break and Exhibit Hall	
10:30 AM	Upper Extremity Numbness and Tingling	Cindy Chang, MD
11:10 AM	Musculoskeletal Pearls for the Primary Care Physician	Dennis Khalili Borna, MD
11:50 AM	The Masters Athlete: Tricks to Keep Your Aging Patients Moving	Jordan Metzl, MD
12:30 PM	Adjourn	

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Friday April 5, 2024

4 Hours CME



Current Issues for the Primary Care Doc

Friday April 5, 2024	Lecture Topic	Speaker
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	Timothy Munzing, MD
10:00 AM	Refreshment Break and Exhibit Hall	
10:30 AM	Update on Concussion Management	Jason Brayley, MD
11:10 AM	Facial Injuries in the Athlete	Robert Sallis, MD
11:50 AM	Infectious Diseases in Athletes	Dennis Khalili Borna, MD
12:30 PM	Final Adjourn	