

PRIMARY CARE HAWAII CONFERENCE

Agenda

All Lectures and Exhibits in the Grand Hyatt Ballroom

Monday July 31, 2023

Caring for Yourself

4 HOURS CME



TIME	TOPIC	PRESENTER
10:00 AM	Registration and name badge pickup	
12:25 PM	Opening Remarks by the Chairman	Robert Sallis, MD
12:30 PM	Self-Care for Healthcare Professionals	Gyll Turteltaub, PsyD
1:10 PM	The Keys to Healthy Aging	Robert J Nied, M.D.
1:50 PM	The Social Determinants of Health	Tim Ho, MD, MPH
2:30 PM	Break	
3:00 PM	The Importance of Sleep to Health and Performance	Heidi Meyer, MD
3:30 PM	An Overview of Genomics	Tim Ho, MD, MPH
4:10 PM	Natural Pathways to Wellbeing	Gyll Turteltaub, PsyD
5:00 PM	Adjourn	

Exhibit Hall open from 10:00 am-5:00 pm

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Tuesday August 1, 2023

Exercise is Medicine

4 HOURS CME



TIME	TOPIC	PRESENTER
7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	Clinical Exercise Physiology: What a Physician Should Know	Barry Franklin, PhD
8:40 AM	Exercise Prescription for Seniors	Joseph E. Scherger, MD
9:20 AM	Busy but Fit: Exercise Hacks for Busy Doctors and their Patients	Brandee Waite, MD
10:00 AM	Break	
10:30 AM	Exercise in Diabetic Patients	Robert J Nied, MD
11:10 AM	Exercise and Brain Health: What's the Connection?	Robert Sallis, MD
11:50 AM	Extreme Exercise and Cardiovascular Health: Too Much of a Good Thing?	Barry Franklin, PhD
12:30 PM	Adjourn	

Exhibit Hall open from 7:00 am-12:30 pm

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Wednesday August 2, 2023

Food is Medicine

4 HOURS CME



TIME	TOPIC	PRESENTER
12:30 PM	Carnivore vs Mediterranean vs Plant Based Diet: Pros and Cons	Joseph E. Scherger, MD
1:10 PM	The Safety and Efficacy of Vitamins and Supplements	Heidi Meyer, MD
1:50 PM	Using Nutrition and Exercise to Keep the Doctor Away	Brandee Waite, MD
2:30 PM	Break	
3:00 PM	Gut Health for the Active and Athletic Patient	Joseph E. Scherger, MD
3:30 PM	Identifying Food Sensitivities to Improve Health and Performance	Heidi Meyer, MD
4:10 PM	GI Issue in the Active Patient	Robert J Nied, MD
5:00 PM	Adjourn	

Exhibit Hall open from 12:30-5:00 PM

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Thursday August 3 ,2023

Musculoskeletal Issues

4 HOURS CME



TIME	TOPIC	PRESENTER
7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	The Diagnosis and Management of Ankle Problems	Brandee Waite, MD
8:40 AM	Evaluation of the Painful Knee	Robert Sallis, MD
9:20 AM	Back Pain Assessment and Treatment	Brandee Waite, MD
10:00 AM	Break	
10:30 AM	Common Elbow Problems	Robert J Nied, MD
11:10 AM	Evaluation of the Painful Shoulder	Robert Sallis, MD
11:50 AM	Musculoskeletal Case Discussion	All Faculty
12:30 PM	Adjourn	

Exhibit Hall open from 7:00 am-12:30 pm

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All Lectures and Exhibits in the Grand Hyatt Ballroom

Friday August 4, 2023

Important Issues for the Primary Care Doc

4 HOURS CME



TIME	TOPIC	PRESENTER
7:00 AM	Breakfast in the Exhibit Hall	
8:00 AM	Physical Activity and Cardiorespiratory Fitness as Modulators of Health Outcomes	Barry Franklin, PhD
8:40 AM	Navigating Change and Uncertainty	Gyll Turteltaub, PsyD
9:20 AM	Updates from the US Preventive Service Task Force	Tim Ho, MD, MPH
10:00 AM	Break	
10:30 AM	The Nocebo Effect with Performance and Sleep Trackers	Heidi Meyer, MD
11:10 AM	Mindful Approach to Stress	Gyll Turteltaub, PsyD
11:50 AM	GPS for Success: Skills, Strategies and Secrets of Superachievers	Barry Franklin, PhD
12:30 PM	Final Adjourn	

Exhibit Hall open from 7:00 am-12:30 pm