

Update in Internal Medicine 2021

Saturday, April 10, 2021

PURPOSE AND CONTENT

Every year, new therapies are being developed and new standards of care are being employed across the spectrum of internal medicine. The busy primary care physician and internist is faced with the growing challenge of keeping abreast of all the advances.

The annual Update in Internal Medicine CME Conference seeks to assist clinicians with meeting this challenge. The 2021 conference will present a hybrid virtual learning approach, offering one day of live presentations and multiple pre-recorded on-demand presentations. The goals are to provide primary care physicians and internists with state-of-the-art practical advice on issues identified as frequent items for consultation and second opinions, and information about new advances in applying molecular techniques in translational medicine.

EDUCATIONAL OBJECTIVES

Upon completion of this activity, participants should be able to:

- *Review the appropriate use of direct oral anticoagulants in various clinical scenarios*
- *Utilize a sequential approach to management of type 2 diabetes*
- *Utilize an evidence-based approach to COVID-19 based on the stage and severity of disease*
- *Initiate an appropriate evaluation of proteinuria and hematuria in various clinical scenarios*
- *Apply updated guidelines for management of patients with hypertension and resistant hypertension*
- *Formulate appropriate diagnosis and management of interstitial lung diseases*
- *Identify various cancer immunotherapies and the malignancies in which they are used*

- *Diagnose and manage the renal complications from various malignancies and their treatments*
- *Describe the pathway of thyroid hormone signaling and the advantages/disadvantages of various thyroid supplements*
- *Interpret the emerging findings of the potential long-term effects between cardiovascular disease and COVID-19.*

TARGET AUDIENCE

This CME Conference is designed for: primary care providers, nurse practitioners, physician assistants, and specialists in Internal Medicine and Family Practice seeking updates in practical knowledge relating to patient care.

SPONSORED BY

This CME Conference is sponsored by UT Southwestern Department of Internal Medicine and the Office of Continuing Medical Education.

ACCREDITATION AND DESIGNATION STATEMENT

The University of Texas Southwestern Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Texas Southwestern Medical Center designates this live educational activity for a maximum of 21.5 AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The University of Texas Southwestern Medical Center certifies that non-physicians will receive an attendance certificate stating that they participated in the activity that was designated for 21.5 AMA PRA Category 1 Credit™.

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LIVE ONLINE SESSION – SATURDAY, APRIL 10, 2021

TIME	TOPIC	SPEAKER
7:45 a.m. – 8 a.m.	Welcome	James "Brad" Cutrell, M.D. and Carol Croft, M.D.
8 a.m. – 8:30 a.m.	Update on 2019 ACC/AHA Guidelines for Primary Prevention of Cardiovascular Disease	Amit Khera, M.D.
8:30 a.m. – 9 a.m.	Bariatric Management Beyond Medical Treatment	Anna Tavakkoli, M.D.
9 a.m. – 9:30 a.m.	Update on Asthma Management	Chris Wysocki, M.D.
9:30 a.m. – 9:45 a.m.	Q&A/Break	
9:45 a.m. – 10:15 a.m.	Updates in Sleep Medicine	Katie Tran, M.D.
10:15 a.m. – 10:45 a.m.	Appropriate Use of DOACs	Siayareh Rambally, M.D.
10:45 a.m. – 11:15 a.m.	Update on Rheumatoid Arthritis	Blair Solow, M.D.
11:15 a.m. – 11:30 a.m.	Q&A/Break	
11:30 a.m. – 12 p.m.	Lunch Break & Exhibitors	
12 p.m. – 12:30 p.m.	Update and Controversies on HRT	Rachel Bonnema, M.D.
12:30 p.m. – 1 p.m.	C. Difficile and Fecal Microbiota Transplantation	Jeff Tessier, M.D.
1 p.m. – 1:15 p.m.	Q&A/Break	
1:15 p.m. – 1:45 p.m.	Update on Diabetes Management	Ildiko Lingvay, M.D.
1:45 p.m. – 2:15 p.m.	Approach to Proteinuria and Hematuria	Peter Van Buren, M.D.
2:15 p.m. – 2:45 p.m.	Update on COVID-19 Management: Treatments and Vaccines	James "Brad" Cutrell, M.D.
2:45 p.m. – 3 p.m.	Q&A and Wrap-Up	

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PRE-RECORDED SESSIONS – AVAILABLE ON DEMAND

TOPIC	SPEAKER
<u>1 HOUR ETHICS PRESENTATION</u>	
Cultural Considerations in End of Life Care	Elizabeth Paulk, M.D.
<u>30 MINUTE PRESENTATIONS</u>	
Update on Interstitial Lung Disease	John Fitzgerald, M.D.
Overview of Lung Transplant for the Internist	Vaidehi Kaza, M.D.
Management of Diabetic Foot Infections	Laila Castellino, M.D.
HIV Pre-exposure Prophylaxis for the Internist	Helen King, M.D.
Cancer Survivorship and the Internist	Navid Sadeghi, M.D.
Low Grade Lymphomas and Leukemias	Farrukh Awan, M.D.
Update in Colon Cancer for the Internist	Syed Kazmi, M.D.
Diagnostic Approach to Rheumatic Disease	Jack Cush, M.D.
Update in Interventional Cardiology	Dharam Kumbhani, M.D.
Hypertension Guidelines and Challenging Cases in HTN	Angela Price, M.D.
Atrial Fibrillation	Mark Link, M.D.
COVID and the Heart: Insights from AHA Registry	James DeLemos, M.D.
Controversies in Thyroid Hormone Replacement	Alex Tessnow, M.D.
Inherited Metabolic Disorders: The Role of the PCP	Markey McNutt, M.D.
Volume Excess and Challenges in Diuresis	Kamalanathan Sambandam, M.D.
Nutrition in Kidney Disease	Sarah Huen, M.D.
IBD for the Internist	David Fudman, M.D.
Pancreatic Cancer Prevention	Nisa Kubiliun, M.D.
Update on Hepatocellular Carcinoma	Amit Singal, M.D.



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CONFERENCE FACULTY

Course Directors

James (Brad) Cutrell, M.D.

Program Director, Infectious Diseases Fellowship Program
Associate Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Carol Croft, M.D.

Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Speakers

Farrukh Awan, MD

Associate Professor, Department of Internal Medicine

Rachel Bonnema, MD

Associate Professor, Department of Internal Medicine

Laila Castellino, MD

Assistant Professor, Department of Internal Medicine

John (Jack) Cush, MD

Professor, Department of Internal Medicine

James de Lemos, MD

Professor, Department of Internal Medicine

John Fitzgerald, MD

Professor, Department of Internal Medicine

David Fudman, MD

Assistant Professor, Department of Internal Medicine

Sarah Huen, MD, PhD

Assistant Professor, Department of Internal Medicine

Vaidehi Kaza, MD

Associate Medical Director of Lung Transplantation
Associate Professor, Department of Internal Medicine

Syed Kazmi, MD

Assistant Professor, Department of Internal Medicine

Amit Khera, MD

Director, Preventive Cardiology Program
Professor, Department of Internal Medicine

Helen King, MD

Assistant Professor, Department of Internal Medicine

Nisa Kubiliun, MD

Clinical Chief, Division of Digestive and Liver Diseases;
Director of Endscopy
Associate Professor, Department of Internal Medicine

Dharam Kumbhani, MD

Associate Professor, Department of Internal Medicine

Ildiko Lingvay, MD

Professor, Department of Internal Medicine

Mark Link, MD

Professor, Department of Internal Medicine

Markey McNutt, MD, PhD

Assistant Professor
Department of Internal Medicine, Pediatrics

Mary (Elizabeth) Paulk, MD

Program Director, Palliative Care Fellowship Program
Associate Program Director, Internal Medicine Residency Program
Professor, Department of Internal Medicine

Angela Price, MD

Associate Professor, Department of Internal Medicine

Siayareh Rambally, MD

Assistant Professor, Department of Internal Medicine

Navid Sadeghi, MD

Assistant Professor, Department of Internal Medicine

Kamalanathan Sambandam, MD

Program Director, Nephrology Fellowship Program
Associate Professor, Department of Internal Medicine

Amit Singal, MD

Medical Director, Liver Tumor Program
Clinical Chief of Hepatology
Professor, Department of Internal Medicine

Elizabeth (Blair) Solow, MD

Assistant Professor, Department of Internal Medicine

Anna Tavakkoli, MD

Assistant Professor, Department of Internal Medicine

Jeffrey Tessier, MD

Clinical Chief, Division of Infectious Diseases and Geographic Medicine
Associate Professor, Department of Internal Medicine

Alex Tessnow, MD

Associate Professor, Department of Internal Medicine

Katie Tran, MD

Assistant Professor, Department of Internal Medicine

Peter Van Buren, MD

Associate Professor, Department of Internal Medicine

Christian Wysocki, MD, PhD

Associate Professor, Department of Internal Medicine, Pediatrics

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DISCLOSURE OF FINANCIAL RELATIONSHIPS

As an organization accredited by the Accreditation Council for Continuing Medical Education (ACCME), The University of Texas Southwestern Medical Center, Office of Continuing Medical Education (UTSW CME) requires that the content of CME activities and related materials provide balance, independence, objectivity, and scientific rigor. Planning must be free of the influence or control of a commercial entity and promote improvements or quality in healthcare. All persons in the position to control the content of an education activity are required to disclose all relevant financial relationships in any amount occurring within the past 12 months with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on patients.

The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest. The UTSW Office of CME has implemented a mechanism to identify and resolve all conflicts of interest prior to the activity. The intent of this policy is to identify potential conflicts of interest so participants can form their own judgments with full disclosure of the facts. Participants will be asked to evaluate whether the speaker’s outside interests reflect a possible bias in the planning or presentation of the activity.

FACULTY AND PLANNER DISCLOSURES

Name	Role	Financial Relationship Disclosed
Dr. Farrukh Awan	Speaker	Professional Services: AbbVie, AstraZeneca, Gilead, Genentech, Janssen, Clinical Care Options, Leukemia-Lymphoma Society, Lymphoma Research Foundation, Medscape, Med Learning Group, MEI Pharma, Dava Oncology, Pharmacyclics, Celgene, Blueprint Medicine, OncLive, Karyopharm, Verastem, Incyte, Beigene, BMS, Merck
Dr. Jack Cush	Speaker	Independent Contractor: Novartis - Consultant (canakinumab) Genentech - Consultant (tocilizumab)
Dr. James DeLemos	Speaker	Grant or Contract: Roche Diagnostics (Biomarkers), Abbott Diagnostics (Biomarkers) Professional Services: Ortho Clinical Diagnostics (Biomarkers), Siemens Health Care Diagnostics (Biomarkers), Quidel, Inc. (Biomarkers)
Dr. David Fudman	Speaker	Professional Services: Pfizer - Advisory Board
Dr. Syed Kazmi	Speaker	Stock: Johnson & Johnson
Dr. Ildiko Lingvay	Speaker	Grants or Contracts: Diabetes - NovoNordisk, Pfizer, Merck, Mylan, Sanofi Independent Contractor: Diabetes - NovoNordisk, AstraZeneca, Bi, Lilly, Valeritas, Intarcia, Mannkind, Janssen, Intercept, Zealand Pharma, Bayer, TARGETPharma, Duke CRI, ADA
Dr. Markey McNutt	Speaker	Independent Contractor: Biomarin Pharmaceuticals (Medical Advisory Board for phenylketonuria) Applied Therapeutics (Medical Advisory Board for galactosemia) Ultragenyx Pharmaceuticals (Medical Advisory Board for fatty acid oxidation disorders) Cycle Pharmaceuticals (Medical Advisory Board on tyrosinemia)
Dr. Amit Singal	Speaker	Independent Contractor: Bayer, Eisai, Exelixis, Genentech, Roche, Glycotest, Exact Sciences, GRAIL, Wako Diagnostics
Dr. Blair Solow	Speaker	Grants or Contracts: NIH - funding for StopRA trial (site PI) NIH - funding for SMILE trial (site sub-investigator) Pfizer - Clinical Trial in rheumatoid arthritis (sub-investigator) Professional Services: American College of Rheumatology - Chairperson, Government Affairs Committee on Advocacy
Dr. Alex Tessnow	Speaker	Independent Contractor: Spectrix Therapeutics (Thyroid hormone preparations)
The following persons reported having no relationships:		
Course Directors, Peer Reviewers - Dr. Carol Croft, Dr. James Cutrell (also a speaker)		
MOC Reviewers - Dr. Steven Leach, Dr. Gary Reed		
Speakers - Dr. Rachel Bonnema, Dr. Laila Castellino, Dr. John Fitzgerald, Dr. Sarah Huen, Dr. Vaidehi Kaza, Dr. Amit Khera, Dr. Helen King, Dr. Nisa Kubilun, Dr. Dharam Kumbhani, Dr. Mark Link, Dr. Elizabeth Pault, Dr. Angela Price, Dr. Siayareh Rambally, Dr. Navid Sadeghi, Dr. Kamalanathan Sambandam, Dr. Anna Tavakkoli, Dr. Jeffrey Tessier, Dr. Katie Tran, Dr. Peter Van Buren, Dr. Christian Wysocki		
CME Staff Planners - Kelsey Smith, Mark Vinciguerra		

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IMPORTANT INFORMATION

ETHICS CREDIT

The University of Texas Southwestern Medical Center designates the on-demand presentation, "Cultural Considerations for End of Life Care" for a maximum of 1.0 hours in medical ethics and/or professional responsibility.

ABIM - MAINTENANCE OF CERTIFICATION



Successful completion of this CME activity enables the participant to earn up to 21.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.

COURSE EVALUATION AND CERTIFICATES

All attendees will receive an email next week from the CME Office with instructions and a link for completing the online Course Evaluation and how to claim credits (after viewing the on-demand video presentations and successfully passing the post-test/quiz).

FOR MORE INFORMATION

Still Have Questions? Email us!
cmeregistrations@utsouthwestern.edu

REQUIREMENTS FOR OBTAINING CREDITS (CME, ETHICS, ATTENDANCE, and MOC)

1. Attend today's live virtual session.
2. View additional educational content (on-demand video presentations).
3. Successfully pass the Post-Test/Quiz.
4. Complete the Course Evaluation.
5. Provide required participant information (for MOC).

CONFERENCE RESOURCES

Access the conference website,
<https://cme.utsouthwestern.edu/rp2104b>

for resources related to today's conference:

CME HANDOUT - Click on the "PROGRAM" tab

EXHIBITS - Click on the "EXHIBITS" tab and follow instructions for visiting our Virtual Exhibit Hall

PRESENTATION SLIDES - Click on the "PROGRAM" tab and then click on the presentation title to view a handout of the presentation slides

ADDITIONAL CONTENT (ON-DEMAND VIDEO PRESENTATIONS) - You will receive an email from the CME Office with instructions for accessing the video presentations.

EXHIBITOR ACKNOWLEDGMENT

UT Southwestern Medical Center gratefully acknowledges the following companies for exhibiting at today's conference:

EXAGEN

JANSSEN

PFIZER

Stop by the virtual exhibit hall and visit with our exhibitors during today's conference. Simply click on the "Exhibitors" tab/page on the conference site:

<https://cme.utsouthwestern.edu/rp2104b>