

# Update in Internal Medicine 2023

Saturday, April 22, 2023

## PURPOSE AND CONTENT

Internal medicine is expanding at a fast pace as new therapies are developed and new guidelines are recommended across a spectrum of diseases. Busy physicians are faced with the growing challenge of keeping abreast of these changes. The annual *Update in Internal Medicine* conference offers state-of-the-art, practical advice on common conditions and exciting new developments in areas including cardiovascular and diabetes management, radiation and medical oncology, lifestyle medicine and weight wellness, and many others. The conference is presented in a hybrid learning approach: a one-day live and synchronous online presentation as well as prerecorded on-demand presentations. All content will be available for up to one year, totaling 17.5 hours CME credit and the opportunity to apply for MOC credit per ABIM requirements.

## EDUCATIONAL OBJECTIVES

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

- Understand the appropriate indications for use of PPI in primary care and when these medications can be stopped safely
- List appropriate indications for thrombophilia testing in patients with a first episode of venous thromboembolism
- Apply an evidence-based approach in the use of SGLT-2 and GLP-1 therapies in patients with cardiovascular or renal risk factors or disease
- Develop a practical approach to take an antibiotic allergy history and remove unnecessary penicillin allergy labels
- Understand the drivers of vaccine hesitancy and practical strategies to address concerns raised over vaccines
- Describe roles of abdominal imaging and genetic testing for screening and diagnosis of autosomal dominant polycystic kidney disease (ADPKD)

- Develop a systematic approach to the initial diagnostic workup for suspected interstitial lung disease
- List indications for imaging and referral to a specialist for common MSK complaints
- Explain the roles of lifestyle management and pharmacologic therapy in patient weight management in primary care

## 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 the UT Southwestern Department of Internal Medicine and the Office of Continuing 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 17.5 AMA PRA Category 1 Credits™. Physicians should claim only the 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 17.5 AMA PRA Category 1 Credits™.

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## LIVE SESSION – SATURDAY, APRIL 22, 2023

TIME	TOPIC	SPEAKER
7:45 a.m. 8 a.m.	Welcome	James “Brad” Cutrell, MD; and Vlad Zaha, MD, PhD
8 a.m. 9:30 a.m.	<b>Panel Presentation: From Guidelines to General Practice – SGLT2i and GLP-1RA for Cardiovascular and Kidney Disease</b>	Sandeep Das, MD; Nicholas Hendren, MD; Ildiko Lingvay, MD, MPH, MSCS; and Robert Toto, MD
9:30 a.m. 9:45 a.m.	Q&A/Break and Exhibits	
9:45 a.m. 10:15 a.m.	<b>PPI: Have We Gone Too Far?</b>	Kerry Dunbar, MD, PhD
10:15 a.m. 10:45 a.m.	<b>Bringing Advanced Cancer Care to the Community</b>	Suzanne Cole, MD
10:45 a.m. 11:15 a.m.	<b>An Approach to Interstitial Lung Disease</b>	Traci Adams, MD
11:15 a.m. 11:30 a.m.	Q&A	
11:30 a.m. Noon	Lunch Break and Exhibits	
Noon 12:30 p.m.	<b>Environmental and Climate Equity: A Local Perspective</b>	Carolee Estelle, MD
12:30 p.m. 1 p.m.	<b>Lifestyle Medicine</b>	Bethany Agusalala, MD
1 p.m. 1:15 p.m.	Q&A/Break and Exhibits	
1:15 p.m. 1:45 p.m.	<b>Radiation Oncology for the Internist</b>	David Sher, MD
1:45 p.m. 2:15 p.m.	<b>MSK Pain: Diagnosis and Management</b>	Luigino Bernabela, MD
2:15 p.m. 2:45 p.m.	<b>Cardio-Oncology: Life Lessons After Cancer</b>	Vlad Zaha, MD, PhD
2:45 p.m. 3 p.m.	Q&A and Wrap-Up	James “Brad” Cutrell, MD, and Vlad Zaha, MD, PhD

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## PRERECORDED SESSIONS – AVAILABLE ON DEMAND

### TOPIC (30-Minute Presentations)

### SPEAKER

#### Cardiology

Exercise and CVD Health

Point-of-Care Ultrasound and the Physical Exam of the Future

Updates on Interventions for Structural Heart Disease

Ben Levine, M.D.

Katy Lonergan, M.D.

Tony Bavry, M.D., M.P.H.

#### Digestive and Liver Diseases

Alcoholic Liver Disease

Diverticulitis

Eosinophilic Esophagitis

Mack Mitchell, M.D.

Ariel Aday, M.D.

Ben Elsbernd, M.D.

#### Endocrinology

Endocrine Complications of Immunomodulators

Weight Wellness for the PCP

Sadia Ali, M.D., M.B.A.

Jaime Almandoz, M.D.

#### Hematology and Oncology

Myelodysplastic Syndrome and AML

Sickle Cell Disease

Updates on VTE Management

Yazan Madanat, M.D.

Alecia Nero, M.D., M.S.C.S.

Sandra Hofmann, M.D., Ph.D.

#### Infectious Diseases and General Internal Medicine

Addressing Vaccine Hesitancy (1-HOUR ETHICS PRESENTATION)

Adult Vaccine Updates

COVID-19 and Secondary Infections

Penicillin Drug Allergy

STI Management for the Internist

Tara DuVal, M.D.

Minji Kang, M.D.

Madhuri Sopirala, M.D., Ph.D.

David Khan, M.D.

Judah Gruen, M.D.

#### Nephrology

Polycystic Kidney Disease

Updates on Acute Kidney Injury

Ronak Lakhia, M.D.

Meredith McAdams, M.D.

#### Pulmonary and Critical Care Medicine

Cardiopulmonary Effects of Premature Birth

What to Know About Vaping

Kara Goss, M.D.

Jason Clark, M.D.

#### Rheumatology

Updates on Lupus for the Internist

Kathryn Dao, M.D.



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## CONFERENCE FACULTY

### Course Directors

James (Brad) Cutrell, MD  
Program Director, Infectious Diseases Fellowship Program  
Associate Professor, Department of Internal Medicine  
UT Southwestern Medical Center - Dallas, Texas

Vlad Zaha, MD, PhD  
Associate Professor, Cardiology Division  
Department of Internal Medicine  
UT Southwestern Medical Center - Dallas, Texas

### Speakers

Traci Adams, MD  
Assistant Professor, Department of Internal Medicine

Ariel Aday, MD  
Assistant Professor, Department of Internal Medicine

Bethany Agusala, MD  
Assistant Professor, Department of Internal Medicine

Sadia Ali, MD, MBA  
Associate Professor, Department of Internal Medicine

Jaime Almandoz, MD  
Associate Professor, Department of Internal Medicine

Anthony Bavry, MD, MPH  
Professor, Department of Internal Medicine

Luigino Bernabela, MD  
Assistant Professor, Department of Internal Medicine

Jason Clark, MD  
Assistant Professor, Department of Internal Medicine

Suzanne Cole, MD  
Assistant Professor, Department of Internal Medicine

Kathryn Dao, MD  
Associate Professor, Department of Internal Medicine

Sandeep Das, MD, MPH  
Professor, Department of Internal Medicine

Kerry Dunbar, MD, PhD  
Professor, Department of Internal Medicine  
Gastroenterology Section Chief, Dallas VA Medical Center

Tara DuVal, MD  
Assistant Professor, Department of Internal Medicine

*Ben Elsbernd, MD*  
Assistant Professor, Department of Internal Medicine

Carolee Estelle, MD  
Assistant Professor, Department of Internal Medicine

Kara Goss, MD  
Associate Professor, Department of Internal Medicine

Judah Gruen, MD  
Assistant Professor, Department of Internal Medicine

Nicholas Hendren, MD  
Assistant Professor, Department of Internal Medicine

Sandra Hoffman, MD, PhD  
Professor, Department of Internal Medicine

Minji Kang, MD  
Assistant Professor, Department of Internal Medicine

David Khan, MD  
Professor, Department of Internal Medicine

Ronak Lakhia, MD  
Assistant Professor, Department of Internal Medicine

Ben Levine, MD  
Professor, Department of Internal Medicine

Ildiko Lingvay, MD, MPH, MSCS  
Professor, Department of Internal Medicine

Katy Lonergan, MD  
Associate Professor, Department of Internal Medicine

Yazan Madanat, MD  
Assistant Professor, Department of Internal Medicine

Meredith McAdams, MD  
Assistant Professor, Department of Internal Medicine

Mack Mitchell, MD  
Vice President for Medical Affairs  
Professor, Department of Internal Medicine

Alecia Nero, MD, MSCS  
Associate Professor, Department of Internal Medicine

David Sher, MD  
Chief of Head and Neck Radiation Oncology Service;  
Vice Chair and Medical Director for Clinical Operations and Quality;  
Professor, Department of Radiation Oncology

Madhuri Sopirala, MD, PhD  
Associate Professor, Department of Internal Medicine

Robert Toto, MD  
Associate Dean, Translational Science  
Professor, Department of Internal Medicine



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## DISCLOSURE OF FINANCIAL RELATONSHIPS

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 any ineligible company, and promote improvements or quality in healthcare. In accordance with ACCME's Standards for Integrity and Independence in Accredited Continuing Education, all persons in the position to control the content of an education activity are required to disclose all financial relationships in any amount occurring within the past 24 months with any ineligible company producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on patients. UT Southwestern also considers ineligible those companies producing, marketing, selling, re-selling, or distributing healthcare products in development for future use on patients, such as healthcare product research companies. All reported financial relationships with ineligible companies are reviewed for relevancy and then mitigated through a content review process prior to the activity (where applicable).

**The following is a listing of all individuals that contributed to the educational content of this activity and any reported financial relationships within the last 24 months:**

Name	Role	Financial Relationship Disclosed
Dr. Jamie Almandoz	Speaker	<u>Independent Contractor:</u> NovoNordisk, Eli Lilly and Co
Dr. Kathryn Dao	Speaker	<u>Independent Contractor:</u> RheumNow, Bristol Myers Squibb, Novartis
Dr. David Khan	Speaker	<u>Financial Support:</u> JACI In Practice <u>Professional Services:</u> UpToDate
Dr. Ildiko Lingvay	Speaker	<u>Grant Or Contract:</u> NovoNordisk, Pfizer, Merck, Mylan, Sanofi <u>Independent Contractor:</u> NovoNordisk, AstraZeneca, BI, Lilly, Valeritas, Intarcia, Mankind, Janssen, Intercept, Mannkind, Janssen, Intercept, Zealand Pharma, Bayer, TARGET Pharma, Duke CRI, ADA
Dr. Yazan Madanat	Speaker	<u>Professional Services:</u> GERON, Stemline Therapeutics, Blueprint Pharmaceuticals, OncLive
Dr. Mack Mitchell	Speaker	<u>Stock:</u> Moderna <u>Stock Options:</u> Amygdala Neuroscience
Dr. Alecia Nero	Speaker	<u>Independent Contractor:</u> Novartis Pharmaceuticals, Bluebird Bio, Editas Medicine, Global Blood Therapeutics
Dr. David Sher	Speaker	<u>Grant or Contract:</u> Varian Medical Systems
Dr. Robert Toto	Speaker	<u>Employment:</u> Reata Pharmaceuticals <u>Independent Contractor:</u> Amgen, Boehringer-Ingelheim,
The following persons reported having no financial relationships within the past 24 months:		
Course Directors: Dr. James (Brad) Cutrell; Dr. Vlad Zaha		
Speakers: Dr. Traci Adams, Dr. Ariel Aday, Dr. Bethany Agusala, Dr. Sadia Ali, Dr. Tony Bavry, Dr. Luigi Bernabela, Dr. Jason Clark, Dr. Suzanne Cole, Dr. Sandeep Das, Dr. Kerry Dunbar, Dr. Tara DuVal, Dr. Ben Elsbernd, Dr. Carolee Estelle, Dr. Kara Goss, Dr. Judah Gruen, Nicholas Hendren, Dr. Sandra Hoffman, Dr. Minji Kang, Dr. Ronak Lakhia, Dr. Ben Levine, Dr. Katy Lonergan, Dr. Meredith McAdams, Dr. Madhuri Sopirala		
CME Staff: Briauna Ryans, Mark Vinciguerra		

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## IMPORTANT INFORMATION

### ETHICS CREDIT

The University of Texas Southwestern Medical Center designates the on-demand presentation, "Addressing Vaccine Hesitancy" 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 17.0 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.

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

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

Content will be available until December 15, 2023 for obtaining ABIM-MOC credit; and for one year for CME credit.

### EXHIBITOR ACKNOWLEDGMENT

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

AstraZeneca  
Eli Lilly

### HOW TO ACCESS CONFERENCE RESOURCES

#### FOR IN-PERSON ATTENDEES:

Go to the conference website:

<https://cme.utsouthwestern.edu/rp2304c>

CME HANDOUT - Click on "PROGRAM" tab

PRESENTATION SLIDES - Click on "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 to access these pre-recorded presentations.

#### FOR VIRTUAL ATTENDEES:

Go to the Whova conference app site:

[https://whova.com/portal/webapp/utsw4\\_202202](https://whova.com/portal/webapp/utsw4_202202)

Locate LEFT panel - navigate through these tabs to access different parts of the conference:

"Home" - general conference information, a welcome message, and access to view or download the CME Handout.

"Agenda" - full conference schedule broken out by each presentation. Click "View Session" for details about the presentation AND to find Zoom link for the live broadcast.

"Attendees" - view a list of speakers and virtual attendees.

"Exhibitors" - visit the virtual Exhibit Hall.