

2018 Primary Care Update

June 7-10, 2018
Cedarbrook Lodge
SeaTac, WA

Program Committee

Mark Baldwin, DO, Rose Marie Colombini, DO,
Marc Cote, DO, PJ Emmans, DO,
John Fuchs, DO, Katina Rue, DO,
Jeanne Rupert, DO, Michael Scott, III, DO,
Anita Showalter, DO, Lynda Williamson, DO

**24.5 AOA Category 1-A Credits
Up to two additional credits may be
earned by completing the post-
convention outcomes survey**

This live activity, 105th Annual Northwest Osteopathic Convention Primary Care Update, with a beginning date of 06/07/2018, is being reviewed and is pending approval for up to 24.5 Prescribed credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Course Objectives

This Seminar offers attendees current education on a variety of topics determined through the needs assessment process. Designed by and for the osteopathic physicians, the curriculum focuses on clinical challenges routinely faced in practice and offers state-of-the-art knowledge and best practices. Presentations include case-based lectures, Q&A forums and hands-on labs where you can exchange ideas and pose your questions.

105th Annual Northwest Osteopathic Convention



PO Box 1187
Gig Harbor, WA 98335



2018 PRIMARY CARE UPDATE

June 7-10, 2018



CEDARBROOK
LODGE

**Up to 24.5 Category 1-A
AOA Credits Approved**

Application for CME credit has been filed with the American Academy of Family Physicians; determination is pending.

105th Annual Northwest Osteopathic Convention Registration
2018 Primary Care Update

June 7-10, 2018 Cedarbrook Lodge SeaTac, WA

Up to 24.5 Hours Category 1-A AOA Credits approved

Application for CME credit has been filed with American Academy of Family Physicians; determination of credit is pending.

Name _____ EMail _____
Last First Middle

Mailing Address _____ Phone (____) _____

City _____ State _____ Zip _____

Fax (____) _____ AOA# _____ COM _____ Grad Year _____

CHECK REGISTRATION CHOICE

	EARLY (BEFORE 5/1)	REGULAR (5/1-5/24)	LATE (AFTER 5/24)	ENTER AMOUNT
Physician/PA/Nurse/Ancillary	\$775	\$825	\$875	\$ _____
Osteopathic Student, Intern, Resident or Retired Physician <i>**Not available to Semi-retired</i> (Limited scholarships are available from the Washington Osteopathic Foundation for Student and Resident WOMA members. Contact WOMA office for details)	\$575	\$625	\$675	\$ _____
NON MEMBER SURCHARGE (*JOIN WOMA NOW TO AVOID SURCHARGE)	\$250	\$250	\$250	\$ _____

The syllabus provided is web-based, not printed. You can download to your laptop and are encouraged to bring it with you. Power and wi-fi are provided in the classroom.
 Above prices are for WOMA members only. **Dues must be current to qualify for member registration fees.** Non-members must pay the non-member surcharge of \$250.00. *The surcharge may be converted to 2018 dues if WOMA membership application is submitted with this form. Physicians practicing outside Washington State must provide proof of active membership in AOA Affiliate State Society to avoid surcharge. Any questions, call the WOMA office at (425) 677-3930.

EXTRA MEALS-ALL MEALS ARE BUFFETS. PLEASE NOTE DIETARY RESTRICTIONS BELOW:

Meals	Adults (Qty.)	Kid's Meals 4 to 12 (Qty.)	3 & UNDER (Qty.)	
TOTAL				
Thursday Board Breakfast	_____ @31	N/A	N/A	\$ _____
Friday Lunch	_____ @45	_____ @25	_____ Free	\$ _____
Saturday Lunch	_____ @45	_____ @25	_____ Free	\$ _____
Saturday Dinner	_____ @55	_____ @30	_____ Free	\$ _____

TOTAL PAYMENT HERE \$ _____

Special Diet Restrictions?

Please attach list if more than one registrant needs special meals.

Name _____ **Gluten Free** _____ **Dairy Free** _____ **Vegetarian** _____ **Vegan** _____

TO REGISTER: Check appropriate registration and add any extra meals - enter total amount at far right and submit with your check made payable to WOMA to PO Box 1187 Gig Harbor, WA 98335 or complete the information below, scan and email to hgriffin@woma.org.

Credit card: Visa MC 3-Digit Security Code _____ Expiration Date _____

Card Number _____ Name on card _____

Signature _____

REGISTRATION INCLUDES MEALS AS FOLLOWS

Registration includes Friday, Saturday and Sunday Breakfasts, Friday and Saturday lunches and Saturday dinner.

Cancellations: No refunds. Credit, less a cancellation fee of \$50 will apply to future WOMA CME registrations if cancellation is received by May 25th. Special circumstances may be appealed to the WOMA Board of Governors.

QUESTIONS? CALL THE WOMA OFFICE AT (425) 677-3930. Registration form may be mailed to PO Box 1187, Gig Harbor, WA 98335 or scanned and emailed to hgriffin@woma.org

HOTEL REGISTRATION

Cedarbrook Lodge
18525 36th Ave. South SeaTac, WA 98188
Voice (206) 901-9268
June 7-10, 2018

Check-in time is after 4:00 p.m. Check-out time is 12:00 p.m.

To make individual reservations, please use this link: WOMA or use code **WOMA** when booking online at www.cedarbrooklodge.com. Go to make a reservation and click on availability, put the WOMA code in the far left box under **Group Code** along with the dates of stay and then hit continue. The **WA Osteopathic Medical Association** rate will show up for guests who book or...

You may call the central reservation numbers at **206.785.3533** or **877.515.2176** and book under the **WA Osteopathic Medical Association** with the same code of WOMA.

The cutoff date for this special rate is **Thursday May 17, 2018**.

Single King or Double Queen \$189

ABOUT CEDARBROOK

Guests traveling to Cedarbrook should have lunch BEFORE they arrive on property. Hotel check-in is guaranteed after 4pm. The Copperleaf Restaurant at Cedarbrook does offer lunch service daily from 11:30am-2pm. However, seating is limited and lunch takes a minimum of 90 minutes to 2 hours depending on the menu and number of guests dining. Friday dinner is on your own. There is a shuttle provided by the Westfield/Southcenter Mall that is complimentary and provides door-to-door service. Reservations must be made through the Front Desk. The Cedarbrook Shuttle will take guests in small groups to the SeaTac Light Rail Station at no charge if guests want to go to Seattle for dinner. Reservations must also be made through the Front Desk. Guests going to and from the airport have first priority on the shuttle. Guests wanting to dine in at the Copperleaf Restaurant must have advance reservations confirmed for dinner. Copperleaf reservations can be made at Opentable.com or by calling 206.214.4282. Dinner at the Copperleaf takes approximately 3 hours and is fine dining. Breakfast is provided to all registrants as well as guests and family staying overnight at Cedarbrook. There are several dining options for lunch and dinner at Westfield/Southcenter Mall. Room service is available during limited hours. For more information on Cedarbrook amenities, dining and nearby attractions, go to www.cedarbrooklodge.com.

COMPLIMENTARY AIRPORT SHUTTLE

ARRIVING FLIGHTS

SeaTac Airport to Cedarbrook Lodge: The airport shuttle picks up from Islands 1 or 3 only in the parking garage. After departing your flight, please proceed to the Baggage Claim, follow the signs for Ground Transportation which will take you across the sky bridge to the parking garage. Go down one floor where there are three islands for shuttle pick up. There is a courtesy phone at Island 1 or 3 with direct dial to Cedarbrook (#56). Please call once you arrive at Island 1 or 3, at this time we will dispatch the driver for pickup. Cedarbrook is approximately ten minutes from the airport.

DEPARTING FLIGHTS

Cedarbrook Lodge to SeaTac Airport: Reservations are required for return shuttles to the airport. Please make your reservation with one of our Front Desk Service Agents. The shuttle departs Cedarbrook on the hour & half-hour with a confirmed reservation. Reservations may be made in person or by calling the reception desk at 206.901.9268. Shuttles drop off at Islands 1 and 3 only. *Please note-Shuttles are not permitted to wait at the islands or circle the airport in compliance with Port of Seattle/SeaTac International Airport security regulations.

CONVENTION REGISTRATION

When you register before May 1st you will receive a significant discount. The registration fee includes the web syllabus, Friday, Saturday and Sunday breakfasts, Friday and Saturday lunches and Saturday dinner. Additional meals may be purchased separately for your spouse/guest. Kids meals are available for the lunches and Saturday dinner, however, the lunches have speakers and children will need to behave appropriately. Convention dress is resort casual. No formal wear is required.

104th Annual Northwest Osteopathic Convention-2017 Primary Care Update

June 7-10, 2018 Cedarbrook Lodge, SeaTac, Washington

Up to 24.5 Category 1-A AOA Credits Approved (AOA Specialty Credits Pending)

Application for CME credit has been filed with the American Academy of Family Physicians; determination of credit is pending.

THURSDAY JUNE 7, 2018

8:00 am WOF Board Meeting
9:00 am WOMA BOG Breakfast
12:00 Noon Registration Desk Opens
1:00-6:00pm Exhibitors Set Up
INTERNAL MEDICINE UPDATE
Moderator: PJ Emmans, DO
1:00-2:00pm **Making Sense of the US Hypertension Guideline in 2018**
William Elliott, MD, PhD
2:00-3:00pm **Update on Heart Failure: Past, Present & Future**
Rosemary Peterson, MD
3:00-4:00pm **New Washington State Guidelines & Mitigating the Opioid Epidemic**
Lynda Williamson, DO & Ed Bilsky, PhD
4:00-4:15pm Break
4:15-5:15pm **Proton Pump Inhibitors in Renal Disease and Ace-1/ARBS Considered**
Mark Baldwin, DO
5:15-6:15pm **Nature vs. Nurture: Integrative Strategies to Treat Obesity**
Gina Many, PhD
6:15pm Seminar Recesses
6:30pm Reception-Registrants & Exhibitors

FRIDAY JUNE 8, 2018

7:00 am Physician/Exhibitor Breakfast
SPORTS MEDICINE & MUSCULOSKELETAL UPDATE
Moderator: David Escobar, DO
7:30-8:30am **Lower Extremity Injuries: Prevention & Rehabilitation**
Anthony West, DO
8:30-9:30am **Exercise is Medicine: Targeting Inflammation in Chronic Disease**
Gina Many, PhD
9:30-10:30am **Visit Exhibits**
10:30-11:30am **Incidental Findings in Imaging**
Joseph Stengel, DO
11:30-1:30pm **OP&P Presentations & Lab**
Dr. Abresch-Meyer w/Skagit Valley Residency Faculty
1:30-3:00pm **Lunch / WOMA Annual Meeting**
3:00pm **PUBLIC HEALTH UPDATE**
Moderator: Jeanne Rupert, DO
3:00-4:00pm **An Overview of Transgender Care**
Linda Gromko, MD
4:00-5:00pm **Patient & Family Perspectives in Transgender Health Care Panel:**
Linda Gromko, MD, Ginger Chien & Carol Waymack, MD
5:00-5:15pm Break
5:15-6:15pm **The Patient at Risk of Violence: Expert Panel**
Jon Berner, MD, Psychiatrist, Prof. Terry Price, MSW, JD U of W Law School & Patrick J. Preston, JD, Asst. Attorney General
6:30pm PNW Reception
Dinner on your own

SATURDAY JUNE 9, 2018

7:00 Physician/Exhibitor Breakfast
INFECTIOUS DISEASE
Moderator: Katina Rue, DO
7:30-8:30am **The Oral Cavity Microbiome: In Health and Disease-What We Know**
Kimberly J. Taylor, PhD
8:30-9:30am **Diagnosis and Management of Food Protein-Induced Enterocolitis Syndrome**
David Naimi, DO
9:30-10:30am **Visit Exhibits**
10:30-11:30am **Vaccinations: What's New? and Sepsis: New Understanding**
Internal Medicine Residents: Bethany Mulder, DO and Viktoriya Yanchuk, DO with Mark Baldwin, DO, FACOI
11:30-12:30pm **Cannabis in 2018: An Allergist's Perspective**
David Naimi, DO
12:30-1:00pm **Scientific Poster Presentations by NW Residents**
Michael J. Scott, DO Coordinator
1:00-2:00pm **The Future of Osteopathic CME & GME/ Lunch**
Dr. Mark Baker, AOA President
THE OTHER SIDE OF MEDICINE
Moderator: Mark Baldwin, DO
2:15-3:15pm **Teaching Leadership to Leaders**
David Tate, Executive Director, NOMF
3:15-4:45pm **MACRA & Quality Payments**
Bob Perna, MBA, FACMPE
Director, WSMA Health Care Economics & Practice Support
4:45pm Session Adjourns
6:00 pm **No-host Reception, Silent Auction & Dinner Awards/Prizes/Live Auction**
SUNDAY JUNE 10, 2018
7:30 am Physician Breakfast
MULTICULTURAL HEALTH CARE
Moderator: Lynda Williamson, DO
7:45-8:45am **Population Health: Think Globally, Act Locally**
Jeanne Rupert, DO
8:45-9:45am **Torn Apart: How Immigration Policy is Affecting Health in Latino Population**
Tania Hernandez, DO
9:45-10:15am **Scientific Poster Presentations by NW Residents**
Michael J. Scott, DO, Coordinator
Break
10:15-10:30am **Bias in Medicine**
Allison Abresch-Meyer, DO, Asra Mazhar, DO & Sara Crowe, DO
10:30-11:30am **Living Like Manuelito: Lessons from the Blue Zones**
Yami Cazorla Lancaster, DO, MPH
Convention Adjour
11:30-12:30pm Professional Education Committee Meeting
Location TBD
12:30pm
1:15pm

Educational Grant Provided by

**Northwest Osteopathic Medical Foundation
Washington Osteopathic Foundation**

(Note: Program content subject to change)