

# 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



**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 5/5)	REGULAR (5/6-5/24)	LATE (AFTER 5/29)	ENTER AMOUNT
<b>Physician/PA/Nurse/Ancillary</b>	\$775	\$825	\$875	\$ _____
<b>Osteopathic Student, Intern, Resident or Retired Physician</b> <i>**Not available to Semi-retired</i>	\$575	\$625	\$675	\$ _____
<small>(Limited scholarships are available from the Washington Osteopathic Foundation for Student and Resident WOMA members. Contact WOMA office for details)</small>				
<b>NON MEMBER SURCHARGE</b> (*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.)	
<b>TOTAL</b>				
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](http://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](http://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](http://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.

# 105th Annual Northwest Osteopathic Convention-2018 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 **The First Step: Rehabilitation and Injury Prevention of the Lower Extremity**  
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 Approaches to Common Lower Extremity Injuries**  
Allison Abresch-Meyer, DO, John Dew, DO, Jeremy Ginoza, DO  
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 PNWU 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**  
10:30-11:00am **Vaccinations: What's New?**  
Mark Baldwin, DO & Bethany Mulder, DO  
11:00-11:30am **Sepsis: New Understanding**  
Mark Baldwin, DO & Viktoriya Yanchuk, DO  
11:30-12:30pm **Cannabis in 2018: An Allergist's Perspective**  
David Naimi, DO  
12:30-1:00pm **Navicular Stress Fractures**  
Martina Randall, DPM  
1:00-2:00pm **The Future of Osteopathic CME & GME/ Lunch**  
Mark Baker, DO 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 **Medicare/MACRA & Quality Payment Program**  
Bob Perna, MBA, FACMPE  
Director, WSMA Health Care Economics & Practice Support  
4:45pm Session Adjourns  
6:00 pm **No-host Reception, Silent Auction & Dinner**  
7:00 pm **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  
9:45-10:00am **Break**  
10:00-11:30am **Racism in Medicine**  
Monica DeMasi, MD & Asra Mazhar, DO  
11:30-12:30pm **Living Like Manuelito: Lessons from the Blue Zones**  
Yami Cazorla Lancaster, DO, MPH  
12:30pm **Convention Adjourns**  
1:15pm **Professional Education Committee Meeting**  
Location TBD

Educational Grant Provided by

**Northwest Osteopathic Medical Foundation  
Washington Osteopathic Foundation**

(Note: Program content subject to change)