

# CHALLENGES IN INTERNAL MEDICINE

Challenges in Internal Medicine is a 3-day CME program sponsored by the Department of Medicine of the Icahn School of Medicine at Mount Sinai. The goal of this course is to offer providers of primary care services the newest pharmacologic and technologic breakthroughs, updates in clinical therapeutic guidelines, and highlights of recent advances in the practice of Internal Medicine. The intended audience for this course is Internists, Family Practitioners, Nurse Practitioners, Physician Assistants and their trainees.

Primary care is growing increasingly more difficult due to the complexity of the patient's medical condition coupled with advances in clinical management. This course is geared to help providers practice evidence-based medicine from today's scientific literature. The goal from this format is to help the clinician to better manage their patients using the latest evidence-based practices.

All of the discussants incorporate recent medical literature in their talks. Importantly, many of the lectures chosen are from the current year's Divisional and Departmental Grand Rounds.

- Renal Development
- Orthopaedics
- Cardiology
- New Approaches to Common Problems
- New Therapeutic Modalities
- Oncology
- Endocrine Disease
- Gastroenterology
- Substance Abuse

## WHO SHOULD ATTEND:

- Primary Care Physicians
- Nurse Practitioners
- Physician Assistants
- Fellows & Residents
- Specialist Physicians

## EDUCATIONAL OBJECTIVES:

*At the conclusion of this activity, participants will be able to:*

- **Summarize** recent updates, clinical studies, new pharmacologic options and guidelines that impact practice in general medicine and subspecialties.
- **Describe** pathophysiology as it applies to management of clinical problems.
- **Utilize** the knowledge presented to improve care of common illnesses encountered in Primary Care Practice.



Icahn  
School of  
Medicine at  
Mount  
Sinai

**Wednesday, Thursday, Friday**  
**June 19-21, 2019**

### Course Directors

Yousaf Ali, MD, FACR  
John A. Andrilli, MD, FACP  
Christina M. Cruz, MD  
Douglas T. Dieterich, MD  
David C. Thomas, MD, MHPE

**Icahn School of Medicine at Mount Sinai**  
**Goldwurm Auditorium**

1425 Madison Avenue at 98th Street  
New York, NY

Sponsored by  
**Samuel Bronfman Department of Medicine**  
Icahn School of Medicine at Mount Sinai  
Mount Sinai Health System

# CHALLENGES IN INTERNAL MEDICINE

## GENERAL INFORMATION

### ACCREDITATION

The Icahn School of Medicine at Mount Sinai is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Icahn School of Medicine at Mount Sinai designates this live activity for a maximum of **19.5 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6.5 MOC points and Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program.

It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

In order to obtain MOC credit, participants will be asked to complete a post-activity assessment online. As part of the assessment, learners will submit a reflective statement on intention to change practice based on the knowledge gained from participation. Learners will also be required to provide ABIM number and month/date of birth (mm/dd).

### VERIFICATION OF ATTENDANCE

All professionals will be able to download, verification of attendance.

### FACULTY DISCLOSURE

It is the policy of Icahn School of Medicine at Mount Sinai to ensure objectivity, balance, independence, transparency, and scientific rigor in all CME-sponsored educational activities. All faculty participating in the planning or implementation of a sponsored activity are expected to disclose to the audience any relevant financial relationships and to assist in resolving any conflict of interest that may arise from the relationship. Presenters must also make a meaningful disclosure to the audience of their discussions of unlabeled or unapproved drugs or devices. This information will be available as part of the course materials.

### SPECIAL NEEDS

Icahn School of Medicine at Mount Sinai is in full compliance with provisions of the Americans with Disabilities Act (ADA) and is accessible for individuals with special needs. If you require special accommodations contact The Page and William Black Post-Graduate School at 212-731-7950.

### COURSE LOCATION

Goldwurm Auditorium  
1425 Madison Avenue at 98th Street  
New York, NY 10029

### CANCELLATION POLICY

All refund and cancellation requests must be emailed to the CME office at [cme@mssm.edu](mailto:cme@mssm.edu) by June 11, 2019. Cancellations after this date are not eligible for a refund. An administrative fee of \$50 will be deducted from your refund. No refunds will be issued for registration fees that are equal to or less than \$50.

### CONFERENCE INFORMATION

Please contact the office of CME 212.731.7950 or email [cme@mssm.edu](mailto:cme@mssm.edu). Register online at <https://mssm.cloud-cme.com/cim>



## COURSE DIRECTORS/PLANNING COMMITTEE

### Yousaf Ali, MD, FACP

Associate Professor of Medicine  
Chief, Division of Rheumatology  
Mount Sinai West and Mount Sinai St. Luke's

### John A. Andrilli, MD, FACP

Associate Professor of Medicine  
Program Director, Internal Medicine Residency  
Mount Sinai West and Mount Sinai St. Luke's

### Christina M. Cruz, MD

Assistant Professor of Medicine  
Associate Program Director for Ambulatory Care  
Internal Medicine Residency Program  
Mount Sinai Beth Israel

### Douglas T. Dieterich, MD

Professor of Medicine  
Director, Institute for Liver Medicine  
Mount Sinai Health System

### David C. Thomas, MD, MHPE

Professor of Medicine, Medical Education and  
Rehabilitation Medicine  
Vice Chair for Education  
Associate Dean for CME  
Mount Sinai Health System

## FACULTY

### Sherley Abraham, MD

Assistant Professor of Medicine,  
Endocrinology, Diabetes and Bone Disease

### Amon Asgharpour, MD

Assistant Professor of Medicine, Liver Diseases

### Brendan P. Bullen, MPA

Director for Academic Administration

### Paul J. Cagle, MD

Assistant Professor of Orthopedics

### Kirk N. Campbell, MD

Associate Professor of Medicine, Nephrology

### Daniel S. Caplivski, MD

Associate Professor of Medicine, Infectious Diseases

### Sarah P. Cate, MD

Assistant Professor of Surgery

### Alexis C. Colvin, MD

Assistant Professor of Orthopedics

### Lawrence I. Cytryn, MD

Senior Faculty of Medicine, Hematology and  
Medical Oncology

### Andrew S. Dunn, MD, MPH

Professor of Medicine, Hospital Medicine

### Karim El Hachem, MD

Assistant Professor of Medicine, Nephrology

### Icilma V. Fergus, MD

Associate Professor of Medicine, Cardiology

### George Han, MD, PhD

Assistant Professor of Dermatology

### Steven Itzkowitz, MD

Professor of Medicine and Oncological Sciences

### Hart N. Kopple-Perry, DO

Clinical Instructor of Psychiatry

### Rosanne M. Leipzig, MD, PhD

Professor of Geriatrics and Palliative Medicine

### James Marion, MD

Professor of Medicine, Gastroenterology

### Bryan C. Markinson, DPM

Assistant Professor of Orthopaedics and Pathology

### Gerardo E. Miranda-Comas, MD

Assistant Professor of Rehabilitation Medicine

### Barbara Murphy, MD

Murray M. Rosenberg Professor of Medicine  
System Chair, Department of Medicine  
Dean for Clinical Integration and Population Health

### Satish Nagula, MD

Associate Professor of Medicine, Gastroenterology

### Mary O'Sullivan, MD

Assistant Professor of Medicine, Pulmonary,  
Critical Care and Sleep Medicine

### Jessica J. Patel, MD

Assistant Professor of Medicine, Rheumatology

### Sean Pinney, MD

Professor of Medicine, Cardiology

### Charles A. Powell, MD

Professor of Medicine, Pulmonary, Critical Care and  
Sleep Medicine

### Linda Rogers, MD

Associate Professor of Medicine, Pulmonary,  
Critical Care and Sleep Medicine

### Joshua Safer, MD

Senior Faculty of Medicine, Endocrinology,  
Diabetes and Bone Disease

### Sanjiv Shah, MD, MPH

Associate Professor of Medicine, Infectious Diseases

### Reshmi Srinath, MD

Assistant Professor of Medicine, Endocrinology,  
Diabetes and Bone Disease

### Che-Kai Tsao, MD

Assistant Professor of Medicine, Hematology and  
Medical Oncology

### Linda Wang, MD

Assistant Professor of Medicine, General  
Internal Medicine

### Peter Zweig, MPA

Medical Education

7:30 – 8:20am  
**Registration and  
 Continental Breakfast**

8:20 – 8:30  
**Introduction and Welcome**  
*Yousaf Ali, MD, FACR*  
*John A. Andrilli, MD, FACP*  
*Christina M. Cruz, MD*  
*Douglas T. Dieterich, MD*  
*David C. Thomas, MD, MHPE*

### CARDIOLOGY 2019

8:30 – 9:00  
**CHF: Management 2019**  
*Sean Pinney, MD*

9:00 – 9:30  
**Anticoagulation Management**  
*Andrew S. Dunn, MD, MPH*

9:30 – 10:00  
**Women and Heart Disease  
 2019 Update**  
*Icilma V. Fergus, MD*

10:00 – 10:15  
**Panel Discussion**

10:15 – 10:30  
**Break**

### CLINICAL REASONING FOR COMMON PROBLEMS

10:30 – 11:00  
**Interpretation of Normal &  
 Abnormal Rheum Tests**  
*Yousaf Ali, MD*

11:00 – 11:30  
**The Red Eye**  
*TBD*

11:30 – 11:45  
**Panel Discussion**

11:45 – 1:00pm  
**Lunch**

### ORTHOPAEDICS FOR PCP's

1:00-1:30  
**The Foot as a Mirror of  
 Systemic Disease**  
*Bryan C. Markinson, DPM*

1:30-2:00  
**Common Causes of  
 Shoulder Pain**  
*Paul J. Cagle, MD*

2:00-2:30  
**Back Pain**  
*Gerardo E. Miranda-Comas, MD*

2:30-3:00  
**Snap, Crackle, Pop:  
 Diagnosis of Common  
 Knee Problems**  
*Alexis C. Colvin, MD*

3:00 – 3:15  
**Panel Discussion**

3:15 – 3:30  
**Break**

### NEW APPROACHES TO YOUR PATIENTS

3:30 – 4:00  
**Geriatric Syndrome for the  
 Internist**  
*Rosanne M. Leipzig, MD, PhD*

4:00 – 4:30  
**Advances in Rheumatology  
 Therapeutics**  
*Jessica J. Patel, MD*

4:30 – 4:45pm  
**Panel Discussion/  
 Conclusion**

7:30 – 8:20am  
**Registration and  
 Continental Breakfast**

8:20 – 8:30  
**Introduction and Welcome**  
*Barbara Murphy, MD*  
*Murray M. Rosenberg Professor of Medicine*  
*System Chair, Department of Medicine*  
*Dean for Clinical Integration and*  
*Population Health*  
*Icahn School of Medicine at Mount Sinai*

### HELPFUL PEARLS

8:30 – 9:00  
**Transgender Health**  
*Joshua Safer, MD*

9:00 – 9:30  
**Unconscious Bias**  
*Brendan P. Bullen, MPA and*  
*Peter Zweig, MPA*

9:30 – 10:00  
**Travel Medicine for the  
 Internist**  
*Daniel S. Caplivski, MD*

10:00 – 10:15  
**Panel Discussion**

10:15 – 10:30  
**Break**

10:30 – 11:00  
**The Internist's Role in the  
 Opioid Crisis**  
*Linda Wang, MD*

11:00 – 11:30  
**Pearls for  
 Psychopharmacology**  
*Hart N. Kopple-Perry, DO*

11:30 – 11:45  
**Panel Discussion**

11:45 – 1:00pm  
**Lunch**

1:00 – 1:30  
**Asthma Update 2019**  
*Linda Rogers, MD*

1:30 – 2:00  
**Anemia for the PCP**  
*Lawrence I. Cytryn, MD*

2:00 – 2:30  
**CRC Screening Update**  
*Steven Itzkowitz, MD*

2:30 – 2:45  
**Panel Discussion**

2:45 – 3:00  
**Break**

3:00 – 3:30  
**New Therapies for HBV/HCV**  
*Douglas T. Dieterich, MD*

3:30 – 4:00  
**NASH**  
*Amon Asgharpour, MD*

4:00-4:30  
**HIV 2019 Update**  
*Sanjiv Shah, MD, MPH*

4:30 – 4:45pm  
**Panel Discussion/  
 Conclusion**

7:30 – 8:20am  
**Registration and  
 Continental Breakfast**

8:20 – 8:30  
**Introduction and Welcome**  
*Yousaf Ali, MD, FACR*  
*John A. Andrilli, MD, FACP*  
*Christina M. Cruz, MD*  
*Douglas T. Dieterich, MD*  
*David C. Thomas, MD, MHPE*

### RENAL DEVELOPMENTS 2019

8:30 – 9:00  
**HTN: New Developments**  
*Karim El Hachem, MD*

9:00 – 9:30  
**Hot Topics in Chronic Kidney  
 Disease Management**  
*Kirk N. Campbell, MD*

9:30 – 9:45  
**Panel Discussion**

9:45 – 10:00  
**Break**

### CHALLENGING SCENARIOS IN ONCOLOGY

10:00 – 10:30  
**Lung Cancer Update**  
*Charles A. Powell, MD*

10:30 – 11:00  
**Smoking Cessation**  
*Mary O'Sullivan, MD*

11:00 – 11:30  
**Prostate Cancer Update**  
*Che-Kai Tsao, MD*

11:30 – 12:00  
**Global Breast Update**  
*Sarah P. Cate, MD*

12:00 – 12:15  
**Panel Discussion**

12:15 – 1:00pm  
**Lunch**

1:00 – 1:30  
**Update in Medical  
 Therapy for IBD**  
*James Marion, MD*

1:30 – 2:00  
**Upper GI Disease for the  
 Primary Care Physician**  
*Satish Nagula, MD*

2:00 – 2:15  
**Panel Discussion**

### IMPROVING YOUR MANAGEMENT OF THE PATIENT WITH ENDOCRINE DISEASE IN 2019

2:15 – 2:45  
**Updates in Medical  
 Management of Obesity**  
*Reshmi Srinath, MD*

2:45 – 3:15  
**Diabetes: Management  
 in 2019**  
*Sherley Abraham, MD*

3:15 – 3:30  
**Panel Discussion**

### DERMATOLOGY

3:30 – 4:00  
**The Dermatology Top 10**  
*George Han, MD, PhD*

4:00 – 4:15  
**Panel Discussion/  
 Closing Remarks/  
 Adjournment**

Agenda Subject to Change

# AGENDA

## Accommodations:

A limited number of discounted sleeping rooms have been reserved. Please contact Housing Manager, Denise Newman at **email:** [dnew229@aol.com](mailto:dnew229@aol.com), **text:** 347-236-7181 **phone:** 718-835-4911 to make your reservation.

## Parking /Visiting us

<http://icahn.mssm.edu/about/visiting>

## Syllabus

 Registered participants may visit:

### Via your computer:

<https://mssm.cloud-cme.com> "Sign In", select "My CME" then select "Syllabus"

**Via your smartphone:** Download & open the CloudCME App (first time user, if prompted, use "MSSM" as the organization code) "Sign In", select "Syllabus"

## Registration Fee:

(includes continental breakfasts, breaks, lunch and electronic syllabus)

	Registration Fee	Onsite
■ Physician	\$700	\$750
■ Resident, Nurse, Physician Assistant, Allied Health Professional	\$600	\$650
■ Mount Sinai Health System Faculty, Allied Health Professional	\$600	\$650
■ Mount Sinai Health System Resident, Fellow and Medical Student	\$ 75	\$ 125

## Online Registration:

<https://mssm.cloud-cme.com/cim>

## CHALLENGES IN INTERNAL MEDICINE JUNE 19-21, 2019

*Register early, space is limited.*

	Registration Fee	Onsite
■ Physician	\$700	\$750
■ Resident, Nurse, Physician Assistant, Allied Health Professional	\$600	\$650
■ Mount Sinai Health System Faculty, Allied Health Professional	\$600	\$650
■ Mount Sinai Health System Resident, Fellow and Medical Student	\$ 75	\$ 125

PLEASE PRINT CLEARLY

\_\_\_\_\_  
Last First

\_\_\_\_\_  
Credentials (MD, RN, etc.)

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-Mail Address (Please include your email address as only e-confirmations will be sent)

\_\_\_\_\_  
Specialty

\_\_\_\_\_  
Affiliation

## TWO WAYS TO REGISTER:

Online at  
<https://mssm.cloud-cme.com/cim>

Mail this form with your check to:  
Icahn School of Medicine at Mount Sinai  
The Page and William Black  
Post-Graduate School  
One Gustave L. Levy Place, Box 1193  
New York, NY 10029-6574

Enclosed is my check for \$ \_\_\_\_\_  
payable to: The Page and William Black  
Post-Graduate School

For security purposes, credit card payment cannot be accepted by mail or fax. Please visit <https://mssm.cloud-cme.com/cim> to register and pay by credit card.