INTERNAL MEDICINE FOR PRIMARY CARE PHYSICIANS

Costa Rica – JW Marriott Guanacaste Resort & Spa

May 20 - 22, 2010

Participating Faculty

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Joel S. Levine, M.D.
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Veronica K. Piziak, M.D., Ph.D.
Professor of Medicine & Endocrinology,  
Texas A & M University;  
Director, Endocrinology Division,  
Director, Diabetes Center,  
Senior Staff Physician,  
Scott & White Clinic  
Temple, Texas

Educational Objectives
This program provides primary care physicians, physician assistants, nurse practitioners and registered nurses with a review of internal medicine problems commonly seen in a general diversified practice. Upon completion, participants should be able to:

- Diagnose Barrett’s Esophagus
- Diagnose and treat Helicobacter Pylori
- Discuss the guidelines for Colonoscopic Colorectal Cancer Screening and Surveillance
- Diagnose osteoporosis and discuss specific therapies
- Explain the importance of sub-clinical hypothyroidism
- Assess cognitive impairment
- Discuss current therapeutic options in patients with Alzheimer’s Disease, other cognitive impairments and various movement disorders
Thursday, May 20
7:00 - 7:30 am
Registration and Sign-In

8:00 - 8:10 am
Program Overview and Comments

8:10 - 9:00 am
**Barrett’s Esophagus and Adenocarcinoma of the Esophagus**
Diagnosis of Barrett’s esophagus; epidemiology of Barrett’s esophagus; endoscopic screening and surveillance: current guidelines for endoscopic surveillance of diagnosed Barrett’s esophagus; the natural history of dysplasia in Barrett’s epithelium; the role of medical, endoscopic and surgical management; anti-reflux medications and surgery on the natural history of Barrett’s esophagus; nonsurgical treatments for high-grade dysplasia and localized adenocarcinoma of the esophagus

9:00 - 9:50 am
**Colonoscopic Colorectal Cancer (CRC) Screening and Surveillance – Guidelines and Uncertainties**
Advantages and limitations of colonoscopy for CRC screening and surveillance; current national guidelines for, the risks and benefits of and limitations of colonoscopic CRC screening and surveillance; colonic purges; technical variability; how you can tell if your endoscopist is providing high-quality care; how to create safe direct-access “contracts” between the PCP and the gastroenterologist; which small group of patients requires pre-procedure consultation; example of a direct-access contract that you can modify and use in your practice

9:50 - 10:00 am
Coffee Break

10:00 - 10:50 am
**Diabetes Mellitus Type 2: Updates on Pathophysiology and Treatment**
The link of obesity, metabolic syndrome and diabetes to cardiovascular disease morbidity and mortality; new definitions of diabetes; new strategies for outpatient management; new medications, both oral and injection; in-patient management of diabetes; new data on ICU and CCU constant infusion protocols

10:50 - 11:40 am
**Current Management of Thyroid Disorders**
Sub-clinical hypothyroidism and sub-clinical hyperthyroidism – data and controversies; definitions, demographics, prevalence, gender, ethnicity, impact and whether to treat

11:40 am - 12:40 pm
**Case Presentations — Endocrinology**
Friday, May 21
8:00 - 8:50 am
**Idiopathic Inflammatory Bowel Disease (IBD), Diagnosis and Treatment**
Ways to differentiate CUC and Crohn’s Disease; which signs and symptoms help differentiate ulcerative colitis and Crohn’s disease including the role (if any) of IBD serology; what indeterminate colitis is; microscopic colitis and its management; typical clinical presentation and diagnostic approach; how to treat microscopic colitis; general rules about the therapy of IBD; who to choose among 5 aminosalycylic acid compounds; when oral budesonide can substitute for prednisone; how to manage prednisone in the patient with IBD; the risks and benefits of immunomodulating medicines

8:50 - 9:40 am
**Case Presentations – Gastroenterology**

9:40 - 9:50 am
**Coffee Break**

9:50 - 10:40 am
**Osteoporosis: Recent Developments**
Diagnosis and prevalence; use and misuse of bone densitometry, classification of etiologies and etiology specific therapy; old and new therapies and what’s coming

10:40 - 11:40 am
**Assessment of Cognitive Impairment**
Neurological changes of normal aging; demographics of cognitive impairment; differential diagnosis: minimum cognitive impairment, Alzheimer’s Disease, Lewy-Body Dementia, vascular dementia, other etiologies; diagnostic strategies to assess cognitive impairment; treatment (primarily Alzheimer’s disease)

11:40 am - 12:30 pm
**Evaluating Weakness**
Anatomy of weakness (localization patterns such as muscle, nmj, nerve, plexus, root, spinal cord, brain stem, brain); assessment of muscle weakness (testing strategies for proximal and distal weakness, pronator drift, other associated features); clinical syndromes of muscle weakness; diagnostic tools for weakness as the primary complaint (e.g., imaging, electrodiagnosis)

Saturday, May 22
8:00 - 9:00 am
**Movement Disorders 101**
Overview of non-Parkinsonian movement disorders; dystonias: dopa-responsive, focal dystonias – blepharospasm, hemifacial spasm, cervical and laryngeal dystonia, writer’s cramp; movements of sleep (restless legs syndrome, periodic limb movements of sleep, choreas and other interesting movements; diagnostic evaluations; treatment strategies (dystonias, RLS, periodic limb movements)

9:00 - 10:00 am
**Case Presentations — Neurology**

10:00 - 10:15 am
**Closing Comments & Course Evaluations**

10:15 am Seminar Adjourns
HOTEL RATES/INFORMATION

Accommodations
The discount rate at the JW Marriott Guanacaste Resort & Spa in Costa Rica is $215.00 per night for a Deluxe Garden View room and $275.00 per night for a Deluxe Ocean Front room (single or double occupancy). All guest rooms are subject to a 13% tax (subject to change). There is no extra fee for children under 12 years of age when sharing with parents. Charge per 3rd and 4th person in a room is $35.00 each. Maximum number per room is a total of four guests.

Deposit Requirements/Cancellation Policy
The hotel requires a one night's deposit to guarantee your room. Room cancellation must be made by April 16, 2010 or you will forfeit your room deposit. Hotel will not hold any reservations without a guarantee.

Check-in/out times
Check in time is 3:00 p.m. and check out time is 12:00 p.m. Guests arriving before check in time will be accommodated as rooms become available.

Travel Arrangements
For flight information or airline tickets, please contact Dani B. at Options Travel. You may contact Dani at 1-866-622-1602 extension 109 or by email at danib@optionstravel.com. Options Travel is an independent travel company. There is a per ticket processing fee.

Please visit www.travel.state.gov for information on documents required for travel outside of the United States.

COSTA RICA AREA INFORMATION

Location and Climate
Tamarindo is in the province of Guanacaste located on the northwestern coast of Costa Rica, on the Pacific Ocean. In May, the average high temperature is 93F and the average low is 79F.

Transportation
The closest airport is Daniel Oduber International Liberia Airport – LIR. It is approximately 30 miles NE from the hotel. Taxi fare varies between $65 and $125 USD (one way). Costa Rica uses Central Standard Time but does not observe daylight savings.

Attractions
Activities abound, from biking, horse backing riding and hiking nature preserve trails to jet-skiing, kayaking, sailing, snorkeling, scuba diving, water skiing, surfing and fishing. There is even a canopy tour at The Witch's Rock which is a series of zip lines suspended amidst the tree tops.

Dining
As you might suspect, seafood is plentiful. There is also a good selection of beef dishes. The local restaurants are sometimes very small, but also very affordable.

Hotel Contact Information:
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