



**INTERNAL MEDICINE FOR PRIMARY CARE:  
CARDIOVASCULAR/EAR, NOSE & THROAT/OBSTETRICS/  
PSYCHIATRY**

**San Diego, California – Hotel del Coronado  
August 6 – 9, 2020**

**Participating Faculty**

**Sarah E. Morgan, MD**

Director, OB/GYN Clinic, Primary Care Center  
Associate Program Director, OB/GYN Residency  
Faculty Physician, Obstetrics and Gynecology  
St Vincent Health  
Clinical Assistant Professor  
Department of Obstetrics and Gynecology  
Marian University College of Medicine  
Volunteer Clinical Faculty  
Indiana University School of Medicine  
Indianapolis, Indiana

**Stephen V. Sobel, MD**

Clinical Instructor, UC San Diego School of Medicine  
Author, "Successful Psychopharmacology: Evidence-based Treatment Solutions for  
Achieving Remission," W.W. Norton, Publisher, NY, NY  
Private Practice, Adult and Adolescent Psychiatry  
San Diego and Carlsbad, California

**Phillip Whiting, MD**

Otolaryngology Head and Neck Surgeon  
Uintah Basin and Ashley Regional Medical Center  
Vernal, Utah

**Eugene E. Wolfel, MD**

Professor of Medicine, Division of Cardiology  
Section of Advanced Heart Failure and Transplant Cardiology  
Medical Director, Cardiovascular Rehabilitation and Exercise Testing Laboratory  
University of Colorado Denver, Anschutz Medical Campus  
Aurora, Colorado



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Indianapolis, Indiana

Dr. Morgan received her undergraduate degree from Rhodes College in Memphis, Tennessee and her medical degree from the Medical College of Ohio at Toledo. She completed a residency in Obstetrics and Gynecology at Indiana University School of Medicine at Indianapolis. Dr. Morgan is board certified by the American Board of Obstetrics and Gynecology and is a member of the Central Association of Obstetrics and Gynecology (CAOG), the Association of Professors of Gynecology and Obstetrics, and is a Fellow of The American Congress of Obstetricians and Gynecologists, among other professional organizations.

Dr. Morgan's current focus includes Medical education, management of opiate use disorders during pregnancy, management of chronic pelvic pain, and laparoscopic hysterectomy. Dr. Morgan is originally from Columbus, Ohio, is a big Buckeye football fan and loves to travel.



**Stephen V. Sobel, MD**

Clinical Instructor, UC San Diego School of Medicine  
Author, "Successful Psychopharmacology: Evidence-based Treatment Solutions for Achieving Remission," W.W. Norton, Publisher, NY, NY  
Private Practice, Adult and Adolescent Psychiatry  
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Dr. Sobel received his undergraduate degree with honors from Duke University and his medical degree with honors from Vanderbilt University School of Medicine. He received advanced training in Adult Psychiatry from St. Bartholomew's Medical Center in London, England. Dr. Sobel completed his internship in Medicine at Georgetown University and his residency in Psychiatry at the University of California at San Diego.

Dr. Sobel is a Clinical Instructor at U.C. San Diego School of Medicine and Supervising Psychiatrist of the Free Clinic for the Homeless run by U.C.S.D. School of Medicine. He is Consulting Psychiatrist for the National Football League and Major League Baseball. Dr. Sobel is a Diplomate of the American Board of Psychiatry and an Expert Reviewer for the Medical Board of California.

Dr. Sobel is in the private practice of adult and adolescent psychiatry in Carlsbad, California. He specializes in the treatment of depression, anxiety disorders, bipolar disorder, ADD/ADHD, substance abuse, eating disorders, and behavioral medicine in adults and adolescents.

Dr. Sobel is the author of the critically acclaimed best seller "Successful Psychopharmacology: Evidence-Based Treatment Solutions for Achieving Remission," a guide to the art and science of choosing and using psychotropic medications to achieve remission for medical and mental health professionals. Dr. Sobel has authored several articles in such publications as the American Journal of Psychiatry, Current



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Psychiatry, Journal Watch, and Managed Behavioral Health Care.

Dr. Sobel is an internationally recognized psychiatric expert and lecturer having taught over 20,000 physicians, nurses, and mental health professionals how to successfully achieve remission of their patients' symptoms and how to fully return them to successful function in their lives. He has been honored as the "Teacher of the Year" by the U. S. Psychiatric Congress. Dr. Sobel is the only primary clinical psychiatrist ever to be so honored.



**Phillip Whiting, MD**

Otolaryngology Head and Neck Surgeon  
Uintah Basin and Ashley Regional Medical Center  
Vernal, Utah

Dr. Phillip Whiting is a Colorado native and works as a board-certified otolaryngologist in private practice. He was raised in a farming community in rural eastern Utah where he attained his Associate's degree while in high school from Utah State University. He then completed two years as missionary for the LDS church in Seoul, Korea and is fluent in Korean. He then obtained a BS in Physiology from Brigham Young University where he was on the dean's list for academic achievement.

Dr. Whiting obtained his medical degree from the University of Texas Medical School at San Antonio, Texas where he won a medical student research award for his clinical research involving coronary artery bypass grafts and double lung transplantation. Additionally, Dr. Whiting was inducted into the prestigious medical honor society Alpha Omega Alpha and was recognized for his service by being nominated to the Gold Humanism in Medicine Society.

Dr. Whiting completed his residency at Eastern Virginia Medical School where he was trained by some of the best faculty in head and neck oncology, neurotology, pediatric otolaryngology, sinus surgery, and voice/swallowing disorders. During training Dr. Whiting published journal articles, book chapters on head and neck diseases and management, taught courses to residents in the emergency medicine and family medicine departments, and the Eunice Baxter outstanding surgical resident award. Dr. Whiting is trained in all aspects of otolaryngology but has a special interest in thyroid/parathyroid disorders, ear/hearing disorders, sinus/allergy, and voice/swallowing problems.



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Dr. Whiting enjoys spending time with his wife and four children, competing in ironman distance triathlons, ultra-marathon/mountain running, reading, and traveling.



**Eugene E. Wolfel, MD**

Professor of Medicine, Division of Cardiology  
Section of Advanced Heart Failure and Transplant Cardiology  
Medical Director, Cardiovascular Rehabilitation and Exercise Testing Laboratory  
University of Colorado Denver, Anschutz Medical Campus  
Aurora, Colorado

Dr. Wolfel received his undergraduate degree from Villanova University in Pennsylvania, his master's degree from Bryn Mawr College, and his medical degree from Jefferson Medical College in Philadelphia. He completed an internship and residency at the Ohio State University Hospital in Columbus where he also spent one year as a Cardiology/Pulmonary fellow. This was followed by a clinical and research fellowship in Cardiology at the University of Colorado Health Sciences Center in Denver.

Dr. Wolfel was the former interim head of the Division of Cardiology at the University of Colorado Health Sciences Center, now the Anschutz Medical Campus of the University of Colorado. He is a fellow of the American College of Cardiology, the American Heart Association, the Heart Failure Society of America, the American Association of Cardiovascular and Pulmonary Rehabilitation, and the American College of Sports Medicine. He is a longstanding member of the International Society of Heart and Lung Transplantation. He is an active clinician, educator, and researcher in the Division of Cardiology. He is on the editorial board of the *Journal of Cardiopulmonary Rehabilitation and Prevention*, the *Journal of Cardiac Failure*, and *JACC-Heart Failure*.

Dr. Wolfel is the recipient of several honors and awards including *The Best Doctors in America*, and *Top Docs from 5280 Magazine*.

**Thursday, August 6th:**

**7:00 am – 7:30 am**

**Registration and Hot Breakfast**

**7:30 am – 8:30 am – Eugene E. Wolfel, MD**

**Work-up of Patients with Suspected CAD: Which Tests for Which Patients**

Risk factor evaluation; symptom evaluation; test selection including stress ECG, echo, nuclear and newer imaging modalities; role of CRP and EBCT; evaluating women – who needs coronary angiography?

**8:30 am – 9:30 am – Eugene E. Wolfel, MD**

**Congestive Heart Failure**

Etiologies and stages of heart failure; clinical evaluation; LV systolic vs. diastolic dysfunction; treatment including ACE inhibitors, ARBs, beta blockers; ACC/AHA Heart Failure Guideline Update

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Eugene E. Wolfel, MD**

**Cardiac Disease Prevention for Primary Care**

Lifestyle and pharmacologic approaches for prevention of CAD and heart failure; Role of physical activity; Control of hypertension; Approach to diabetes care

**10:40 am – 11:40 am – Phillip Whiting, MD**

**Evaluation of the Neck Mass**

In today's medical climate, it is difficult to find a delicate balance between completeness in radiographic evaluation weighed against efficient use of health care dollars. There is a straightforward primary care approach for evaluating the neck mass so that no patient goes undiagnosed while remaining efficient in ordering ancillary tests.

**11:40 am – 12:40 pm – Phillip Whiting, MD**

**The Use of Antimicrobial Therapy in Treating Sinusitis**

Lecture will focus on the use of antimicrobial agents in treating acute and chronic sinusitis, with regards to common pathogens, emerging resistance and oral vs. topical regimens. Additionally, discussion will focus on the appropriate time to order a sinus CT scan and refer to a specialist.

**12:40 pm**

**Session Adjourns**



**Friday, August 7th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Phillip Whiting, MD**

**A Primary Care Update on the Treatment of Allergic Rhinitis**

The lecture will focus on a review of the basic allergic pathways that affect the body. Special emphasis will be given to the nasal and sinus regions, with discussion to include diagnostic testing and modes of treatment, including avoidance, pharmacotherapy and immunotherapy

**8:30 am – 9:30 am – Phillip Whiting, MD**

**A Primary Care Approach to Sudden Hearing Loss**

When a patient presents with sudden hearing loss, accurate differentiation of sensorineural versus conductive loss is essential. Techniques to make that differentiation, testing and treatment strategies will be discussed; Urgent treatment and when to refer for audiometric testing and ENT referral will be outlined

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Eugene E. Wolfel, MD**

**Hypertension Update**

Newest ACC/AHA Guideline; New goals of treatment; Special populations – diabetics, the elderly; Renal failure, resistant hypertension; Influence of frailty

**10:40 am – 11:40 am – Sarah E. Morgan, MD**

**Preconception Counseling**

Screening and evaluation prior to a planned pregnancy; Review of current recommendations for carrier testing and when to refer a patient for specialty evaluation prior to conception



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**11:40 am – 12:40 pm – Sarah E. Morgan, MD**

### **Preexisting Disease and Pregnancy**

Review of management of common disorders during pregnancy, such as hypertension, pre-gestational diabetes, asthma, obesity, thyroid disease, depression; Discussion of the impact of pregnancy on disease state as well as impact of the disease on pregnancy well-being and outcomes, with a focus on management recommendations during pregnancy

**12:40 pm**

**Session Adjourns**

**Saturday, August 8th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Sarah E. Morgan, MD**

**Guide to Medication Use During Pregnancy and Lactation**

Review of the current classification systems; Discussion of medication classes commonly used during pregnancy and lactation; Discussion of commonly used medications that should be avoided during pregnancy and/or lactation

**8:30 am – 9:30 am – Sarah E. Morgan, MD**

**Obstetrical Complications**

Review of pregnancy complications during all trimesters, focusing on those which may present to a primary care provider with specific complaints; Discussion of conditions which represent an obstetric emergency

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Stephen V. Sobel, MD**

**I Don't Care About Anything, Doc (Depression)**

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

**10:40 am – 11:40 am – Stephen V. Sobel, MD**

**Suicide and Violence**

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

**11:40 am**

**Session Adjourns**



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### Sunday, August 9th:

**7:00 am – 7:30 am**

**Continental Breakfast**

**7:30 am – 8:30 am – Stephen V. Sobel, MD**

#### **Bipolar Disorders in Primary Care**

Bipolar spectrum disorders in adults compared to children and adolescents; the importance of longitudinal/developmental history; multiple medical and psychiatric co-morbidities; evidence-based treatments

**8:30 am – 9:30 am – Stephen V. Sobel, MD**

#### **I Just Drink a Few Beers At Night (Substance Abuse)**

Substance abuse history-taking to encourage patient honesty; accurate diagnosis; use of screening tools; co-morbidities and treatment options.

**9:30 am**

**Conference Adjourns**

### **Target Audience**

This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

### **Learning Objectives**

Upon completion of this program, participants should be better able to:

- Describe current diagnostic approaches to arrhythmias, ACS and CAD
- Implement treatment strategies reflective of current evidence-based medicine for arrhythmias, ACS and CAD
- Review strategies to effectively counsel women prior to conception as well as monitor for preexisting disease and potential complications in pregnancy
- List commonly used medications that could potentially cause complications during pregnancy and lactation
- Evaluate patients in order to make appropriate recommendations regarding weight gain, exercise and activity during pregnancy, postpartum and lactation
- Accurately diagnose and treat (pharmacologic and nonpharmacologic) substance abuse and ADHD in adults
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Understand risk factors and assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness
- List evaluation and treatment options for the neck mass, sinusitis and allergic rhinitis
- Identify and describe treatment options for disorders of the ear canal and tympanic membrane

### **Learning Outcome**

To provide updates in primary care medicine to office based providers

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The **faculty** reported the following financial relationships with commercial interests whose products or services may be mentioned in this CME activity:

<b><i>Name of Faculty</i></b>	<b><i>Reported Financial Relationship</i></b>
Sarah E. Morgan, MD	No financial relationships to disclose
Stephen V. Sobel, MD	Speakers' Bureau: Allergan Pharmaceuticals, Takeda Pharmaceuticals
Phillip Whiting, MD	No financial relationships to disclose
Eugene E. Wolfel, MD	No financial relationships to disclose

The **content managers** reported the following financial relationships with commercial interests whose products or services may be mentioned in this CME activity:

<b><i>Name of Content Manager</i></b>	<b><i>Reported Financial Relationship</i></b>
MER content managers	No financial relationships to disclose
MER nurse planner	No financial relationships to disclose

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### American Osteopathic Association

These programs are approved for 16 hours in Category 2-A by the American Osteopathic Association.

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This activity is designated for 5.5 ANCC pharmacotherapeutic contact hours.

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Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 16 contact hours.

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Medical Education Resources (MER) is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. MER designates this continuing education activity for 16 contact hours (1.6 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: 0816-0000-20-089-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.