



**Case Studies In Medicine Update 2011  
March 12-19, 2011**

**Detailed Conference Agenda**

**Please Note:** Out of respect for your fellow delegates, please arrive at least 5 minutes prior to each session. The sessions will start on time.

**Saturday, March 12, 2011**

***Miami, Florida***

**2:00 – 3:30** **Conference Registration**

**Sunday, March 13, 2011**

***At Sea***

**8:15 – 8:45** **Welcome: Day 1** - Your hosts will outline the CME program for the day.

**8:45 - 9:45** **Type II Diabetes** - *Dr. Tony Weinberg*  
Dr. Weinberg will review the epidemiology and the biology of Type II Diabetes and the somatic consequences. He will also review the treatment options and the interaction with other conditions.

**9:45 – 10:45** **Road Map for the Treatment of Diabetes Type II with Complementary Medicine – A Case Evaluation**– *Dr. Andrea Kuzmiski*  
In her first session, Dr. Kuzmiski will review the criteria for diagnosing type II Diabetes in adults and the elderly. She will discuss the available complementary treatment options for maintaining optimal glucose regulation and managing type II diabetes and recommend appropriate complementary management of type II diabetes and associated medical conditions (e.g. metabolic syndrome) and how to integrate the use of multiple natural agents for treatment based on evidence-based medicine. Dr. Kuzmiski will also review the safety and efficacy of complementary treatments.

**10:45 – 11:45** **A Physician's Financial Health in the 21<sup>st</sup> Century** – *Greg Hilderman*  
In his first session, Greg will look at the impact of taxation on a Physician and his/her practice.

**11:45 – 1:00** **Lunch**

**1:00 – 2:00** **Physician Health 101: A Primer on Depression** - *Dr. Leslie Flynn*  
In her first session, Dr. Flynn will identify the major determinants of physician health and review the need to educate physicians regarding depression. She will utilize strategies to maintain and improve physicians' mental health.

**Sunday March 13<sup>th</sup> Continued...**

**2:00 – 3:00 Time Management Part I: How to Run an Efficient Practice**

*Dr. Benjamin Burko*

During his first session, Dr. Burko will describe the benefits of running an efficient office and calculate the dollar value of efficiency. He will help delegates identify their own personal practice goals – more time or more money (or both!).

**3:00 – 4:00 Dr. Dollar vs. Dr. Sen\$e – Greg Hilderman**

Greg will do a financial comparison of an incorporated Physician vs. a non-incorporated Physician.

**Monday, March 14, 2011**

***San Juan, Puerto Rico***

**8:30 – 8:45 Welcome: Day 2** - Your hosts will outline the CME program for the morning.

**8:45 – 9:45 Atrial Fibrillation - Dr. Tony Weinberg**

In this session, Dr. Weinberg will review the epidemiology of atrial fibrillation and help delegates to understand the causes and appreciate the consequences. He will review treatment/management options and the interactions with other conditions.

**9:45 – 10:45 Critically Thinking Through Cardiovascular Case Studies – An Integrative Approach - Dr. Andrea Kuzmiski**

Dr. Kuzmiski will discuss the pathophysiology of hypertension and dyslipidemia in clinical practice and the prevalence of these conditions in the patient population. She will also review some of the challenges associated and how to choose and implement integrative therapies in their treatment and how lifestyle changes and integrative therapies can improve cardiovascular status.

**10:45 – 11:45 Time Management Part II: How to Run vs. Ruln Your Personal Time Management. The Difference is 'I' - Dr. Benjamin Burko**

Dr. Burko will discuss Covey's 'The Seven Habits of Highly Effective People' and how to implement effective strategies to minimize the wasting of time.

**11:45 – 12:45 The Dragon and The Eagle: World Economic Order In the 21<sup>st</sup> Century**

*Greg Hilderman*

A review of current and topical investment strategies for the 21<sup>st</sup> century.

**Tuesday, March 15, 2011**

***Philipsburg, St. Maarten***

**9:00 – 11:00 Global Medicine: Health Care Challenges in the Caribbean: What Has Changed?**

This lecture will give a snapshot of the most important public health system issues in the Caribbean and review current health advice to travelers in the Caribbean. There will also be a discussion on the role of traditional healers and therapies in the Caribbean and the opportunities for outside governments, NGOs, and individual physicians to favorably impact the health care of Caribbean patients.

**Please note: This is an on shore lecture, in St. Maarten**

**Wednesday, March 16, 2011**

***Basseterre, St. Kitts***

**Thursday, March 17, 2011**

***At Sea***

**8:30 – 8:45 Welcome: Day 5** - Your hosts will outline the CME program for the day.

**8:45 – 9:45 Hypertension – Dr. Tony Weinberg**

Dr. Weinberg will review the epidemiology of hypertension and help delegates to understand the causes and appreciate the consequences. He will review treatment/management options and the interactions with other conditions.

**9:45 – 10:45 Billing for Non-Insured Services from A-Z - Dr. Benjamin Burko**

Dr. Burko will identify why certain non-insured services should be made available to patients and associate specific values and charges to specific non-insured services. He will also discuss how to prepare patients for the onset of charges and how to operationalize the collecting of fees for and delivering of Non-Insured services.

**10:45 – 11:45 Physician Health 101: Coping With Adverse Events - Dr. Leslie Flynn**

In her second session, Dr. Flynn will describe the effects of adverse events on physicians. She will also discuss the response of physicians when faced with a medical error and how to provide assistance to a colleague who is dealing with an error or complaint.

**11:45 – 1:00 Lunch**

**1:00 – 2:00 COPD – Dr. Tony Weinberg**

Dr. Weinberg will define the disorder of COPD and distinguish it from Asthma. He will review the epidemiology of COPD and help delegates to understand the causes and appreciate the consequences. He will review treatment/management options and the interactions with other conditions.

**Thursday March 17<sup>th</sup> Continued...**

**2:00 – 3:00 The Use of Integrative Treatment Strategies in COPD – A Case Report**

*Dr. Andrea Kuzmiski*

Dr. Kuzmiski will review the etiologies and pathophysiology of COPD and the prevalence of COPD in the patient population. She will discuss the current evidence based integrative therapies available for treatment and explore recent evidence based research surrounding orthomolecular treatments for COPD.

**Friday, March 18, 2011**

**At Sea**

**8:30 – 8:45 Welcome: Day 5** - Your hosts will outline the CME program for the day.

**8:45 – 9:45 Heart Failure – Dr. Tony Weinberg**

Dr. Weinberg will review heart failure and the size of the problem along with the causes and disease interactions. He will also discuss diagnosis and appropriate investigation along with the management strategies and interactions with other conditions.

**9:45 – 10:45 Physician Health 101: The Resilient Physician - Dr. Leslie Flynn**

Dr. Flynn will review what resilience is and identify 5 aspects of life that impact our resilience and 10 ways to build resilience.

**10:45 – 11:45 Traditional Medicine Workshop - Dr. Tony Weinberg**

During the workshop, Dr. Weinberg will discuss how the average patient with medical problems has more than one of them and prioritizing treatment so as to avoid polypharmacy, drug interactions, cost and compliance issues is difficult and requires informed judgment.

**11:45 – 12:45 Integrative Disease Management – Case Related Concepts and Practices - Dr. Andrea Kuzmiski**

Dr. Kuzmiski will discuss various integrative approaches in the management of disease and the tools that are available (dietary modifications, lifestyle interventions, orthomolecular supplementation). She will also review how to implement evidence based complementary therapies in an office based practice and how to develop a dietary and lifestyle management protocol.

**12:45 – 1:00 Closing Remarks**