



## Potpourri of Recent Advances in Internal Medicine Update 2014 March 8-15, 2014

### 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 8, 2014**

***Ft. Lauderdale, Florida***

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

**Sunday, March 9, 2014**

***Nassau, Bahamas***

**Afternoon**

**2:00 – 3:00**

**Welcome: Day 1** - Your hosts will outline the CME program for the conference along with a turning point technology demonstration day

**3:00 – 4:00**

**An Update in Allergy and Respiriology** - *Dr. Denis Chauret*

Dr. Chauret will review the best treatment for allergic disease and identify the common causes of chronic cough. He will also discuss new options for the treatment of asthma.

**4:00 – 5:00**

**The Allergic Triad – An Integrative Approach to the Treatment of Asthma and Allergies** – *Dr. Andrea Kuzmiski*

Dr. Kuzmiski will review the current evidence-based integrative therapies for the treatment of allergies and asthma. She will explore the role of dietary and environmental allergens in the pathophysiology of asthma and the recent evidence based research surrounding orthomolecular treatments for allergies and asthma. During the session, Dr. Kuzmiski will discuss how to successfully choose and implement integrative therapies into the treatment of allergies and asthma.

**5:00 – 6:00**

**The Dragon and the Eagle: Macroeconomics and the Practice of Medicine** – *Anna Khan*

In this session, Anna will describe the differences between macro and microeconomics as it applies to the business aspects of doctor's medical practices. She will also review the major macroeconomic forces at play both in the recent past, present, and future relevant to everyone's medical practice.

**Monday, March 10, 2014**

**At Sea**

- 7:45 – 8:00 Welcome: Day 2** - Your hosts will outline the CME program for the day.
- 8:00 – 9:00 Fifteen Important Ways to Protect Yourself in Practice – Part 1**  
*Michael Fraleigh*  
In this session, Michael will provide the tools to help identify potential problems with the management of your medical practice and develop and/or hone your skills to better respond to these difficulties. He will also review the legal duties of a physician and the responsibilities involved in the care and treatment of your patients.
- 9:00 – 11:00 From Surviving To Thriving. Managing our Wellness While Caring for the Sick and Suffering - Dr. Tara Tucker**  
Dr. Tucker will review the definitions of burnout and Compassion Fatigue and help delegates to recognize their own signs of stress, how they cope, and how they can increase their own resilience. She will also assist in creating a personal plan for self-care in the context of each delegate's life.
- 11:00 – 12:00 Medical Practice Incorporation – Anna Khan**  
In this session, Anna will define medical practice incorporation and discuss the benefits of incorporation for their practice from a business and patient benefit point of view. She will also discuss whether incorporation is appropriate for your practice.
- 12:00 – 1:00 Lunch**
- 1:00 – 2:00 Diabetes in the Elderly - Dr. Denis Chauret**  
During his second session, Dr. Chauret will discuss individualized glycemic targets in the general population and how to carefully select antihyperglycemic agents and the risks associated with hypoglycemia.
- 2:00 – 3:00 Tackling Diabetes and Hypertension – Veganism and Other Innovative Integrative Management Tools– Dr. Andrea Kuzmiski**  
In her first session, Dr. Kuzmiski will discuss how lifestyle modifications and integrative therapies can improve glucose regulation and cardiovascular status. She will also review how to understand and integrate complementary treatment options into practice for maintaining optimal glucose regulation and managing type II diabetes and how to successfully choose and implement integrative therapies into the treatment of hypertension.
- 3:00 – 4:00 Financial Planning for Incorporated Practices – Anna Khan**  
In her final session, Anna will define the various financial instruments available to an incorporated practice to enhance practice efficiency and how to determine the appropriateness of the use of these financial instruments in your practice.

## **Tuesday, March 11, 2014**

***St. Thomas, USVI***

### **10:00 – 12:00 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, on St. Thomas**

## **Wednesday, March 12, 2014**

***St. Maarten***

### **Evening**

**5:15 – 5:30 Welcome: Day 4** - Your hosts will outline the CME program for the evening.

### **5:30 – 6:30 The Morbidity of COPD Symptoms – *Dr. Denis Chauret***

Dr. Chauret will discuss why diagnosing and treating COPD is important for physicians and their patients. He will differentiate the clinical characteristics and diagnostic criteria for COPD and asthma and discuss current management strategies for patients with COPD, contrasting the roles of bronchodilators and anti-inflammatory agents in current guidelines.

## **Thursday, March 13, 2014**

***At Sea***

**8:15– 8:30 Welcome: Day 5** - Your hosts will outline the CME program for the morning.

### **8:30 – 9:30 The Ups and Downs of the Thyroid Gland - *Dr. Denis Chauret***

Dr. Chauret will discuss how to diagnose the right thyroid dysfunction and select the appropriate treatment for each condition. He will also review the importance of sub-clinical conditions.

### **9:30 – 10:30 Normal TSH = Optimal Thyroid Function? Treatment Options Outside of the Established Standards – *Dr. Andrea Kuzmiski***

During this session, Dr. Kuzmiski will discuss the various integrative approaches in the management of thyroid disease and the tools that are available. She will also explore alternatives to traditional pharmaceutical thyroid medications and the safety and efficacy of the complementary treatments.

### **10:30 – 11:30 Fifteen Important Ways to Protect Yourself in Practice – Part II**

*Michael Fraleigh*

Michael will continue to provide the tools to help identify potential problems with the management of your medical practice and develop and/or hone your skills to better respond to these difficulties. He will also review the legal duties of a physician and the responsibilities involved in the care and treatment of your patients.

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

**11:30 – 12:30 Managing Life, Work and Relationships: A Mindful Approach to Daily Living – Dr. Tara Tucker**

Dr. Tucker will review the evidence base for Mindfulness as an approach to stress management, and emotional equanimity. She will discuss specific strategies for mindful practice and living and assist delegates create a personal plan for creating and maintaining a mindful practice in their own life.

**Friday, March 14, 2014**

**At Sea**

**8:15– 8:30 Welcome: Day 6** - Your hosts will outline the CME program for the morning.

**8:30 – 9:30 Hypertension and Renal Disease: From Renal Protection to Mortality Reduction - Dr. Denis Chauret**

Dr. Chauret will establish BP targets for patients with hypertension and diabetes in accordance with CHEP guidelines and help formulate evidence-based choices when selecting an antihypertensive agent that assists in lowering BP and reduce morbidity and mortality. He will also discuss the clinical consequences of secondary hypertension as well as refractory hypertension.

**9:30 – 10:30 Fifteen Important Ways to Protect Yourself in Practice – Part III  
Michael Fraleigh**

Michael will continue to provide the tools to help identify potential problems with the management of your medical practice and develop and/or hone your skills to better respond to these difficulties. He will also review the legal duties of a physician and the responsibilities involved in the care and treatment of your patients.

**10:30 – 11:30 WORKSHOP: Diana With Chronic Diseases - Dr. Denis Chauret**

During the workshop, Dr. Chauret will review allergies and respirology; diabetes; COPD; thyroid disease and hypertension in a case based discussion.

**11:30 – 12:30 WORKSHOP: Chronic Disease Management – Case Related Concepts and Practices in Evidence Based Integrative Medicine**

*Dr. Andrea Kuzmiski*

Dr. Kuzmiski will review how to choose the most effective integrative approaches in the management of chronic disease and the assessment tools and interventions that are available for the integrative management of chronic disease including dietary modifications, lifestyle interventions and orthomolecular supplementation. She will also help to develop dietary and lifestyle management protocols for an office based practice and discuss how to implement evidence based complementary therapies.