

## Agenda

### Saturday, November 14, 2015

**07:30-08:00**

**Breakfast & CME Registration**

**08:00-08:05**

**Opening Remarks**

Christie M. Lee

**08:05-08:55**

**Put that Bread down – Gluten Sensitivity**

Ryan E. Bentley, D.C., DAAMLCP, CGP, MD/PhD Candidate 2015

*During the past decade there has been an impressive increase in popularity of the gluten-free diet (GFD). According to recent surveys, as many as 100 million Americans will consume gluten-free products within a year. More than 55 diseases like Auto-Immune Disease, Autism, Crohns, Hashimotos, Lupus, Schizophrenia, Depression, Migraines, Myopathy and many other Chronic Health Conditions have been linked to gluten; protein found in wheat, rye and barley. Almost 15% of the US population is gluten sensitive. It's estimated that 99% of people with gluten sensitivity are never diagnosed. In this session we will learn find out why gluten sensitivity is almost always missed in the standard blood test and what clinicians can do about it.*

**08:55-09:45**

**Who are we sending home?**

Kayur V. Patel, MD, MRO, FACP, FACPE, FACHE, FACEP

*The threat of litigation following a misdiagnosis or improper treatment presents a challenge to healthcare providers. Subtle mistakes can lead to poor patient outcomes. According to a 2009 study in the Journal of the American Medical Association; Diagnostic errors were the No. 1 reason for adverse events that resulted in malpractice payouts in outpatient settings.*

*Avoid costly and time-consuming litigation by anticipating such situations and appropriately managing the medical needs of the patient.*

*Topics Include:*

- 1. Patient presenting with a headache – misdiagnosis of an acute bleed.*
- 2. Abdominal pain in an office setting – missed appendicitis.*
- 3. Patient comes with back pain – missed abscess.*

**09:45-10:00**

**Break**

**10:00-10:45**

## **An approach to our patients – Healthy Living**

Jamie Lindsey, DO

*Patient engagement is crucial to better outcomes for a high-performing health care system. The main aim of patient engagement is to shift the clinical paradigm from determining, ‘what is the matter?’ – to discovering, ‘what matters to you?’ Primary health care providers are the first in line when it comes to educating patients and helping them progress to make positive lifestyle changes and aim for a culture of health.*

**10:45-11:30**

## **Managing Expectations**

Mark Tomasulo, DO

*Managing patient expectations plays an important role in improving quality outcomes and decreasing liability. Understanding patients’ expectations can enhance their satisfaction level. Clinicians need to implement patient-centered care and value-based care into existing health care systems in order to satisfy patients.*

**11:30-12:30**

**Lunch**

**12:30-01:15**

## **Whey Protein: More than Just a Protein**

Ryan E. Bentley, D.C., DAAML, CGP, MD/PhD Candidate 2015

*Adequate high quality protein intake is essential for the general population, and athletes to maintain optimal muscle mass and maximize their performance. Additionally, high quality protein is recommended to improve body weight management and to help to maintain muscle functionality in older people. Within this context, whey protein, one of the highest quality proteins naturally found in dairy foods, delivers exactly what the body needs in these areas.*

**01:15-02:00**

## **Lifestyle change vs. A short term plan**

Larry Thompson

*Primary care facilitates patients to adapt techniques for lifestyle changes to avoid complications related to obesity and diabetes. Clinicians need to motivate and empower patients to work towards a healthier lifestyle. Patients, who face problem in adapting long-term task of making lifestyle change, can be benefitted with assistance in setting specific behavior-outcome goals and short-term behavior targets.*

**02:00-02:15**

**Break**

**02:15-03:00**

## **Attention-Deficit Hyperactivity Disorder (ADHD)**

James A. Turner, DO, ABFM

*Attention-deficit hyperactivity disorder (ADHD) is described as the most common neurobehavioral condition of childhood. ADHD is a disorder of inattention, impulsivity, and hyperactivity that affects 8-12% of children worldwide. Although the rate of ADHD falls with age, at least half of children with the disorder will have impairing symptoms in adulthood.*

**03:00-03:50**

## **Chronic Disease Management**

Kayur V. Patel, MD, MRO, FACP, FACPE, FACHE, FACEP

*Chronic diseases such as diabetes, asthma, stroke, obesity and hypertension have seen a rapid increase in diagnoses all over the world. Chronic disease management is critical to achieving improved health outcomes, quality of life, and cost-effective health care. Clinicians shall be able to learn advanced concepts for managing patients suffering from chronic diseases.*

**03:50-04:00**

**Break**

**04:00-05:00**

## **Sex, Lies, and Cholesterol**

### **– A Different Perspective on Cholesterol and Heart Disease**

Ryan E. Bentley, D.C., DAAMLPC, CGP, MD/PhD Candidate 2015

*There is mounting controversy over not only the benefit of statins for cardiovascular health, but more importantly the role cholesterol plays in cardiovascular health and indeed throughout the body. Could it be that cholesterol is not an important predictor of heart disease as has been previously thought, and could it be that in fact cholesterol is vital for many different biochemical functions that are affected by lower cholesterol?*

**05:00 PM**

**Adjourned**