

42ND ANNUAL

INTERNAL MEDICINE PROGRAM



JULY 16-21, 2006

**YMCA OF THE ROCKIES
ESTES PARK, COLORADO**

**Presented by:
The Department of Medicine
University of Colorado
School of Medicine**

**Sponsored by:
University of Colorado
School of Medicine
Office of Continuing
Medical Education**



GENERAL INFORMATION

Course Overview

Experience the combination of state of the art updates and unrivaled outdoor beauty at the 42nd Annual Internal Medicine Program in Rocky Mountain National Park. This year's program in Estes Park, Colorado, will showcase 27 of the finest speakers in diverse areas of medicine and equip practitioners with the latest diagnostic and therapeutic tools. An assortment of lectures and workshops have been selected by previous registrants and community practitioners demanding sharply focused practical updates in the areas of internal medicine most rapidly changing. The speakers are chosen for their clinical expertise, outstanding teaching skills, and interactive styles to optimize the learning experience for course registrants. Abundant outdoor activities are available for all ages making it the perfect family getaway designed for both superb education and recreation!

Our comprehensive program will update the busy practitioner with valuable didactic sessions in the areas of rheumatology, gastroenterology, oncology, endocrinology, cardiology, geriatrics, pulmonary, infectious disease, neurology, dermatology, women's health, psychiatry, and alternative medicine. Interactive workshops are offered by hospitalists in preoperative evaluation and thromboembolism prophylaxis, by cardiology in the management of valvular heart disease, and by orthopedic surgery in the approach to joint evaluation and injection techniques. Ample time is allowed for questions and answers to ensure that all the practitioners' learning needs are met resulting in an exceptional, interactive, and relaxed learning environment.

Estes Park

Estes Park is located 65 miles northwest of Denver at an altitude of 8,000 feet. It is convenient to arrange for a rental car in Denver and drive to Estes Park. For more information regarding Estes Park, please visit: www.estesparkresort.com.

Estes Park Center/YMCA of the Rockies (phone: 970-586-3341) Visit: www.ymcarockies.org

The remarkable and scenic setting at the YMCA immediately adjacent to Rocky Mountain National Park offers every type of summer recreational mountain experience imaginable to outdoor enthusiasts. Whether it is white water rafting, horseback riding, or hiking nature trails, everyone in the family will find their ideal mountain getaway. It is located 4 1/2 miles from the village of Estes Park at the end of Colorado 66 spur. All conference sessions will be held in the Ruesch Auditorium of the YMCA Conference Center. A wide assortment of children's activities is scheduled on site at the YMCA during the course program so that registrants with children can enjoy the conference without disruption. Spouses can take advantage of the full schedule of daily activities, nature crafts, and outdoor programs the YMCA has to offer. The conference is scheduled as either morning or afternoon sessions to allow uninterrupted blocks of time to enjoy outdoor activities.

IT IS NECESSARY TO REGISTER BEFORE THE CONFERENCE FOR CHILDREN'S ACTIVITIES! Call the YMCA of the Rockies for the Children's Activities Packet information and registration materials at 970-586-3341 x1280.

CHILDREN'S ACTIVITIES begin at 8:00 a.m. and end at 3:15 p.m. each day. To help ensure a space in camp, **PRE-REGISTRATION IS MANDATORY** for the early childhood and school age programs. There is no telephone or FAX registration available, so participants must fill in the packet information.



Accreditation

The University of Colorado School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Colorado School of Medicine designates this educational activity for a maximum of 24 AMA PRA Category 1 Credits™. This course has also been approved for up to

24 category 2A hours from the American Osteopathic Association. Physicians should only claim credit commensurate with the extent of their participation in the activity.

"Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**"

Registration

The registration fee for five days is \$495.00. The registration fee includes a non-refundable administrative charge of \$50, refreshments and all printed material. **Those registrants who have attended this conference at least five times may register for \$425.**

Up to 10 business days before the program, a refund will be made for cancellations. No refunds will be made for cancellations after this time or for non-attendance.

Accommodations

The YMCA Conference Center has reserved accommodations for our group. All accommodations are on the full American Plan. Rates range from \$265 to \$730 per adult for lodging and meals for the entire course. Children's rates are available. If you would prefer to obtain housing without the meals you may make that request, however we cannot guarantee that lodging will be available.

A housing form is included in this brochure and **MUST** be mailed or faxed with credit card information directly to the YMCA with the room deposit for lodging reservations. Fax: 970-586-6078.

Please note: The YMCA does not provide TVs, radios or air conditioning in the lodge rooms.

Alternative Lodging

If you do not wish to stay on the Y grounds, you may call the Estes Park Chamber Resort Association

at 1-800-443-7837 and they will help you make arrangements at other properties in Estes Park. Visit: www.estesparkresort.com. The following properties are in close proximity to the YMCA: Big Thompson Timberland Lodge, 1-800-898-4373;

Brynwood on the River, 1-800-279-4488;

Idlewilde on the River, 970-586-3864;

River Spruce Cottages, 970-586-4543;

Rockmount Cottages, 970-586-4168.

We have rooms reserved at the Estes Park

Holiday Inn. Please call direct at 1-800-803-7837

or 970-586-2332 by July 3, 2006, and tell them

you are attending the Internal Medicine Program

to receive a discounted rate.

Transportation

For flight arrangements, please contact CUSTOM TRAVEL, LTD at 1-800-634-3273 or 303-333-5471.

Information will be provided for the best fare available from your market. Booking fees will be applied. Reservations may be faxed to 303-333-1688 or emailed to info@customtravel.agency.com or visit: www.customtravelltd.com. Custom Travel can also reserve discounted car rentals. When making reservations, please reference IMR.



If you are interested in **shuttle service from Denver International Airport to Estes Park**, please call Estes Park Shuttle and Mountain Tours at 970-586-5151 or book online.

Visit: www.estesparkshuttle.com

Fares are \$85 per person roundtrip from DIA to Estes Park; \$45 one way.

SPECIAL ACTIVITIES

MONDAY, JULY 17, 2006

10:00 a.m. SPOUSES' COFFEE AND ORIENTATION
ALPEN INN LOUNGE

3:30-5:00 p.m. HORSEBACK RIDING - MORaine PARK
(limited to 36 people)

This family ride takes you across bridges over Glacier Creek and the Big Thompson River into Moraine Park - a glacial moraine full of wildflowers and wildlife and grand views of the Continental Divide - \$28 per person.

4:00-5:00 p.m. HORSEBACK RIDING - GLACIER BASIN
(limited to 18 people)

This trail ride heads west along steep terrain, up Glacier Basin. Looking down on Glacier Creek, a small waterfall, and offers spectacular views of the Front Range, including Long's Peak. The cost is \$19 per person.

5:30 p.m. WESTERN COOKOUT WITH BLUEGRASS BAND
YMCA Grounds/Upper Cookout Pavilion

Join us for a memorable country western cookout and entertainment by an acclaimed family oriented band. A face painter will decorate the kids at no charge. The Cookout is included as part of the meal plan for those staying on the YMCA grounds by presenting your meal ticket. Please note that a meal will not be served in the cafeteria this night. For those staying off grounds, please pay at the cookout: \$11 for adults, \$8 for children.

TUESDAY, JULY 18 and THURSDAY, JULY 20

7:00-8:30 p.m. HAYWAGON RIDE
(limited to 70 people)

Ride into the sunset on an old fashioned haywagon ride. The YMCA's beautiful Belgian horses will lead the way. Due to the popularity of this event, we will offer the ride both Tuesday and Thursday nights. The cost is \$11 for adults and children. Children under 3 are free.

WEDNESDAY, JULY 19

8:00-11:30 a.m. BREAKFAST HORSEBACK RIDE

This is a 2-1/2 hour ride with a piping hot breakfast waiting for you about half way through the ride. Definitely one of the most popular activities, a true western experience you won't want to miss! Cost is \$47 per person for the group. Minimum of 25 riders.

FOR HORSEBACK AND HAYWAGON RIDES:

Please call the YMCA Livery at 970-586-3341, ext. 1140 or 1149 to make reservations.

Visit: www.jacksonstables.com. Please mention that you are attending the Internal Medicine Program to receive the group discounts. It is required that children be of age 6 and up to ride their own horse.

YMCA ACTIVITIES:

Fun-filled family activities at YMCA include:

- Nature programs
- Sports of all types
- Indoor and Outdoor games
- Baseball, tennis, volleyball courts
- Indoor swimming pool
- Summer concerts
- Playground for kids
- 4,000 square feet of crafts!
- Nightly teen programs
- Family Fun Night

OTHER ACTIVITIES:

For more information about Jeep Tours, Fly Fishing, Kayaking, White Water Rafting, Mountain Climbing, Rocky Mountain Park Tours and a wide variety of kid-friendly activities, www.estesparkresort.com or call Estes Park Chamber and Visitor Information Center at 1-800-443-7837.

SUNDAY, JULY 16

4:00-6:00 **CONFERENCE REGISTRATION**
Ruesch Auditorium - West Foyer

MONDAY, JULY 17

8:10 AM **WELCOME!**
Linda A. Barbour, MD, MSPH
Course Director

Rheumatology Moderator Robert W. Janson, MD
8:20-9:00 **ADVANCES IN THE MANAGEMENT OF GOUT**
Robert W. Janson, MD

9:00-9:40 **NEXT GENERATION OF BIOLOGICS FOR RA**
Sterling G. West, MD

9:40-10:20 **TREATMENT FOR OSTEOARTHRITIS —
THE LATEST AND GREATEST**
David H. Collier, MD

10:20-10:35 **Questions and Answers**

10:35-10:45 **Break**

Pulmonary/Infectious Disease

10:45-11:25 **OPTIMIZING THERAPY IN COPD**
Michael P. Gruber, MD

11:25-12:05 **ID ODDS AND ENDS UPDATE 2006**
Jay Redington, MD

12:05-12:20 **Questions and Answers**

Optional Workshop

1:15-3:15 **PREOPERATIVE EVALUATIONS AND DVT
PROPHYLAXIS**
Andrew H. Dombro, MD and Jeffrey J. Glasheen, MD

TUESDAY, JULY 18

Endocrinology Moderator: Marc-Andre Cornier, MD
8:20-9:00 AM **NEW LIPID LOWERING GUIDELINES —
HOW LOW SHOULD WE GO?**
Marc-Andre Cornier, MD

9:00-9:40 **COUNSELING PATIENTS FOR BARIATRIC
SURGERY**
Jonathan A. Schoen, MD

9:40-10:20 **NEW DIABETES AGENTS AND THEIR ROLE IN
TYPE 1 AND 2 DIABETES MELLITUS**
Cecilia L. Wang, MD

10:20-10:35 **Questions and Answers**

10:35-10:45 **Break**

Cardiology/Neurology

10:45-11:25 **MEDICAL MANAGEMENT OF CLAUDICATION**
Mori J. Krantz, MD

11:25-12:05 PM **NEW THERAPIES FOR PERIPHERAL
NEUROPATHIES**
Dianna Quan, MD

12:05-12:20 **Questions and Answers**

Optional Workshop

1:15-3:15 PM **EVALUATION AND MANAGEMENT OF
VALVULAR HEART DISEASE**
Lane D. Craddock, MD



WEDNESDAY, JULY 19

AFTERNOON SESSION

Women's Health Moderator: Karlotta M. Davis, MD, MPH
1:15-1:55 **STRATEGIES FOR ESTROGEN AND
TESTOSTERONE REPLACEMENT**

Karlotta M. Davis, MD, MPH

1:55-2:35 **NEW CONTRACEPTIVE CHOICES**
Stephanie B. Teal, MD, MPH

2:35-3:15 **MANAGING BREAST CANCER SURVIVORS**
Virginia F. Borges, MD, MSc

3:15-3:30 **Questions and Answers**

3:30-3:40 **Break**

Dermatology/Alternative Medicine

3:40-4:20 **CONTACT DERMATITIS—SOLVING THE PUZZLE**
Cory A. Dunnick, MD

4:20-5:00 **ACUPUNCTURE—THE CONCEPT, THE DATA**
Mel Drisko, MA, LAc

5:00-5:15 **Questions and Answers**

THURSDAY, JULY 20

Geriatrics 0/Gastroenterology Moderator: Wendy M. Kohrt, PhD

8:20-9:00 AM **BENEFITS OF EXERCISE IN AGING**
Wendy M. Kohrt, PhD

9:00-9:40 **LOSS OF INDEPENDENCE: SERVICES AND
PLACEMENT**
Cari Levy, MD

9:40-10:20 **GI BUGS AND US: THE GOOD, THE BAD,
AND THE UGLY**
Peter R. McNally, DO, FACC

10:20-10:35 **Questions and Answers**

10:35-10:45 **Break**

Psychiatry

10:45-11:25 **MOOD STABILIZERS IN BIPOLAR AND
DYSTHYMIC DISORDERS**
Marshall Thomas, MD

11:25-12:05 **ADULT ADD — OFTEN UNRECOGNIZED
AND UNTREATED**
Alicia L. Appel, MD

12:05-12:20 **Questions and Answers**

Optional Workshop

1:15-3:15 **JOINT EVALUATION AND INJECTION
TECHNIQUES**
Ted Parks, MD

FRIDAY, JULY 21 - NOTE EARLIER TIME

Cardiology/Neurology

8:00-8:40 AM **CHF COCKTAILS — MIXING B-BLOCKERS,
ACE INHIBITORS/ARBs, DIURETICS**
JoAnn Lindenfeld, MD

8:40-9:20 **NEW CONCEPTS IN THE APPROACH TO AFIB**
Lawrence J. Hergott, MD

9:20-10:00 **ADVANCES IN STROKE TREATMENT**
Richard L. Hughes, MD

10:00-10:15 **Questions and Answers**

10:15 **DRAWING FOR COMPLIMENTARY
REGISTRATION FOR 2007. MUST BE PRESENT
TO WIN! HAVE A SAFE TRIP HOME.**

The Faculty

COURSE DIRECTOR

LINDA A. BARBOUR, MD, MSPH
Associate Professor of Medicine/Ob-Gyn
Internal Medicine Director of CME

ASSISTANT COURSE DIRECTOR

KAREN CHACKO, MD
Assistant Professor of Medicine

PROGRAM DIRECTOR

JOANN BAUER
Continuing Medical Education

UNIVERSITY OF COLORADO SCHOOL OF MEDICINE FACULTY

ALICIA L. APPEL, MD
Assistant Professor of Internal Medicine

VIRGINIA F. BORGES, MD, MSC
Assistant Professor of Medicine
(Division of Medical Oncology)

DAVID H. COLLIER, MD
Professor of Medicine (Rheumatology)

MARC-ANDRE CORNIER, MD
Assistant Professor of Medicine
(Endocrinology/Metabolism/Diabetes)

LANE D. CRADDOCK, MD
Professor of Medicine (Cardiology)

KARLOTTA M. DAVIS, MD, MPH
Associate Professor of Obstetrics
& Gynecology

ANDREW H. DOMBRO, MD
Instructor
(General Internal Medicine)

MEL DRISKO, MA, LAC
Acupuncturist
Integrative Medicine Program

CORYA A. DUNNICK, MD
Assistant Professor
Director, Contact Dermatitis Clinic
(Dermatology)

JEFFREY J. GLASHEEN, MD
Assistant Professor of Medicine
Director, Hospital Medicine Program
(General Internal Medicine)

MICHAEL P. GRUBER, MD
Instructor
(Pulmonary Sciences/
Critical Care Medicine)

LAWRENCE J. HERGOTT, MD
Associate Professor of Medicine
Director of General Cardiology

RICHARD L. HUGHES, MD
Chief, Neurology
Denver Health Medical Center
Associate Professor of Neurology

ROBERT W. JANSON, MD
Professor of Medicine
(Rheumatology)

WENDY M. KOHRT, PHD
Professor of Medicine
(Geriatric Medicine)

MORI J. KRANTZ, MD
Assistant Professor of Medicine
(Cardiology)

CARI LEVY, MD
Assistant Professor of Medicine
(Geriatric Medicine)

JOANN LINDENFELD, MD
Professor of Medicine
(Cardiology)

PETER R. MCNALLY, DO, FACG
Clinical Professor of Medicine
(Gastroenterology)

TED PARKS, MD
Associate Clinical Professor
Western Orthopaedics

DIANNA QUAN, MD
Assistant Professor of Neurology
Director, Electromyography Laboratory

JAY REDINGTON, MD
Associate Professor of Medicine
Division of Ambulatory Care
Denver Veterans Administration
Medical Center

JONATHAN A. SCHOEN, MD
Assistant Professor of Surgery
Director, Surgical Weight Loss Center
(GI, Tumor & Endocrine Surgery)

STEPHANIE B. TEAL, MD, MPH
Assistant Professor of Obstetrics
& Gynecology

MARSHALL THOMAS, MD
Vice Chair/Medical Director
Department of Psychiatry
Vice President of Medical Services
Colorado Access

CECILIA C. L. WANG, MD
Assistant Professor of Medicine
(Endocrinology/Metabolism/Diabetes)

STERLING G. WEST, MD
Professor of Medicine
(Rheumatology)

Program Advisory Committee

Alan Aboaf, MD

Suzanne Brandenburg, MD

Aaron Calderon, MD

David Mellman, MD



Course Objectives

ATTENDING THIS COURSE SHOULD ALLOW THE PARTICIPANT TO:

- 1) Gain new insights in the use of the next generation of biologics for RA, optimization of therapy for COPD, counseling of patients for bariatric surgery, benefits of exercising in aging, medical management of claudication, follow-up of patients who survive breast cancer, and potential applications of acupuncture in outpatient medicine.
- 2) Recognize the utility of new diabetes agents, the possible etiologies of contact dermatitis, the alternatives in the treatment of atrial fibrillation, the benefits of aggressive lipid lowering, new choices for effective contraception, and the recent advances in the management of gout.
- 3) Become proficient in the treatment of peripheral neuropathies, use of mood stabilizers, coordination of care for the elderly, recognition of adult ADD, approach to patients with severe congestive heart failure, and counseling postmenopausal women about the alternatives of estrogen and testosterone replacement.
- 4) Describe the recent advances for the treatment of stroke, rational treatment for debilitating osteoarthritis, and most efficient approach to the eradication of H Pylori in peptic ulcer disease.
- 5) Develop expertise in preoperative evaluations and thromboembolic prophylaxis, management of valvular heart disease, and the evaluation and injection of pathologic joints.



INTERNAL MEDICINE PROGRAM

YMCA Lodging Reservation Form

July 16-21, 2006

These rates include lodging and meals for the evening meal on Sunday, July 16, through the noon meal on Friday, July 21, 2006, quoted per adult based on the number of adults per room for the entire course, and are not pro-rated. Rates for children ages 3-15 sharing a room with their parents are \$80.00 for each lodge. A room deposit of 35% of total stay is required when reservations are made; balance is due upon arrival. TO RECEIVE DEPOSIT REFUND, CANCELLATION NOTIFICATION MUST BE RECEIVED 30 DAYS PRIOR TO ARRIVAL DATE. THE DEPOSIT WILL NOT BE REFUNDED IF THE RESERVATION IS CANCELLED LESS THAN 30 DAYS PRIOR TO YOUR ARRIVAL DATE. There will be a penalty for any rooms/nights dropped after cancellation date. Sales tax and gratuity are not included in the rates.

Name _____ Phone (____) _____

Address _____ City _____ State _____ Zip _____

Total family members attending, including yourself: Adults _____ Children _____ Ages of Children _____

Family cabins are available on a limited basis. Please call to inquire about availability and price.

Please check if you are interested in receiving day-care and recreational activities information.

YES NO

EARLY REGISTRATION FOR CHILDREN'S ACTIVITIES IS NECESSARY TO ASSURE AVAILABILITY.

Enclosed is a deposit of 35% of total stay or \$ _____ Check made payable to: YMCA of the Rockies.

You may fax the reservation form to the YMCA at 970-586-6078 with credit card information.

charge: VISA MasterCard Credit Card Number: _____ Exp. Date _____

RETURN THIS TOP PORTION TO:

c/o Conference Services
YMCA of the Rockies
Estes Park Center
Estes Park, CO 80511-2550
The Estes Park Center/YMCA
Telephone number: 970-586-3341

WIND RIVER LODGE			ALPEN INN			MT. YPSILON		
Single	\$730	per adult	Single	\$730	per adult	Single	\$545	per adult
__2 to a room	\$450	per adult	__2 to a room	\$450	per adult	__2 to a room	\$360	per adult
__3 to a room	\$355	per adult	__3 to a room	\$355	per adult	__3 to a room	\$295	per adult
__4 to a room	\$310	per adult	__4 to a room	\$310	per adult	__4 to a room (bunks)	\$265	per adult
__5 to a room	\$280	per adult	__5 to a room	\$280	per adult	__Children	\$ 80	per child
__Children	\$ 80	per child	__6 to a room	\$265	per adult			
			__Children	\$ 80	per child			

PROGRAM REGISTRATION FORM

Internal Medicine Program, July 16-21, 2006



Last Name _____ First name _____ MI _____ Degree _____
(as you would like it to appear on your CME certificate)

Address _____ City _____ State _____ Zip _____

Office phone (____) _____ Fax (____) _____ E-mail _____

REGISTRATION FEES:

Physicians \$495

Frequent Participant (attended 5 times) . . \$425

Housestaff (with letter) \$200

Total amount enclosed: _____

AFTERNOON SEMINAR SESSIONS

Preoperative Evaluations and DVT Prophylaxis Monday 1:15 to 3:15 pm

Evaluation & Management of Valvular Heart Disease Tuesday 1:15 to 3:15 pm

Joint Evaluation and Injection Techniques Thursday 1:15 to 3:15 pm

I plan on attending the Western Cookout on Monday, July 17, 2006 Adults _____ Children _____

Enclosed is my check made payable to **University of Colorado School of Medicine**

or charge: VISA MasterCard

Credit Card Number: _____ Exp. Date _____

Cardholder Signature: _____

____ I have special needs and may require accommodation in order to fully participate in this activity. (You will be contacted by someone from CME to discuss your specific needs.)

Detach and return to:

CME - IM Program • 4200 East 9th Ave., C295 • Denver, CO 80262

Telephone: 303-372-9050 or 1-800-882-9153 FAX: 303-372-9065

We offer on-line registration for CME conferences. Please go to our web site: www.uchsc.edu/cme and click on the "Register Now" button. From that point you will be able to select registration for individual conferences. Payment by Visa or Mastercard is required to register on-line. When you register on-line, you will receive immediate confirmation of your conference registration. This site uses industry-standard secure sockets layer (SSL) encryption technology to protect your credit card information.