

OGDEN SURGICAL MEDICAL SOCIETY – Tuesday, May 16, 2023

	Time	Topic	Speaker	Minutes
	5:30 PM	Poster Contest	Residents and Pre-Med Students	60
	6:30 PM	Keynote Lecture – Wilderness Medicine I	S. Travis Clark, DO	60
	7:30 PM	Keynote Lecture – Wilderness Medicine II	Richard Ingebretsen, MD, PhD	60
		Tuesday, May 16, 2023	TOTAL TIME ATTENDED (Max 3 hrs)	2.00

OGDEN SURGICAL MEDICAL SOCIETY – Wednesday, May 17, 2023

	Time	Topic	Speaker	Minutes
	7:00 AM	Welcome and Announcements	WSU President Brad Mortensen	
	7:30 AM	What's New in My Specialty? Endocrinology	Steven Brown, DO	30
	8:00 AM	What's New in My Specialty? Cardiology	Katharine R. Clapham, MD	30
	8:30 AM	What's New in My Specialty? Anxiety & Stress and Their Effects on Health Outcomes	Brandon Adams, PsyD	30
	9:00 AM	What's New in My Specialty? Sleep Medicine	Scott Hollingshaus, MD	30
	9:30 AM	Break with Exhibitors		
	10:00 AM	Women's Health	Michelle Tollefson, MD	60
	11:00 AM	Lecture – <i>How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease</i>	Michael Greger, MD	60
	12:00 PM	Lunch		
	12:30 PM	Keynote Lunch Speaker: Evidence-Based Weight Loss	Michael Greger, MD	90
	2:00 PM	Break with Exhibitors		
		<i>Lectures are 30 minutes per topic and are only offered once at the times listed below</i>		
	2:30 PM	Promoting Pediatric Health with Lifestyle	Carey Lloyd, MD	30
	3:00 PM	Music as Medicine	Jennifer M. Birchell, MT-BC, NMT	30
	3:30 PM	Weber Human Services – Sitting with the Captives: Reflections on caring for those with mental illness	Jeffery A. David, DO & Jonas Peterson, MD	30
	4:00 PM	The Ethics of Prescribing Lifestyle Change	Kenneth Pike, JD, PhD	30
	4:30 PM	PrEP Update for Primary Care Physicians	Harry Rosado-Santos, MD	30
	5:00 PM	Pediatric Neurology	Kevya Rao, MD	30

		<i>Skill Labs are one-hour sessions per topic and are offered at 2:30, 3:30, and 4:30 p.m.</i>		
	2:30, 3:30, or 4:30 PM for one hour	Skill Lab #1: Handheld Ultrasound Devices	Clark Madsen, MD, MS	60
	2:30, 3:30, or 4:30 PM for one hour	Skill Lab #2— Recertification-PALS* *Skill Lab Recertifications are per PALS guidelines	Davis Hospital Education Team- Debbie Eves	60
	2:30 PM to 4:30 PM	Skill Lab #3: Medical Cannabis in Utah: Utah Law and Key Aspects of Physiology, Pathology, and Pharmacology	Richard Oborn, MPA & Marc E. Babitz, MD	120
		Wednesday, May 17, 2023	TOTAL TIME ATTENDED (Max 8.5 hrs)	

OGDEN SURGICAL MEDICAL SOCIETY – Thursday, May 18, 2023

Time	Topic	Speaker	Minutes
7:00 AM	Welcome and Announcements		
7:30 AM	What's New in My Specialty? Pharmacogenomics	Howard McLeod, PharmD	30
8:00 AM	What's New in My Specialty? ICU Medicine	Darin Vercillo, MD	30
8:30 AM	What's New in My Specialty? Nature as Medicine	John La Puma, MD	30
9:00 AM	What's New in My Specialty? Behavior Change	Beth Frates, MD	30
9:30 AM	Break with Exhibitors		
10:00 AM	Future Payment Structures in Medicine OR	Dexter Shurney, MD	60
10:00 AM	ICU Pediatrics	Matthew J. Carter, DO	30
10:30 AM	Genetic Effects of Lifestyle	Iris Schrijver, MD	30
11:00 AM	Lecture – <i>Natural Born Heroes: Mastering the Lost Secrets of Strength and Endurance</i>	Christopher McDougall	60
12:00 PM	Lunch		
12:30 PM	Keynote Lunch Speaker: <i>Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Ever Seen</i>	Christopher McDougall	90
2:00 PM	Break with Exhibitors		
	<i>Lectures are one hour per topic and are only offered once at the times listed below</i>		
2:30 PM	Nephrology OR	National Kidney Foundation	60
2:30 PM	Cancer Prevention Recommendations	Nigel Brockton, PhD	60
3:30 PM	Nephrology OR	National Kidney Foundation	60
3:30 PM	Culinary Medicine	John La Puma, MD	60

	4:30 PM	Nephrology	National Kidney Foundation	60
		<i>Skill Labs are one-hour sessions per topic and are offered at 2:30, 3:30, and 4:30 p.m.</i>		
	2:30, 3:30, or 4:30 PM for one hour	Skill Lab#1: Slit Lamps – Removing Foreign Objects from the Eye	Country Hills Eye Center Physicians	60
	2:30, 3:30, or 4:30 PM for one hour	Skill Lab #3: BLS Recertification	Davis Hospital Education Team – Debbie Eves	60
		Thursday, May 18, 2023	TOTAL TIME ATTENDED (Max 8.50 hrs)	

OGDEN SURGICAL MEDICAL SOCIETY – Friday, May 19, 2023

	Time	Topic	Speaker	Length in minutes
	7:00 AM	Welcome and Announcements:		
	7:30 AM	What's New in My Specialty? What's New in Eating Disorders	Julie Hansen, MS, RDN, CD	30
	8:00 AM	What's New in My Specialty? Cancer Prevention	Nigel Brockton, PhD	30
	8:30 AM	What's New in My Specialty? Maternal-Fetal Medicine	Paul Whitecar, MD	30
	9:00 AM	What's New in My Specialty? Inflammation, Nutrition & the Musculoskeletal System: An Orthopedic Surgeon's Perspective	Patrick R. Olson, MD, MS, MPH	30
	9:30 AM	Break with Exhibitors		
	10:00 AM	Long-Term Remission of Type 2 Diabetes Is Durable - CounterBalance Study 2010 and Diabetes Remission in Ogden Utah: LEADR Trial OR	Roy Taylor, MD & Scott Moore, DO	60
	10:00 AM	Resident Lectures	Porter Family Residents 3 rd Year	60
	11:00 AM	Power of Plants OR	Scott Scoll, MD	60
	11:00 AM	Resident Lectures	Porter Family Residents 3 rd Year	60
	12:00 PM	Lunch		
	12:30 PM to 2:00 PM	Evidence for Lifestyle Medicine	David Katz, MD	90
	2:00 PM	Break with exhibitors		
		<i>Lectures are one hour per topic and are only offered once at the times listed below</i>		
	2:30 PM	Q&A with David Katz, moderated by Scott Moore	David Katz, MD	30
	3:00 PM	Physicians as Leaders to Promote Community Health	Beth Frates, MD	60
	4:00 PM	Optimizing the Human Weapon System in the USAF	Hill AFB Team Colonel Tracie Swingle and Colonel Lance Nussbaum	60

		<i>Skill Labs are one-hour sessions per topic and are offered at 2:30, 3:30, and 4:30 p.m.</i>		
	2:30, 3:30, or 4:30 PM for one hour	Skill Lab #1: Osteopathic Manipulations	Christopher Edwards, DO	60
	2:30, 3:30, or 4:30 PM for one hour	Skill Lab #2: Food as Medicine for General Health	Scott Stoll, MD	60
	2:30 PM - 6:45 PM	Skill Lab #3: Pain Management and Opioids: Balancing Risks and Benefits* *4.00 Hours of CME which will fulfil the requirements of UCA (Utah Code Annotated) 58-37-6.5 continuing education for controlled substances prescribers.	Robin Ockey, MD, Jonathan Benfield, DO, Joshua Minori, DO, and Mathew Romankowski, MD	240
		Friday, May 19, 2023	TOTAL TIME ATTENDED (Max 9.50 hrs)	9.50