



78th Annual CME Conference

M. Scott Moore, DO, FACLM, DipIBLM Presiding

Lifestyle Medicine

in Primary & Specialty Care
May 16, 17, 18, & 19, 2023



Accreditation

The Ogden Surgical-Medical Society designates this live activity for a maximum of 29.50 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Ogden Surgical-Medical Society is accredited by the Utah Medical Association to provide continuing education to physicians.

American Academy of Family Physician Accreditation application and awarded credits pending.

ACGME Competencies: This course is designed to meet the following Accreditation Council of Graduate Medical Education

Competencies: Patient Care, Medical Knowledge, Practice-Based Learning and Improvement, Interpersonal and Communication Skills, Professionalism, and System-Based Practice.

Program Description & Overall Program Objectives

The 3.5-day Ogden Surgical-Medical Society (OSMS) conference will present national, regional, and local experts on lifestyle medicine, primary care, and current medical issues. At the completion of the medical conference, attendees will have a better idea of how to treat, manage, and educate their patients by:

- 1. Addressing what's new in specialty medicine** (and when to refer) concerning endocrinology, cardiology, anxiety & stress, sleep, pharmacogenomics, ICU, nature as medicine, behavior change, eating disorders, cancer prevention, maternal-fetal medicine, and orthopedics.
- 2. Identifying current medical issues** (and when to refer) concerning women's health, nephrology topics, foods proven to prevent and reverse disease, pediatric health, music as medicine, mental illness care, PrEP updates, ICU pediatrics, genetic effects of lifestyle, evidence-based weight loss, mastering the lost secrets of strength and endurance, cancer prevention recommendations, culinary medicine, type 2 diabetes remission, power of plants, evidence for lifestyle medicine, physicians as leaders, and optimizing the human weapon system in the USAF.
- 3. Providing education of interest** to wilderness and austere-activity enthusiasts concerning the prevention, diagnosis, and management of illness and injuries in austere environments from inflight medicine, disaster relief, to outdoor recreation. How to assess a patient in a remote setting, establish the proper wilderness protocols, and extricate a patient to definitive care.
- 4. Completing an opioid education** CME course to fulfill the Utah DOPL Prescription Licensure.
- 5. Completing a medical cannabis** course of Utah Law and the Key Aspects of Physiology, Pathology, and Pharmacology for information and/or testing for a Utah Medical Cannabis Licensure.
- 6. Experiencing hands-on performance skill labs** concerning handheld ultrasound devices, PALS & BLS re-certification, osteopathic manipulations, and slit lamps-removing foreign objects from the eye.
- 7. Identifying resident quality** improvement project lectures and posters.
- 8. Addressing the mentioned current medical issues**, and through review or integration of new or improved discoveries of current medical issues, improve competence and performance in clinical practice for patient care.
- 9. Identifying of prescribing lifestyle change**, the ethics, and the future payment structures in medicine. With this information, it is important to discuss the impact on the medical practice and practitioner.
- 10. Enhancing competence and performance skills** of the interdisciplinary team to improve care of patients needing primary and/or specialty care. The intent is to facilitate productive, collegial action between the medical team, including physicians, physician assistants, nurse practitioners, nurses, social workers, and first responders.

Board Members 2023

M. Scott Moore, DO, President
 Kirsten Baca, MD, President Elect
 Clark Madsen, MD, MS, Past President
 Marc Johnson, MD, Chair
 Heather Heilesen, MD, Co-Chair
 Steve Scharmann, MD, Treasurer
 Kurt Rifleman, MD, CME Chair
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Val Johnson, MD, Historian/Trustee
 Douglas K. Anderson, MD, Trustee
 Jason R. Hoagland, MD, Trustee
 Petronella Adomako, MD, Member-at-Large
 Frank H. Brown, MD, Member-at-Large
 Brian Cowan, MPH, Member-at-Large
 Albert Hartman, MD, Member-at-Large
 Colonel Tracie Swingle, Member-at-Large
 Robert Whipple, MD, Member-at-Large

DID YOU KNOW?

1 in 3 American adults is at high risk for kidney disease (KD) • The risk of KD increases to **1 in 2** over the course of a lifetime • **1 in 7** American adults has KD, and most don't know it • **Diabetes and high blood pressure** are the two leading causes of KD • Nearly **37.3 million** Americans (**1 in 10**) have diabetes • More than **247,000** people are currently living with kidney failure caused by diabetes • **116 million** American adults have high blood pressure, and 20% don't know it • KD kills over **100,000** Americans every year—more than breast and prostate cancers combined • Because KD often has **no symptoms**, it can go undetected until it is very advanced • **Early detection** and treatment can slow or prevent the progression of KD • Of the over **106,000** Americans on the waiting list for a lifesaving organ transplant, more than **99,800** need a kidney. Fewer than **17,000** people receive one each year • Every day, over **17 people die** waiting for a kidney • Once the kidneys fail, dialysis or a kidney transplant is **required** • Over **500,000** Americans are on dialysis and more than **200,000** live with a functioning kidney transplant • Annual medical payments for a patient with KD increase from **\$16,000** in stage 3 to **\$30,000** in stage 4 to more than **\$72,000** in stage 5 • The average annual number of physician visits for an individual with diagnosed KD is 10.28—second only to cancer • Almost **114 billion** US health care dollars are spent annually to treat people with KD • Kidney Disease affects 37 million adults in the US and costs Medicare over \$130 billion annually



Getting There



Venue 2023

Ogden Surgical-Medical Society conference location:
Weber State University, Shepherd Union Building, 3rd floor



Weber State University
3848 Harrison Boulevard
Ogden, Utah
84408

Driving Directions

Driving from South of Ogden:

1. Drive north on Highway 89
2. Right turn Harrison Boulevard
3. Right turn 3950 South
4. Right turn South Dixon Drive
5. Left turn Playfield Way
6. Immediate right turn into park in lot W8
7. Arrived - park in lot W8

Driving from North of Ogden:

1. Drive south on Highway I-15
2. Exit 344, 12th Street
3. Left turn 12th Street
4. Right turn Harrison Boulevard
5. Left turn 3950 South
6. Right turn South Dixon Drive
7. Left turn Playfield Way
8. Immediate right turn in lot W8
9. Arrived - park in lot W8.

Parking

Free parking for OSMS conference at WSU: Parking Lot W8. The WSU Shepherd Union Building is straight north of Parking Lot W8.

How to use Uber or Lyft for OSMS Conference Transportation to Browning Center, Next to Shepherd Union, 3950 W. Campus Dr., Ogden, UT 84408

As you plan your OSMS 2023 Conference schedule and prepare to travel, take a few moments to plan your transportation to and from your hotel (if you are not driving a personal vehicle to WSU). Allow ample time for the driver to get to your location and for travel time to Weber State University.

Uber



1. Download the app
2. Allow location services while using the app
3. Allow notifications
4. Follow instructions to create an account
5. Accept terms & privacy notice
6. Enter preferred payment method
7. Request a driver by typing location 3950 W. Campus Dr., Ogden UT 84408
8. Choose vehicle type
9. Expect to wait for an available driver and for ride time to be between 15-20 minutes

Lyft



1. Download App
2. Allow location services while using the app
3. Allow notifications
4. Follow instructions
5. Accept terms & privacy notice
6. Enter preferred payment method
7. Request a driver by typing location 3950 W. Campus Dr., Ogden UT 84408
8. Choose which car you want to pick you up
9. Expect to wait for an available driver and for ride time to be between 15-20 minutes



REGISTRATION FORM

Registration Information

By registering for the conference, you receive:

- ✓ Membership in Ogden Surgical-Medical Society
- ✓ 50+ CME credits
- ✓ 29.50 CME live credits and
- ✓ 35 + CME recorded credits
- ✓ Breakfast, lunches and breaks
- ✓ Free evening events and dinner events

Hotel Accommodations

Hampton Inn & Suites:
800-426-7866 or 801-394-9400
2401 Washington Boulevard
Ogden, Utah 84401

Special Needs

The Ogden Surgical-Medical Society and Weber State University fully comply with legal requirements of the Americans with Disabilities Act and the rules and regulations thereof. If any participant needs accommodations, call Teresa at 801-564-5585.

For More Information

Go to www.ogdensurgical.com

Contact Teresa Puskedra, OSMS Executive Director, at 801-564-5585 or email teresapuskedra@ogdensurgical.com

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Medical school graduation year _____

Check all that apply:

- I will be attending only in-person meetings
- I will be attending only online meetings
- I will be attending a hybrid of in-person and online meetings
- Already paid
- \$495 **Doctorate Level Provider**
(MD, DO, PhD, DPM, DDS, DMD, DNP)
- \$468 **Doctorate Level attending first time ever**
(MD, DO, PhD, DPM, DDS, DMD, DNP)
- \$413 **Advanced Practice Clinicians**
- \$300 **Retired Doctorate Level Provider, and Advanced Practice Clinicians**
- \$275 **Nurse, Social Worker, & EMS Professional**
All full-time military health care professionals receive a \$25 discount.
- All registration fees paid after April 15, 2023 will have an added \$50 late fee.
- Member Guest Lunch \$30
- Member Guest Breakfast \$20

Dietary Restrictions

- Vegetarian
- Vegan
- Gluten-Free
- Food Allergy
- Other
- None

Registration Options

You may register online at www.ogdensurgical.com or mail completed form and check to **Ogden Surgical-Medical Society P.O. Box 9311 Ogden, Utah 84409**

Questions? Contact Teresa at 801-564-5585 or teresapuskedra@ogdensurgical.com

- I would not like to be included in mailings from Ogden Surgical-Medical Society-affiliated organizations.

The 2023 OSMS conference will not include Social Worker CEUs, or Nursing CEs, or Nurse Practitioner with Pharmacology contact hours.

The Ogden Surgical-Medical Society is a non-profit organization with 501(c)(3) status and all donations are tax-deductible to the extent allowed by law.

Be sure to fill out both sides of this form



REGISTRATION FORM (continued)

Wednesday, May 17, 2023

2:30 PM Skill Lab

- Handheld Ultrasound Devices - Clark Madsen MD, MS & Brett Martindale, MD
- PALS Recertification (8-person class max)(Online PALS class American Red Cross Learning Center cost \$135 - online certificate required for class admittance - please email certificate to teresapuskedra@ogdensurgical.com before May 1.) Davis Hospital Education Team

2:30 - 4:30 PM Skill Lab

- Medical Cannabis in Utah - Richard Oborn, MPA & Marc E, Babitz, MD

3:30 PM Skill Lab

- Handheld Ultrasound Devices - Clark Madsen MD, MS & Brett Martindale, MD
- PALS

4:30 PM Skill Lab

- Handheld Ultrasound Devices - Clark Madsen MD, MS & Brett Martindale MD
- PALS

Thursday, May 18, 2023

2:30 PM Skill Lab

- Slit Lamps - Removing foreign objects from the eye - B. Travis Dastrup, MD & Jackson Lever, MD
- BLS Certification (12-person class max)(Online BLS American Red Cross Learning Center Cost \$35 - online certificate required for class admittance - please email certificate to teresapuskedra@ogdensurgical.com before May 1, 2023) Davis Hospital Education Team

3:30 PM Skill Lab

- Slit Lamps - Removing foreign objects from the eye - B. Travis Dastrup, MD & Jackson Lever, MD
- BLS

4:30 PM Skill Lab

- Slit Lamps - Removing foreign objects from the eye - B. Travis Dastrup, MD & Jackson Lever, MD
- BLS

Friday, May 19, 2023

2:00 - 6:15 PM Skill Lab

- Pain Management & Opioids: Balancing Risks and Benefits - Jonathan Benfield, DO, Joshua Minori, DO, Robin Ockey, MD, and Mathew Romankowski, MD

2:30 PM Skill Lab

- Osteopathic Manipulations 4 Different Cases - Christopher Edwards, DO
- Food as Medicine - Scott Stoll, MD

3:30 PM Skill Lab

- Osteopathic Manipulations 4 Different Cases - Christopher Edwards, DO
- Food as Medicine - Scott Stoll, MD

4:30 PM Skill Lab

- Osteopathic Manipulations 4 Different Cases - Christopher Edwards, DO
- Food as Medicine - Scott Stoll, MD

Free Socials & Other Events

Tuesday, May 16, 2023

- # Attending ____ Tuesday Evening Pre-conference Registration (4:30 PM), & Dinner, with CME (6:30 PM)

Wednesday, May 17, 2023

- # Attending ____ McKay-Dee Hospital Physician Family Movie Night, 6:00 PM
- # Attending ____ Run with Christopher McDougall, 7:00 PM

Thursday, May 18, 2023

- # Attending ____ Ogden Regional Medical Center Reception Dinner with Entertainment, 6:30 PM

Friday, May 19, 2023

- # Attending ____ Davis Hospital and Medical Center-A Steward Family Hospital and Tanner Clinic Family Night at SeaQuest, 6:30 PM

Be sure to fill out both sides of this form

Tuesday, May 16

5:30 PM	Poster Contest Presentation (1 AMA PRA Category 1 Credit(s) [™]) Residents, Medical School Students & Pre-med Students
6:30 PM	Keynote Lecture - Wilderness Medicine I: Everything Outside Clinic is Wilderness & the Wilderness is Trying to Kill Us (1 CME) S. Travis Clark, DO
7:30 PM	Keynote Lecture - Wilderness Medicine II (1 CME) Richard Ingebretsen, MD, PhD

Wednesday, May 17

7:00 AM	Welcome and Announcements
7:30 AM	What's New in My Specialty? Endocrinology (.50 CME) <i>Steven Brown, DO</i>
8:00 AM	What's New in My Specialty? Cardiology (.50 CME) <i>Katharine R. Clapham, MD</i>
8:30 AM	What's New in My Specialty? Anxiety & Stress and Their Effects on Health Outcomes (.50 CME) <i>Bryan Bushman, PhD</i>
9:00 AM	What's New in My Specialty? Sleep Medicine (.50 CME) <i>Scott Hollingshaus, MD</i>
9:30 - 10:00 AM	Break with Exhibitors
10:00 AM	Women's Health (1 CME) <i>Michelle Tollefson, MD</i>
11:00 AM	<i>How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease</i> (1 CME) <i>Michael Greger, MD</i>
12:00 - 12:30 PM	Lunch
12:30 PM	Keynote Lunch Lecture: THE DR. EZEKIEL R. AND EDNA WATTIS DUMKE FOUNDATION PLENARY SPEAKER Evidence-Based Weight Loss (1.5 CME) <i>Michael Greger, MD</i>
2:00 - 2:30 PM	Break with Exhibitors
2:30 PM	Promoting Pediatric Health with Lifestyle (.50 CME) <i>Carey Lloyd, MD</i>
3:00 PM	Music as Medicine (.50 CME) <i>Jennifer M. Birchell, MT-BC, NMT</i>
3:30 PM	Weber Human Services - SITTING WITH THE CAPTIVES: Reflections on caring for those with mental illness (.50 CME) <i>Jeffery A. David, DO and Jonas Peterson, MD</i>
4:00 PM	<i>The Ethics of Prescribing Lifestyle Change</i> (.50 CME) <i>Kenneth Pike, JD, PhD</i>
4:30 PM	PrEP Updates for Primary Care Physicians (.50 CME) <i>Harry Rosado-Santos, MD</i>
5:00 PM	What's New in Headaches (.50 CME) <i>Jenna Bradfield, PA-C</i>



Wednesday: Skill Lab Options

2:30 PM, 3:30 PM & 4:30 PM	Skill Lab #1 - Handheld Ultrasound Devices <i>Clark Madsen, MD, MS & Brett Martindale, MD</i>
2:30 PM, 3:30 PM & 4:30 PM	Skill Lab #2 - PALS Recertification (1 CME) (8-person class max)(Online PALS class American Red Cross Learning Center cost \$135 - online certificate required for class admittance - please email certificate to teresapuskedra@ogdensurgical.com before May 1.) <i>Davis Hospital Education Team</i>
2:30 PM - 4:30 PM	Skills Lab #3 - Medical Cannabis in Utah: Utah Law and Key Aspects of Physiology, Pathology, and Pharmacology (2 CME) <i>Richard Oborn, MPA & Marc E. Babitz, MD</i>

Thursday, May 18

7:00 AM	Welcome and Announcements	
7:30 AM	What's New in My Specialty? Pharmacogenomics (.50 CME) <i>Christine Formea, PharmD, BCPS, FCCP, FASHP</i>	
8:00 AM	What's New in My Specialty? Breast Cancer Prevention (.50 CME) <i>Nigel Brockton, PhD</i>	
8:30 AM	What's New in My Specialty? Nature as Medicine (.50 CME) <i>John La Puma, MD</i>	
9:00 AM	What's New in My Specialty? Behavior Change (.50 CME) <i>Beth Frates, MD</i>	
9:30 - 10:00 AM	Break with Exhibitors	
10:00 AM - 11:00 AM	Culinary Medicine (1 CME) <i>John La Puma, MD</i>	
10:00 AM - 10:30 AM	or - ICU Pediatrics Toxicology (.50 CME) <i>Matthew J. Carter, DO</i>	
10:30 AM - 11:00 AM	and - Nature Versus Nurture: How Genetics and Lifestyle are Connected (.50 CME) <i>Iris Schrijver, MD</i>	
11:00 AM	<i>Natural Born Heroes - Mastering the Lost Secrets of Strength and Endurance</i> (1 CME) <i>Christopher McDougall</i>	
12:00 - 12:30 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> (1.5 CME) <i>Christopher McDougall</i>	
2:00 - 2:30 PM	Break with Exhibitors	
	<i>Lectures are one hour per topic and are only offered once at the times below</i>	
2:30 PM - 3:30 PM	Lifestyles of the Rich and Famous Kidney Patient: Diet, Exercise and Quality of Life (1 CME) <i>Trevor Smith, MD</i> or Cancer Prevention Recommendations (1 CME) <i>Nigel Brockton, PhD</i>	 National Kidney Foundation <small>of Utah and Idaho</small>
3:30 PM - 4:30 PM	Evaluation of Proteinuria and Hematuria (1 CME) <i>Javier Jaramillo Morales, MD</i> or Future Payment Structures in Medicine <i>Dexter Shurney, MD</i>	
4:30 PM - 5:30 PM	Work Up and Medical Treatment of Kidney Stone Disease (1 CME) <i>Robert Yenchek, MD, MSc</i> or Risk Management (1 CME) <i>Jackie Coult, CHBC</i>	
Thursday: Skill Lab Options		
Skill Labs are offered at 2:30, 3:30, & 4:30 PM (1 CME per session)	Skill Lab #1 - Slit Lamps - Removing Foreign Objects from the Eye (1 CME) Country Hill Eye Center Physicians - B. Travis Dastrup, MD & Jackson Lever, MD	
Skill Labs are offered at 2:30, 3:30, & 4:30 PM (1 CME per session)	Skill Lab #2 - BLS Certification (12-person class max)(Online BLS American Red Cross Learning Center Cost \$35 - online certificate required for class admittance - please email certificate to teresapuskedra@ogdensurgical.com before May 1, 2023) (1 CME) <i>Davis Hospital Education Team</i>	

Friday, May 19

7:00 AM	Welcome and Announcements
7:30 AM	What's New in My Specialty? What's New in Eating Disorders (.50 CME) <i>Julie Hansen, MS, RDN, CD</i>
8:00 AM	What's New in My Specialty? ICU Medicine (.50 CME) <i>Darin Vercillo, MD</i>
8:30 AM	What's New in My Specialty? Maternal-Fetal Medicine (.50 CME) <i>Paul Whitecar, MD</i>
9:00 AM	What's New in My Specialty? Inflammation, Nutrition & the Musculoskeletal System: An Orthopedic Surgeons Perspective (.50 CME) <i>Patrick R. Olson, MD, MS, MPH</i>
9:30 - 10:00 AM	Break with Exhibitors
10:00 AM	Long-Term Remission of Type 2 Diabetes Is Durable - Counter Balance Study 2010 and Diabetes Remission in Ogden Utah: LEADR Trial (1 CME) <i>Roy Taylor, MD / Scott Moore, DO</i> or Resident Lectures (1 CME)
11:00 AM	Power of Plants - (1 CME) <i>Scott Scoll, MD</i> or Resident Lectures (1 CME)
12:00 PM	Lunch
12:30 PM	Keynote Lunch Speaker: Evidence for Lifestyle Medicine (1.5 CME) <i>David Katz, MD, MPH</i>
2:00 - 2:30 PM	Q&A with David Katz MD, MPH Moderated by M. Scott Moore, DO (.50 CME)
2:30 PM	Break with Exhibitors
3:00 PM	Update of the Recent Utah State Legislative Session from the UMA Perspective (.50 CME) <i>Mark R. Greenwood, MD</i>
3:30 PM	Physicians as Leaders to Promote Community Health (1 CME) <i>Beth Frates, MD</i>
4:30 PM	Optimizing the Human Weapon System in the USAF (.50 CME) <i>Hill AFB Team</i>
5:00 PM	Weber-Morgan Health Department Resources and Update on OgdenCAN (.50 CME) <i>Edna Ramirez, MPH & Kelly McElwain, MSc</i>

Friday: Skill Lab Options

Skill labs offered at 2:30, 3:30, & 4:30 PM for one hour (1 CME per session)	Skill Lab #1: Osteopathic Manipulations 4 Different Cases (1 CME) <i>Christopher Edwards, DO</i>
Skill labs offered at 2:30, 3:30, & 4:30 PM for one hour (1 CME per session)	Skill Lab #2: Food as Medicine for General Health (1 CME) <i>Scott Stoll, MD</i>
	<i>4 Hour with 15-minutes break Pain Management Course</i>
2:00 - 6:15 PM (4 CME)	Skill Lab #3 - Pain Management & Opioids: Balancing Risks and Benefits* *4.00 Hours of CME which will fulfill the requirements of UCA (Utah Code Annotated) 58-37-6.5 continuing education for controlled substances prescribers. <i>Jonathan Benfield, DO, Joshua Minori, DO, Robin Ockey, MD, and Mathew Romankowski, MD</i>



Registration Options

You may register online at
www.ogdensurgical.com

or mail completed form and check to
 Ogden Surgical-Medical Society
 P.O. Box 9311
 Ogden, Utah 84409

Free Socials & Other Events

Questions? Contact Teresa at 801-546-5585 or
teresapuskedra@ogdensurgical.com

<p>Tuesday, May 16</p>	<p>Tuesday Evening Pre-Conference Registration, and Dinner with CME-Spouses Free! Pre-registration starts at 4:30 PM Dinner with CME 6:30-8:30 PM Weber State University Shepherd Union Building, 3rd Floor 3910 West Campus Drive, Ogden Utah 84408 <i>Sponsored by American College of Lifestyle Medicine</i></p> 
<p>Wednesday, May 17</p>	<p>McKay-Dee Hospital Physician Family Movie Night Movie, Popcorn, & Drinks, movie start time expected between 6-7 PM Megaplex Theaters at The Junction 2351 Kiesel Ave, Ogden, UT 84401 Seating is limited for immediate family members. Reservations are required. <i>Sponsored by Intermountain McKay-Dee Hospital</i> or 7:00 PM run with Chris McDougall, Author of <i>Born to Run</i>, and OSMS 2023 President M. Scott Moore, DO - 7:00 PM Location to be announced at the OSMS CME conference.</p> 
<p>Thursday, May 18</p>	<p>Ogden Regional Medical Center Reception Dinner 6:30-8:00 PM Dinner with Entertainment Honoring M. Scott Moore, DO OSMS 2023 President Entertainment: Mariachi Zavala - El Mariachi Zavala plays contemporary and traditional Mexican Music. This unique, fun, and energetic group will make this event a real fiesta! Managing Director: Marcos Zavala Location: 3910 West Campus Drive, Ogden, Utah 84408 Weber State University, Shepherd Union Building 3rd Floor Seating is limited; reservations required. <i>Sponsored by Ogden Regional Medical Center</i></p> 
<p>Friday, May 19</p>	<p>Davis Hospital and Medical Center - A Steward Family Hospital and Tanner Clinic Family Night 6:30-9:00 PM SeaQuest Interactive Aquarium Layton Hills Mall, 1201 N. Hill Field Rd., Layton, UT 84041 Limited attendance; reservations required. <i>Sponsored by Davis Hospital and Medical Center - A Steward Family Hospital and Tanner Clinic</i></p>  