clinical update in
GERIATRIC MEDICINE

March 22 ~ 24, 2007

Omni William Penn Hotel
Pittsburgh, Pennsylvania

Course Directors
Victor M. Rudkin, MD
Judith S. Black, MD, MHA
Neil M. Resnick, MD

Jointly sponsored by:
THE PENNSYLVANIA GERIATRICS SOCIETY – Western Division
University of Pittsburgh Institute on Aging
and
University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences
Who Should Attend

This course is designed for family practitioners, internists, geriatricians, and other health care professionals who provide care to older adults. Previous attendees will also be interested because of the conference’s continually changing topics, speakers and approach.

Continuing Education Credit

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Pittsburgh School of Medicine and the Pennsylvania Geriatrics Society – Western Division. The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 18.25 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded 1.825 continuing education units (CEU’s) which are equal to 18.25 contact hours.

An additional 1.5 Category 1 credits or 0.15 CEUs will be awarded for attendance at the dinner symposium.

A maximum of 4.0 Category 1 credits or 0.4 CEUs will be awarded for attendance at any half-day session. One hour of instruction is equivalent to 0.1 CEU. Each physician should claim only those credits that he/she has spent in the educational activity.

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

The Center for Continuing Education in the Health Sciences has noted topics which are felt to meet the Patient Safety/Risk Management criteria. These topics are noted with a “/c6097” throughout the schedule.

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 647-8216.
What Differentiates This Course

The burgeoning number of older adults challenges health care providers to make cost-effective medical decisions while still providing high quality health care. Thus, this year’s conference has been uniquely designed by a consortium of primary care providers and geriatricians from academics, clinical practice and third party payers. It will address not only a broad spectrum of geriatric conditions, but will also provide information on new rules and regulations governing long-term care (LTC) in nursing homes. Moreover, all 41 speakers were chosen for their expertise as well as their ability to communicate key concepts to practitioners. The conference will provide an in-depth update of geriatric care and will use a variety of formats:

▲ Lectures, including many by internationally respected authorities.

▲ “Breakout” workshops to provide even more depth and practical information. Information from each session will be included in the syllabus to ensure that every registrant has access to sessions they cannot attend.

▲ Two new symposia:
  • Cardiovascular Disease: A two and a half hour in-depth review including acute coronary syndromes, heart failure, hypertension, hyperlipidemia and peripheral vascular disease.
  • Healthy Aging: A one-and-a-half hour discussion on exercise, the use of nutritional supplements, and strategies for weight loss in the elderly.

▲ Long-term Care Session focusing exclusively on care of the institutional older patient.

▲ Interactive Dinner Symposium discussing liability in long-term care.

Meeting Location

Omni William Penn Hotel • 530 William Penn Place • Pittsburgh, PA 15219 • (412) 281-7100

Parking is on your own and not covered in the cost of conference tuition. Closest adjacent parking will be in the range of $20 for the day.

Airport Transportation

When you arrive at Pittsburgh International Airport, ask for Airlines Transportation Co., the shuttle service to hotel. The cost is approximately $16, one way. The hotel bell captain can assist you with schedules for your return to the airport.

Overnight Accommodations

A block of rooms is being held at the Omni William Penn Hotel. Room reservations must be received by February 19, 2007. After this cut-off date, reservations will be accepted on an availability basis only. Overnight accommodations are the responsibility of the participant. Call the hotel directly at (412) 281-7100. The room rate is $129 plus tax. When calling for reservations, please state that you are attending the Geriatrics Conference to receive these reduced rates. We cannot guarantee room availability after the room block is sold out, so please reserve early.

Learning Objectives

At the end of this course, participants should be able to:

▲ Assess geriatric disorders such as: congestive heart failure, hypertension, acute coronary syndromes, peripheral vascular disease, atrial fibrillation, syncope, hyperlipidemia, diabetes, overactive bladder, functional bowel problems, c. difficile and other infectious diarrheas, and subclinical thyroid disorders.

▲ Update their knowledge regarding the evaluation and management of seizures, stroke, Alzheimer’s disease, delirium, depression, Parkinson’s disease and other movement disorders.

▲ Appropriately screen older adults for cancer, assess the geriatric patient in the office, manage medications, evaluate the ability of older patient’s to drive, apply innovative approaches to low back pain, review the essentials of the musculoskeletal examination, evaluate balance disorders and voice problems.

▲ Formulate a strategy for healthy aging, including exercise, weight loss and nutritional requirements.

▲ Evaluate dysphagia, the use of feeding tubes and visual problems in the LTC setting, review new regulations regarding the management of urinary incontinence in LTC, develop options for end of life care, discuss palliative care in the cardiac patient, and management of chronic pain.

▲ Evaluate and treat osteoporosis in men, and discuss the value of testosterone replacement.

▲ Review new rules and regulations regarding long-term care facilities and how to be properly compensated for the care you provide.
Thursday, March 22, 2007

7:00 – 7:45 AM Registration and Breakfast

7:45 – 8:00 AM Welcome and Announcements
Victor Rudkin, MD

**Symposium: Cardiovascular Disease in the Elderly**
*Moderator: Lynne Scanga*

8:00 – 8:25 AM Hypertension
Alan Gradman, MD

8:25 – 9:00 AM Acute Coronary Syndromes
Suresh Mulukutla, MD

9:00 – 9:25 AM Heart Failure: Etiology, Diagnostic Studies, Treatment
*(ACC/AHA Guidelines)*
Michael Mathier, MD

9:25 – 9:50 AM Lipid Lowering Agents: Efficacy and Safety
Stacia Miaskiewicz, MD

9:50 – 10:15 AM Peripheral Arterial Disease: Use of Antiplatelet Therapy, Statins & Ace Inhibitors
John Schindler, MD

10:15 – 10:30 AM Questions & Answers

10:30 – 10:50 AM Break

**Symposium on Healthy Aging**
*Moderator: Anne Newman, MD*

10:50 – 11:15 AM Exercise & Healthy Aging
William Evans, PhD

11:15 – 11:40 AM National Requirements & Recommendations for Older Adults: Pros & Cons of Supplements
Michelina Fato, MD

11:40 – 12:05 PM Healthy Strategies for Weight Loss in the Elderly
William Evans, PhD

12:05 – 12:15 PM Questions and Answers

12:15 – 1:15 PM Lunch & Society Business Meeting

**Symposium: Nursing Home Issues and Answers**
*Moderator: Karen A. Powers, MD*

1:15 – 1:45 PM Evaluation of Dysphagia
David Eibling, MD

1:45 – 2:15 PM Use of Feeding Tubes in the Nursing Home
Elizabeth O’Keefe, MD

2:15 – 2:45 PM New Regulations Regarding Urinary Incontinence Management
Vince Balestrino, MD

2:45 – 3:15 PM New Rules & Regulations of LTC
Malcolm Fraser, MD, CME

3:15 – 3:45 PM Break

3:45 – 4:15 PM What are the Good Options for End of Life Care?
Rafael Scullio, MA, LCSW, MS

4:15 – 4:45 PM Ophthalmologic Issues in Nursing Home
Evan Waxman, MD

Malcolm Fraser, MD, CME

5:15 PM Thursday Adjournment

**Thursday Dinner Symposium**
*Moderator: Shuja Hassan, MD*

Liability in Long-term Care
Malcolm Fraser, MD, CME
Friday, March 23, 2007

7:00 – 7:45 AM  Registration and Breakfast

7:45 – 8:00 AM  Announcements
Judith Black, MD, MHA

**Endocrinology**
Moderator: Michael Yao, MD

1:30 – 2:00 PM  Testosterone Replacement in the Elderly Male
Stephen Winters, MD

2:00 – 2:30 PM  Type II Diabetes: New Therapies
Mary Korytkowski, MD

2:30 – 3:00 PM  Subclinical Thyroid Disorders
Janet Amico, MD

3:00 – 3:30 PM  Chronic Pain Management
Debra Weiner, MD

3:30 – 4:00 PM  Break

4:00 – 4:45 PM  Breakout Workshop III

5:00 – 5:45 PM  Breakout Workshop IV

G.  Diabetes: Tough Cases
Jennifer Holst, MD

H.  Voice Disorders
Clark Rosen, MD

I.  Office Gynecology
Kathleen McIntyre-Seltman, MD

J.  The Diabetic Foot and other Common Podiatric Problems
Robert Mendecino, DPM

K.  Depression in the Elderly: New Insights
Henry Groff, MD

L.  Palliative Care of the Cardiac Patient
Winifred Teuteberg, MD

5:45 PM  Friday Adjournment

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**Neuro/Psych**
Moderator: Mark Overton, MD

8:00 – 8:30 AM  Seizures: Treatment Strategies & Expected Outcomes
Anne VanCott, MD

8:30 – 9:00 AM  Update on Delirium
Fred Rubin, MD

9:00 – 9:30 AM  Stroke: Treatment & Prevention
John Baker, MD, PhD

9:30 – 10:00 AM  Update on Alzheimer's: A Look into the Future
Eric Tangalos, MD

10:00 – 10:30 AM  Break

10:30 – 11:15 AM  Breakout Workshop I

11:30 – 12:15 PM  Breakout Workshop II

A.  Innovative Approaches to Low Back Pain
Terence Starz, MD

B.  Alzheimer’s Disease: Diagnosis & Treatment
Eric Tangalos, MD

C.  Balance Disorders
Yoel Raz, MD

D.  Atrial Fibrillation and Syncope
Bryan Donohue, MD

E.  Parkinson’s Disease and other Movement Disorders
Neil Busis, MD

F.  Workshop on Billing for LTC & Assisted Living
Malcolm Fraser, MD, CME

12:30 – 1:30 PM  Lunch
Saturday, March 24, 2007

7:00 – 7:45 AM  Registration and Breakfast

7:45 – 8:00 AM  Announcements
Neil Resnick, MD

Common Geriatric Problems
Moderator: George Gleeson, MD

7:45 – 8:30 AM  Overactive Bladder
Neil Resnick, MD

8:30 – 9:00 AM  Hot Topics in Medication Management in the Elderly
Judith L. Beizer, MD, PharmD, CGP, FASCP

9:00 – 9:30 AM  Functional Bowel Disorders
George Arnold, MD

9:30 – 10:00 AM  Osteoporosis in Men
Susan Greenspan, MD

10:00 – 10:30 AM  Break

10:30 – 11:15 AM  Breakout Workshop V

11:30 – 12:15 PM  Breakout Workshop VI

M. Office Assessment of the Geriatric Patient
Judith Block, MD, MHA
Andrea Fox, MD

N. Essentials of the Musculoskeletal Examination
Paul Killian, MD

O. Medication Management Issues: Case Studies
Judith L. Beizer, MD, PharmD, CGP, FASCP

P. Treatment of C. diff and other Infectious Diarrheas
Robert Muder, MD

Q. Cancer Screening in Older Adults
Eric Rodriguez, MD

R. Assessing Older Drivers
Amy German, MD

12:15 PM  Conference Adjournment

Course Directors
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Chair, Education Committee
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Molecular Biology
Chair, Division of Endocrinology & Metabolism
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University of Pittsburgh School of Medicine

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University of Pittsburgh School of Medicine

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Mercy Hospital of Pittsburgh

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UPMC St. Margaret

Neil Buisis, MD
University of Pittsburgh Medical Center

Bryan Donohue, MD
UPMC Shadyside

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University of Pittsburgh School of Medicine

Evan Waxman, MD  
Assistant Professor of Ophthalmology  
University of Pittsburgh School of Medicine

Debra Weiner, MD  
Assistant Professor of Ophthalmology  
Drexel University College of Medicine

All faculty are located in the Pittsburgh, PA region unless otherwise noted.

In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the conference.

Planning Committee

Daphne Bicket, MD
George Brett III, MD
Monica Dua, MD
George Gleeson, MD
Shuja Hassan, MD
Margaret Kush, MD
David Nace, MD, MPH
Mark Overton, MD
Karen A. Powers, MD
John Prendergast, MD
Cynthia Rosenberg, MD
Fred Rubin, MD
Lynne Scanga
Sarah Shinn, MD
Jessie Van Swearingen, PhD, PT
Registration Information

You may register: > On-line > Fax to (412) 647-8222 or > U.S. mail

> On-line Registration — We highly recommend registering on-line via our secure web site. It is the quickest and easiest way to register and will allow you to gain immediate confirmation of your registration. Our web site address is http://ccehs.upmc.edu Click the On-line Registration link and scroll to the Clinical Update in Geriatric Medicine section on this page.

> Mailing Registrations — Mail the registration form to the address listed on page 15. All registration forms must be postmarked by March 1, 2007 to pre-register for this conference. We cannot guarantee space in the program or any program inclusions for those registrations we receive after this date.

A confirmation letter will be faxed or mailed if registration is completed by the registration deadline. If you register on-line, you will receive an immediate e-mail confirmation message. Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at (412) 647-8232.

You must bring this confirmation with you to the conference.

Cancellation

All cancellations must be in writing and sent to us via U.S. mail, e-mail or fax. Tuition for cancellations postmarked or date stamped before March 7, 2007 will be completely refunded. After March 7, 2007, a $35 administrative fee will be assessed. No refunds will be made after March 15, 2007. Cancellation requests can be made to:

Amy Lederer, Conference Manager

UPMC/Center for Continuing Education in the Health Sciences

Medical Arts Building, Suite 220 • 200 Lothrop Street • Pittsburgh, PA 15213-2582

Telephone: (412) 647-8216 or (412) 647-8232 • Fax: (412) 647-8222 • E-mail: CCEHS@upmc.edu

The UPMC/Center for Continuing Education in the Health Sciences reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees.

Registration Fee: (does not include dinner symposium)

<table>
<thead>
<tr>
<th>Tuition includes:</th>
<th>Early Registration (postmarked prior to March 1, 2007)</th>
<th>Late Registration (postmarked after March 1, 2007)</th>
</tr>
</thead>
<tbody>
<tr>
<td>registration and comprehensive course syllabus</td>
<td>$295</td>
<td>$325</td>
</tr>
<tr>
<td>admission to Geriatric Annual program and to the exhibit hall</td>
<td>$270</td>
<td>$300</td>
</tr>
<tr>
<td>Continuing education credit</td>
<td>$235</td>
<td>$265</td>
</tr>
<tr>
<td>Continental breakfast each morning, lunch on Thursday and Friday, and coffee breaks</td>
<td>$210</td>
<td>$240</td>
</tr>
</tbody>
</table>

Dinner Symposium (all participants – optional at additional cost) $50

Half-day session $80 each

Please type or print; photocopy all sides for additional registrants.

Registration Form (for use only if not registering on-line)

Clinical Update in Geriatric Medicine — March 22–24, 2007

Register On-Line: http://ccehs.upmc.edu

Please type or print; photocopy all sides for additional registrants. No registration will be accepted without payment.

Last Five digits of Social Security Number* ___ – ___ ___ ___ ___

Prefix □ Mr. □ Mrs. □ Dr. □ Ms. □ Other, please indicate:

First Name __________________________ Last Name __________________________

Suffix (Jr., Sr., etc.) __________________________

Company/Institutional Affiliation ________________________________________

Specialty __________________________________________

E-mail Address __________________________

Degree (choose only one) □ MD □ DO □ Resident □ PhD □ RN □ MPH

□ Other, please indicate: __________________________

Address __________________________________________

City __________________________ State ______ ZIP Code ______

Work Telephone ( ______ ) _____________________ Fax ( ______ ) _____________________

Registration Fee: Please check appropriate fee:

□ Dinner Symposium (all participants – optional at additional cost) $50

□ Half-day each session ___ @ $80 ea. = $___________

“On-Site” registrations will pay an additional $25 in each category.

□ MD (nonmember of PA Geriatrics Society - Western Div.) $295 $325

□ MD (member of PA Geriatrics Society - Western Div.) $270 $300

□ Nurses and health care professionals (nonmember of PA Geriatrics Society - Western Div.) $235 $265

□ Nurses and health care professionals (member of PA Geriatrics Society - Western Div.) $210 $240

□ Residents, fellows, and other trainees $210 $240

□ Half-day each session ___ @ $80 ea. = $___________

Please indicate below which session you are planning to attend:

□ Thursday morning, March 22

□ Thursday afternoon, March 22

□ Friday morning, March 23

□ Friday afternoon, March 23

□ Saturday morning, March 24

Total Registration fee enclosed $ __________________________

*Required

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Method of Payment

The following methods of payment are acceptable for the registration fee:
- Checks, personal or employer
- Credit Card
- UPMC Transfers

Checks. Make payable to UPMC Presbyterian Shadyside.
- Employer check included
- Personal check included
- Employer or Personal check to arrive under separate cover. If your employer or personal check is arriving under separate cover, you may send or fax in your completed registration form now, but you must complete the Credit Card Payments section below with valid credit card information in order to hold your reservation. If the check payment is not received by four weeks post course, we will charge the registration fee to the credit card number provided.

There is a $25.00 returned check fee.

Credit Card Payments
- Visa
- MasterCard
- American Express
- Discover

Credit Card No. ____________________________________________
Expiration Date (Month/Year) ________________________________
Signature _____________________________________________

UPMC Journal Entry Transfer. If you are a UPMC employee and your department will be responsible for payment, we can charge your department directly. DO NOT SUBMIT a disbursement to UPMC Accounts Payable. Complete the following:

Business unit ____________________________________________
Account number __________________________________________
Department ID number ____________________________________
Authorized department signature ____________________________
Telephone number _________________________________________

NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.

Send payment with the form on pages 13, 14 and 15 to:
UPMC/Center for Continuing Education in the Health Sciences
Medical Arts Building, Suite 220 • 200 Lothrop Street
Pittsburgh, PA 15213-2582

For additional information, contact:
Amy Lederer, Conference Manager
Telephone: (412) 647-8216 or (412) 647-8232 • Fax: (412) 647-8222
E-mail: CCEHS@upmc.edu

continued on page 15

breakout workshops

As each workshop will be repeated, attendees can choose 2 from within each group. Please rank the workshops in order of your preference. Attendees will be assigned to workshops based on rank preference. Attendees will be admitted on a first-come, first-served basis.

Friday morning, March 23, 2007
10:30 – 11:15 AM Breakout Workshop I • 11:30 – 12:15 PM Breakout Workshop II
- A. Innovative Approaches to Low Back Pain
- B. Alzheimer’s Disease: Diagnosis & Treatment
- C. Balance Disorders
- D. Atrial Fibrillation and Syncope
- E. Parkinson’s Disease and other Movement Disorders
- F. Workshop on Billing for LTC & Assisted Living

Friday afternoon, March 23, 2007
3:50 – 4:30 PM Breakout Workshop III • 4:45 – 5:30 PM Breakout Workshop IV
- G. Diabetes: Tough Cases
- H. Voice Disorders
- I. Office Gynecology
- J. The Diabetic Foot and other Common Podiatric Problems
- K. Depression in the Elderly: New Insights
- L. Palliative Care of the Cardiac Patient

Saturday, March 24, 2007
10:30 – 11:15 AM Breakout Workshop V • 11:30 AM – 12:15 PM Breakout Workshop VI
- M. Office Assessment of the Geriatric Patient
- N. Essentials of the Musculoskeletal Examination
- O. Medication Management Issues: Case Studies
- P. Treatment of C. diff and other Infectious Diarrheas
- Q. Cancer Screening in Older Adults
- R. Assessing Older Drivers

I require vegetarian lunch.  I require kosher lunch.  I have no special dietary requirements.

YES! Send me information about becoming a member of the PA Geriatrics Society – Western Division.

“On-Site” registrations will pay an additional $25 in each category.
Pittsburgh. Imagine what you can do here!

Big-city fun, small-town friendly. That’s Pittsburgh. With a breathtaking skyline, sparkling clean rivers and magnificent architecture, Pittsburgh is a city that you’ll want to come back to again and again.

One of America’s safest cities, Pittsburgh offers first-class attractions while retaining a hospitable atmosphere that makes every visitor feel welcome.

Begin by flying in to Pittsburgh International Airport, named “Best Airport in the U.S.” by J.D. Power & Associates. Arrive via the Fort Pitt Tunnel and emerge to a breathtaking skyline described by the Chicago Tribune as “a city greeting as dramatic as any in the world.”

Discover why Pittsburgh was named one of the best arts cities in the country. From the eclectic collections at the Andy Warhol Museum, to the offerings at the Carnegie Museums of Art and Natural History, to live performances in the Cultural District, you will find plenty to explore.

While you’re out, you’ll enjoy the unique melding of old and new architecture. In the evening, catch live music at one of the many clubs in the city’s popular Strip District. Or cross the river to Station Square, a turn-of-the-century railroad terminal that has been transformed into a bustling array of shops, restaurants and night spots.

Sports fans won’t want to miss PNC Park, voted best ballpark for baseball by ESPN. Athletic types can run along the tree-lined riverfront paths that lead to Point State Park at the confluence of the city’s three rivers, or cross one of the Three Sisters bridges and stroll the riverfront trail that borders PNC Park and Heinz Field.

Be sure to include a ride on an historic incline car to the top of Mt. Washington. Bring your camera to capture the sweeping panoramic view, named one of the most beautiful views in America by USA Weekend.

Among multiple events, the month of March brings Life x 3 a hilarious comedy from the Tony Award-winning author of Art; The Heinz Architectural Center welcomes Gritty Brits, recent work by six architectural practices, all conscious of the legacy of architects and artists of earlier generations; Mozart’s Magic Flute is presented by the Pittsburgh Opera, a tale of young lovers on a journey through a land of sorcerers and magic; and the Pittsburgh Penguins host the Atlanta Thrashers at the Mellon Arena. Please visit www.realpittsburgh.com for special events that will occur during March.