

CAMP MiVoden Lectures 2019

Jeremy Deisch, MD

Chronic Traumatic Encephalopathy

Chronic head injury and its sequelae are currently at the center of a number of controversies. The topic has impacted rules for professional sports, legal debates over disability and veterans affairs. This lecture will outline what is known and not known about the topic providing the attendee with the overview required for effectively counseling patients as well as serving as a community voice in matters affecting the public.

Objectives:

At the conclusion of the presentation, the diligent attendee will be able to:

1. List the common chronic traumatic brain lesions and describe their key features
2. Appropriately counsel patients seeking referral
3. Help confused patients comprehend the next steps in their therapy and the meaning of reported test results.
4. Provide useful information to individuals seeking guidance on appropriate precautions for community sporting activities.

Neurocutaneous Syndromes

Neurocutaneous syndromes constitute a subset of unusual disorders that manifest in a variety of organ systems including the nervous, integumentary and skeletal systems. They are not particularly commonly understood, but show up in physician offices unexpectedly. This lecture will provide an outline and description of the major characteristics of these disorders and provide the practicing clinician with the information required to adequately treat and refer such patients.

Objectives:

At the conclusion of the talk, the engaged attendee will be able to:

1. Describe the common characteristics of these disorders.
2. Advise patients regarding the appropriate next steps in their care after having sought medical care within the context of such syndromes.
3. Be able to guide and appropriately reassure patients with confidence as their clinical situation dictates.

Roger Hadley, MD

Men's Health Issues Part A

There are a variety of health issues common only to men, which are often poorly understood by the patients experiencing them. This lecture will focus on three such issues that are closely related, but for which many men suffer in silence. These issues of urinary urgency, urinary frequency and nocturia have more profound impacts on male health than is often realized. This lecture will provide an overview of these two disorders with particular emphasis on effective strategies and therapies to minimize the negative effects they have on male wellbeing.

Objectives:

At the conclusion of the lecture, the engaged attendee will be able to:

1. List the characteristics and risks associated with urinary urgency, frequency and nocturia.
2. Describe the challenges to effectively treating these disorders.
3. Explain how best to approach evaluation of the effectiveness of intervention to rectify these issues.
4. Recognize less obvious associated risks for the elderly patient needing access to a bathroom in the late hours of the night.

Men's Health Issues Part B

There are a variety of health issues common only to men, which are often poorly understood by the patients experiencing them and occasionally cause undue embarrassment. This lecture will focus on prostate cancer and PSA testing as well as erectile dysfunction with particular emphasis available therapy and reasonable expectations with regard to outcomes.

Objectives:

At the conclusion of the lecture, the engaged attendee will be able to:

1. List and describe the salient features of prostate cancer.
2. Describe the proper diagnosis, workup and referral of such patients.
3. Recognize patients struggling with erectile dysfunction.
4. Describe effective ways of counseling and caring for patients suffering from these conditions.

Urinary Incontinence in Women

Female urinary incontinence is a fairly common disorder which has profound effects on the patient's quality of life. Very few medical conditions have sequelae with as broad a reach into the person's life. This lecture will give an overview of urinary incontinence along with an outline of

therapeutic options available and guidance about when to seek referral for a patient with this condition.

Objectives:

At the conclusion of the lecture, the engaged attendee will be able to:

1. List and describe the salient features of female urinary incontinence.
2. Describe the proper diagnosis, workup and referral of such patients.
3. Recognize and help mitigate the social as well as physiological implications of female urinary incontinence.
4. Describe effective ways of counseling and caring for patients suffering from this condition.

Interesting Case Studies in Urology

The practicing urologist encounters a variety of interesting disorders that often go unreported outside of urological societies and journals. This lecture will provide a potpourri of such cases with particular emphasis on those which are most likely to slip past the unsuspecting non-urological clinician. It should provide a good framework to prepare the practitioner for the unexpected.

Objectives:

At the conclusion of the lecture, the engaged attendee will be able to:

1. Sense unusual situations requiring more careful patient history and physical examination.
2. Apply creativity to solving unusual problems.
3. Recognize and help mitigate the social as well as physiological implications of disorders rarely encountered.
4. Describe effective ways of counseling and caring for patients with unusual medical problems.

Preparing the Medical Student for the Changing World

Dr. Hadley has served as the longest standing Dean in the history of Loma Linda University and has one of the longest tenures in this role of anyone in the country. Over the course of his career he has had ample time to watch the field of medicine go through a number of changes. Based on his experiences, he will present an overview of how best to teach future health care providers in a manner that will enable them to serve during inevitable societal changes and challenges.

Objectives:

At the conclusion of the lecture, the engaged attendee will be able to:

1. Describe the characteristics that the next generation of physician will require to maintain relevance under changing circumstances.
2. Plan effective educational strategies to meet the needs of tomorrow's patients.
3. Provide students effective strategies to mitigate the difficulties they are likely to encounter over the course of their career.

Ed Javor, MD

Diabetes

There has been extensive work within the field of diabetes over the last few decades that has led to a far more extensive understanding of the constellation of disorders associated with pancreatic and peripheral cell dysfunction resulting in decreased ability to handle glucose loads. In addition, extensive research and experience has uncovered a host of confounding disorders and mechanisms that cannot be ignored in caring for the diabetic patient. This lecture will provide an overview of the recent advances in this important field.

Objectives

At the conclusion of the lecture, the conscientious attendee will be able to:

1. Outline the steps necessary to make a proper diagnosis of diabetes.
2. Describe the epidemiological factors related to diabetes.
3. Classify the various types of diabetes.
4. Explain the pathophysiology involved.
5. Identify the most pertinent complications of diabetes.
6. Appropriately manage the acute complications of diabetes.
7. Correctly manage inpatient diabetes.
8. Safely initiate treatment with insulin.
9. Outline the various treatment options available for type 1 and type 2 diabetes.

Thyroid

The thyroid gland, while anatomically so close to the surface and easily palpated, often presents the opportunity for patient anxiety as well as particular headaches in disease work up. Being an endocrine organ, it has potential to impact far removed anatomic sites. This lecture will provide the practicing clinician with the latest understanding of the organ and its dysfunction as well as a guide to the approach of abnormal physical and laboratory findings.

Objectives

Upon successful completion of the lecture, the student will be able to:

1. Outline and describe thyroid physiology.
2. Define the etiologies of hypothyroidism.
3. List the symptoms of hypothyroidism.
4. Perform appropriate thyroid function screening.

5. Follow an algorithm for handling abnormal thyroid tests.
6. Define and describe hyperthyroidism.
7. Interpret so called “weird thyroid tests.”
8. Describe thyroid disease in pregnancy and outline appropriate treatment.
9. Outline an appropriate approach to thyroid nodules appropriately recognizing the possibility of cancer.

The Pituitary Gland

The pituitary gland serves as a messaging center, brokering communication between the intracranial nervous system and a variety of other physiological systems. It is uniquely located deep within the cranial vault and often goes largely unnoticed. Its dysfunction, however, has far reaching sequelae and disease manifestations. Occasionally, it experiences traumatic injury in spite of its protected environment. This lecture will provide an overview of pituitary anatomy, function and associated diseases with particular emphasis placed on disorders associated with head trauma.

Objectives

Upon successful completion of the lecture, the student will be able to:

1. Outline and describe pituitary anatomy and physiology.
2. Define the etiologies of some of the major pituitary disorders.
3. List and describe the signs and symptoms of pituitary trauma.
4. Effectively refer a patient with a pituitary lesion for proper care and follow up.

Hypogonadism

Hypogonadism is currently one of the areas of medicine garnering a lot of publicity that likely comprises an over diagnosed entity. There is a very large demand for testosterone by male patients that is being met through questionable diagnosis and practice. This lecture will provide an overview of true hypogonadism along with a guide for proper care of such patients. It will also provide a clear description of the downside of over diagnosis in addition to a framework to prevent improper diagnosis.

Objectives

Upon successful completion of the lecture, the student will be able to:

1. Outline and describe the pathophysiology of hypogonadism.
2. Distinguish true hypogonadism from normal ageing processes.
3. Outline effective therapy for the patient with hypogonadism.
4. Effectively refer patients to an endocrinologist when necessary.

Justin Kerstetter, MD

A beginners Guide to Melanoma Staging AJCC Recommendations

Melanoma incidence has been rising steadily over the last couple of decades. Medical treatment of this disease has also undergone a revolution with regard to therapy and outcomes. Within this context there has been a renewed interest in proper staging of melanoma patients in order to help guide effective therapy and prognostication. The AJCC has recently published a guide on appropriate melanoma staging. This lecture will provide an overview and summary of that staging algorithm to help the practicing clinician better refer and counsel their melanoma patients.

Objectives:

At the conclusion of the lecture, the attendee will be able to:

1. Clearly describe the AJCC melanoma staging.
2. Explain the importance of proper staging for therapy and prognostication.
3. Translate the staging criteria in a manner helpful in the counseling of patients seeking help in understanding their medical condition.

Dermatological manifestations of chemotherapy for metastatic melanoma

Metastatic melanoma is increasingly becoming a treatable disease. Within this context, the dermatological manifestations of the treatment modalities are no longer uncommon findings. This lecture will present an overview of these dermatological manifestations along with guidance for how to appropriately care for such patients.

Objectives:

At the conclusion of the presentation, the diligent attendee will be able to:

1. Describe the appropriate workup for a patient with a possible dermatological manifestation of chemotherapeutic therapy.
2. Recognize patients for whom such a work up is appropriate.
3. Effectively counsel and support a patient suffering from such side effects.

Accreditation Statement

The Loma Linda University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Loma Linda University School of Medicine designates this Live Activity for a maximum of **15.0 AMA PRA Category 1 Credit(s)TM**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURE STATEMENT

This program has been planned and implemented in accordance with ACCME essentials and standards. The Loma Linda University School of Medicine Office of Continuing Medical Education relies on its CME faculty to provide program content that is free of commercial bias. Therefore, in accordance with ACCME standards, any faculty and/or provider industry relationships will be disclosed and resolved.