

AMERICAN COLLEGE OF PHYSICIANS



FOSTERING EXCELLENCE IN INTERNAL MEDICINE

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2009

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SOUTHERN CALIFORNIA  
REGION II

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SCIENTIFIC MEETING AND PRACTICUM

OCTOBER 3, 2009

THE RITZ-CARLTON, LAGUNA NIGUEL

DANA POINT, CALIFORNIA

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SEP PRE-COURSE

OCTOBER 2, 2009

SADDLEBACK MEMORIAL MEDICAL CENTER

LAGUNA HILLS, CALIFORNIA

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THE FUTURE OF THE INTERNIST IN THE 21ST CENTURY

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*Register online now!*

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ACP<sup>SM</sup>

AMERICAN COLLEGE OF PHYSICIANS  
INTERNAL MEDICINE | *Doctors for Adults*

# GOVERNOR'S LETTER

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## California Southern Region II Meeting Highlights:

- Career Decisions in Internal Medicine in the 21st Century
- Asthma/COPD
- Update on Vaccines
- Genetics in Neurology
- Pain Management
- Osler Medical Jeopardy Show
- Medical Bingo

**This educational activity has been designated for 8.75 CME credits.**

**An additional 4 credits can be earned if you attend the SEP pre-course.**

Dear Colleague,

I would like to welcome all of you to our Annual Scientific Meeting and Practicum and SEP Pre-Course, which will be held on October 2–3, 2009. The SEP course will be held at the Saddleback Memorial Medical Center in Laguna Hills, and the scientific meeting at the famous and world renowned Ritz-Carlton, Laguna Niguel, in Dana Point, California, right in the heart of Region II Country! The title “The Future of the Internist in the 21st Century” will aptly denote the challenges that the physician must face to provide the best, medically appropriate care to his/her patient. This meeting will provide practical, evidence-based medicine in a plethora of subjects germane to the practicing physicians whether or not you are a member of ACP.

In the tradition of Sir William Osler, Southern California Region II is committed to the idea that life-long learning is essential to medicine.

*“If the license to practice meant the completion of his education, how sad it would be for the practitioner, how distressing to his patients! More clearly than any other, the physician should illustrate the truth of Plato’s saying that education is a life-long process.”*

In addition to earning up to a possible 12.75 CME credits, by attending this meeting you will:

- Augment your knowledge in the areas of neurology, rheumatology, pain medicine, pulmonary medicine, medical history, infectious disease, and diabetes.
- Acquire practical insight into various deliveries of medicine from the solo practitioner to the hospitalist to academician.
- Learn about HMOs, concierge medicine, etc.
- Discover better and more efficient ways to get paid for your services.
- Learn what the future holds in regard to patient satisfaction, quality of care, P4P, CQI, and the concept of the ACP Medical Home.
- Watch and participate in medical competitions at the Oslerian Medical Jeopardy Session or the Novel Medical Bingo where prizes and fame await the winners.
- Relax with family or just sit back and watch the beguiling Pacific Ocean.

Between scientific sessions, please visit the College table. You will find information on new ACP programs, products, and services. There’s always something new at the College table—stop by and see for yourself.

To ensure your place at this invaluable meeting, register now by visiting [www.acponline.org/chapters/ca](http://www.acponline.org/chapters/ca) and completing the easy online registration form. You may also complete the form at the back of this brochure and send it by mail or fax. The opportunities available at this meeting will help you meet not only your needs as a physician but also the needs of the patients you serve.

I look forward to meeting you at The Ritz-Carlton, Laguna Niguel, and thank you for supporting for Region II.

Sincerely,

**George Sarka, MD, MPH, FACP, FACR, FACPM**  
ACP Governor, Southern California Region II

## 2008 Update in Office-Based Internal Medicine and 2008 Update in Hospital-Based Internal Medicine

Meeting location: Saddleback Memorial Medical Center, 24451 Health Center Drive, Laguna Hills

**Friday, October 2, 2009**

ABIM Self-Evaluation (SEP) Modules Session for  
Maintenance of Certification

2:00 p.m.    **2008 Update in Office-Based  
Internal Medicine**  
  
**2008 Update in Hospital-Based  
Internal Medicine**  
Moderator: Maher A.  
Roman, MD, MBA, FACP

6:00        Adjourn

### SEP Faculty

**Maher A. Roman, MD, MBA, FACP**,  
Assistant Professor of Medicine, Loma  
Linda University School of Medicine;  
Primary Care Team Leader, Loma  
Linda VAMC; President, National  
Association of VA Ambulatory  
Managers, Loma Linda

### SEP Learning Objectives

- Participate in group discussion to determine answers to multiple-choice questions.
- Apply updated knowledge of internal medicine to clinical practice.
- Understand recent advances in internal medicine.
- Complete an ABIM SEP Module toward partial fulfillment of the ABIM's Maintenance of Certification.

### SEP CME Accreditation

The American College of Physicians is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The American College of Physicians designates this educational activity for a maximum of **4 AMA PRA Category 1 Credit(s)**<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Who Should Attend the SEP Post-Course?

- Internists participating in the ABIM Continuing Professional Development Program
- General internists
- Family practitioners
- Subspecialty physicians

### SEP Note

Southern California Region II will provide you with a "Learner's Copy" of the 2008 Office-Based Internal Medicine Update and/or 2008 Hospital-Based Internal Medicine Update at the meeting. If you are enrolled in the ABIM's Maintenance of Certification (MOC) program, you must also order an "official" copy of the SEP module directly from ABIM by visiting [www.abim.org/online](http://www.abim.org/online). Two formats are available: online or CD-ROM. You can order the module online from ABIM before or after the learning session.

After the learning session, you have 30 days to submit your answers to ABIM for MOC credit via the Internet by using your official CD-ROM version.

For more information about the learning session, please contact Virginia Ho at [hov@cshs.org](mailto:hov@cshs.org). For more information about ABIM's Maintenance of Certification Program, visit [www.abim.org/moc](http://www.abim.org/moc).

\*If you are already enrolled in the ABIM MOC program, there is no additional fee for the official version of the module. If you are not enrolled in the ABIM MOC program, you may attend the learning session; however, you must enroll in the MOC program to receive credit for the knowledge module. To enroll in the MOC Program, visit [www.abim.org/moc](http://www.abim.org/moc). Please see the registration page of this brochure for Southern California Region II's fees for attending this session. These fees are separate from the ABIM's fees and must be paid regardless of whether you are enrolled in the MOC program.

# PROGRAM SCHEDULE

## Saturday, October 3, 2009

- 7:00 a.m.** **Continental Breakfast/Registration**
- 7:25** **Welcome**  
George Sarka, MD, MPH, FACP, FACR, FACPM  
ACP Governor, Southern California Region II
- 7:30** **Career Decisions in Internal Medicine in the 21st Century**  
**The Solo Internist to Concierge Medicine**  
Melvyn L. Sterling, MD, MACP, FAAHPM  
**The Hospitalist to the Academician**  
Alpesh N. Amin, MD, MBA, FACP  
**Do I Join an HMO? The Medical Home Model**  
Douglas R. Hegstad, MD, FACP  
**Where's the Money? How Do I Get Paid as a Practicing Physician?**  
Debra L. Stottlemeyer, MD, MBA, FACP  
**Quality, Safety, and P4P: A Systems-Based Practice Lesson from the VA**  
Maher A. Roman, MD, MBA, FACP
- 10:00** **Break**  
Visit the exhibits, posters, and College table
- 10:15** **What's New in Asthma/COPD? Dr. Gold's Law**  
Philip M. Gold, MD, MACP
- 10:45** **An Update on Vaccines for the Internist**  
Thomas C. Cesario, MD, MACP
- 11:15** **Genetics in Neurology for the 21st Century Internist**  
George Sarka, MD, MPH, FACP, FACR, FACPM
- 11:45–1:00 p.m.** **Lunch, Awards, and Poster Session Viewing**
- Noon** **Fostering Excellence in Internal Medicine: 2009**  
George Sarka, MD, MPH, FACP, FACR, FACPM
- 12:30** **The Political Side of Health Care**  
Jeremiah G. Tilles, MD, MACP
- 1:00** **From Bugs to Drugs to Political Thugs—New Therapies and CMS Laws in Infectious Disease for the 21st Century Internist**  
Andrew S. Pumerantz, DO, FACP
- 1:45** **From Headaches to Multiple Sclerosis to Seizures to Parkinson's Disease and Beyond**  
George Sarka, MD, MPH, FACP, FACR, FACPM
- 2:30** **Break**  
Visit the exhibits, posters, and College table
- 2:45** **Doc Finley's Top Ten Rheumatological Therapies List**  
J. Michael Finley, DO, FACOI, FACP, FACR
- 3:15** **Where Does the Internist Fit in the Paradigm of Pain Management in the 21st Century?**  
Melvyn L. Sterling, MD, MACP, FAAHPM
- 3:45** **Osler Medical Jeopardy Show (The Traditional Type of Learning)**  
George Sarka, MD, MPH, FACP, FACR, FACPM
- 4:30** **Medical Bingo for the ACP Internist (A Novel Type of Learning)**  
George Sarka, MD, MPH, FACP, FACR, FACPM

# MEETING INFORMATION

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## Faculty

**Alpesh N. Amin, MD, MBA, FACP,** Professor and Chairman, Department of Medicine, Executive Director, Hospitalist Program, University of California, Irvine

**Thomas C. Cesario, MD, MACP,** Professor and Emeritus Dean of the University of California, Irvine

**J. Michael Finley, DO, FACOI, FACP, FACR,** Associate Professor of Medicine, Associate Dean for Clinical and Graduate Affairs, Western University College of Osteopathic Medicine of the Pacific; Chief Academic Officer, OPTI West Education Consortium, Pomona

**Philip M. Gold, MD, MACP,** Professor of Medicine, Chief, Pulmonary and Intensive Care Medicine Division, Program Director, Pulmonary Fellowship Program, Executive Vice Chair, Past Interim Chair Chief of Medicine Service, Loma Linda University School of Medicine, Loma Linda

**Douglas R. Hegstad, MD, FACP,** Chair, Department of Medicine, Loma Linda University; Associate Professor of Medicine, Loma Linda University School of Medicine, Loma Linda

**Andrew S. Pumerantz, DO, FACP,** Associate Professor and Chair, Department of Internal Medicine, Chief, Division of Infectious Disease, Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona

**Maher A. Roman, MD, MBA, FACP,** Assistant Professor of Medicine, Loma Linda University School of Medicine; Primary Care Team Leader, Loma Linda VAMC; President, National Association of VA Ambulatory Managers, Loma Linda

**George Sarka, MD, MPH, FACP, FACR, FACPM, DrPH Candidate in Public Health, UCLA,** Governor, ACP Southern California Region II; Associate Clinical Professor of Medicine, UCLA; Past President of LACMA, District 1 (2006–2008); Past President of LA Neurological Society (2006–2009); Staff Physician/Multispecialist, CSUN; Medical Historian

**Melvyn L. Sterling, MD, MACP, FAAHPM,** Clinical Professor of Medicine at the University of California, Irvine; Chair, Department of Medicine, St. Joseph Hospital; Medical Director of Palliative Care, St. Joseph Hospital; President of the Solo and Small Group Practice Forum of the CMA, Irvine

**Debra L. Stottlemeyer, MD, MBA, FACP,** Associate Medical Director of Riverside County Regional Medical Center; Associate Director, Medicine Clerkship, LLUSOM; Assistant Professor of Medicine, Loma Linda University, Loma Linda

**Jeremiah G. Tilles, MD, MACP,** Professor Emeritus of Medicine and Microbiology and Molecular Genetics, School of Medicine, University of California, Irvine

If you are interested in becoming a member of the College, please contact the Customer Service Department at 800-523-1546, ext. 2600, or 215-351-2600 (M–F, 9 a.m.–5 p.m. ET).

Attendance at Chapter meetings can help all ACP members meet the qualifications for advancement to Fellowship. It is especially important for those applying under the pathway that calls for 5 years of activity as a Member.

# MEETING INFORMATION

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## Associates' Activities

Clinical vignettes, posters, and research papers prepared by Associates will be presented at the meeting. Winners will receive cash prizes and recognition and will be eligible for entrance into the national competition held during Internal Medicine 2010. Contact Virginia Ho at 310-423-4966 for information about entering the Associates' Competition. **Deadline for submissions is September 25, 2009.**

## Medical Students' Activities

Posters and research papers prepared by Medical Students will be presented at the meeting. Winners will receive cash prizes and recognition and be eligible for entrance into the national competition held during Internal Medicine 2010. Contact Virginia Ho at 310-423-4966 for information about entering the Medical Students' Competition. **Deadline for submissions is September 25, 2009.**

## Laureate Award

It is with distinct pleasure that California Southern Region II presents physicians with the Chapter Laureate Award. Laureate Award winners are long-standing and loyal supporters of the College who have rendered distinguished service to their chapters and community and have upheld the high ideals and professional standards for which the College is known. The award will be presented during lunch on Saturday.

## Chapter Excellence Award Winner

We are pleased to announce that our Chapter is the recipient of a 2008 Chapter Excellence Award. The Chapter Excellence Award recognizes those Chapters that excel in reaching the standards for managing a chapter, such as communicating to members, instituting Medical Students' and Associates' activities, and advancing and recruiting members. A Chapter Excellence certificate will be awarded to the Chapter at the meeting by the College Representative.

## Who Should Attend

- General internists
- Subspecialty internists
- Family practitioners
- Fellows in subspecialty training
- Allied health practitioners
- Residents (internists in training)
- Medical students interested in internal medicine
- Nurses

# MEETING INFORMATION

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## Learning Objectives

At the conclusion of this activity, the participant will be able to:

- Apply updated knowledge about career decisions for the internist of the 21st century, practical information about reimbursement as well as patient satisfaction, quality care, CQI/P4P, asthma/COPD, neurology, infectious disease and treatment with antibiotics, pain management, treatment of rheumatoid arthritis and other rheumatological conditions, vaccines, and genetics in neurology.
- Improve clinical practice by incorporating major new developments into subspecialty medicine, such as infectious disease, neurology, pain management, preventive medicine with vaccines, and rheumatology.
- Utilize recent advances in internal medicine with the introduction of new vaccines, genetics in neurology, new medications in the treatment of neurological diseases (such as headaches, multiple sclerosis, epilepsy, and Parkinson's disease), and rheumatological diseases.
- Implement political advocacy and reform in the practice of health care.

## CME Accreditation

The American College of Physicians is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American College of Physicians designates this educational activity for a maximum of **8.75 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Course Syllabus

To help us go “green,” we are making our syllabus available on CD only.

# MEETING INFORMATION

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## Hotel Accommodations

We have reserved a block of rooms at the following rates until **October 2, 2009**. Parking is available at a discounted rate of \$10 for meeting attendees. When making your reservation, be sure to mention that you will be attending the ACP Annual Scientific Meeting.

Single/Double: \$375+

The Ritz-Carlton, Laguna Niguel  
One Ritz-Carlton Drive  
Dana Point, CA 92629

The rooms are available on a first-come, first-served basis, so make your reservation as early as possible by **calling the hotel directly at 949-240-2000**.

Some suggested alternative lodging sites are as follows:

Ayres Hotel, 949-588-0131;  
\$119+/night and 12 miles from  
The Ritz-Carlton

Holiday Inn Express,  
800-232-3262; \$143+/night–  
AAA discounted rate and 2 miles  
from The Ritz-Carlton

By the Sea Inn, 800-297-0007;  
\$159+/night–ACP discounted rate  
and 7 miles from The Ritz-Carlton

Doubletree Guest Suites,  
Doheny Beach, 949-661-1100;  
\$229+/night and 5 miles from  
The Ritz-Carlton

Marriott Dana Point,  
888-476-2405; \$320+/night and  
3 miles from The Ritz-Carlton

## Directions

For directions to the meeting site, please visit

[www.ritzcarlton.com/en/Properties/LagunaNiguel/Information/Directions/Default.htm](http://www.ritzcarlton.com/en/Properties/LagunaNiguel/Information/Directions/Default.htm).

## Area Interests

Explore the infinite wonders that surround The Ritz-Carlton, Laguna Niguel – a resort that truly encapsulates its worldly and naturally beautiful surroundings. Laguna is Southern California's premier seaside artist haven – with quaint cottages, subtropical gardens, and sandy coves, stretching along a seven-mile scenic coastline.

- Join us for a behind-the-scenes tour of Orange County Performing Arts Center. Discover the magnificence of Southern California's award-winning home for the performing arts.
- Discount booklets are available for South Coast Plaza Mall, one of the most notable shopping centers in the United States, which offers 280 boutiques, 30 restaurants, and 4 performing arts venues.

Information about local sites and activities will be available at the ACP scientific meeting reception table. Additional information about local attractions is available online at [www.lagunabeachinfo.com](http://www.lagunabeachinfo.com).

# REGISTRATION FORM

CMB

American College of Physicians  
Southern California Region II Scientific Meeting  
and SEP Pre-Course  
October 2-3, 2009

RM1066

This form may be photocopied.

ACP # (found on mailing label)

Name

MD  DO

Address

City/State/ZIP

Daytime Phone

Fax

E-Mail

- Please check here to indicate a permanent change to your preferred address for all College mailings.  
 Yes, I do wish to receive information from the meeting exhibitors.

## Payment Options

Please refer to the next page for all of your registration and payment options. Don't forget you can register and pay online at [www.acponline.org/chapters/ca](http://www.acponline.org/chapters/ca). If you are mailing or faxing this form, please indicate your payment preference and complete the form below.

GRAND TOTAL (from next page)

\$ \_\_\_\_\_

- Check Enclosed. (Payable to ACP. Must remit in U.S. funds drawn on a U.S. bank.)

Charge to:  Visa  MasterCard  American Express  Discover

Card #


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Security Code \_\_\_\_\_  
(3- or 4-digit number found on front or back of card)

Signature

**E-mail your questions to [custserv@acponline.org](mailto:custserv@acponline.org)**

- Please check here if you have any special dietary needs, and be sure to contact the chapter.

  We encourage participation by all individuals. Check here if you are disabled and require assistance. Advance notification is essential in order for us to serve you better. Please notify the Southern California Region II in writing at least 30 days before your course. We'll be glad to help.



## Southern California Region II Scientific Meeting (RM1066)

Check one category that best applies. Registration fee includes continental breakfast, lunch, all scientific sessions and materials, and CME documentation.

### ACP Categories

- Master  Fellow  Member .....\$100
- Associate (Resident Members) .....\$50
- Medical Student Member .....\$20
- Affiliate Member (Allied Health Professional) .....\$70

### Nonmember Categories

- Nonmember Physician.....\$135
- Nonmember Resident .....\$50
- Nonmember Medical Student .....\$20
- Nonmember Allied Health Professional .....\$70
- Guest/Spouse (lunch only) .....\$50

Please indicate your attendance at the following:

- B01 – Saturday breakfast, 7:00 a.m.
- L01 – Saturday lunch – 11:45 a.m.

## ABIM SEP (RM1066A) 2008 Update in Office-Based Internal Medicine and 2008 Update in Hospital-Based Internal Medicine

Check one category that best applies. Register early – limited space available.

- ACP Master  ACP Fellow  ACP Member .....\$35
- Nonmember Physician .....\$50

If you are registering after September 25, 2009, please add a \$40 late fee to your total.

GRAND TOTAL (enter on previous page) \$\_\_\_\_\_

# HOW TO REGISTER

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## Online

Visit us on the Web and register at [www.acponline.org/chapters/ca](http://www.acponline.org/chapters/ca).

## Mail

To register by mail, complete the registration form at the back of this brochure and mail it to ACP at the address below. Be sure to list your daytime phone number in case we need to notify you of any changes. Please reproduce the form for additional registrations (one form per registrant).

**ACP Customer Service**  
R0980  
PO Box 7777  
Philadelphia, PA 19175-0980  
USA

## Fax

Register 24 hours a day via fax at 215-351-2799.

Fax forms must include credit card number, expiration date, security code number, and signature. Do not mail a copy of the form since it may result in a duplicate registration and you will be charged twice.

## Phone

Call 800-523-1546, ext. 2600 or 215-351-2600 (M–F, 9 a.m.–5 p.m. ET).

Be sure to have your credit card number, expiration date, and security code number available before calling.

## Payment Options

Payment in full is required. Make check or money order payable to ACP. Must remit in U.S. funds drawn on a U.S. bank. If paying by credit card, please provide the credit card number, expiration date, security code, and authorizing signature.

## Additional Fees

All registrations must be received by September 25, 2009, or a late registration fee of \$40 will be added. This includes on-site registrations. Save money by registering now!

## Cancellations/Refunds

All cancellation requests must be received by Customer Service in writing (e-mail [custserv@acponline.org](mailto:custserv@acponline.org)). Cancellations will not be accepted by telephone. A processing fee of \$30 will be deducted from all refunds, there is no processing fee for cancellation of the SEP course. Students will not receive any refund if cancelled. Individuals who fail to attend the course (no-shows) will not be entitled to any refund.

## Satisfaction Guarantee

We offer a satisfaction guarantee—if attendees are not satisfied with their experience at the meeting, they may write for a refund of their registration fee.

## Special Needs

If you have a disability or any special dietary needs, please contact Virginia Ho by telephone at 310-423-4966, or e-mail [acpr2@yahoo.com](mailto:acpr2@yahoo.com).

## Questions?

- For registration information, contact ACP Customer Service (M–F, 9 a.m.–5 p.m. ET) toll-free at 800-523-1546, ext. 2600, or direct at 215-351-2600. You may also e-mail [custserv@acponline.org](mailto:custserv@acponline.org) or fax 215-351-2799.
- If you need more information on the meeting schedule or location please contact Virginia Ho at 310-423-4966.
- For more information about ACP or California Southern Region II, contact the California Southern Region II Chapter Governor, George Sarka, MD, MPH, FACP, FACR, FACPM, by telephone at 323-677-1825, or e-mail [georgesarka@aol.com](mailto:georgesarka@aol.com).



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**2009 Southern California  
Region II SEP Pre-Course  
and Scientific Meeting**

**Scientific Meeting and Practicum  
October 3, 2009**

**The Ritz-Carlton, Laguna Niguel  
Dana Point, California**

**SEP-Pre-Course**

**October 2–3, 2009**

**Saddleback Memorial**

**Medical Center**

**Laguna Hills, California**

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