American College of Physicians
Maine Chapter

To foster a community of professionals who pursue excellence and fulfillment in the practice of medicine.

“Obesity: Pound For Pound, The Best Learning Ever!”

2017 Annual Chapter Meeting & Scientific Meeting

September 15 - 17, 2017
Atlantic Oceanside Hotel & Conference Center
119 Eden Street
Bar Harbor, ME

Special Accommodations: If you have physical or dietary restrictions that may require accommodations in order to fully participate in this activity, please contact Warene Eldridge before August 26, 2017. If you need further information or assistance please contact: Warene Eldridge/ACP -Maine Chapter: Phone: 207-215-7118
Email: mainechapteracp@gmail.com
Educational Sessions Faculty

Presenters:

Paul A. Blakeslee, RD: Mr. Blakeslee is a Clinical Dietician at Maine Medical Center in Portland, ME.

Catharine Cadigan, MD, FACP: An internist at Lincoln Medical Partners IM in Damriscotta, ME.

Timothy Carnes, Jr., MD: Is a generalist internist at InterMed on Marginal Way in Portland. Previously he was an internist in Norway, ME.

John Erickson, MD, FACP, Governor: Practicing Internist at InterMed, Teaching Attending for residents & Associate Program Director, Department of Medicine, Maine Medical Center, Portland, ME.

Kenneth Galeckas, MD FAAD: Is a Board Certified Dermatologist on staff at Intermed in Portland, ME. He is also a fellowship-trained Mohs micrographic and reconstructive surgeon.

Christine Hein, MD: Is a Board Certified Emergency Medicine physician at Maine Medical Center in Portland, ME. Dr. Hein is also a member of the Maine Health Accountable Care Organization.

Hani Jarawan, MD: Dr. Jarawan is a hospitalist at the Maine Medical Center in Portland. He is Board Certified in Internal Medicine.

Scott Kahan, MD, MPH: Dr. Kahan is the Director of the National Center for Weight and Wellness in Washington, DC. He is trained in both clinical medicine and public health.

Michele Labotz, MD: Dr. Labotz is a sports medicine physician at InterMed who is also a pediatrician.

Stephanie Nichols, Pharm, D., BCPS, BCPP: Associate Professor of Pharmacy Practice at Husson College. She is also a consultant clinical pharmacist to Adult Psychiatry and the Adult Inpatient Medicine Service at MMC, Portland, ME.

Gordon Smith, Esq.: Executive Vice President of the Maine Medical Association, Manchester, ME.

Ted Sussman, MD MACP: An internist in Houlton specializing in Cardio Pulmonary Rehab Services.

Diana Wilson, MD: Dr. Wilson specializes in Pulmonology and Sleep Medicine. She has completed fellowships in Pulmonary, Critical Care Medicine and Sleep Medicine. She is Board Certified in Pulmonary disease, Critical Care, ABIM and American Board of Sleep Medicine.

Andie Wishman, LCSW, CCS: Ms. Wishman specializes in clinical social work in the Lewiston, ME area. He has worked in the field of medicine for more than 18 years.

Maine Medical Center Resident Vignette Presenters:

  Katherine Keller, DO
  Anne Longtine, MD
  Amber Lautzenheiser, DO
  Kiera McElrone, DO
Maine Chapter Annual Scientific Meeting
Agenda

Friday September 15
7:30  Pre-meeting
11:45 Registration opens
12:45 Opening remarks
1:00  Legislative Update – Gordon Smith, Esq.
     Leadership Day – Hani Jarawan, MD
1:45  Cutaneous Manifestations of Internal Disease – Ken Galeckas, MD
2:30  Break
3:00  Breakouts
     a. Lumps and Bumps – Benign and Malignant – Ken Galeckas, MD
     b. Physician Mindfulness/Prevention of Burnout – Christine Hein, MD
3:45  a. Biopsy and Suturing Workshop - Ken Galeckas, MD/Christine Hein
     b. Motivational Interviewing – Andie Wishman, LCSW, CCS
4:30  Poster Introductions
4:45  Reception & Poster Viewing
6:00  Receptions for Medical Students, Residents & Early Career Physicians

Saturday September 16th
7:00  Resident, Medical Student and GAC Breakfast
8:00  College Update & Town Meeting – John Erickson, MD
9:00  Respiratory Complications of Obesity – Diana Wilson, MD
10:00 Break
10:30 Resident Vignettes: Katherine Keller, DO, Amber Lautzenheiser, DO, Anne Longtime, MD
     Kiera McElrone, DO
12:00 Enjoy MDI
5:45  Children’s Program
6:00  Reception
7:00  Banquet
8:00  Leonard M Keilson MD FACP Memorial Lecture:
     Travel Medicine – Catharine Cadigan, MD FACP, Tim Carnes, MD &
     Ted Sussman, MD MACP

Sunday September 17th
8:00  Evidence-Based Obesity Treatment in Primary Care – Scott Kahan, MD
10:00 Break
10:30 Panel Discussions:
     Exercise Counseling – Michele Labotz, MD
     Nutritional Counseling – Paul Blakeslee, RD
     Nutritional Supplements – Stephanie Nichols, Pharm D
12:00 Adjourn
2017 Maine Chapter Annual Meeting and Educational Sessions (RM 1811)
Atlantic Oceanside 119 Eden St, Bar Harbor, ME
September 15 – 17, 2017

Name: ____________________________

ACP # (found on mailing label) MD_____ DO_____ Other_____

Address: __________________________

City, State, ZIP ____________________

Day Phone: ________ Fax: ______________ E-mail: ____________________________

? Check here if you are disabled and require assistance. Please notify the Maine Chapter in writing before your course. We'll be glad to help.

**Registration Fees include:** Breaks, receptions, Saturday banquet (1 guest) and CME documentation.

**Breakfasts are included in your lodging fee and are served in the hotel main building.**

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
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<tbody>
<tr>
<td>? ACP Member</td>
<td>$390.00</td>
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<tr>
<td>? ACP Resident/Fellow Member (formerly Associate members)</td>
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<td>? ACP Medical Student Member</td>
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<td>? Nonmember physician</td>
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<td>? Nonmember Resident*</td>
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<td>? Non Member Medical Student*</td>
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<tr>
<td>? Nonmember Allied Health Professional</td>
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You and a guest are invited to attend the banquet on Sat. evening at no additional cost.

Number attending _________ x 0 $ 0.00

Additional guests attending the banquet

Number of additional guests _________ x $45 $

Total Amount Due............ $........

Name of guest (as to be printed on name badge) __________________________

Name of person to be seated with at dinner: __________________________

Please note received presentations will be posted on the Maine Chapter Website.
Please indicate your attendance at the following:

<table>
<thead>
<tr>
<th>Check if attending:</th>
<th>Code</th>
<th>Session</th>
<th>Time</th>
<th>Day</th>
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<tr>
<td></td>
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<td>FRIDAY</td>
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<tr>
<td></td>
<td>FRIEDU1</td>
<td>Legislative &amp; Leadership Day Update</td>
<td>1:00-1:45 pm</td>
<td>Fri. 9/15</td>
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<td>FRIEDU 2</td>
<td>Cutaneous Manifestations of Internal Disease</td>
<td>1:45-2:30 pm</td>
<td>Fri. 9/15</td>
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<td></td>
<td>BRKOUT1</td>
<td>Lumps and Bumps: Benign &amp; Malignant</td>
<td>3:00-3:45</td>
<td>Fri. 9/15</td>
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<td></td>
<td>BRKOUT2</td>
<td>Physician Mindfulness/Prevention of Burnout</td>
<td>3:00-3:45</td>
<td>Fri. 9/15</td>
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<td></td>
<td>BRKOUT3</td>
<td>Biopsy &amp; Suturing Workshop</td>
<td>3:45-4:30</td>
<td>Fri. 9/15</td>
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<td>BRKOUT4</td>
<td>Motivational Interviewing</td>
<td>3:45-4:30</td>
<td>Fri. 9/15</td>
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<td>FRIEDU3</td>
<td>Poster Introductions</td>
<td>4:30-4:45</td>
<td>Fri. 9/15</td>
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<td></td>
<td>RECEP1</td>
<td>Reception &amp; Poster Session</td>
<td>4:45-6:00</td>
<td>Fri. 9/15</td>
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<td>RECEP2</td>
<td>Reception for Medical Students, Residents, Early Career Physicians &amp; Guests</td>
<td>6:00</td>
<td>Fri. 9/15</td>
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<td></td>
<td>SATURDAY</td>
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<td></td>
<td>BRKOUT5</td>
<td>Medical Students, Residents &amp; GAC Members breakfast</td>
<td>7:00-8:00 am</td>
<td>Sat. 9/16</td>
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<tr>
<td></td>
<td>SATEDU1</td>
<td>College Update &amp; Town Meeting</td>
<td>8:00-9:00</td>
<td>Sat. 9/16</td>
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<td></td>
<td>SATEDU2</td>
<td>Respiratory Complications of Obesity</td>
<td>9:00-10:00</td>
<td>Sat. 9/16</td>
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<td>SATEDU3</td>
<td>Resident Case Vignettes</td>
<td>10:30-12:00</td>
<td>Sat. 9/16</td>
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<td>RECEP3</td>
<td>Reception</td>
<td>6:00-7:00</td>
<td>Sat. 9/16</td>
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<tr>
<td></td>
<td>BANQ</td>
<td>Banquet</td>
<td>7:00</td>
<td>Sat. 9/16</td>
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<td>SATEDU4</td>
<td>“Leonard M. Keilson, MD FACP Memorial Lecture”: Travel Medicine</td>
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<td>SUNDAY</td>
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<td>SUNEDU1</td>
<td>Evidence-Based Obesity Treatment in Primary Care</td>
<td>8:00</td>
<td>Sun. 9/17</td>
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<td>SUNEDU2</td>
<td>Panel Discussion: Exercise Counseling</td>
<td>10:30</td>
<td>Sun. 9/17</td>
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<td>Nutritional Counseling</td>
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<td>Nutritional Supplements</td>
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Payment Options:

- □ Check enclosed.
  (Payable to ACP, Must remit in US funds drawn on a US bank.)
- □ Charge to:  □ Visa  □ Mastercard  □ American Express  □ Discover
  Card # _______________________________ Exp. Date mo____/yr____ Security Code ____________

Register via:  Phone:  (M-F, 9 am – 5pm ET)  Mail (make check payable to ACP)
Fax:  (credit cards only)  800-523-1546 x 2600  AC002 - ACP
215-351-2799  215-351-2600  190 N Independence Mall West
Philadelphia, PA 19106-1572
**General Information**

**Maine Chapter-ACP** is pleased to offer **credit card payment and on-line registration** for the 2017 Maine Chapter Annual Meeting and Educational Sessions. To register **on-line go to:**

[https://store.acponline.org/ebizatpro/ProductsServices/ACPEventsCalendar/MeetingDetails.aspx?productId=157337756](https://store.acponline.org/ebizatpro/ProductsServices/ACPEventsCalendar/MeetingDetails.aspx?productId=157337756)

If you prefer to pay by **check:** Mail the completed registration form, with your check made payable to ACP, to:

ACC002, American College of Physicians, 190 N Independence Mall West, Philadelphia, PA. 19106-1572.

To register by **phone:** 800-523-1546 ext. 2600 or 215-351-2600

To register by **fax:** 215-351-2799

The Maine Chapter **WILL NOT provide breakfast** for attendees and families this year, breakfast is included in the lodging fee, please plan to **have your breakfast in the main lodge** of Atlantic Oceanside.

**Objectives:** At the conclusion of this activity, the participant will:

1. Apply updated knowledge of Internal Medicine to clinical practice
2. Apply updated knowledge of Dermatology to clinical practice.
3. Apply updated knowledge of Obesity to clinical practice.

**Resident Activities:** MMC residents will present Clinical Vignettes on Saturday morning. One night lodging for the vignette presenters will be reimbursed at 100%, submit receipts to Warene Eldridge, mailto:mainechapteracp@gmail.com. The vignette winner will be reimbursed up to $1,200 for travel and other related expenses to IM 2018 and will be eligible for entrance into the national competition held during Internal Medicine 2018. For additional information regarding the MMC Resident Clinical Vignettes contact Dr. Stephen Hayes, mailto:hayess@mmc.org or 207-854-9101.

**Poster Session:** Students, residents, practicing physicians and related organizations may present a poster. Posters may be presented in the following categories: MMC Resident Clinical Vignettes, research in progress, quality improvement, or educational innovations. Please submit an abstract of 500 or fewer words to Dr. Emily Zarookian, mailto:zarooe@mmc.org. The deadline to submit an abstract for the poster session is **September 7, 2017.**

A **breakfast** for **Residents & Medical Students** with **GAC** members will be held on Saturday at 7:00 am.

**Lodging Reimbursement:** **ACP - Maine Chapter Residents and Medical Student members** who attend the scheduled activities of the Maine Chapter Meeting are eligible to be reimbursed for ½ of the Atlantic Oceanside basic lodging rate (189 + taxes) for up to two (2) nights. For questions contact Warene (207-215-7118); submit receipts to: Warene Eldridge mainechapteracp@gmail.com, or fax 207-504-5172.

**Handouts:** Copies of faculty presentations will not be provided at the chapter meeting. All received presentations will be posted on the Chapter’s website as received for downloading and printing:

**Laureate Award:** It is with distinct pleasure that the Maine Chapter will present a Laureate Award. The award will be presented during the awards presentation on Saturday evening September 17, 2017.

**Who Should Attend:** General Internists, Subspecialty Internists, Family Practitioners, Hospitalists, Fellows in subspecialty training, Allied Health practitioners, Residents, Medical Students interested in internal medicine.
Atlantic Oceanside Hotel and Conference Center

Lodging Accommodations: Call the reservation office of Atlantic Oceanside Hotel and Conference Center directly to make your reservation (800 336 2463). You must identify the Maine Chapter-American College of Physicians & Group Number: 9505 to receive the lodging discount. Rates cannot be changed upon check-in or check-out. To receive the special lodging fee reservations must be made by August 15, 2017 (800-336-2463), reservations may also be made on-line: http://www.aobarharbor.com/ and entering group code: 9505. The hotel requires one night advance deposit to guarantee the reservation. The deposit is refundable until 8 days prior to arrival less a $25.00 cancellation fee. Cancellations made 7 days or less prior to the arrival are not refundable. After 8/14/17 lodging will be available on a first come first serve basis and may not qualify for the discounted rate.

Atlantic Oceanside Hotel & Conference Center
119 Eden Street
Bar Harbor, ME  04609
Reservations: 800-336-2463
Telephone: 207-288-5801 Fax: 207-288-8402
Website: http://www.aobarharbor.com/

Local Area Information

Atlantic Oceanside Hotel

Experience the scenic beauty of Bar Harbor, Maine at Atlantic Oceanside Hotel & Conference Center. Situated on the shores of Frenchman Bay, Atlantic Oceanside offers 12 acres of prime oceanfront access. All of our quality accommodations feature private balconies overlooking the ocean. Atlantic Oceanside Hotel & Conference Center is also located within close proximity to local attractions. Downtown Bar Harbor is just one mile away, while Acadia National Park is nearby. The Following Activities & Attractions are located with in 1 mile of Atlantic Oceanside Hotel & Conference Center

- Acadia National Park
- Golf at Kebo Valley
- Spa at the Bar Harbor Inn
- Island Ferry Tours
- Custom Boat Tours on property
- Bicycling
- Acadia Park Tours
- Fine Dining at the Reading Room Restaurant
- Lobster Bakes at the Terrace
- Abbe Museum
- Kayaking
- Harbor Cruises
- Nature Tours
- Lobster Boat Tours