Regional Osteopathic Medical Education

June 8–11, 2017
OMNI Grove Park Inn
Asheville, NC

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Regional Osteopathic Medical Education

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The Georgia Osteopathic Medical Association (GOMA)
The North Carolina Osteopathic Medical Association (NCOMA)
The South Carolina Osteopathic Medical Society (SCOMS)
The American Osteopathic Association (AOA)

The Georgia Osteopathic Medical Association, the North Carolina Osteopathic Medical Association, and the South Carolina Osteopathic Medical Society are accredited by the AOA to provide osteopathic continuing medical education for physicians. GOMA, NCOMA, and SCOMS designate this program for a maximum of 25.5 AOA Category 1A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

This Live activity, ROME Southeast 2017, with a beginning date of 06/08/2017, has been reviewed and is acceptable for up to 25.5 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
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*Attached, separate documents (available on site only)*

1. CME Attendance Attestation Form
2. Conference and Speaker Evaluation Survey
3. Exhibitors Signature Card/Raffle Entry
4. Pre-Registered Attendees
### Thursday, Jun. 8

<table>
<thead>
<tr>
<th>Time</th>
<th>PRESENTATIONS/EVENTS</th>
<th>SPEAKER</th>
<th>SPECIALTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 am–6 pm</td>
<td>Registration</td>
<td></td>
<td></td>
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<tr>
<td>2–2:15 pm</td>
<td>Welcome, Opening Remarks</td>
<td>Ronald R. Burns, DO</td>
<td></td>
</tr>
<tr>
<td>2:15–3:45 pm</td>
<td>Ankylosing Spondylitis: Optimizing Diagnosis and Management in Primary Care</td>
<td>Julie M. Jones, DO, MS</td>
<td>IM, RHU</td>
</tr>
<tr>
<td>3:45–4 pm</td>
<td>Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4–5 pm</td>
<td>Mindfulness in Medicine: Promoting Physician and Patient Wellness</td>
<td>Alexis M. Stoner, PhD, MPH</td>
<td></td>
</tr>
<tr>
<td>4–6 pm</td>
<td>Exhibitor Setup</td>
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### TRACK: Primary Care Updates

### TRACK: OMM/OMT

<table>
<thead>
<tr>
<th>Time</th>
<th>PRESENTATIONS/EVENTS</th>
<th>SPEAKER</th>
<th>SPECIALTY</th>
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</thead>
<tbody>
<tr>
<td>5–6 pm</td>
<td>Coding and Billing for OMT, and Other Top Questions Asked of AOA Practice Management Experts</td>
<td>Cindy Penkala, CMM, CMPE, CMSCS, CPOM</td>
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### Friday, Jun. 9

<table>
<thead>
<tr>
<th>Time</th>
<th>PRESENTATIONS/EVENTS</th>
<th>SPEAKER</th>
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</thead>
<tbody>
<tr>
<td>6:30 am–6 pm</td>
<td>Registration</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30–7 am</td>
<td>Exhibitor Setup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7–8 am</td>
<td>Breakfast in Exhibit Hall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 am–7 pm</td>
<td>Exhibit Hall Open</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30–9:30 am</td>
<td>Common Upper and Lower Extremity Disorders that Can Be Addressed with Osteopathic Manipulative Medicine</td>
<td>Thomas M. Motyka, DO</td>
<td>NMO, IM</td>
</tr>
<tr>
<td>9:30–10 am</td>
<td>Exhibitor Break</td>
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### TRACK: Obesity

<table>
<thead>
<tr>
<th>Time</th>
<th>PRESENTATIONS/EVENTS</th>
<th>SPEAKER</th>
<th>SPECIALTY</th>
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</thead>
<tbody>
<tr>
<td>10–11 am</td>
<td>The Power of Exercise</td>
<td>Donald C. Maharty, DO, FACOFP</td>
<td>FOM</td>
</tr>
<tr>
<td>11 am–noon</td>
<td>Sleeping Your Way to Better Health</td>
<td>Andrew T. Martin, DO, MBA, FAWM, FAOASM</td>
<td>FOM, FSM</td>
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### TRACK: Public Policy

<table>
<thead>
<tr>
<th>Time</th>
<th>PRESENTATIONS/EVENTS</th>
<th>SPEAKER</th>
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</thead>
<tbody>
<tr>
<td>Noon–1 pm</td>
<td>AOA Health Policy and Advocacy Update</td>
<td>Nicholas Schilligo, MS</td>
</tr>
<tr>
<td>1–1:30 pm</td>
<td>Lunch served in Exhibit Hall</td>
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### TRACK: Obesity

<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation</th>
<th>Speaker</th>
<th>SPECIALTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30–2:15 pm</td>
<td>Simplifying the Discussion about Obesity</td>
<td>Nicholas J. Pennings, DO</td>
<td>FOM</td>
</tr>
<tr>
<td>2:15–3 pm</td>
<td>When the Doctor Becomes the Patient: Avoiding Burnout Syndrome</td>
<td>Tiffany Lowe-Payne, DO</td>
<td>FOM</td>
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</table>

### TRACK: Primary Care Updates

<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation</th>
<th>Speaker</th>
<th>SPECIALTY</th>
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</thead>
<tbody>
<tr>
<td>3–4 pm</td>
<td>Vitamins, Minerals, and Neuromusculoskeletal Health</td>
<td>Rebecca J. Bowers, DO</td>
<td>NMO</td>
</tr>
<tr>
<td>4–4:30 pm</td>
<td>Exhibitor Break</td>
<td></td>
<td></td>
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<tr>
<td>5:30–6 pm</td>
<td>Senior Wellness: Kick the Cane</td>
<td>Erin N. Huston, DO</td>
<td>FOM</td>
</tr>
<tr>
<td>6–7 pm</td>
<td>Reception in Exhibit Hall</td>
<td></td>
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<tr>
<td>7–7:30 pm</td>
<td>SCOMS Membership Meeting</td>
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<tr>
<td>7–7:30 pm</td>
<td>Exhibit Hall Breakdown</td>
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### Saturday, Jun. 10

<table>
<thead>
<tr>
<th>Time</th>
<th>PRESENTATIONS/EVENTS</th>
<th>SPEAKER</th>
<th>SPECIALTY</th>
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</thead>
<tbody>
<tr>
<td>6:30 am–5:30 pm</td>
<td>Registration</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45–8 am</td>
<td>Breakfast Served</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30–8:30 am</td>
<td>Healthy Pets, Healthy People</td>
<td>Heather Bair-Brake, DVM, MS, DACVPM</td>
<td></td>
</tr>
<tr>
<td>8:30–9:30 am</td>
<td>Overview &amp; Prevention of Concussions</td>
<td>Arlene Greenspan, PT, DPH, MPH</td>
<td></td>
</tr>
<tr>
<td>9:30–10 am</td>
<td>Break</td>
<td></td>
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<tr>
<td>10–11 am</td>
<td>Vitamin D Deficiency and the Immune System: Implications for Primary and Specialty Care</td>
<td>Eleanor Campbell, DO</td>
<td>FM</td>
</tr>
<tr>
<td>11 am–noon</td>
<td>Super Food or Super Hype?</td>
<td>Barbara Ann Hughes, PhD, MPH, MS, RDN, FADA, FAND</td>
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<tr>
<td>Noon–12:30 pm</td>
<td>Lunch Served</td>
<td></td>
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<tr>
<td>12:30–1:30 pm</td>
<td>Luncheon Speaker: Women and Stable Ischemic Heart Disease</td>
<td>Kathleen Drinan, DO, FACDI, FACC</td>
<td>IM, C</td>
</tr>
<tr>
<td>1:30–2:30 pm</td>
<td>Prevention of Nosocomial Infections</td>
<td>Manuel D. Rodriguez, DO, MS, MPH, FACP</td>
<td>IM, ID</td>
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<tr>
<td>2:30–3:15 pm</td>
<td>Preoperative Evaluation: A Time-Saving Algorithm</td>
<td>Michael Arnold, MD, FAAFP</td>
<td>FP</td>
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<tr>
<td>3:15–3:30 pm</td>
<td>Break</td>
<td></td>
<td></td>
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<tr>
<td>3:30–4:30 pm</td>
<td>Do Genetic Tests Make Sense for Prevention?</td>
<td>Maria D’Addario, MS, LGC</td>
<td></td>
</tr>
<tr>
<td>4:30–5:30 pm</td>
<td>Adaptive Tai Chi for Rehabilitation</td>
<td>Robert Crook, DO</td>
<td>FOM, PHM</td>
</tr>
<tr>
<td>5:30–6:30 pm</td>
<td>GOMA Meet &amp; Greet Reception</td>
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<tr>
<td>6–7 pm</td>
<td>NCOMA General Membership Meeting</td>
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</table>
Sunday, Jun. 11

7 am–noon
Registration Open

7–8 am
Breakfast

TRACK: Primary Care Updates

7:30–8:30 am
Maxillary Expansion and Pediatric Sleep Apnea
John R. White, DDS

8:30–9:30 am
Beyond Opioids: Adjuncts for Treating Pain
Ronald Januchowski, DO, FACOFP

9:45–10:45 am
Childhood Obesity: Is Primary Prevention the Key to Decreasing the Prevalence and Co-Morbidities of Obesity Even Into Adulthood?
JuliSu DiMucci-Ward, MPH, RD, CDE, LD

10:45 am–noon
Let’s Talk: Screening Guidelines
Teresa M. Kilgore, DO, FACOI

Noon
Conference Adjourns

SPECIALTIES (in process):

- C  Cardiology
- FOM  Family Practice/OMT
- FP  Family Practice
- FSM  Sports Medicine/Family Practice
- ID  Infectious Diseases
- IM  Internal Medicine
- NMO  Neuromusculoskeletal Medicine/OMT
- PHM  Physical Medicine and Rehabilitation
- RHU  Rheumatology

ROME Southeast 2017 Educational Planning Committee:

- Ronald R. Burns, DO — Chair, AOA Trustee
- Michael Baron, DO (GA)
- Rebecca Bowers, DO (SC)
- Dianna Glessner, DO (GA)
- Ronald Januchowski, DO (SC)
- Tiffany Lowe-Payne, DO (NC)
- Donald Maharty, DO (NC)
- Bethany Powers, DO (SC)
- David Tolentino, DO (NC)
General Conference Information

Conference Co-Sponsors
ROME® Southeast is co-sponsored by the South Carolina Osteopathic Medical Society (SCOMS), North Carolina Osteopathic Medical Association (NCOM), and Georgia Osteopathic Medical Association (GOMA) together with the American Osteopathic Association.

Conference Materials/Registration Desk
Speaker handouts and slides are available for download at: www.osteopathic.org/romeSEhandouts. Copies of the Syllabus and Attendance Attestation Form will be distributed at the Registration Desk. A limited number of hard copies of the Evaluations and the Pre-Registrants list will also be available. Registration desk will be open Thursday, 11:00 am – 6:00 pm; Friday, 6:30 am - 6:00 pm; Saturday, 6:30 am – 5:30 pm; and Sunday, 7:00 am - Noon.

Evaluations
Please fill out the speaker and program evaluation form completely. This information not only helps the speaker in future presentations, it helps the ROME Planning Committee continue to develop valuable CME programming for you. Evaluations may be completed hard copy or online until July 11, 2017 at www.surveymonkey.com/r/ROME17SE-Evals.

Exhibit Hall
ROME® Southeast Education Committee and staff have worked hard to provide a mix of pharmaceutical and medical device representatives with a variety of service providers in our Exhibit Hall. The official hours for the Exhibit Hall are 7:00 am – 7:00 pm Friday. Please remember that their financial support is very important to keeping our conference rates level and moderate. You have received a form for exhibitors to initial – this completed form will serve as your raffle ticket (must be present to win). Additional details will be announced by Moderators.

Disclaimer
The lectures and presentations are intended for educational purposes only. Speakers and presenters provide their viewpoint and opinion based on their expertise. Their presentations are targeted at the audience as a whole and not to the specific circumstances of individuals attending the program. The presentations do not replace independent professional judgment and study of the specific details an attendee may be confronting. Statements of fact and opinions expressed are those of the individual presenters and, unless expressly stated to the contrary, are not the opinions or position of the ROME® cosponsors. ROME® does not endorse or approve, and assumes no responsibility for, the content, accuracy or completeness of the information presented.

Grievance Policy
All grievances should be in writing and specify the nature of the grievance and any particulars. Initially, all grievances should be directed to an Executive Director of a participating affiliate. The Executive Director will review all grievances and resolve if possible. If no resolution is possible, the Executive Director may then pass the information on to the ROME Educational Program Planning Committee. If the participant does not receive a satisfactory response, they may then notify the Council on Continuing Medical Education of the American Osteopathic Association at 142 E. Ontario St., Chicago, IL 60611.

Questions, Comments?
Please stop by the Registration Desk – open each day. After the conference, call the ROME® office at (312) 202-8215 or email us at ROME@osteopathic.org. Our fax number is (312) 202-8224.
CME & Specialty Credits Information

CME Credits Information
You MUST complete and sign the Attendance Attestation form and return it to ROME® Southeast staff in order for your CME credits to be granted and submitted to the AOA Continuing Medical Education office. No exceptions due to accreditation requirements. Please return the CME form when you leave, whichever day that is for you, or by Noon on Sunday morning.

The Georgia Osteopathic Medical Association, North Carolina Osteopathic Medical Association, and South Carolina Osteopathic Medical Society (ROME Southeast co-sponsors) are accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The ROME co-sponsors designate this program for a maximum of 25.5 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician’s participation in this activity. This Live activity, ROME Southeast 2017, with a beginning date of 06/08/2017, has been reviewed and is acceptable for up to 25.5 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The CME credits breakdown for each day is: Thursday, June 8: 3.5 credits; Friday, June 9: 9 credits; Saturday, June 10: 8.75 Credits; and Sunday, June 11: 4.25 1-A Credits.

CME certificates will be E-mailed approximately three weeks after the conference. Certificates cannot be processed on-site, and certificates will be held until all fees are paid in full. The last day to submit your form to ROME® Headquarters is MONDAY, JUNE 26, 2017. Attestation forms submitted AFTER this date will require a $25 processing fee in order for credits to be granted.

Specialty Credits Information
Specialty CME does not need to be Category 1-A. Specialty CME may be obtained in Category 1 or Category 2. Detailed info is available at https://www.osteopathic.org/inside-aoa/development/continuing-medical-education/Pages/cme-specialty-hours.aspx.

Here are the anticipated amounts of specialty credits offered at 2017 ROME® Southeast, pending final determination by each specialty certifying board*

<table>
<thead>
<tr>
<th>Specialty CME</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Emergency Medicine</td>
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<tr>
<td>Medical Toxicology</td>
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<tr>
<td>Family Medicine/OMT</td>
<td>25.5</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>4.75</td>
</tr>
<tr>
<td>Neuromusculoskeletal Medicine/OMT</td>
<td>3</td>
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<tr>
<td>OB/GYN &amp; OB/GYN Surgery</td>
<td>6.75</td>
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<tr>
<td>Pathology – Anatomic &amp; Anatomic/Lab Medicine</td>
<td>2.25</td>
</tr>
<tr>
<td>Laboratory Medicine</td>
<td>1.25</td>
</tr>
<tr>
<td>Physical Medicine &amp; Rehabilitation</td>
<td>1</td>
</tr>
<tr>
<td>Preventive Medicine</td>
<td>5</td>
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<tr>
<td>Psychiatry</td>
<td>2</td>
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<tr>
<td>Conjoint:</td>
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<tr>
<td>Sleep Medicine</td>
<td>1</td>
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</table>

*FYI: This program has been pre-routed to the Osteopathic Specialty Boards for confirmation of credits. **Bolded information has been confirmed by print deadline.** If a specialty is not listed, credits are unlikely; however, ALL those specialties NOT bolded are still pending review so numbers may change depending on the specific board’s determination.
ROME® 2017 SOUTHEAST
PROGRAM GUIDE

THURSDAY, JUNE 8

2:00 – 2:15 PM  Welcome, Opening Remarks

**Ronald R. Burns, DO, FACOFP** graduated from Ohio University College of Osteopathic Medicine in 1989. He completed his internship at Doctors Hospital of Stark County and his residency at Florida Hospital East Orlando. Dr. Burns is Board Certified in Family Practice. He holds a license in both Florida and Ohio. In the past, Dr. Burns served on the Governor Bush Health Information Infrastructure Board, the Florida Medicaid Formulary Study Panel, the Pharmaceutical & Therapeutics Committee, The Federation of State Medical Boards and other state and national committees. He served as President of the FOMA and FOMA District Society 3 and continues to serve as a Delegate to the AOA House of Delegates. He holds a teaching appointment at Florida Hospital. Dr. Burns has guest lectured for many prestigious, national organizations such as Harvard Medical School and is currently in private practice in Orlando, Florida. In 2011, Dr. Burns was reappointed by the Florida Governor to serve a second term as a member on the Florida Board of Osteopathic Medicine. He currently serves as a Trustee to the American Osteopathic Association.

Dr. Burns is the Program Chair for all three of the 2017 Regional Osteopathic Medical Education (ROME®) Conferences: Rocky Mountain in Keystone, CO; Southeast in Asheville, NC; and New England in Cambridge, MA.

2:15 – 3:45 PM  Ankylosing Spondylitis: Optimizing Diagnosis and Management in Primary Care

**Julie M. Jones, DO, MS** is an Internal Medicine specialist practicing in Munster, Indiana with the Franciscan Physician Network. An attending rheumatologist, she is also the Associate Fellowship Director and an Assistant Professor in the Department of Clinical Science for Midwestern University.

Dr. Jones is Board certified in Internal Medicine with subspecialty certification in Rheumatology completing her Rheumatology Fellowship at Franciscan Alliance/St. James Health in 2016. She is a 2011 graduate of the Midwestern University Chicago College of Osteopathic Medicine and in 2002 earned a Master of Science, Physician Assistant Studies from Rosalind Franklin University.

Today she will be presenting “Ankylosing Spondylitis: Optimizing Diagnosis and Management in Primary Care”, a session with an educational partner of Vindico Medical Education and supported by educational grants from AbbVie, Inc., Janssen Biotech, Inc., administered by Janssen Scientific Affairs, LLC, and UCB, Inc.

**Faculty Disclosure:**  No conflict

**Slides have been posted to the presentations website.**
Objectives - At the conclusion of the presentation, the learner will be able to:

- Recognize the differences between mechanical low back pain and inflammatory back pain in order to diagnose early and provide the appropriate intervention
- Assess patients for the symptomatic domains and diagnostic features of axial spondyloarthritis (AxSpA) and refer to a specialist as warranted
- Evaluate lifestyle and therapeutic interventions that are appropriate for the management of AxSpA

3:45 – 4:00 PM – Break

4:00 – 5:00 PM  Mindfulness in Medicine: Promoting Physician and Patient Wellness

Alexis M. Stoner, PhD, MPH is the Director of Preventive Medicine and Public Health at the Edward Via College of Osteopathic Medicine, Carolinas Campus. She has a Master’s degree in Public Health from The Ohio State University and a PhD in Curriculum and Instruction – Instructional Design and Technology from Virginia Tech. During her PhD program, her dissertation explored incorporating mindfulness as an instructional strategy to enhance reflection within a situation learning environment. Currently, her research focuses on incorporating five minute mindfulness exercises to build resiliency among adolescents, incorporating mindfulness within medical education, designing authentic learning experiences for undergraduate medical students, along with developing educational public health initiatives to improve health outcomes among underserved populations.

She is an active public health practitioner as a member of the Way to Wellville Access to Car for the Uninsured Committee and also the Road to Better Health Advisory Committee in Spartanburg, SC. Dr. Stoner was born and raised in Toledo, Ohio and now resides just outside Charlotte in Belmont, North Carolina. In her free time she likes spending time outdoors with family and friends, watching college football, traveling and attending live music events.

Faculty Disclosure: No conflict

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:

- Define mindfulness as a process and an outcome
- Identify ways in which mindfulness tools can contribute to greater well-being in physicians
- Identify benefits of mindful awareness for physicians in improving patient outcomes
- Identify benefits of mindful awareness and mindful practice for patients dealing with acute and chronic diseases
- Distinguish between basic evidence-based mindfulness techniques
- Engage in a brief mindfulness exercise
- Begin to identify areas and methods to incorporate mindfulness in their typical day
Cynthia Penkala, CMM, CMPE, CMSCS, CPOM serves as the Director of Practice Management and Vendor Relations for the American Osteopathic Information Association (AOIA). In her position, Cindy, provides assistance to osteopathic physicians and their practices on issues impacting the daily operations of the practice. She raises awareness of issues that may impact osteopathic physicians and their practices and oversees the development of member education to assist physicians. She is also responsible for establishing relationships with and vetting vendors that offer services that may help osteopathic physicians and enhance the AOA membership benefits.

With more than 36 years working in the health care industry, including: medical association experience, managing physician practices, working as a consultant, owning her own billing service, and an additional eight years working in the medical field in general, Cindy uses her versatile skill set to help physicians and their practices be successful. She does this through a continual focus on service offerings, investigation, education, process improvement and a solid background in health care services, organizational management, medical billing and personnel recruiting.

Before joining the AOA family, Cindy worked in the Private Sector Advocacy Department at the American Medical Association. In that role, she addressed issues with health insurers dealing with fair contracting, accurate payment, practice efficiency, clinical integrity and defensible fee schedules. She also worked closely with State and County Medical Society and National Specialty Associations.

Cindy has a Bachelor of Science degree in Healthcare Management from National Louis University. She is also a Certified Office Manager (CMM) from the Professional Association of Healthcare Office Management (PAHCOM), a Certified Medical Practice Executive (CMPE) from the American College of Medical Practice Executives (ACMPE), a Certified Multi-Specialty Coding Specialist (CMSCS) and Certified Practice Office Manager (CPOM) from the Professional Association of Healthcare Coding Specialists. She was awarded the 2006 Office Manager of the Year (OMOTY) from PAHCOM.

Faculty Disclosure: No conflict

Slides will be posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:

- Identify and avoid key issues that could lead to bad audit outcomes
- Maintain regular internal reviews of documentation and coding to ensure continued compliance
- Appropriately document OMT and E/M services when provided on the same date of service
- Identify the common roadblocks to appropriate reimbursement
- Effectively respond to reimbursement denials, ultimately receiving appropriate payment
FRIDAY, JUNE 9

7:30 – 9:30 AM  Common Upper and Lower Extremity Disorders that Can be Addressed with Osteopathic Manipulative Medicine

Thomas M. Motyka, DO serves as Associate Professor of Osteopathic Manipulative Medicine and Internal Medicine and Vice-Chair of the Department of Manipulative Medicine and Osteopathic Program Director for the Campbell University/Cape Fear Valley Health Internal Medicine Residency. He received a Doctor of Osteopathy from the Philadelphia College of Osteopathic Medicine in 1993, then completed his Internal Medicine Residency at The Cambridge Hospital/Harvard Medical School in Cambridge Massachusetts followed by a Primary Care Research Fellowship and Occupational/Preventive Medicine Residency at the University of North Carolina at Chapel Hill (UNC). He is board certified by the American Board of Internal Medicine and the American Osteopathic Board of Neuromusculoskeletal Medicine.

Before joining the Campbell medical faculty, Dr. Motyka was in private practice in Chapel Hill, North Carolina and Clinical Assistant Professor in the Department of Internal Medicine at UNC. He also ran the Osteopathic Manipulative Medicine Clinic in the Department of Family Medicine at UNC. He is a past President and Trustee of the North Carolina Osteopathic Medical Association as well a North Carolina Representative the American Osteopathic Association House of Delegates. Dr. Motyka has served as the Program Chairman, member of the Louisa Burns Osteopathic Research Committee, and member of the Educational Committee for the American Academy of Osteopathy.


Faculty Disclosure: Any conflicts will be announced on site by moderator.

Slides information was pending as of print deadline for this replacement speaker.

Objectives - At the conclusion of the presentation, the learner will be able to:
- Describe the use of osteopathic manipulative techniques in treatment of musculoskeletal problems of the upper and lower extremities
- Demonstrate manipulative techniques to assist patients in recovering from injuries of the upper and lower extremities to help relieve pain and improve function
- Describe and demonstrate basic osteopathic manipulative treatment techniques, their indications and contraindications

9:30 – 10:00 AM – Exhibitor Break

10:00 – 11:00 AM  The Power of Exercise

Donald C. Maharty, DO, FACOFP is Vice President of Medical Education, Cape Fear Valley Health System and Regional Assistant Dean, Campbell University Jerry M. Wallace School of Osteopathic Medicine. He
is originally from Wilkes-Barre, PA. After he graduated from the Philadelphia College of Osteopathic Medicine in 1993, Dr. Maharty entered Active Duty in the United States Army as a Captain and completed his Family Medicine Residency at The Tripler Army Medical Center Honolulu, Hawaii in 1996 where he served as Chief Resident. He completed a Faculty Development Fellowship at The UNC-Chapel Hill School of Medicine in 1999.

Dr. Maharty came to North Carolina in 1996 after being assigned to Fort Bragg, North Carolina. He has served as a Family Physician/Battalion Surgeon for the 2nd 325 Infantry Battalion 82 Airborne Division PROFIS and as a Teaching Faculty/Associate Director at the Womack Army Medical Center Department of Family Medicine Residency from 1997-2004. He completed the United States Army Aviation Medicine Course and served as the Flight Surgeon for the Golden Knights - US Army Parachute Team.

The founding Program Director for the Osteopathic Family Medicine Residency at the DUKE/Southern Regional AHEC Family Medicine Residency, Dr. Maharty successfully developed the program into a dually accredited residency (ACGME and AOA) and has served as Director of Medical Education (DME). He has served on the North Carolina Osteopathic Medical Association Board of Directors since 2008, including two terms as President. He currently serves as a Trustee and has been elected as a Delegate for the State of North Carolina to the American Osteopathic Association House of Delegates. Dr. Maharty is a member of the ROME Southeast 2017 Planning Committee.

Faculty Disclosure: No conflict

Slides will be posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Discuss health and well-being as it is related to exercise
• Review the EBM of exercise and health benefit
• Discuss the 5 components of exercise for health
• Explain an exercise prescription

11:00 AM – Noon Sleeping Your Way to Better Health

Andrew T. Martin, DO, MBA, FAWM, FAOASM is a board certified Family Medicine and Sports Medicine Osteopathic Trained Physician. He currently serves as the Director of Sports Medicine and Head Team Physician at Campbell University and is the Program Director for their Sports Medicine Fellowship Program. He is also the Co-Director of Campbell’s Human Performance Lab where his is involved in projects involving Nutrition, Sleep, Injury Prevention, and Performance.

Faculty Disclosure: No conflict

Slides will be posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Provide an overview of the insomnia epidemic in today’s society
• Discuss the health problems associated with lack of sleep
• Discuss ways to overcome insomnia and restore the body’s normal sleep pattern
Noon – 1:00 PM  AOA Health Policy and Advocacy Update

**Nicholas Schilligo, MS** is the Associate Vice President of State Government Affairs with AOA. He oversees the AOA’s interactions in the state legislative and regulatory arenas and works with state licensing and regulatory boards to ensure that the osteopathic medical profession is represented in their activities. This work includes helping DOs resolve licensing application issues and CME reporting discrepancies.

Prior to joining the AOA, he worked for six years at the North American Spine Society where he oversaw all aspects of the organizations advocacy and political activities. Mr. Schilligo holds a Master’s Degree in Public Policy and Public Service Management from DePaul University.

**Faculty Disclosure:** No conflict

**Slides will be posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:

- Assess the impact on health care of current public policy initiatives
- Construct the most effective pathway for your medical practice going forward
- Identify key issues affecting medical practice at the state or federal government level

1:00 – 1:30 PM – Lunch served in Exhibit Hall

1:30 – 2:15 PM  Simplifying the Discussion about Obesity

**Nicholas J. Pennings, DO** is board certified in Family Medicine and Obesity Medicine. After 22 years of private practice, Dr. Pennings moved into academic medicine joining the faculty of the Campbell University School of Osteopathic Medicine as an Assistant Professor in Family Medicine. He was recently named Chair of Family Medicine. In addition, he serves as the medical director of the Campbell University Health Center. Dr. Pennings serves on the board of trustees for the Obesity Medicine Association.

**Faculty Disclosure:** No conflict. Dr. Pennings is an independent contractor with Medifast and a Global Director in the Take Shape for Life optimal health program.

**Slides have been posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:

- Engage in effective patient discussion about weight
- Identify challenges to weight loss
- Utilize aspects of motivational interviewing in weight discussion
- Develop SMART goals for patient success

2:15 – 3:00 PM  When the Doctor Becomes the Patient: Avoiding the Burnout Syndrome
**Tiffany Lowe-Payne, DO** graduated from UMDNJ-SOM, now Rowan University, in New Jersey, where she also completed her Family Practice residency. She is currently a Clinical Professor at Campbell University School of Osteopathic Medicine and her medical practice is with the Wake Med Physician Practices Morrisville Primary Care and City Center Medical Group. Before that, she was with Duke University’s Duke Primary Care. Dr. Lowe-Payne is a member of the ROME Southeast 2017 Planning Committee, and she served as the Membership Chair for the North Carolina Osteopathic Medical Association.

**Faculty Disclosure:** No conflict.

**Slides will be posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:
- Define the elements of burnout syndrome and its precipitating factors
- Review prevalence of burnout syndrome among and how it is impacting the health and well-being of health professionals
- Discuss burdens of burnout syndrome on the healthcare system
- Increase awareness of methods that health care providers can employ in their daily lives to avoid becoming burned out
- Discuss support modalities that health care providers may utilize to help avoid symptoms of burnout

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**3:00 – 4:00 PM**  
**Vitamins, Minerals, and Neuromusculoskeletal Health**

**Rebecca J. Bowers, DO** lives in Greenville, SC and sees patients at her clinic, Fulcrum Osteopathic Wellness, LLC also located in Greenville, SC. She is an assistant professor of OMM at Edward Via College of Osteopathic Medicine – Carolinas Campus Spartanburg, SC. She is actively involved in the South Carolina Osteopathic Medical Society and is on its board of trustees. She graduated from Midwestern University – Arizona College of Osteopathic Medicine in 2011 and finished her Neuromusculoskeletal medicine/Osteopathic manipulative medicine (NMM/OMM) residency at Mercy Health Partners NMM/OMM in Muskegon, Michigan in 2014. She has previously presented at the AAO’s Convocation, SCOMS’s CME Conference, and the past 2 ROME SE conferences. Dr. Bowers is a member of the ROME Southeast 2017 Planning Committee.

**Faculty Disclosure:** No conflict.

**Slides will be posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:
- List the most common vitamins and minerals involved in neuromusculoskeletal health
- Recall signs, symptoms, and associated factors related to deficiencies or excesses of the most common vitamins and minerals involved in neuromusculoskeletal health
- Appropriately order and interpret diagnostic tests for the most common vitamins and minerals involved in neuromusculoskeletal health
- Develop an appropriate treatment plan for patients with deficiencies or excesses of the most common vitamins and minerals involved in neuromusculoskeletal health
4:00 – 4:30 PM – Exhibitor Break

4:30 – 5:30 PM  

Adrienne Z. Ables, PharmD is Assistant Dean for Faculty Development and Professor of Pharmacology at the Edward Via College of Osteopathic Medicine – Carolinas Campus. Dr. Ables has been a Medical Educator for over 25 years. She spent the first 20 years as a faculty member with the Spartanburg Family Medicine Residency Program and in 2011, joined the founding faculty at VCOM – Carolinas. Her research interests are broad-based, spanning the breadth of primary care. Viewing herself as a life-long learner, she is currently completing her Masters of Science in Medical Education and Leadership through the New England School of Osteopathic Medicine. In addition to teaching in the didactic program of the 1st and 2nd year, she sees patients at the local free medical clinic where, together with OSM-II students, she conducts medication therapy management visits.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Define Medication Therapy Review (MTR)
• Explain the rationale for routine MTRs
• Identify appropriate candidates for MTRs
• Develop a process for MTRs in their own practices

5:30 – 6:00 PM  
Senior Wellness: Kick the Cane

Erin N. Huston, DO is a Fellow of Geriatrics at the Edward Via College of Osteopathic Medicine Carolinas Campus in Spartanburg, South Carolina. As a native of Ohio, Dr. Huston began to first nurture her interest in elder care at a young age with her first paying job in a continuing care retirement community. She obtained her Osteopathic Medical training at Nova Southeastern University in Fort Lauderdale, Florida. In her post-graduate training Dr. Huston served as Chief Resident in her Family Medicine program at Florida Hospital East Orlando.

Dr. Huston maintains many interests in addition to Geriatrics which include teaching, college football, family travels, walks with her elderly Golden Retriever Nader, and exploring the world with her two year old son, Grayson.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Recognize benefits that individualized exercise can bring to the elder population
• Identify appropriate exercises for patients in a frail state
• Prescribe a unique exercise routine for elder patients
SATURDAY, JUNE 10

7:30 – 8:30 AM    Healthy Pets, Healthy People

CDR Heather Bair-Brake, MS DVM, DACVPM is a veterinary public health officer who has been with CDC since 2003. Over the last 14 years, she has served in a communications role both in the Division of Foodborne, Waterborne, and Environmental Diseases and in the Division of Global Migration and Quarantine. CDR Bair-Brake most recently served as the Communications Team Lead for the Quarantine and Border Health Services Branch. Since joining CDC she has been instrumental in the development of several communication programs most notably: Get Smart on the Farm, a partnership with agriculture on antibiotic resistance in livestock; the Zoonoses Education Coalition, a collaboration among pet industry and public health stakeholders to educate pet owners on risks of Zoonoses; Veterinary Student Day, a biennial seminar to teach veterinary students about careers in public health; and, Healthy Pets Healthy People, the only federal website devoted to educating the public about pet-associated zoonotic diseases and handling pets safely.

Among other things, CDR Bair-Brake is currently developing a training center at Hartsfield-Jackson International Airport to provide hands-on training for Quarantine Field Staff. She has actively participated in 11 emergency responses including Hurricane Katrina, Japan Nuclear Radiation, H1N1, and the Ebola response. CDR Bair-Brake received her Bachelor of Science at Hope College, her Master of Veterinary Science from the University of Kentucky, her Aquatic medicine certificate from AQUAVET, and her veterinary degree from Michigan State University.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
- Present examples of pet related zoonotic diseases
- Explain disease risks associated with popular pets
- Describe consequences of these infections and emphasize preventive measures

8:30 – 9:30 AM    Overview & Prevention of Concussions

Arlene Greenspan, PT, MS, MPH, DrPH is the Associate Director for Science at CDC’s National Center for Injury Prevention and Control (Injury Center). The Injury Center’s research and programmatic activities include both violence and injury prevention. For more than 25 years, Dr. Greenspan has conducted epidemiology and health services research in a variety of areas in injury prevention and control including teen driving, child passenger safety, falls prevention, and traumatic brain injury.

While Dr. Greenspan has spent most of her public health career at CDC’s Injury Center, joining CDC as an Epidemic Intelligence Service Officer in 1991. From 1996-2003 she served as Assistant Professor in the Department of Rehabilitation Medicine at Emory University. Her research at Emory University focused on traumatic brain injury, injury outcomes, prevention of falls among older adults, and stroke rehabilitation. She has authored numerous peer-reviewed publications, and given oral presentations in a
variety of injury prevention and control topics, including traumatic brain injury, falls prevention, and motor vehicle safety.

Dr. Greenspan received a Bachelor of Science degree in Physical Therapy from the State University of New York at Buffalo, a Master of Science in Special Education from Johns Hopkins University, and Master of Public Health and Doctor of Public Health degrees from the Johns Hopkins Bloomberg School of Public Health.

Faculty Disclosure: No conflict.

Slides and handouts have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:

• Describe trends in the incidence of concussion overall and by mechanism of injury. Discuss differences in trends by demographic characteristics. Understand the limitations of currently available data
• Discuss strategies for prevention of the major causes of concussion
• Describe the Stopping Elderly Accidents, Deaths, and Injuries (STEADI) initiative for Health Care Providers as a strategy to screen for fall risk and tailor prevention strategies to reduce falls among older adults
• Discuss current evidence on the recovery and management of concussion
• Examine short and long-term consequences of concussion

9:30 – 10:00 AM – Exhibitor Break

10:00 – 11:00 AM Vitamin D Deficiency and the Immune System: Implications for Primary and Specialty Care

Eleanor Campbell, DO is a native Chicagoan with a BS/MS in biology from the University of Illinois and a DO degree from the Kirksville College of Osteopathic Medicine. In 1992, she completed her Family Medicine residency at the Medical College of Georgia in Augusta and is double board-certified in Family Medicine and Integrative and Holistic Medicine.

Dr. Campbell currently runs a solo, concierge-style integrative and holistic family practice in Cumming, GA. She has specialty interests in interdisciplinary collaboration, root cause resolution of chronic health conditions, innovative medical practice design, functional and restorative medicine, Functional Neurology, prevention of stroke and heart attacks, Bio-Identical Hormone Replacement Therapy and Vitamin D.

Since 2010, Dr. Campbell hosts monthly networking via The Consortium of Integrative Care Practitioners of Atlanta and frequently lectures to both lay groups and physician medical education conferences. She is a medical advisor to the social wellness network www.DaoCloud.com, and starting in 2017 teaches how to practice functional medicine in a membership model via www.revolutionpractice.com. In her spare time, Dr Campbell enjoys live theater, gardening, hiking, travel, cooking and playtime with her husband and three college age daughters.
Faculty Disclosure: No conflict. Dr. Campbell anticipates discussing use of Vitamin D; evidence-based dosing of Vitamin D that is not commercially available.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Explain the basics of Vitamin D synthesis
• Identify the most useful lab tests for diagnosing Vitamin D deficiency
• Review the role of Vitamin D in the acquired and innate immune system
• Explore Vitamin D in autoimmunity (RA, Hashimoto’s, MS, T1DM)
• Discuss the association of Vitamin D with infectious disease: TB, HIV, influenza
• List pearls and caveats of high dose Vitamin D support
• Briefly discuss the adjunctive roles of Vitamin K and Vitamin A

11:00 AM – Noon   Super Food or Super Hype?

Barbara Ann Hughes, PhD, MPH, MS, RDN, FADA, FAND began her journey in the field of dietetics and nutrition in 1961. At The Ohio State University, she studied with Levelle Wood in the area of Institution Management and Food Systems, then was accepted to the Medical School and switched to hospital/medical dietetics completing the Dietetics Internship and research in Metabolism vs Exercise and healthy or not so healthy foods.

She became a Public Health Nutritionist with the Board of Health of North Carolina while earning her MPH part-time and was named Director of the Nutrition and Dietary Services Branch in the reorganized NC Department of Health and Human Services. While in this position she and her staff helped NC counties implement the federal Women, Infants and Children’s (WIC) Nutrition Program.

She earned her PhD in Health Services, established a private practice and maintains these credentials: RD (Registered by Commission of Dietetic Registration, Academy of Nutrition and Dietetics), LDN (Licensed by the NC Board of Dietetics and Nutrition), and FADA/FAND (Fellow of Academy of Nutrition and Dietetics). Over her career, Dr. Hughes has taken regional and national leadership roles in her profession as well as in local government service.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Compare fad diets vs. balanced diets (Ile, paleo, Adkins, The Zone, etc.)
• Discuss new food trends (convenience as juicing, raw food, etc.)
• Discern which nutritional information is reliable
• Describe how a Registered & Licensed Nutritionist/Dietitian (RDN) may help
• Explain how to read the new food label

Noon – 12:30 PM – Lunch Served
**12:30 – 1:30 PM  Women and Stable Ischemic Heart Disease**

Kathleen Drinan, DO, FACC, FACOI is a board-certified cardiologist in private practice since 1999. Dr. Drinan has been recognized as a Fellow in the American College of Cardiology and the American College of Osteopathic Internists. She is a registered Physician in Vascular Interpretation, member of the American Registry of Diagnostic Medical Sonographers, and a Diplomat of the National Board of Echocardiography and Accreditation Council for Clinical Lipidology (ACCL).

Her years of experience and commitment to higher education sound throughout her career. Dr. Drinan’s clinical affiliations include Palos Community Hospital, Advocate Christ Hospital and Silver Cross Hospital. She is a clinical instructor in the Department of Medicine at the University of Illinois at Chicago, an associate member in the Section of Cardiology at the University of Chicago, and an active member of the American Osteopathic Association, the American College of Cardiology, American Society of Echocardiography and the National Lipid Association.

**Faculty Disclosure:** No conflict. She has these disclosures: Speakers Bureau for Gilead Science, AstraZeneca, Novartis, and Amgen.

**Slides have been posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:
- Discuss the epidemiologic trends as well as the health and economic burden of SIHD in women
- Include gender-specific pathophysiologic factors in SIHD
- Utilize diagnostic approaches, risk stratification, and management approaches in treating women with stable ischemic heart disease

**1:30 – 2:30 PM  Prevention of Nosocomial Infections**

Manuel “Manny” D. Rodriguez, DO, MS, MPH, FACP is an Infectious Disease physician currently in private practice in North Georgia. He received his Master’s degree in Biomedical Science from Barry University in 2002. In 2006, he obtained both his Doctor of Osteopathic Medicine and Masters of Public Health from Nova Southeastern University in South Florida. After completing his Osteopathic internship at Palmetto General Hospital in Hialeah, Florida in 2007 he moved to Mobile, Alabama where he completed his residency at University of South Alabama in 2010 and stayed on as Chief Medical Resident for an additional year. In 2011, he and his family moved to Washington, DC where he completed his fellowship in Infectious Diseases at The George Washington University in 2013. Throughout his training he has received numerous teaching awards, and since joining his practice has been asked to lecture on Infectious Disease topics at both local and state conferences.

He is currently Board Certified in Infectious Disease and Internal Medicine and has professional affiliations with the Alpha Omega Alpha Medical Honor Society, the American College of Physicians where he was recently elected to the status of Fellow, and the Infectious Disease Society of America. He and his partners at Infectious Disease Services of Georgia believe in providing comprehensive infectious disease and wound care through their offices and helping to prevent hospital admissions and readmissions with the help of their nationally accredited infusion center.
Faculty Disclosure: No conflict. He has been on the Speakers Bureau for Allergan.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Establish the morbidity and mortality risks and increased hospitalization costs for patients who develop nosocomial infections
• Identify types of nosocomial and healthcare-associated infections and the diseases and organisms involved
• Utilize evidence-based infection control guidelines to detect and prevent these infections

2:30 – 3:15 PM Preoperative Evaluation: A Time-Saving Algorithm

Michael “Mike” Arnold, MD, FAAFP is a Family Medicine physician currently serving as residency faculty at Naval Hospital Jacksonville, Florida. Prior to medical school, he was a U.S. Navy submarine officer and later a systems engineer for Ford Motor Company, where he coordinated an engine design for the 2003 Lincoln LS sedan. Returning to the Navy, he completed medical school in the Uniformed Services University of the Health Sciences, graduating in 2006. He completed his residency in Family Medicine at Naval Hospital Jacksonville, where he now works as faculty. He has been fortunate enough within his medical career to serve in Naples, Italy and the Pacific Island of Guam, where he was able to practice hyperbaric medicine. He has been able to deploy in support of a humanitarian mission as well as numerous shipboard deployments.

Notwithstanding the varied opportunities of his military medical career, Dr. Arnold’s passion is medical education. In his current position, he supervises residents in the clinic as well as on the ward and labor deck. Thrilled to be working with residents, he includes them in scholarly activity when able. His research interests are varied, but include headache prevention and treatment, chronic musculoskeletal injuries and improving the clinic encounter. In late 2017, he will be transferring to the Uniformed Services University as Family Medicine faculty, a new opportunity in medical education. He has been married for nineteen years to Cyndi, who enjoys moving every few years and finds gratifying employment everywhere. They have a daughter Kendall, who will matriculate at the University of Maryland in the fall.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Determine cardiac risk for preoperative patients
• Consider preventative medicine in the preoperative patient
• Recognize common medication dilemmas in the preoperative patient

3:15 – 3:30 PM Break
**3:30 – 4:30 PM  Do Genetic Tests Make Sense for Prevention?**

Maria D’Addario, MS, LGC is a licensed and certified genetic counselor with more than 25 years of experience in clinical practice. She has worked as an assistant genetic counseling program director mentoring future genetic counselors and most recently, as a medical science liaison in the diagnostic laboratory space. She has been actively involved in educating clinicians in the areas of genetic testing for cardiology, neurology, oncology and whole exome and genome sequencing including in research in these areas. She is currently working on the provision of genetic counseling services to underserved areas. Ms. D’Addario earned her MS in Genetic Counseling at the University of California, Irvine, is board certified in Genetic Counseling, and has served as an author of Board Certification Exam Questions for the American Board of Genetic Counseling.

**Faculty Disclosure:** No conflict. She is employed by Fulgent Genetics.

**Slides have been posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:

- Describe the clinical utility of genetic testing in cancer and other areas of medicine
- Identify specific genetic variants that increase the risk for a medical condition, such as breast cancer
- Recognize how using genetic testing can benefit family members

**4:30 – 5:30 PM  Adaptive Tai Chi for Rehabilitation**

Robert Crook, DO is a 1988 graduate of Nova Southeastern who is board certified in Physical Medicine and Rehabilitation and Family Practice. He has been in private practice since 2000 in Chattanooga, TN.

Zibin Guo, PhD is a medical anthropologist specializing in Chinese medicine & health traditions; community health, culture & mental health, disability & health, Asian American study and cross-cultural aging & health. Currently he is a UC Foundation Professor of Medical Anthropology at University of Tennessee Chattanooga. Dr. Guo received the certificate of training in Chinese medicine in 2003 from China Academy of Traditional Medicine. Before joined University of Tennessee Chattanooga, he served as lecturer at Harvard Medical School, and the director of Clinical Studies at New England School of Acupuncture. He received the Ph.D. degree in Anthropology from University of Connecticut in 1994.

**Faculty Disclosure:** No conflict.

**Slides have been posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:

- Present philosophy, history, applications of Tai Chi and how they apply to different patient groups
- Present articles in the literature concerning Tai Chi and their shortcomings
- Demonstrate Tai Chi and respond to questions pertaining to Tai Chi and available resources
SUNDAY, JUNE 11

7:30 – 8:30 AM  Maxillary Expansion and Pediatric Sleep Apnea

John R. White, DDS is the only American Academy of Dental Sleep Medicine-board certified Dentist in South Carolina. A graduate of the University of Texas Dental Branch in Houston and a graduate of L. D. Pankey Institute for Advanced Dental Studies, he has been in private practice for 38 years. He notes that he is the first dentist in South Carolina to be contracted with Medical Insurance. Dr. White has developed several abstracts, including “Dental Clinicians’ Observation of Combination Therapy in PAP-Intolerant Patients” which was published by Sleep Review in March 2015.

Faculty Disclosure: No conflict.

Slides will be posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Explain how abnormal naso-maxillary growth, increased airway resistance and sleep disturbed breathing are linked
• Use a simple visual inspection to check maxillary deficiency
• Discuss dental treatment options

8:30 – 9:30 AM  Beyond Opioids: Adjuncts for Treating Pain

Ronald Januchowski, DO, FACOFP graduated from the New York College of Osteopathic Medicine in 1993, and did a rotating internship at Botsford Hospital in Farmington Hills, Michigan. He completed his Family Medicine residency at Womack Army Medical Center in 1998. He is Board Certified in Family Medicine, and currently serves as the Associate Dean for Medical Education for the Via College of Osteopathic Medicine in Spartanburg, South Carolina where he directs the didactic education for 320 first and second year medical students. He is actively involved in clinical and academic research and serves as the Chair of the Spartanburg Medical Center Institutional Review Board as well as the Associate Editor of Osteopathic Family Physician. Dr. Januchowski is a Trustee of the South Carolina Osteopathic Medical Society and a member of the ROME Southeast 2017 Planning Committee.

Faculty Disclosure: No conflict. He anticipates referencing unlabeled/unapproved uses of Metformin, Ketamine, Lidocaine, dextromethorphan for pain control adjuncts.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Summarize the risks of opiates when used for non-cancer pain
• Compare and contrast the mechanisms of pain
• List some adjunct non-pharmaceutical methods for pain control
• List adjunct pharmaceutical methods for pain control
• Devise a treatment plan for a patient using adjunct treatment methods for pain

9:30 – 9:45 AM – Break
9:45 – 10:45 AM  Childhood Obesity:  Is Primary Prevention the Key to Decreasing the Prevalence and Co-Morbidities of Obesity Even Into Adulthood?

JuliSu DiMucci-Ward, MPH, RD, CDE, LD is a registered dietitian/nutritionist with more than 30 years of experience. She has worked in clinical nutrition, public health, academia and in community organizations. Alma maters include University of California Davis and University of North Carolina, Chapel Hill. Ms. DiMucci-Ward is currently in a doctoral program at Clemson University, in the school of Nursing Health Care Genetics program. A particular favorite is working with high risk populations. Ms. DiMucci-Ward says: Quality of life matters, and what we choose to do or not do, or what we choose to eat or not eat has profound impact on us. Her goal is to empower others to choose a path that will increase their odds of good health. Because nutrition impacts us from womb to tomb, our nutrition choices today will likely impact not only our children but our grandchildren.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Recognize how the prevalence of childhood obesity has changed over time
• Identify what factors impact obesity on a community level and why we eat
• Name risks associated with overweight and obesity and link to adult onset disease
• Identify abnormal growth trends in terms of obesity
• Discuss opportunities for prevention of obesity prenatally and in childhood
• Outline existing community resources

10:45 AM – Noon  Let’s Talk:  Screening Guidelines

Teresa Kilgore, DO, FACOI is a graduate of the West Virginia School of Osteopathic Medicine who completed an Internal Medicine Residency in 1990. She is board certified in IM and practiced office and hospital based medicine for approximately ten years in Cheraw, SC. From there she worked as a hospitalist at Bon Secours St Francis Hospital in Greenville, SC for 2 years and then the next 12 years as the Associate Medical Director of the Chest Pain Center at Greenville Memorial Hospital. In 2011, she moved to her current position at Edward Via College of Osteopathic Medicine as the Clinic Chair of Internal Medicine. She enjoys balancing the challenges of academic medicine and sharing more than 25 years of practical clinical experience. Dr. Kilgore gives back to the profession on a local level with service to the Columbia Free Medical Clinic, on a state level as current President of the South Carolina Osteopathic Medical Society, and on a national level with the American Osteopathic Association, American College of Osteopathic Internists, and the National Board of Osteopathic Medical Examiners.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Consider their current practice of screening adult patients in the following areas: Depression, OSA, COPD, Colorectal, skin and breast CA, Latent TB, syphilis and genital Herpes
• Review the 2016-17 USPSTF screening guideline updates for these topics
• Integrate the current guidelines into their practices
CONFERENCE/SPEAKERS EVALUATIONS &
OUTCOMES MEASURES QUESTIONNAIRE

Your feedback is very important, to the speakers, the planning committee, and the success and educational value of future ROME® conferences. Please take a few minutes to let us know what you think about the 2017 ROME Southeast CME.

Two options: you may use the hard copy forms (either turn in on site or fax to (312) 202-8224) or complete online at: https://www.surveymonkey.com/r/ROME17SE-Evals.

The evaluations survey will be open until July 11th.

Also, by June 27th you will receive by email a link to an Outcomes Measurement Questionnaire – this is different from the Evaluations Survey. It will only be open two weeks until Tuesday, July 11, 2017, and completers of this Outcomes Measurement survey will earn an additional 2 credits of 1-A CME at no extra charge.

Thank you!
DISCLOSURE STATEMENT

It is the policy of the ROME® Southeast to ensure balance, independence, objectivity, and scientific rigor in all of its sponsored educational activities. All faculty participating in a sponsored activity are expected to disclose to the activity audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of the continuing medical education program, including significant financial interest or other relationship: (1) with manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in an educational presentation, and (2) with any commercial supporters of the activity. (Significant financial interest or other relationship may include such things as grants or research support, employee, consultant, major stockholder, member of speaker’s bureau, etc.)

The intent of this disclosure is not to prevent a presenter with a significant financial or other relationship from making a presentation, but rather to provide listeners with information on which they can make their own judgments. It remains for the audience to determine whether the presenter’s interests or relationships may influence the presentation. In addition, presenters must make a meaningful disclosure to the audience of their discussion of unlabeled or unapproved drugs or devices.

Speakers were asked to declare any financial interest/arrangement or affiliation that may be perceived as a conflict of interest in the context of their presentations along with any anticipated off label use or unlabeled/unapproved uses of drugs or products.

What Speakers reported is included along with their biographical sketch, indication of availability of their slides, and their learning objectives in the Program Guide section of this Syllabus.

ACKNOWLEDGMENTS

ROME® Southeast co-sponsors gratefully acknowledge this support:

For presentation “Ankylosing Spondylitis: Optimizing Diagnosis and Management in Primary Care”
- Vindico Medical Education. This activity is supported by educational grants from AbbVie, Inc., Janssen Biotech, Inc., administered by Janssen Scientific Affairs, LLC, and UCB, Inc.
For presentation “Women and Stable Ischemic Heart Disease”
- This activity is jointly provided by the University of Nebraska Medical Center, the University of Florida College of Pharmacy and Practice Point Communications. This activity is supported by an independent educational grant from Gilead Sciences Medical Affairs.

For presentations “Healthy Pets, Healthy People” and “Overview & Prevention of Concussions”
- Speakers provided by the Centers for Disease Control and Prevention

For presentations “Coding and Billing for OMT & Other Top Questions Asked of AOA Practice Management Experts” and “AOA Health Policy and Advocacy Update”
- Speakers provided by the American Osteopathic Association

For the Friday evening Reception
- Edward Via College of Osteopathic Medicine – Carolinas

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OSTEOPATHIC PLEDGE OF COMMITMENT

As members of the osteopathic medical profession, in an effort to instill loyalty and strengthen the profession, we recall the tenets on which this profession is founded – the dynamic interaction of mind, body and spirit; the body’s ability to heal itself; the primary role of the musculoskeletal system; and preventive medicine as the key to maintain health. We recognize the work our predecessors have accomplished in building the profession, and we commit ourselves to continuing that work.

I pledge to:

Provide compassionate, quality care to my patients;

Partner with them to promote health;

Display integrity and professionalism throughout my career;

Advance the philosophy, practice and science of osteopathic medicine;

Continue life-long learning;

Support my profession with loyalty in action, word and deed; and

Live each day as an example of what an osteopathic physician should be.
GUEST ROOMS
Main Inn
All three-digit rooms are located in the Main Inn

Sammons Wing
All four-digit rooms ending with the numbers 11-44 are located in the Sammons Wing

Vanderbilt Wing
All four-digit rooms ending with the numbers 50-77 are located in the Vanderbilt Wing

Spa
Take the guest floor elevators in the Sammons or Vanderbilt Wing to access Spa tunnel

Elaine’s Dueling Piano Bar
Take the Atrium elevator to level “E” in the Vanderbilt Wing

MEETING ROOMS
All meeting rooms are located as listed below.

Vanderbilt Wing
(8th Floor)
The Grand Ballroom
Coolidge Suite
Eisenhower Suite
Hoover Suite
Roosevelt Suite
Taft Suite
Wilson Suite

Sammons Wing
(Lobby Level)
Dogwood Suite
Heritage Ballroom
Laurel Suite
Rhododendron Suite
Skyline Room
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