

# 39th Annual Mountain Medical Meeting

**Oct. 25 – 27, 2019**

The Omni Grove Park Inn  
Asheville, N.C. 28804



[Northwestahec.org](http://Northwestahec.org)

 [#39MtnMed](https://twitter.com/39MtnMed)

 **Wake Forest®**  
School of Medicine



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## Overview / Target Audience

This activity, targeted to primary care providers such as residents, physicians, nurses and advanced practice providers, is designed as a review/update of selected areas of medicine. By attending, participants should increase their knowledge of the subjects presented and then be able to apply that knowledge to specific patient management problems.

As part of its commitment to diversity and inclusion, the Northwest AHEC and Wake Forest Baptist Health provides compassionate education and respectful care for all, regardless of sexual orientation, gender identity or expression.

## Objectives

Upon completion of the symposium, participants should be better able to:

- Identify the benefits of exercise.
- Initiate early workup for rheumatologic diseases in primary care.
- Identify appropriate patients that may need to be referred to a rheumatologist.
- Compare treatments for lower back pain.
- Discuss treatment management plans and challenges to treatment of patients with fibromyalgia.
- Identify treatment options outside of benzodiazepines for the treatment of anxiety disorders.
- Develop treatment plans for depressive symptoms resistant to first line therapies.
- Distinguish unhealthy from healthy dependency.
- Examine strategies for patient panel management that include “the difficult patient.”
- Describe appropriate outpatient workup prior to diagnosis of adult ADHD.
- Identify options for pharmacologic and non-pharmacologic treatments.
- Utilize meditation in a primary care office.

## Handouts

All registered attendees will receive access to an electronic syllabus made available through an internet download (a pdf document, which requires Adobe Reader to view). You will be emailed the link to the electronic syllabus at least three days before the course.

## Registration Fee

- \$500 (postmarked by Sept. 27, 2019)
- \$575 (postmarked after Sept. 27, 2019)

**Register and pay online** at [northwestahec.org](http://northwestahec.org) or complete and return the attached registration form by mail or fax. Payment by credit card (Visa, MasterCard, and American Express) accepted online. Personal check, corporate check, money order, or WFBMC internal transfer accepted by mail.

## Payment Policy

Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received before the activity start date, you will be required to provide a personal credit card or check. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment.

## Refund Policy

Cancellations received in our office before September 20, 2019 will receive a 100% refund. Cancellations must be in writing (fax, email or mail). You may send a substitute in your place if you notify the Office of Continuing Medical Education by October 18, 2019.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success. If you have not received confirmation of your registration 24 hours before the program date, please call Amanda Pearson at 336-713-7715 or email [awpearso@wakehealth.edu](mailto:awpearso@wakehealth.edu) to verify the status of your registration.

Registering for and attending this program authorizes Northwest AHEC/Wake Forest School of Medicine to take pictures to be used for the Center's publications, website (including social media sites) and presentations.

## AGENDA

### Friday, Oct. 25, 2019 — Musculoskeletal Medicine

- 7 am **Registration and Continental Breakfast**
- 8 am **Exercise as Medicine**  
Laura Lintner, DO
- 9 am **Rheumatology for the Primary Care Doctor**  
Rachel Wolfe, MD
- 10 am **Break**
- 10:15 am **Treatment Options for Lower Back Pain**  
Laura Lintner, DO
- 11:15 am **Fibromyalgia Panel**
- 12:45 pm **Adjourn**

### Saturday, Oct. 26, 2019 — Mental Health

- 7 am **Registration**
- 8 am **Anxiety Disorders**  
Tiffani Bell, MD
- 9 am **Refractory Depression**  
Karen Green, MD
- 10 am **Break**
- 10:15 am **Dependent Personality**  
Tiffani Bell, MD
- 11:15 am **Adult ADHD**  
Karen Green, MD
- 12:15 pm **Meditation in a Primary Care Setting**  
Mario Zapata, MD
- 1:15 pm **Adjourn**

### Sunday, Oct. 27, 2019 — Infectious Disease

- 7 am **Family Breakfast (Until 9 am)**
- 8 am **Antibiotic Use and Misuse — Anti-microbial Stewardship**  
Luis Barroso, MD
- 9 am **Measles and Other Consequences of Not Vaccinating**  
Sarah Cartwright, MD
- 10 am **Break**
- 10:15 am **Current Issues in Pop Health from an ID Standpoint**  
Luis Barroso, MD
- 11:15 am **Adjourn**

## Wake Forest School of Medicine Faculty

**Laura Lintner, DO**  
Family Medicine

**Rachel Wolfe, MD**  
Rheumatology

**Tiffani Bell, MD**  
Psychiatry

**Karen Green, MD**  
Psychiatry

**Luis Barroso, MD**  
Infectious diseases

**Sarah Cartwright, MD**  
Family Medicine

### Guest Faculty

**Mario Zapata, MD, PC**  
Mind and Body Wellness  
Statesville, NC

## Credit

The Wake Forest School of Medicine designates this live activity for a maximum of 12.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity, 39th Annual Mountain Medical Meeting, with a beginning date of Oct. 25, 2019–Oct. 27, 2019, has been reviewed and is acceptable for up to 12.50 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.

## Accreditation

The Wake Forest School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## Conflict of Interest Policy

It is the policy of Wake Forest School of Medicine to require disclosure of any significant financial interest or any other relationship a faculty member or planning committee member has with the manufacturer(s) of any commercial products or services discussed in an educational presentation. This information will be shared with all participants at the conference.

## Provided by

Northwest Area Health Education Center (AHEC), a program of Wake Forest School of Medicine and part of the NC AHEC system.

## Special Needs

Wake Forest School of Medicine adheres to the Americans with Disabilities Act. Please report to the Office of Continuing Medical Education at 336-713-7700 any special needs you may have for participation in or access to this educational activity.

## The Omni Grove Park Inn

Located on famous Sunset Mountain in the heart of the Smokies, The Omni Grove Park Inn is one of the few “grand hotels” still in existence. Besides the Inn’s own 18-hole golf course, there are 16 more outstanding courses within an hour’s drive. For tennis buffs, there are eight courts on the premises. Take a drive along the Blue Ridge Parkway or visit the famous Biltmore House and Gardens—a 250-room mansion filled with priceless works of art, furniture and antiques. And for those wanting extra relaxation, plan to visit the Inn’s world-renowned spa.

## Reservations

The Omni Grove Park Inn is holding a block of rooms.

Room block fills quickly — reserve your room today! The reservation cutoff date is Tuesday, Sept. 24, 2019. Reservations after this date are subject to prevailing rates and availability.

To make reservations, please call the Omni Call Center, at 800-438-5800. The group code is “102419WFSCHOOLO.” The hotel accepts Visa, MasterCard, Discover and American Express. The room rate is \$329/night plus taxes.

To book online, go to [Omnihotels.com](http://Omnihotels.com). For spa reservations, call 877-SPA-0747 or 828-252-2711 (ext. 2SPA). Garage Parking: \$15 / Valet: \$22

## Asheville

Set in the Great Smoky Mountains, Asheville provides visitors with activities to suit many tastes. Golf, tennis, hiking, fishing, sightseeing, shopping and crafts in the scenic mountain environment make Asheville an attractive area to spend leisure time while attending the 39th Annual Mountain Medical Meeting. More detailed information about the area can be obtained by contacting the Asheville Area Chamber of Commerce.

## Additional Information

### **Also join us next year for the 40th Annual Mountain Medical Meeting**

Date and location to be announced.

For additional information, please contact Amanda Pearson at the Office of Continuing Medical Education at least five working days before the activity at 336-713-7715, or email [awpearso@wakehealth.edu](mailto:awpearso@wakehealth.edu).

*Please share this information with a colleague.*



# Registration Form

39th Annual Mountain Medical Meeting Medical Symposium

Oct. 25–27, 2019

## Registration Fees

Register online at [northwestahec.org/59114](http://northwestahec.org/59114)

- \$500 (if postmarked by Sept. 27, 2019)
- \$575 (if postmarked after Sept. 27, 2019)

Please indicate the number of people for the Sunday Family Breakfast.

- Yes, I will attend (no charge)
- Yes, I will have a guest (no charge)
- Yes, I will bring additional guests at \$25 each \$ \_\_\_\_\_
- Yes, I will bring additional children at \$12 each \$ \_\_\_\_\_ (children ages 3–12)

Name \_\_\_\_\_

Profession \_\_\_\_\_ Degree \_\_\_\_\_

Job Title \_\_\_\_\_

Last four digits of primary phone # (required):

Employer Name \_\_\_\_\_

**Contact Method:**  Mail Only  Email Only  Both

**Mailing Address:**  Home  Work

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

**Preferred Email Address (Required):**  Home  Work

Work \_\_\_\_\_ Home \_\_\_\_\_

## Ways to Register:

- ▶ **Register online** by clicking the following link: [www.northwestahec.org/59114](http://www.northwestahec.org/59114)  
Visa, MasterCard, and American Express accepted online only.  
Payment by check option available for most activities.
- Make check payable** to Wake Forest University Health Sciences and mail, with registration form, to:  
Wake Forest School of Medicine / NW AHEC  
Medical Center Boulevard, Winston-Salem, NC 27157-1060  
Attention: Amanda Pearson
- WFBMC Internal Transfer:** 25-digit chartfield #  
\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_
- Employer will make payment.** Supervisor completes below and faxes registration to 336-713-7701.

Supervisor's Name (Printed)

Signature

Phone

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.