This conference is designed for physicians, advanced practice nurses, physician assistants and allied health professionals involved in the diagnosis and management of patients with musculoskeletal complaints. This course will provide an overview of diagnostic pearls and emerging treatment strategies for patients with musculoskeletal disease in the outpatient setting.

**Saturday, November 10, 2018**

8 a.m. - 2:45 p.m.

Texas Health Presbyterian Hospital Dallas
Fogelson Forum Auditorium
8200 Walnut Hill Lane  |  Dallas, TX  75231

TexasHealth.org/CME
Upon completion of this symposium, the participants should be able to:

**The Evaluation of the Patient Presenting with Acute Arthritis**
- Review the differential for a patient presenting with acute arthritis, to include the history, physical and lab testing.

**Immunomodulation: The Good, the Bad, and the Ugly - What a Non-Rheumatologist Needs to Know**
- Discuss the landscape of commonly used immunomodulators for the treatment of inflammatory arthritis
- Identify common side effects from synthetic and biologic disease modifying agents
- Recognize the importance of prompt communication between primary care providers and rheumatologists treating patients who are on immunomodulators

**Update on the Management of Osteoarthritis**
- Discuss the role of NSAIDs/analgesics in management of osteoarthritis (OA) pain
- Describe the risk of NSAID treatment
- Identify the role of intra-articular therapy
- Discuss the role of unapproved therapies, including stem cells and platelet rich plasma

**The ABCs of Osteoporosis in the Primary Care Setting**
- Review the initial work-up of patients with osteoporosis
- Identify non-pharmacological approaches to osteoporosis management
- Discuss the currently approved pharmacological therapy for osteoporosis
- Recognize which patients with osteoporosis benefit from subspecialist referral

**A Rheumatologist’s Perspective on Chronic Low Back Pain: The Red Herrings**
- Identify and discuss common causes of chronic low back pain
- Discuss the evaluation of patients with low back pain from a rheumatologist perspective
- Recognize red flags when evaluating a patient with low back pain
- Define the characteristics and workup of patients with inflammatory back pain

**Polymyalgia Rheumatica Update: Role of IL-6**
- Discuss the clinical manifestations and epidemiology of polymyalgia rheumatica (PMR)
- Review immunologic abnormalities found in PMR, including elevated IL-6 levels
- Describe effects of IL-6 on innate and acquired immune system
- Discuss the prevalence of adverse effects of standard corticosteroid treatment for PMR
- Review clinical experience with IL-6 blocking agents in PMR, including adverse effects

**New Gout Therapies: Friend or Foe?**
- Discuss currently available newer therapies for gout, including xanthine oxidase inhibitors, uricosuric drugs, combination therapy and uricase
- Discuss treatment strategies for specific patient populations with gout
- Discuss potential adverse events associated with gout therapies, including data regarding cardiovascular risk for patients treated with febuxostat versus allopurinol

**Rheumatology Labs: What You Need to Know**
- Identify the proper use of laboratory testing in the diagnosis of rheumatoid arthritis (RA), systemic autoimmune disease, seronegative spondyloarthropathy and gout
- Improve the care of patients with musculoskeletal conditions through interprofessional communication and collaboration

**Nutrition and Supplement Use in Rheumatology: A Review of the Literature**
- Discuss the physiologic effects of various foods on chronic inflammation
- Review the potential role of dietary modification in the management of OA and RA
- Review the literature regarding commonly used supplements for treatment of arthritis pain
This conference will focus on the management of patients with inflammatory arthritis as well as osteoarthritis and osteoporosis. The speakers will discuss recent advances in diagnosis and treatment using an evidence-based medicine approach. Topics will include interpretation of rheumatology labs, strategies for approaching patients with back pain and important updates in the management of common musculoskeletal conditions, including osteoarthritis, osteoporosis and gout. In addition, the conference will cover a new treatment option for patients with polymyalgia rheumatica. Since rheumatology and primary care work closely together to manage these patients, a detailed discussion about the risks, benefits and special considerations for patients on immunomodulators will be included. The use of supplements and nutraceuticals in the management of musculoskeletal conditions will also be discussed. These talks will be tailored for the generalist to provide a framework for making the proper diagnosis and initiating therapy.

Conference Directors

**Stanley Cohen, M.D.**
Rheumatologist
Rheumatology Associates
Section Chief, Rheumatology
Texas Health Presbyterian Hospital Dallas
Dallas, Texas

**Catalina Orozco, M.D.**
Rheumatologist
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Conference Planner

**Janet Maffei, MPAS, PA-C**
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Conference Faculty

**Margarita Fallena, M.D.**
Rheumatologist
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**Giovanni Geslani, D.O.**
Rheumatologist
Rheumatology Associates
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**Robert Jenkins, M.D., Ph.D.**
Rheumatologist
Rheumatology Associates
Dallas, Texas

**David Karp, M.D., Ph.D.**
Professor and Chief,
Rheumatic Diseases Division
UT Southwestern Medical Center
Dallas, Texas

**Naim Maalouf, M.D.**
Endocrinologist
UT Southwestern Medical Center
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**Riteesha Reddy, M.D.**
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Rheumatology Associates
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Rheumatologist
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Accreditation

Texas Health Research & Education Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Texas Health Research & Education Institute designates this live activity for a maximum of 5.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
Conference Agenda

8 a.m. Registration & Continental Breakfast

8:25 a.m. Introduction

8:30 a.m. The Evaluation of the Patient Presenting with Acute Arthritis
Giovanni Geslani, D.O.

9 a.m. Immunomodulation: The Good, the Bad, and the Ugly – What a Non-Rheumatologist Needs to Know
Catalina Orozco, M.D.

9:30 a.m. Update on the Management of Osteoarthritis
Stanley Cohen, M.D.

10 a.m. Break and visit exhibits

10:15 a.m. The ABCs of Osteoporosis in the Primary Care Setting
Naim Maalouf, M.D.

11 a.m. A Rheumatologist’s Perspective on Chronic Low Back Pain:
The Red Herrings
Margarita Fallena, M.D.

11:30 a.m. Polymyalgia Rheumatica Update: Role of IL-6
Robert Jenkins, M.D., Ph.D.

Noon Lunch and visit exhibits

1 p.m. New Gout Therapies: Friend or Foe?
Virginia Reddy, M.D.

1:30 p.m. Rheumatology Labs: What You Need to Know
David Karp, M.D., Ph.D.

2 p.m. Nutrition and Supplement Use in Rheumatology:
A Review of the Literature
Riteesha Reddy, M.D.

2:45 p.m. Closing remarks & Adjourn

Registration Information
Due to limited seating, advanced registration is encouraged. To receive a registration discount, your registration must be received no later than Friday, Nov. 2, 2018. All registrations will be confirmed.

For additional information, contact the Office of Continuing Medical Education toll-free at 1-866-295-3269. Registrations received via fax, phone or website must include credit card information in order to be processed.

How to Register
• Online: TexasHealth.org/CME
• Call Toll-Free: 1-866-295-3269
• Fax: 214-345-8328
• Mail: Texas Health Research & Education Institute, CME Department 8440 Walnut Hill Lane, Ste. 200 Dallas, TX 75231

Please make checks payable to:
Texas Health Research & Education Institute

Location
Texas Health Presbyterian Hospital Dallas
Fogelson Forum Auditorium
8200 Walnut Hill Lane | Dallas, TX 75231
CME Registration Form

Teaching Day in Rheumatic Diseases  |  Nov. 10, 2018
Fogelson Forum Auditorium  |  8200 Walnut Hill Lane  |  Dallas, TX  75231

REGISTRATION FEES:
Physicians  |  Advanced Practice Nurses, Physician Assistants,
and Allied Health Professionals
- $99  |  $59  
- $149  |  $109
Received by Nov. 2, 2018  |  Received by Nov. 2, 2018
On-site received after Nov. 2, 2018

Payment must be included for registration to be processed. Registrations will only be accepted on-site after Nov. 2, 2018. Register online by visiting TexasHealth.org/CME, call toll-free 1-866-295-3269.

First Name __________________________ Last Name __________________________

Last 4 digits of SSN __________  Texas Health Resources Employee ID# (if applicable) __________________________

Please select as appropriate:  
- MD  
- DO  
- PhD  
- NP  
- PA  
- RN  
- RT  
- Other __________________________

Hospital Affiliation __________________________ Specialty __________________________

Home Mailing Address __________________________

City, State, Zip __________________________

Preferred Phone #:  
- WK  
- HM  
- Cell __________________________ Fax # __________________________

E-mail __________________________
(Confirmation will be sent to the e-mail address above)

Do you have any special physical, dietary or other needs?  
- No  
- Yes  
If yes, please describe: __________________________

Payment Information

Credit Card Type:  
- Visa  
- MasterCard  
- Discover  
- AmEx

Credit Card # __________________________
Exp. Date __________________________ Customer Code __________________________ Amount to be charged __________________________
(3 digit # on back of credit card)

Billing Address (if different from above) __________________________

City, State, Zip Code __________________________

Signature of Cardholder __________________________

Authorization number (CME Office Use) __________________________

On-Site Emergency Information

Emergency Contact __________________________

Emergency Phone Number __________________________

CANCELLATION
If you cannot attend, the Office of Continuing Medical Education will refund the registration fee, less a $30 administrative fee, provided it is requested in writing prior to Oct. 26, 2018. No refunds will be issued after this date or for non-attendance. There is no charge for a substitute registrant. In the event of conference cancellation, notification will be given two weeks in advance of the conference and the fee fully refunded.