



## **NMCS D – Primary Care Symposium 2011**

Friday, May 20, 2011 | 0700-1500

# **Primary Care Symposium**

## **Objectives and Disclosures:**

Department of Internal Medicine, Naval Medical Center San Diego

### **Conscientious Coronaries: Preventing Atherosclerosis In Moderate-High Risk Individuals**

Dr. Christina Adams, Department of Cardiology, Scripps Clinic

Dr. Adams has no relevant financial relationships.

Objectives:

- 1) Identify patients at moderate-high risk for CAD
- 2) Review novel markers and current controversies about CAD risk
- 3) Describe primary preventative techniques to improve outcomes

### **Hypertension In Primary Care: We Have Met The Enemy...**

LT Mark Tschanz, Department of Medicine, Naval Medical Center San Diego

LT Tschanz has no relevant financial relationships.

Objectives:

- 1) Review the diagnosis and initial evaluation of essential hypertension
- 2) Review lifestyle modification recommendations and outcomes
- 3) Identify successful and cost-effective treatment strategies for the active duty population

### **Deployment-Relevant Infections: Q Fever And Beyond**

LCDR Mark Johnson, Division of Infectious Diseases, Department of Medicine, Naval Medical Center San Diego

LCDR Johnson has no relevant financial relationships.

Objectives:

- 1) Identify emerging infections in US service members deployed to CENTCOM
- 2) Understand diagnostic strategies and available resources for diagnosis
- 3) Recognize criteria for referral to Infectious Diseases and treatment options

### **Adverse Food Reactions**

LCDR Marguerite Lengkeek, Department of Medicine, Division of Allergy and Immunology, Naval Medical Center San Diego

LCDR Lengkeek has no relevant financial relationships.

Objectives:

- 1) Identify mechanisms of adverse food reactions
- 2) List clinical signs and symptoms of food reactions and eosinophilic esophagitis
- 3) Understand testing options and indications for referral



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### **The Initial Approach To The Anemic Patient**

LCDR Heather Tracy, Department of Hematology and Oncology, Naval Medical Center San Diego

LCDR Tracy has no relevant financial relationships.

Objectives:

- 1) Define and differentiate the three broad categories of anemia
- 2) Outline the initial workup of the anemic patient
- 3) Identify indications for emergent and non-emergent referrals to Hematology

### **The Scourge Of Melancholy - Addressing The Expanding Role Of Primary Care In Treating Depression**

LT Herman Lyle, Department of Medicine, Naval Medical Center San Diego

LT Lyle has no relevant financial relationships.

Objectives:

- 1) Clearly identify techniques to diagnose depression and patients at risk for suicide
- 2) Tailor appropriate antidepressant medications for the individual patient
- 3) Understand potential side effects and drug interactions to ensure safe dosing of antidepressant medications

### **Obesity: Attacking A "Huge" Problem In Limited Office Time**

Dr. Michael Stuparich, Department of Medicine, Naval Medical Center San Diego

Dr. Stuparich has no relevant financial relationships.

Objectives:

- 1) Review the scope of the national obesity epidemic
- 2) Review the evidence on obesity treatment including diet plans, medications, and surgery
- 3) Develop a practical approach to treatment in the office setting during limited face time