

Venue

In person in Yakima, live streamed
and or accredited recording

March 10-11, 2023

Red Lion Hotel Yakima Center
607 E. Yakima Ave,
Yakima, WA 9890

Red Lion has given a discount to attendees.
Please mention your attending the conference
for the rate quote below:

509-248-5900

King Room - \$110
Double Queen - \$120

Accreditation



◆ 14 AMA PRA Category 1 Credits™

◆ 14 MOC points for the ABIM MOC Program

◆ Application for prescribed credit has been filed
with the American Academy of Family
Physicians. Determination of credit is pending.

◆ Approved for a total of 4 NP Pharmacology
hours. (Fri.-2 & Sat. - 2)

◆ Washington State accepts AMA PRA Category 1
Credits for NP's & PA's

◆ 14 equivalent CE credits for ANCC recertification

◆ 14 CE contact hours for the Washington State
Board of Nursing.

◆ If you are interested in Pharmacist ACPE credits, please
contact me and atleast 3 weeks in advance of meeting
and I can discuss submitting application.

◆ Recorded Conference - 14 AMA Category 1 Credits

Faculty Speakers

Mark Baldwin, DO
Board Cert: IM and Nephrology
Pacific Northwest University of
Health Sciences
Yakima, WA

Amy Brockmeyer, MD
Board Cert: OB/GYN,
Gynecologic Oncology
Virginia Mason Medical Center
Seattle, WA

Stuart Cardon, DPM
Board Cert: ABFAS
Cascade Foot & Ankle
Yakima, WA

Shanley Deal, MD
Board Cert: Surgery
VM Federal Way Medical Center
Federal Way, WA

Sarah Dill, MD
Board Cert: Internal Medicine and
Rheumatology
Lakeview Rheumatology
Yakima, WA

Kevin Foley, MD
Board Cert: Internal Medicine,
Cardiovascular Disease
PNWU College of Osteopathic
Medicine
Yakima, WA

Atul Gupta, MD
Board Cert: PM & R
Virginia Mason Franciscan Health
Seattle, WA

Guatam Mankaney, MD
Board Cert: Internal Medicine and
Gastroenterology
Virginia Mason Franciscan Health
Seattle, Lynwood and Bellevue, WA

Catherine Meile, MD
Board Cert: Internal Medicine,
Pulmonary Disease
Virginia Mason Medical Center
Seattle, WA

Shawn Needham, R.Ph.
Moses Lake Professional Pharmacy
Moses Lake, WA

Rod Oskouian, MD
Board Cert: Neurological Surgery
Swedish Neuroscience Institute
Seattle, WA

Anita Showalter, DO
Board Cert: AOBOG
New Life OBGYN PLLC
Yakima and Zillah, WA

Eric Varley, DO
Board Cert: General Surgery and
Orthopedic Surgery
Virginia Mason Federal Way Medical Center
Federal Way, WA

Ming Zhang, MD
Board Cert: Internal Medicine,
Subspecialty in Cardiovascular Disease
VM Hospital & Seattle Medical Center
Seattle, WA

*This live activity has been planned and implemented in accordance with the accreditation requirements and policies of the Colorado State Medical Society through the joint providership of Gritman Medical Center and RussoCME. Gritman Medical Center is accredited by the Colorado State Medical Society to provide continuing medical education for physicians. This educational activity is designated for a maximum of 14 hours of AMA PRA Category 1 Credit(s).

Questions

Melissa Neighbors 509-431-0718
russocme@gmail.com

RussoCME.com

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US Postage Paid
Spokane, WA
Permit 28



700 S Main St
Moscow, ID 83843

Yakima Valley Medical Conference

14 AMA PRA Category 1 Credits™
Continuing Medical Education



Yakima Valley Medical Conference

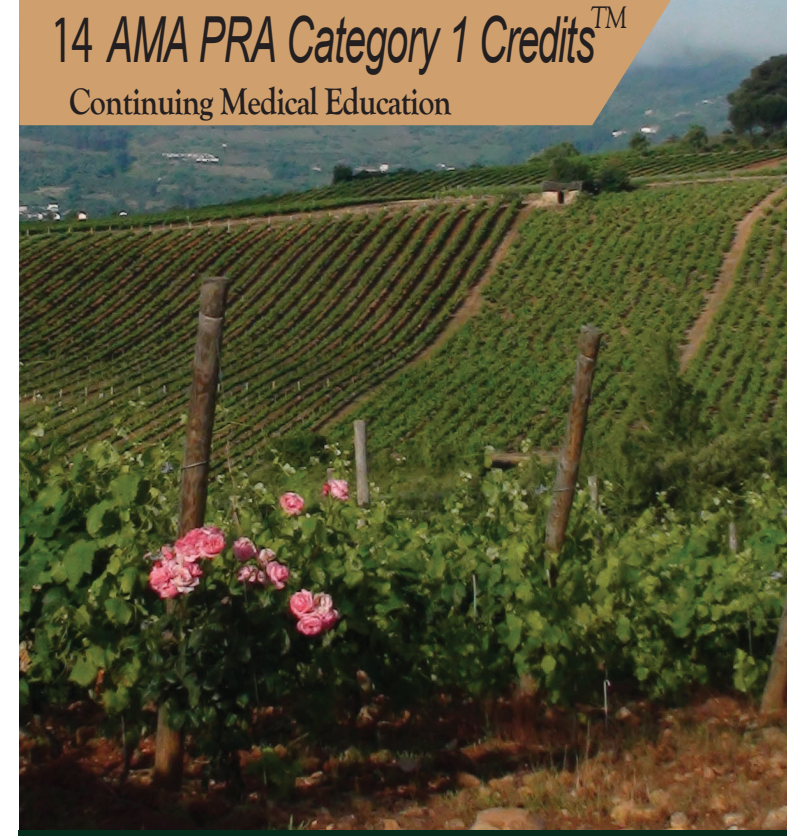
14 AMA PRA Category 1 Credits™
Continuing Medical Education

March 10-11, 2023

Early Registration: February 10, 2023
Regular Registration: March 1, 2023

www.RussoCME.com

In person, Streamed live
& Recorded for credit



Friday, March 10, 2023

- 7:30AM Registration/Exhibits
- 7:50AM Introduction
- 8:00AM Testosterone is Not Just for Men
Shawn Needham, R.Ph.
 - Value of testosterone for bone density
 - Importance of testosterone for depression
 - Diagnosis and treat suboptimal testosterone in women
- 9:00AM Inflammatory Myopathies in Clinical Practice | Sarah Dill, MD
 - Signs and symptoms
 - Subtypes
 - Syndromes and antibodies associated with malignancy in adults
- 10:00 AM Break/Exhibits
- 10:20AM The Abnormal Pap: Updated Management Guidelines from the ASCCP and more...
Amy Brockmeyer, MD
 - Screening & vaccination recommendations
 - ASCCP 2019 Consensus Guidelines & how to apply recommendations to your care
 - Racial determinants of cervical cancer
- 11:20AM Clearing the Air on Asthma Updates
Catherine Meile, MD
 - Updates in "Step Up" therapy and reconciling conflicting recommendations
 - Nonpharmacological care recommendations
 - Tools for troubleshooting barriers to care.
- 12:20PM Lunch Break/Exhibits
- 1:15 PM Hereditary Gastrointestinal Cancers
Guatam Mankaney, MD
 - Endoscopic surveillance between those with and without a hereditary cancer syndrome
 - Red flags to identify those with hereditary cancer syndromes
- 2:15 PM Afternoon Break/Exhibits
- 2:30 PM Treatments for Refractory Tendinopathy
Atul Gupta, MD
 - Ortho biologics - updates including stem cells and platelet rich plasma therapy
 - Percutaneous needle tenotomy
 - Indications for surgery
- 3:30 PM What's New in Spine Surgery
Rod Oskouian, MD
 - Spine Anatomy
 - Managing Complications
 - Technology and Innovations
- 4:30 PM Conference Adjourned

Saturday, March 11, 2023

- 7:30AM Registration/Exhibits
- 7:50AM Introduction
- 8:00AM Chronic Kidney Disease?
Mark Baldwin, DO
 - Causes of chronic kidney disease and how the body adapts to these.
 - Modifiable factors that can delay the progression
 - New research in the comprehensive treatment
- 9:00AM The Diabetic Foot
Stuart Cardon, DPM
 - Preventive Care
 - Wound Care
 - Surgical Care
- 10:00 AM Break/Exhibits
- 10:20AM Maternal Mortality
Anita Showalter, DO
 - Identified Health disparities that have been identified regarding maternal mortality
 - Programs that have successfully reduced maternal mortality
 - Improvement in our practice of medicine to further reduce maternal mortality
- 11:20AM Building Bridges to Bariatric Surgery
Shanley Deal, MD
 - Strategies for starting a meaningful conversation about weight loss
 - Pre and post operative care
 - Complications after bariatric surgery
- 12:20 PM Lunch Break/Exhibits
- 1:15 PM Cervical Spine Injuries & Return to Activities | Eric Varley, DO
 - Evaluation of activity related to neck injuries
 - Current evidence or treatment options
 - Return to activity guidelines
- 2:15 PM Afternoon Break/Exhibits
- 2:30 PM Invasive Cardiology: Update and Guideline Review | Ming Zhang, MD
 - History of invasive cardiology
 - Interventional cardiology
 - Structural heart interventions
- 3:30 PM Update Atrial Fibrillation: Diagnosis, Treatment, Complication Prophylaxis
Kevin Foley, MD
 - Newer methods of a fib detection
 - Anticoagulant use, efficacy, complications
 - Newer options in anticoagulation therapy
- 4:30 PM Conference Ends

Registration Information

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Complete and mail in the attached registration form or
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Register online at www.russocme.com
- **Early Registration** must be post marked by February 10, 2023
 - **Regular Registration** must be post marked by March 1, 2023
 - **Day of Registration** available. Additional \$20 for registering day of or postmarked after March 1.
- Cancellations:** All cancellations need to be emailed to Melissa at russocme@gmail.com on or before March 3rd. There will be a \$50 administration fee withheld. Cancellations between March 3 and March 9: You can send someone in your place or transfer to another conference within 12 months. Course is planned to be recorded and accredited, option to watch course after the live event for credits. No refunds once the conference begins.

Educational Support



Spring Conferences

(in person, live stream and recorded)
Wenatchee Valley Medical Conference - February 3 & 4
Tri-Cities Pain Conference May 19-20
Information & Registration : RUSSOCME.COM

Conference Objectives:

- Discuss new insights into the diagnosis, management & treatment of various diseases in patients.

Registration Form

Yakima Valley Medical Conference

Please print legibly. Receipts will be e-mailed.

Name: _____

Degree: _____ Specialty: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail _____

Clinic Name: _____

Clinic City: _____

Day of registration available. An Additional \$20 will be charged if post marked after March 1st.

Regular Registration Due: March 1, 2023			
Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$415	\$390	\$265
Friday Only	\$275	\$245	\$175
Saturday Only	\$275	\$245	\$175

*PT, DC, OD, PharmD, ND, Other **Students \$75 a day

Early Registration Due: February 10, 2023			
Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$400	\$375	\$250
Friday Only	\$260	\$230	\$160
Saturday Only	\$260	\$230	\$160

Please make checks payable to RussoCME
Mail completed form with your check to:

Melissa Neighbors
Box 1773
Eastsound, WA 98245

For Official Use - Yakima 2023- 106

CH: _____ A: _____
C: _____ O: _____