

2024 Primary Care Update

June 6-9, 2024
Semiahmoo Resort
Blaine, WA

Program Committee

Mark Baldwin, DO, Marc Cote, DO,
Paul Emmans, Jr., DO, Monica Haines, DO,
Crystal Martin, DO, Katina Rue, DO,
Michael Scott, III, DO,
Chair: Lynda Williamson, DO

Up to 24.5 AOA Category 1-A Credits Approved

This Live activity, 2024 Primary Care Update, with a beginning date of 06/06/2024, is being reviewed and is pending for up to 22.5 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.

Course Objectives

This Seminar offers attendees current education on a variety of topics determined through the needs assessment process. Designed by and for the osteopathic physicians, the curriculum focuses on clinical challenges routinely faced in practice and offers state-of-the-art knowledge and best practices. Presentations include case-based lectures, Q&A forums and hands-on labs where you can exchange ideas and pose your questions.



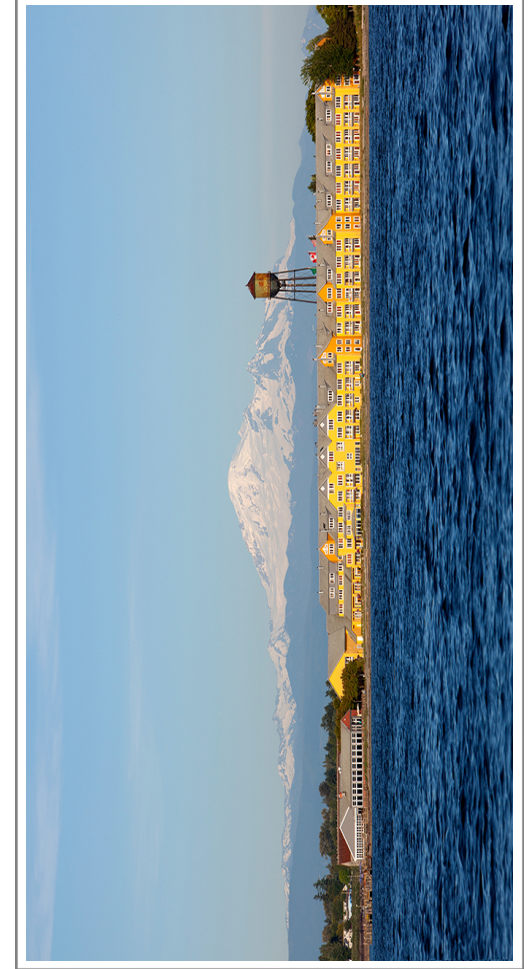
110th Annual Northwest Osteopathic Convention

PO Box 1187
Gig Harbor, WA 98335

**2024 PRIMARY
CARE UPDATE**
June 6-9, 2024



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Application for CME credit is being
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110th Annual NW Osteopathic Convention

June 6-9, 2024, Semiahmoo Resort, Blaine, WA

Up to 24.5 Hours Category 1-A AOA Credits Approved

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Name _____ E-Mail _____
Spouse/Guest Name (If adding Spouse/Guest Meal Package) _____
Mailing Address _____ Phone (____) _____
City _____ State _____ Zip _____
AOA# _____ COM _____ Grad Year _____

CHECK REGISTRATION CHOICE

	REGULAR (4/23-5/24)	LATE (AFTER 5/24)	ENTER AMOUNT
<input type="checkbox"/> Physician/PA/Nurse/Ancillary WOMA Member	\$1,245	\$1,295	\$ _____
<input type="checkbox"/> Retired Physician, Osteopathic Student, Intern or Resident WOMA Member <i>Not available to Semi-Retired</i>	\$1045	\$1095	\$ _____
<input type="checkbox"/> Physician/PA/Nurse/Ancillary **NON-Member	\$1,545	\$1,595	\$ _____
<input type="checkbox"/> Retired Physician NON-Member <i>Not available to Semi-Retired</i>	\$1,345	\$1,395	\$ _____
<input type="checkbox"/> Add Spouse/Guest Meal Package <i>(*See details below)</i>		\$314	\$ _____

Registration includes Thursday Reception, Friday, Saturday and Sunday Breakfasts, Friday and Saturday Lunches and Dinners.

*The Spouse/Guest Meal Package includes Friday and Saturday Lunches and Dinners.

Dues must be current to qualify for member registration fees.

Non-Members must pay the non-member fee (\$300). **The fee may be converted into 2024 dues if WOMA membership application is submitted with this form. Physicians practicing outside Washington State must provide proof of active membership in AOA Affiliate State Society to avoid fee. Any questions? Call the WOMA office at (425) 677-3930.

The syllabus provided is web-based, not printed. You can download to your laptop and are encouraged to bring it with you. Power and wi-fi are provided in the classroom.

EXTRA MEALS MAY BE PURCHASED BY REGISTRANTS FOR FAMILY/GUESTS OR BY EXHIBITORS.

****FOR KIDS 12 & UNDER, PLEASE INQUIRE FOR
MEAL CHOICES AT THE REGISTRATION DESK WHEN
YOU CHECK IN.****

MEALS	QTY.	TOTAL
Thursday Board Breakfast	____ @44	\$ _____
Friday Lunch (Ratatouille-Buffer)	____ @54	\$ _____
Friday Dinner (Chicken-Plated)	____ @104	\$ _____
Saturday Lunch (Asian Buffet)	____ @54	\$ _____
Saturday Dinner Buffet	____ @102	\$ _____

Special Diet Restrictions? (Please attach list if more than the registrant and spouse/guest)

Name(s) _____

Total Payment \$ _____

☐ Gluten Free ☐ Dairy Free ☐ Vegetarian ☐ Vegan

TO REGISTER: Check appropriate registration and add any extra meals - enter total amount at far right and submit with your check made payable to WOMA to PO Box 1187 Gig Harbor, WA 98335 or complete the information below:

Credit Card: ☐ Visa ☐ MasterCard 3-Digit Security Code _____ Expiration Date _____

Card Number _____ Name on Card _____

Signature _____

CANCELLATIONS

No refunds. Credit, less a cancellation fee of \$50 will apply to future WOMA CME registrations if cancellation is received by May 24th. Special circumstances may be appealed to the WOMA Board of Governors.

QUESTIONS? CALL THE WOMA OFFICE AT (425) 677-3930.

Registration form may be mailed to PO Box 1187, Gig Harbor, WA 98335 or scanned and emailed to hgriffin@woma.org

HOTEL REGISTRATION

Semiahmoo Resort & Conference Center
9565 Semiahmoo Pkwy Blaine, WA 98230
June 6-9, 2024

Check-in time is after 4:00 p.m. Check-out time is before 12:00 noon.

You may make online reservations at www.semiahmoo.com, or you may also call our event manager Emillie at the hotel directly at **(360) 318-2067**. All reservations must be guaranteed with a credit card.

There are more than twenty weddings scheduled at Semiahmoo in June. Early room reservations are essential. All rates are subject to state and local taxes of 8.86%. **Early Departure:** *If you leave prior to your reserved departure date, you must advise the hotel at or before check in if any change to avoid a \$50 early departure fee.* **Cancelling Reservations:** *There is no penalty as long as your reservation is cancelled prior to 5 days before your arrival.*

RV's are not permitted overnight on Semiahmoo property. Nearby campgrounds are Beachside RV (360) 371-5962 or Birch Bay State Park (888) 226-7688.

CONVENTION REGISTRATION INFORMATION

Registration includes Thursday Reception, Friday, Saturday and Sunday breakfasts, Friday and Saturday lunches and dinners. A Spouse/Guest meal package is available and includes Friday and Saturday Lunches and Dinners as well as a name badge. Thursday's Reception hosted by PNWU is for Registrants and Exhibitors only and will include 2 drink tickets and light appetizers. Additional meals may be purchased separately. Please see the registration desk if wanting to purchase meals for kids 12 & under. Convention dress is resort causal. No formal wear is required.

DIRECTIONS

If you are planning to fly, the nearest airports are Bellingham, Washington and Vancouver, BC, with connecting flights from Seattle. The nearest Amtrak station is Bellingham. Car rental is available from Vancouver, BC, Bellingham and Seattle. Ground transportation is available for a fee. If you are driving to Semiahmoo, take exit 270 off I-5 (approximately 20 minutes north of Bellingham). Head west on Birch Bay-Lynden Road and follow the signs. If your preferred mode of transportation is a boat, there is a marina next to the resort with slips available for a fee. Call (360) 371-0440.

ACTIVITIES

To golf at the Semiahmoo Country Club, early reservations are recommended. Phone (800) 231-4425. The club has a dress code. Semiahmoo athletic facilities include indoor and outdoor tennis courts and swimming pool, racquet ball courts and a complete health spa. The health spa provides many services, including massage, skin care, nail treatments and a full service salon. For avid shoppers, Semiahmoo is 20 minutes from Bellingham's Bellis Fair Mall and BC's seaside town of White Rock, or 45 minutes from Vancouver, BC. Passports, NEXUS Cards or Enhanced drivers licenses are required for reentry into the US. Whale watching, island tours and charter fishing are available through Outer Island Excursions (360) 376-3711 www.outerislandx.com. A water slide park is also located at Birch Bay.

RESTAURANTS

Packers Kitchen & Bar is open daily at 4pm M-F and 12pm Saturday & Sunday, offering lunch and dinner. Reservations are recommended. The Seaview cafe is open daily 8:00am to 4:00pm (coffee bar is open at 7am) offering breakfast and lunch, coffee, espresso, baked goods and grab & go beverages. The Great Blue Heron Grill located up the road at the golf club is also open daily. A shuttle is available for transport. See the Semiahmoo website www.semiahmoo.com for menus and more information.

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THURSDAY JUNE 6, 2024

9:00 am WOF Board Meeting
10:00 am WOMA BOG Breakfast
12:00 Noon Registration Desk Opens
1:00-3:00 pm Exhibits Set Up
1:00 pm WOMA's 110th Annual Convention Begins
1:00-1:10 pm **Welcome by WOMA's President**
Dr. Mark Baldwin
OMM Seminar
Moderator
Integrating Effective Treatment of Chapman Points into Patient Care
Judith L. Lewis, DO, FAAO, FCA, OMM/NMM
Co-presenters:
Anthony Andrew West, DO/NMM &
Sara Wagner, DO (*includes lab/table time*)
3:00-3:30 pm Break, Visit Exhibits
3:30 pm **An Osteopathic Manipulative Medicine Approach to Management of the Autonomic Nervous System**
Thomas L. Kincheloe, DO, NMM, FDM-IC (*includes lab/table time*)
6:30 pm Session Adjourns
6:30 pm **PNWU Physician/Exhibitor Reception**
7:30 pm Bonfire & S'mores for the family

Afternoon Session

1:10 to 3:30 pm

3:00-3:30 pm
3:30 pm

6:30 pm
6:30 pm
7:30 pm

FRIDAY JUNE 7, 2024

7:00 am Physician/Exhibitor Breakfast
Cardiovascular-Kidney-Metabolic Syndrome Seminar
Moderator
7:30 am **Rethinking Metabolic Syndrome: The Cardiovascular-Kidney-Metabolic Syndrome (CKM)**
Mark Baldwin, DO, FACOI, FASN
8:30 am **The Role of the Cardiovascular System in CKM Syndrome**
Speaker Pending
9:30 am Break, Visit Exhibits
10:00 am **From the Endocrinologist's Perspective: CKM Syndrome**
Speaker Invited
11:00 am **GLP-1 Medications in Diabetes & in Obesity/Management of Patients Taking GLP-1 Agonists**
William Elliott, MD, PhD
12:00-1:20 pm **WOMA Annual Meeting & Lunch**
Infections Disease Seminar
Moderator
1:30 pm **Hepatitis B & C: Diagnosis, Treatment and Management**
Steven Johnston, MD
2:30 pm **HIV & PreP: Dosage Adherence & Vaccinations**
Stephanie McLaughlin, MD
3:30-4:00 pm Break, Visit Exhibits
4:00 pm **Sexually Transmitted Illnesses & Congenital Syphilis**
Stephanie McLaughlin, MD
5:00 pm **A Model for Diagnosis & Management of Hepatitis C in Rural Areas**
Hunter Spencer, DO, *Infectious Disease*
6:00 pm Program Recesses
6:30 pm **No-Host Reception**
7:00 pm **AOA Dinner** (*CME credit for those who attend Dr. Monka's presentation*)
Ira P. Monka, DO, FHA, FACOFP, President of the AOA
Kathleen S. Creason, MBA, CEO of the AOA
Thomas A. Scandalis, DO, FAOASM - PNWU Dean & Chief Academic Officer
Lloyd Butler, DO

Morning Session

7:30 am

8:30 am

9:30 am
10:00 am

11:00 am

12:00-1:20 pm
Afternoon Session

1:30 pm

2:30 pm

3:30-4:00 pm
4:00 pm

5:00 pm

6:00 pm
6:30 pm
7:00 pm

SATURDAY JUNE 8, 2024

7:00 am Physician/Exhibitor Breakfast
Session 4
Rheumatology & Dermatology Seminar
Moderator: Crystal Martin, DO
Cutaneous Manifestations of Rheumatologic Disorders
Michael J. Scott, DO, MPH, FAAD, FAOCOPM, FAOCD
7:30am **Using Biologic Medications for Auto-Immune Disorders**
William Elliott, MD, PhD
8:30am Break, Visit Exhibits
9:30-10:00 am **Climate Change & Health: Effects of Climate Change on Inflammation, Allergy, and Auto-Immune Disease**
10:00 am Mary Schaefer Badger, DO, FACOI, FAWM
11:00 am **Poster Presentations by Residents in Training**
Moderators: Crystal Martin, DO & Michael Scott, DO
12:00 to 1:00 pm Lunch/Option: Product Theater
Afternoon Session
Neurology Seminar
Moderator
1:15 pm **Stroke Update: Diagnosis, Management & Other Considerations**
Mary A. Kelley, DO, Neurologist
2:15 pm **An Effective Approach to Resolve Spasticity After Stroke: Utilizing Ideal Opposing Muscle Function**
Judith L. Lewis, DO, FAAO, FCA, NMM/OMM
3:15 to 3:30 pm Break
3:30 pm **An Osteopathic Approach to Parkinson's Disorder**
Crystal Martin, DO, NMM
4:30 pm Session Adjourns
6:00pm **Reception & Silent Auction**
7:00pm **Dinner/Prizes/Live Auction**

SUNDAY JUNE 9, 2024

7:30am **Session 6**
8:00am Continental Breakfast
On the Cutting Edge
Moderator
Future Collaborations & Better Care: Is AI in Your Toolbox?
Petr Cigner, MBBS, ABP
9:00am **Sports-Based Medical Decision Making/Ortho**
Julie N. Chevillet, DO, AOBOS
10:00-10:30am Break-Hotel Check Out
10:30am **Cutting Edge Innovations in Spine Surgery**
Eric Varley, DO, *Fellowship Trained in Complex and Minimally Invasive Spine Surgery*
11:30 am **KEYNOTE ADDRESS: 10 Nutrition Points Every Physician Needs to Know**
Laura M. Rosch, DO, CS, MS, FACOI
12:30 pm **Convention Adjourns**