2nd Annual National Capital Bone and Joint Health Day

Friday, June 1, 2012

Hampton Inn Ottawa and Conference Centre
200 Coventry Road, Ottawa, ON K1K 4S3

Keynote Speaker
Dr. Michael F. Holick, Ph.D., M.D.

Michael F. Holick, Ph.D., M.D. is Professor of Medicine, Physiology and Biophysics; Director of the General Clinical Research Unit; Director of the Bone Health Care Clinic and the Director of the Vitamin D, Skin and Bone Research Laboratory at Boston University Medical Center.

Dr. Holick has made numerous contributions to the field of biochemistry, physiology, metabolism, and photobiology of vitamin D for human nutrition. Dr. Holick has established global recommendations advising sunlight exposure as an integral source of vitamin D. He has helped increase awareness in the pediatric and medical communities regarding vitamin D deficiency pandemic, and its role in causing not only metabolic bone disease, and osteoporosis in adults, but increasing risk of children and adults developing common deadly cancers, schizophrenia, infectious diseases including TB and influenza, autoimmune diseases including Type 1 diabetes and multiple sclerosis, Type 2 diabetes, stroke and heart disease. He also observed that pregnant women who were vitamin D deficient were at increased risk for preeclampsia and requiring a C-section. He has written more than 300 peer reviewed articles, edited or wrote 12 books including The Vitamin D Solution and is the recipient of numerous awards including the Linus Pauling Prize in Human Nutrition.

Course description
This 1-day course is designed to provide family physicians and other health-care providers with the most current and relevant information about approaches to the investigation and management of osteoporosis and arthritis. The day will consist of lectures and workshops with many cases for interactive discussion.

This program has been co-developed by the Arthritis Society, Osteoporosis Canada and the University of Ottawa, Division of Rheumatology.

For further information, contact the Office of CME at:
Tel: 613-761-4480 ext.2    Fax: 613-761-5262    Email: cme@toh.on.ca
Brochure and Online registration available at www.med.uottawa.ca/cme
**2nd Annual National Capital Bone and Joint Health Day**

### MORNING LECTURES

**08:20 – 08:30**
Welcome and Introduction

**08:30 – 09:15**
**Fibromyalgia in 2012**
* Diagnose Fibromyalgia and appreciate the spectrum of associated symptoms
* Apply an evidence based approach to treatment

Dr. Gunnar Kraag

**09:15 – 10:00**
**Osteoporosis and Fibromyalgia: Exercise works!**
* Determine how to motivate patients to start exercise programs
* Plan what to do when a patient says “I can’t exercise”

Ms. Karen Gordon

**10:00 – 10:30**
Refreshment Break

### MORNING WORKSHOPS

**10:35 – 11:20 & 11:30 – 12:15**
Choose TWO of the following workshops

**W1** Red hot swollen joints
* Identify what to do if it’s not gout
* Determine what to do if it is gout – Acute and chronic management

Dr. Robert McKendry

**W2** Pain risk factors and the injured worker
* Recognize relevant pain risk factors in your injured worker patients
* Apply techniques to counsel your patients and enable them to return to the work force

Dr. Hillel Finestone

**W3** Lupus update in 2012
* Describe appropriate screening methods -Who and how
* Describe the role of the family physician in management

Dr. Doug Smith

**W4** Common joint injections
* Perform common injections and determine when to refer

Dr. John Thomson

**12:15-13:00**
Networking Lunch

### AFTERNOON LECTURES

**13:05 – 13:50**
**Key Note Speaker: The D-Lightful Vitamin D: A solution for good health**
* Understand the role of sunlight for vitamin D and the effects of aging, latitude, time of day and sunscreen use on vitamin D production
* Provide an appreciation for the role of vitamin D for prevention of osteoporosis, osteomalacia, common cancers, diabetes, multiple sclerosis, other chronic diseases, preeclampsia and c-section
* Provide guidelines for the treatment and prevention of vitamin D deficiency

Dr. Michael Hollick

**13:50-14:35**
**Osteoporosis: When is it secondary?**
* List the medications associated with the development of secondary osteoporosis
* Describe the mechanism of osteoporosis in patients with celiac disease

Dr. Jacob Karsh

**14:35-14:55**
Refreshment Break

**15:00-15:45**
**Problem solving with Osteoporosis: What’s new in OP**
* Identify patients at high risk for fragility fractures
* State the current treatment options for fracture prevention

Dr. Dora Liu

### SHORT SNAPPER

**15:45-16:05**
**How to approach hip pain**
* Decide when to refer and to whom

Dr. Doug Smith

**16:05-16:25**
**Rotator cuff**
* List the differential diagnosis of shoulder pain
* Manage the most common conditions and when to refer

Dr. Nataliya Milman

**16:25**
Closing Remarks and Evaluation

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*Learning Objectives: By the end of this session, participants will be able to:*
Planning Committee

The Office of CME extends special thanks for the following individuals who participated in the planning of this event:

Dr. Doug Smith, Chair, Rheumatologist, Ottawa
Mr. Philip Ambury, Regional Director, Arthritis Society, Kingston
Dr. Judy Chow, Family Physician, Ottawa
Dr. Elaine Jolly, Gynaecologist, Ottawa
Mr. Marq Nelson, Area Manager, Osteoporosis Canada, Ottawa
Dr. Haddon Rabb, Family Physician, Richmond
Dr. Lucy Rabb, Family Physician, Richmond
Dr. Nicole Shadbolt, Family Physician, Ottawa

Accreditation

The University of Ottawa’s Office of Continuing Medical Education is accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide accredited CME activities for family physicians and specialists. This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 6.0 Mainpro M-1 credits. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada for 6.0 credits. This program also meets the accreditation criteria for a maximum of 6.0 Category 1 credits toward the American Medical Association Physician’s Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

Disclosure

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

Liability

The University of Ottawa, Office of Continuing Medical Education assumes no liability for any claims, personal injury or damage:

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• that may arise out of, or during this conference

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Mark your calendar for our 2012 courses!

Friday, May 4
How to Select the Best Imaging Tests: An Update for Family Physicians and Internists
The Ottawa Hospital, Civic campus

Friday, June 8
Essentials of Chronic Pain Management
The Ottawa Hospital, Civic campus

Friday, October 26
Update in Women’s Health for Family Physicians
The Ottawa Hospital, Civic campus

Friday, November 23
8th Annual Update in Endocrinology & Diabetes
Hampton Inn Ottawa & Conference Centre

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ACKNOWLEDGEMENT

The University of Ottawa, CME office would like to thank the following companies for an education grant in support of this event:

Lilly
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Health Connects Us All
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Hampton Inn Ottawa and Conference Centre
200 Coventry Road, Ottawa, ON K1K 4S3

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I DO NOT wish to be on the uOttawa CME mailing list and receive updates on uOttawa CME courses.

REGISTRATION INFORMATION

• Workshops are assigned on a first-come, first-served basis
• No registration form will be processed without the full registration fee included
• Post-dated cheques are not accepted
• Refreshment breaks and lunch are included in the registration fees
• Refunds less $75 administrative charge will be issued for cancellations received in writing by: May 11, 2012. No refunds will be issued for cancellations received after that date. Refund cheques will be sent after the event.

For further information:
TEL: 613-761-4480 ext. 2  
EMAIL: cme@toh.on.ca

Visit our website at: www.med.uottawa.ca/cme and register online today!

A written acknowledgement of course confirmation and a tax receipt will be sent via email if provided by registrant.