EIGHTH ANNUAL
Principles of Prevention in Primary Care Practice: Pearls and Pitfalls

MAY 17-19, 2020
The Fairmont Copley Plaza
Boston, Massachusetts, USA

FEATURED BEST PRACTICES AND EFFECTIVE PREVENTIVE MEDICINE STRATEGIES TO IMPROVE YOUR PRACTICE

OUR EXPERT FACULTY, RECOGNIZED AS LEADERS IN CLINICAL PRACTICE AND MEDICAL EDUCATION, WILL ENRICH YOUR KNOWLEDGE OF PREVENTION IN PRIMARY CARE. TOPICS INCLUDE:

- Genetic causes of cancer: which patients should be screened
- Patient management in the face of alcohol or opioid use
- Screening and treatment of depression
- Nutrition counseling and healthy-lifestyle coaching to prevent chronic illnesses
- Preventative therapies for migraine
- Evolving vaccine recommendations
- Lifestyle changes to prevent type 2 diabetes, cardiac disease, hypertension and hyperlipidemia
- Strategies for smoking cessation
- Advice for the world traveler to prevent infections
- Reducing medical errors
- Updates from the scientific director of the USPSTF

UNDER THE LEADERSHIP OF:
Gerald W. Smetana, MD, MACP
Howard Libman, MD, FACP

EARN UP TO:
22 AMA PRA Category 1 Credits™
22 MOC Points
21.25 AAFP Credits
9.75 Risk Management Credits

This program offers ABIM MOC Points
A major challenge we face today as primary care clinicians is staying current with the rapid advances in prevention. Prevention is a major component of effective primary care practice and one of the unique strengths that we must possess. Most CME courses focus on prevention in one or several limited spheres. In this course, we will focus on screening and prevention, teaching you novel and cutting-edge strategies across multiple disciplines. Topics include prevention of cancer, heart disease, infectious diseases, obesity and diabetes, and risk management issues in primary care; plus, there will be a number of keynotes and ask-the-experts sessions.

**Course Description**

**ENGAGING SESSIONS WITH PROMINENT EXPERTS AND COLLEAGUES**

Our outstanding faculty, recognized as experts in the field, will teach you how to incorporate the latest tests and tools into your practice. We will discuss challenging cases and treatments and give you ample opportunity to ask questions of and interact with leading experts. Course material will be presented in a distraction-free environment through formats that include:

- Innovative lectures
- Valuable case-based sessions
- Question-and-answer panels
- Interactive discussions

**WHY ATTEND?**

Practitioners from around the world attend this unique course to ensure they are current with state-of-the-art clinical practices and skills, including:

- Understanding when to refer patients for genetic testing for a personalized cancer risk assessment
- Strategizing how to effectively promote smoking cessation
- Navigating guidelines and best practices regarding the safe use of chronic opioid therapy in primary care
- Improving outcomes for treating hypertension
- Optimizing screening options to reduce the risk of breast cancer
- Being prepared to answer patient questions about healthy lifestyles
- Improving outcomes by prescribing pre-exposure prophylaxis to reduce the risk of HIV infection

**WHO SHOULD ATTEND?**

Clinicians seeking a useful, comprehensive review that ensures they are up to date across all major fields in preventive medicine should attend, including:

- Physicians
- Osteopathic physicians
- Nurse practitioners
- Physician assistants
- Other providers who care for patients in primary care practice settings

**REGISTER NOW:** PreventionPrinciples.com

**HIGHEST-RATED CME**

This program is among the highest-rated Harvard Medical School CME courses.
KEYNOTE LECTURERS
Sanjiv Chopra, MD, MACP
Professor of Medicine
Harvard Medical School
Editor-in-Chief, Hepatology Section
UpToDate

Lowell E. Schnipper, MD
Theodore W. & Evelyn G. Berenson Distinguished Professor of Medicine
Harvard Medical School
Chief, Emeritus Hematology-Oncology Division
Clinical Director, Cancer Center
Beth Israel Deaconess Medical Center

Walter C. Willett, MD, DrPH
Professor of Epidemiology and Nutrition
Harvard T.H. Chan School of Public Health
Associate Physician
Brigham and Women's Hospital

GUEST FACULTY
Daniel P. Alford, MD, MPH
Professor of Medicine
Associate Dean
Continuing Medical Education
Boston University School of Medicine
Director, Clinical Addiction Research and Education (CARE) Unit
Director, Safe and Competent Opioid Prescribing Education (SCOPE of Pain) Program
Boston Medical Center

Gabriel W. Bell, Esq.
Attorney
Adler | Cohen | Harvey | Wakeman | Guekguezian, LLP

Frank J. Domino, MD
Professor
University of Massachusetts Medical School
Attending Physician
UMass Memorial Medical Center

Quyen Ngo-Metzger, MD, MPH
Lecturer on Global Health and Social Medicine
Scientific Director, U.S. Preventive Services Task Force Program
U.S. Department of Health and Human Services

HARVARD MEDICAL SCHOOL COURSE DIRECTORS
Gerald W. Smetana, MD, MACP
Professor of Medicine
Harvard Medical School
Division of General Medicine
Beth Israel Deaconess Medical Center

Howard Libman, MD, FACP
Professor of Medicine, Emeritus
Harvard Medical School
Division of General Medicine
Beth Israel Deaconess Medical Center

HARVARD MEDICAL SCHOOL FACULTY
Martin J. Abrahamson, MD, FACP
Associate Professor of Medicine

Molly S. Brett, MD
Instructor in Medicine

Kelly D. Ford, MD
Assistant Professor of Medicine

Marc B. Garnick, MD
Gorman Brothers Clinical Professor of Medicine

Camilla S. Graham, MD, MPH
Assistant Professor of Medicine

Charles J. Hatem, MD
Harold Amos Distinguished Academy Professor & Professor of Medicine

Michael W. Kahn, MD
Assistant Professor of Psychiatry

Mary T. LaSalvia, MD, MPH
Assistant Professor of Medicine

Murray A. Mittleman, MD, DrPH
Professor of Medicine and Professor of Epidemiology

Edward M. Phillips, MD
Assistant Professor of Physical Medicine and Rehabilitation

Nancy A. Rigotti, MD
Professor of Medicine

Martin A. Samuels, MD, DSc(hon), FAAN, MACP, FRCP, FANA
Miriam Sydney Joseph Distinguished Professor of Neurology

Helen M. Shields, MD, FACP, AGAF
Professor of Medicine

Jane S. Stillman, MD
Assistant Professor of Medicine

Nadine M. Tung, MD
Associate Professor of Medicine

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<td>7:00am – 7:30am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>7:30am – 7:45am</td>
<td>Introduction and Welcome</td>
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| 7:45am – 8:45am | **KEYNOTE:** The History of Oncology: Lessons Learned from Patients  
                Lowell E. Schnipper, MD                                         |
| 8:45am – 9:20am | Evidence-Based Approach to Prevention*                              
                Quyen Ngo-Metzger, MD, MPH                                       |
| 9:20am – 9:30am | Q&A                                                                  |
| 9:30am – 9:45am | Refreshment Break and Stretch                                       |
| 9:45am – 10:20am | Which Patients Should Be Screened for Genetic Causes of Cancer?*    
                    Nadine M. Tung, MD                                              |
| 10:20am – 10:30am | Q&A                                                                  |
| 10:30am – 11:05am | Screening and Treatment of Depression                               
                    Michael W. Kahn, MD                                            |
| 11:05am – 11:15am | Q&A                                                                  |
| 11:15am – 12:15pm | Updates on USPSTF Recommendations: A Year in Review                
                    Quyen Ngo-Metzger, MD, MPH                                       |
| 12:15pm – 1:30pm | Lunch (on your own)                                                 |
| 1:30pm – 2:05pm | Hypertension 2020: Recent Evidence That Will Change Your Practice   
                    Gerald W. Smetana, MD, MACP                                   |
| 2:05pm – 2:15pm | Q&A                                                                  |
| 2:15pm – 2:50pm | Preventing Common Infections in Ambulatory Practice                 
                    Howard Libman, MD, FACP                                        |
| 2:50pm – 3:00pm | Q&A                                                                  |
| 3:00pm – 3:20pm | Refreshment Break and Stretch                                       |
| 3:20pm – 3:55pm | Opioids and Pain Management: Preventing Harm and Maximizing Benefit* 
                    Daniel P. Alford, MD, MPH                                        |
| 3:55pm – 4:05pm | Q&A                                                                  |
| 4:05pm – 4:40pm | New Preventive Therapies for Migraine                               
                    Gerald W. Smetana, MD, MACP                                   |
| 4:40pm – 4:50pm | Q&A                                                                  |
| 4:50pm – 5:25pm | Prevention of Colon Cancer: Does Anything Besides Aspirin Decrease the Risk of Colon Cancer?* 
                    Helen M. Shields, MD, FACP, AGAF                                |
| 5:25pm – 5:35pm | Q&A                                                                  |

Program changes/substitutions may be made without notice. *Qualifies for Risk Management Credit

**ACCREDITATION**
The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
The Harvard Medical School designates this live activity for a maximum of 22 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**ABIM MAINTENANCE OF CERTIFICATION**
Successful completion of this CME activity enables the participant to earn up to 22 MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME.

**CANADIAN ACCREDITATION**
The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group-learning activities.

**REGISTER NOW:** PreventionPrinciples.com
**MONDAY, MAY 18, 2020**

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<tbody>
<tr>
<td>7:00am – 7:30am</td>
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| 7:30am – 8:30am | **KEYNOTE:** The Two Most Important Days: Reflections on Happiness, Joy and Living with Purpose  
Sanjiv Chopra, MD, MACP |
| 8:30am – 9:30am | Preventing Malpractice: Complications and the Mistakes We Make*  
Jane S. Sillman, MD, and Gabriel W. Bell, Esq. |
| 9:30am – 10:00am | Exercise Prescription: Promoting Physical Activity in You and Your Patients*  
Edward M. Phillips, MD |
| 10:00am – 10:20am | Refreshment Break and Stretch                                          |
| 10:20am – 10:50am | Motivational Interviewing: A Proven Approach for Weight Loss*  
Frank J. Domino, MD |
| 10:50am – 11:20am | Lifestyle Changes to Prevent Diabetes*  
Martin J. Abrahamson, MD, FACP |
| 11:20am – 11:35am | Ask the Experts: Answering Your Questions  
Faculty |
| 11:35am – 12:20pm | Errors That I Have Made  
Martin A. Samuels, MD, DSc(hon), FAAN, MACP, FRCP, FANA |
| 12:20pm – 1:30pm | Lunch Break (on your own)                                              |
| 1:30pm – 2:05pm | Deprescribing Medication in Clinical Practice*  
Molly S. Brett, MD |
| 2:05pm – 2:15pm | Q&A                                                                    |
| 2:15pm – 2:50pm | Reflections on Renewal  
Charles J. Hatem, MD |
| 2:50pm – 3:00pm | Q&A                                                                    |
| 3:00pm – 3:20pm | Refreshment Break and Stretch                                          |
| 3:20pm – 4:00pm | Prostate Cancer—Screening and Beyond: Genetics, Prevention and Therapy*  
Marc B. Garnick, MD |
| 4:00pm – 4:40pm | Cervical Cancer Prevention: Is the Pap Smear Obsolete?  
Kelly D. Ford, MD |
| 4:40pm – 5:20pm | Breast Cancer Prevention and Screening: What We Know, What We Do and Does It Make Sense?*  
Nadine M. Tung, MD |
| 5:20pm – 5:45pm | Ask the Experts: Answering Your Cancer Questions  
Faculty |

**EUROPEAN ACCREDITATION**
Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credits™* to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMECs® can be found at www.eaccme.eu.

**AAFP CREDIT**
This live activity, with a beginning date of 05/17/2020, has been reviewed and is acceptable for up to 21.25 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.

**RISK MANAGEMENT**
This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 9.75 credits of Risk Management Study. This includes 0.50 credits of Opioid Education and Pain Management training. Please check your individual state licensing board requirements before claiming risk management credits.

**REGISTER NOW:** PreventionPrinciples.com
# TUESDAY, MAY 19, 2020

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| 7:30am – 8:30am | **KEYNOTE:** Nutrition: Eat, Drink and Be Healthy  
                   Walter C. Willett, MD, DrPH                                |
| 8:30am – 9:05am | Preventing Infections in the World Traveler*                        
                   Mary T. LaSalvia, MD, MPH                                    |
| 9:05am – 9:15am | Q&A                                                                   |
| 9:15am – 9:50am | Vaccine Angst: A Paradigm for Prevention*                           
                   Kelly D. Ford, MD                                            |
| 9:50am – 10:00am| Q&A                                                                   |
| 10:00am – 10:30am| Refreshment Break and Stretch                                        |
| 10:30am – 11:05am| Treating Tobacco Users: Strategies and Controversies*               
                   Nancy A. Rigotti, MD                                          |
| 11:05am – 11:15am| Q&A                                                                   |
| 11:15am – 11:50am| New Developments in the Management of Hyperlipidemias              
                   Murray A. Mittleman, MD, DrPH                                |
| 11:50am – 12:00pm| Q&A                                                                   |
| 12:00pm – 12:35pm| Screening, Prevention and Treatment of HCV: A Shifting Paradigm for  
                   Primary Care                                                   
                   Camilla S. Graham, MD, MPH                                     |
| 12:35pm – 12:45pm| Q&A                                                                   |
| 12:45pm – 1:20pm | HIV Prevention: What Else Works Besides Condoms*                     
                   Howard Libman, MD, FACP                                       |
| 1:20pm – 1:30pm | Q&A                                                                   |
| 1:30pm – 1:35pm | Closing Remarks                                                       |

## Learning Objectives

Upon completion of this activity, you will be able to:

1. Utilize cutting-edge, contemporary guidelines and standards for screening in primary care across multiple disciplines
2. Demonstrate competency and knowledge of the principles of screening: what factors must be present for a condition to qualify for population-based screening
3. Identify clinical and legal aspects of interventions to reduce the potential for prescription opiate abuse and inadvertent overdose
4. Incorporate recent evidence regarding pharmacologic, dietary and other interventions to prevent obesity, diabetes, cardiovascular disease and other serious chronic illnesses into daily clinical practice
5. Develop and utilize tools and checklists that integrate into medical records in order to maximize preventive interventions in primary care practice
6. Eliminate preventive strategies in practice that are proven to be ineffective

## ABMS/ACGME COMPETENCIES

This course is designed to meet one or more of the following American Board of Medical Specialties (ABMS)/Accreditation Council for Graduate Medical Education (ACGME) competencies:

- Patient care and procedural skills
- Medical knowledge
- Interpersonal and communications skills
- Professionalism

## IOM COMPETENCIES

This course is designed to meet the following Institute of Medicine (IOM) competencies:

- Provide patient-centered care
- Work in interdisciplinary teams
- Employ evidence-based practice

**REGISTER NOW:** [PreventionPrinciples.com](http://PreventionPrinciples.com)
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REGISTER ON OR BEFORE MARCH 22, 2020, AND SAVE $100
AFTER MARCH 22, 2020

| Tuition       | $799       | $899       |

Fees shown in USD. Your tuition includes all breakfasts, coffee and refreshment breaks and complimentary Internet access. All attendees will receive a comprehensive printed syllabus with online access.

General Information

PAYMENT, CONFIRMATION AND REFUND POLICY
You may register by credit card (Visa, MasterCard or American Express) or check using Harvard Medical School’s secure online registration system at www.PreventionPrinciples.com. Telephone or fax registration is not accepted. Registration with cash payment is not permitted. A processing fee of $10 (USD) per transaction will be assessed. Upon receipt of your paid registration, an email confirmation from the HMS-DCE office will be sent to you. Be sure to include an email address that you check frequently, as it will be used for critical information such as registration confirmation, evaluation and certificate. Refunds, less an administrative fee of $75, will be issued for all cancellations received two weeks before the start of the course. Refund requests must be received by email. No refunds will be issued should cancellation occur less than two weeks before. “No-shows” are subject to the full course fee.

COURSE LOCATION
All sessions for this activity will be held at:
The Fairmont Copley Plaza
138 St. James Ave.
Boston, MA 02116
Tel: 617-267-5300

ACCOMMODATIONS AND TRAVEL
A limited number of rooms have been reserved at the Fairmont Copley Plaza (800-441-1414 or 617-267-5300) until April 23, 2020. Please specify that you are enrolled in this course to receive the reduced rate of $369/$399/$439 per night (Moderate/Fairmont/Deluxe). Please do not purchase a nonrefundable airline ticket until you have received an email from our office confirming your paid registration.

INQUIRIES
By phone 617-384-8600, Monday-Friday, 9am to 5pm (EDT), or by email at: ceprograms@hms.harvard.edu.

DISCLAIMER
CME activities sponsored by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

DISCLOSURE POLICY
Harvard Medical School (HMS) adheres to all ACCME Accreditation Criteria and Policies. It is HMS’s policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest before the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

REGISTER NOW: PreventionPrinciples.com
THIS COURSE SOLD OUT IN PREVIOUS YEARS. EARLY REGISTRATION IS STRONGLY ADVISED.

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