

UW Medicine

UW SCHOOL
OF MEDICINE

**53rd Annual
Advances in Family Medicine &
Primary Care**



**Monday - Friday
September 8-12, 2025**

Hybrid: In-Person or via Zoom Webinar

University of Washington
Husky Union Building, North Ballroom, 2nd Floor
4001 E. Stevens Way NE
Seattle, WA 98195

Sponsored by UW School of Medicine
Department of Family Medicine
Office of Continuing Medical Education

TARGET AUDIENCE

This course is designed for family medicine physicians, and other primary care providers including internists, pediatricians, osteopathic physicians, physician associate, nurse practitioners, naturopathic physicians and others interested in primary care.

COURSE DESCRIPTION

The 53rd Annual Advances in Family Medicine and Primary Care Conference will cover a wide range of disciplines, including family medicine, cardiology, endocrinology, dermatology, OB/GYN, neurology, pulmonology, ophthalmology, and more. Participants will gain new information and review essential knowledge to enhance their skills as primary care providers. The conference will feature evidence-based guidelines, hands-on learning sessions, interactive panel discussions, focused breakout sessions, keynote presentations, and networking opportunities. Join us to stay updated with the latest advancements and best practices in primary care.

COURSE OBJECTIVES

Upon completion of this activity, attendees should be able to:

- Apply new knowledge and skills from family medicine, cardiology, pulmonology, endocrinology, OB/GYN, and various other disciplines in clinical practice.
- Review evidence-based updates from recent studies and professional organizations.
- Learn new hands-on techniques related to dermatologic and musculoskeletal care.

ACCREDITATION

Accreditation with Commendation: The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation: The University of Washington School of Medicine designates this Other activity for a maximum of 35.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CME Credit Breakdown	MON	TUES	WED	THURS	FRI	TOTAL
In-Person Live	6	5.5	5.5	5.5	3	35.50
In-Person Extended Viewing	2.5	2.5	2.5	2.5	--	
Virtual Live	6	5.5	5.5	5.5	3	28.25
Virtual Extended Viewing	1.5	1.25	--	--	--	

AAFP (For Live program - In-Person or Webinar)

Application for CME credit will be filed with the American Academy of Family Physicians.

ATTENDANCE POLICY

Course activities are exclusively reserved for registered attendees.

FEES AND REGISTRATION

To enroll, please register online at uwcme.org.

Continuing Medical Education at the University of Washington is a self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. The course fees are estimated to cover transcripts of *AMA PRA Category 1 Credits™*, access to online instruction materials, course logistics, food and beverage, alcohol during the reception, faculty planning, travel, honoraria, and staff salaries.

If you have not received confirmation prior to the course start, please contact the CME office at cme@uw.edu. Continuing Medical Education will not be responsible for expenses incurred.

Registration	In-Person	Virtual
All Learners	\$1099	\$725
*Resident/Fellow/Student	\$550	\$425
Industry Professional (Non-Exhibiting)	\$1299	\$925
*Resident/Fellow/Student rates require written confirmation of current Resident/Fellow/Student status. Failure to provide current documentation will result in a higher rate applied to your registration.		

Registration rates increase by \$50 effective August 24, 2025.

On-site registration will not be accepted.



ONLINE PRESENTATIONS AND MATERIALS

Instruction materials will be available online at uwcme.org (for conference registrants only). Materials will be available starting on September 2, 2025, for registrants to print and/or download. A digital booklet with the conference agenda and pages for note-taking will be uploaded with course materials. The printed syllabus will be available onsite. Individual presentations are not included in the printed syllabus.

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **August 25, 2025**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after August 25, 2025. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified through email and receive a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable airline tickets or hotel penalties. Contact the CME Office with questions. Contact Information: Phone 206.543.1050 | Fax 206.221.4525 | Email cme@uw.edu.

DIETARY REQUESTS

UW CME takes into consideration diverse nutritional preferences and restrictions when planning our complimentary menu. However, those individuals who might find that our menu is not completely aligned to their specific nutritional needs are welcome to bring their own food items.

If you have dietary restrictions (e.g., vegan, gluten-free, etc.), send an email to cme@uw.edu by August 25, 2025.

SPECIAL SERVICES

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, gender identity, sexual orientation, age, marital status, disability, or status as a protected veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation in the application process, contact the department at 206.543.1050 or the Disability Services Office at least ten days in advance.

Disability Services Office

206.543.6450/Voice • 206.543.6452/TTY 206.685.7264/Fax • e-mail: dso@uw.edu

The following hotels are located near the conference site. To make reservations, please directly contact the hotels.

College Inn Hotel

4000 University Way NE
Seattle, WA 98105

www.collegeinnseattle.com

Graduate Hotel

4507 Brooklyn Ave NE
Seattle, WA 98105
206.634.2000

www.graduatehotels.com

Residence Inn by Marriott

4501 12th Ave NE
Seattle, WA 98105

www.marriott.com

Silver Cloud Inn

5036 25th Ave NE
Seattle, WA 98105
206.526.5200 or 800.205.6940

www.silvercloud.com

University Inn

4140 Roosevelt Way NE
Seattle, WA 98105

www.staypineapple.com

Watertown Hotel

4242 Roosevelt Way NE
Seattle, WA 98105
206.826.4242 or 888.944.4242

www.staypineapple.com

Course Faculty

Course Chair

Nina Maisterra, MD
Clinical Assistant Professor
Department of Family Medicine
Physician
UW Primary Care at SLU

Planning Committee

Tamara Atkins, MD
Debra Bell, MD
Adewunmi Nuga, MD, PhD
Whitney Weyhing, RN

Guest Faculty

Kelsey Knox, MSN, ARNP, PMHNP-BC
Psychiatric Nurse Practitioner
Clear Path Psychiatry
Seattle, WA

Miranda Lu, MD
Physician Faculty
Swedish Family Medicine Residency
Seattle, WA

UW Faculty

Marta Alhama-Belotto, MD
Clinical Assistant Professor
Division of Cardiology
Attending Physician
Director, Clinical Cardio-Oncology

Tamara Atkins, MD
Clinical Associate Professor
Department of Family Medicine

Alison Bays, MD, MPH, RhMSUS
Assistant Professor
Department of Medicine
Division of Rheumatology

Debra Bell, MD
Assistant Clinical Professor
Department of Family Medicine
Co-Director of Education
Osher Center for Integrative Health

Natalie Cheung-Jones, DO
Assistant Professor
Department of Family Medicine

Nic Compton, MD
Clinical Associate Professor
Department of Dermatology

Julian Davies, MD
Clinical Professor
Department of Pediatrics

Anaya DeGaia, MD, MPH
Assistant Professor
Department of Obstetrics & Gynecology

Shireesha Dhanireddy, MD
Professor
Division of Allergy & Infectious Diseases
Medical Director, Infectious Disease Clinic and
Madison Clinic, Harborview Medical Center

Nicole Ehrhardt, MD
Assistant Professor
Division of Metabolism, Endocrinology and Nutrition
Lead, UW Diabetes ECHO Project

Lisa Erlanger, MD
Clinical Professor
Department of Family Medicine
Physician
UW Medicine

Joelle Fathi, DNP, RN, ARNP, CTTS, FAANP, FAAN
Clinical Associate Professor
School of Nursing

Elana Feldman, MD
Clinical Assistant Professor
Department of Pediatrics

Kari Gillenwater, MD, MPH
Clinical Professor
Department of Pediatrics

Corinne Heinen, MD, FAAFP
Clinical Professor
Department of Family Medicine
Division of Allergy and Infectious Diseases
Physician Lead, Transgender/Gender Non-Binary
Health Program (UW Medicine)
Director, UWSOM LGBTQ Health Student Pathway

Ninel Hovnanians, MD
Clinical Assistant Professor
Department of Cardiology

Elizabeth Hutchinson, MD
Clinical Assistant Professor
Department of Family Medicine

Crystal Kong-Wong, MD
Clinical Assistant Professor
Department of Family Medicine

Course Faculty

UW Faculty

Iman Majd, MD, MS, LAc

Clinical Assistant Professor
Department of Family Medicine
Director, Osher Clinic for Integrative Medicine

Laura Mayeda, MD, MPH

Clinical Assistant Professor
Department of Medicine
Division of Nephrology
Attending Physician,
Hypertension Clinic and Kidney Clinic at Harborview

Nicole Mazwi, MD

Associate Professor
Medical Director of Stroke Rehabilitation

Bryna McCollum, PA-C, IBCLC

Teaching Associate
Department of Family Medicine

Ryan Murphy, MD

Acting Instructor
Department of Medicine
Pulmonary, Critical Care, and Sleep Medicine

Adewunmi Nuga, MD, PhD

Clinical Instructor
Division of General Internal Medicine

Yaw Nyame, MD, MS, MBA

Associate Professor
Department of Urology

Lisa Olmos de Koo, MD, MBA

Associate Professor
Department of Ophthalmology

Douglas S. Paauw, MD, MACP

Professor
Division of General Internal Medicine
Rathmann Family Foundation Endowed
Chair for Patient Centered Clinical Education
Physician (UWMC)

Paul Pottinger, MD, DTMH, FACP, FIDSA

Professor
Division of Allergy & Infectious Diseases
Director
Infectious Disease Training Program

Jaqueline Raetz, MD

Associate Professor
Department of Family Medicine

Ashwin Rao, MD

Associate Professor
Department of Family Medicine

Rudy Rodriguez, MD

Professor of Medicine
Department of Medicine
Division of Nephrology
Director, Hospital and Specialty Medicine
VA Puget Sound Medical Center
Vice Chair, VA Puget Sound Health Care System

John Scott, MD

Associate Professor
Department of Medicine
Division of Allergy & Infectious Diseases

Grace Shih, MD

Associate Professor
Department of Family Medicine

Anna Shope, MD

Clinical Associate Professor
Department of Obstetrics & Gynecology

Jonathan Staloff, MD, MSc

Acting Assistant Professor
Department of Family Medicine

Savitha Subramanian, MD

Professor
Division of Metabolism, Endocrinology & Nutrition
Director, UW Lipid Clinic

Jenna Thomason, MD, MPH

Acting Instructor
Division of Rheumatology

Tracy Tylee, MD

Associate Professor
Division of Metabolism, Endocrinology & Nutrition
Director, Fellowship Program

Jay Vary Jr., MD, PhD

Associate Professor
Department of Dermatology

Prakash Vishnu, MD, FACP

Clinical Associate Professor
Department of Medicine, Hematology and Oncology
Physician
Fred Hutch Cancer Research Center

Lisa Walker, MPAS, PA-C

Teaching Professor
Department of Family Medicine

Susie Wetstone, MD

Geriatric Psychiatry Fellow
Department of Psychiatry and Behavioral Sciences

Wu-Hsun Tom Yang, ND, LAc

Teaching Associate
Osher Center For Integrative Health

Ying Zhang, MD, MPH

Assistant Professor
Department of Family Medicine

Monday, September 8, 2025

8:15 Sign-In & Continental Breakfast

8:55 Welcome & Introduction | *Nina Maisterra, MD*

9:00 Primary Care Cases in Gynecology | *Anna Shope, MD*

9:40 Prenatal and Postpartum Care: Key Updates for the Primary Care Physician | *Anaya DeGaia, MD, MPH*

10:20 OB/GYN Panel Discussion

10:35 **BREAK**

10:45 Thyroid Nodules: Observation, Surgery or Ablation | *Tracy Tylee, MD*

11:25 Cognition in Primary Care: A Framework for Evaluating and Managing Cognitive Concerns in Primary Care | *Jackie Raetz, MD*

12:05 **LUNCH**

12:20 LUNCH AND LEARN (Optional): Dementia Prevention | *Susie Wetstone, MD*

Plenary Session Agenda in Ballroom Below

*PLEASE REFER TO THE BREAKOUTS SCHEDULE PAGE FOR THE BREAKOUT AGENDAS

1:00 The Weight of Bias: Improving Health and Healthcare for Larger Bodied Patients | *Lisa Erlanger, MD* *

1:50 **BREAK**

2:00 Caring for Children and Adolescents in the Foster Care System | *Kari Gillenwater, MD, MPH & Elana Feldman, MD* *

2:50 **BREAK**

3:00 Updates on Infant Feeding in 2025: What's New in Lactation Physiology, Maternal Metabolic Disease in Lactation, and Infant Nutrition in Disasters | *Bryna McCollum, PA-C, IBCLC* *

3:50 **ADJOURN**

All times listed are in Pacific Time

Tuesday, September 9, 2025

- 8:15** Sign-In & Continental Breakfast
- 8:55** Welcome Back & Daily Introduction | *Tamara Atkins, MD*
- 9:00** Common Consults to Dermatology | *Jay Vary, MD, PhD*
- 9:40** Pruritus | *Nic Compton, MD*
- 10:20** Dermatology Panel Discussion
- 10:35** **BREAK**
- 10:45** Medical Myths Patients and Physicians Believe | *Douglas Paauw, MD, MACP*
- 11:25** Providing Care for Your Deaf and Hard of Hearing Patients | *Lisa Walker, MPAS, PA-C*
- 12:05** **LUNCH**

Plenary Session Agenda in Ballroom Below

*PLEASE REFER TO THE BREAKOUTS SCHEDULE PAGE FOR THE BREAKOUT AGENDAS

- 1:00** Cardiovascular Risk Assessment in the Primary Care Clinic | *Marta Alhama-Belotto, MD* *
- 1:50** **BREAK**
- 2:00** Value Based Care and Primary Care Investment in WA State | *Jonathan Staloff, MD, MSc* *
- 2:50** **BREAK**
- 3:00** Hypertensive Nephropathy | *Laura Mayeda, MD, MPH* *
- 3:50** **ADJOURN**

All times listed are in Pacific Time

Wednesday, September 10, 2025

- 8:15** Sign-In & Continental Breakfast
- 8:55** Welcome Back & Daily Introduction | *Nina Maisterra, MD*
- 9:00** Sexually Transmitted Infection (STI) Updates | *Shireesha Dhanireddy, MD*
- 9:40** Infectious Disease - Bring Your Cases | *Paul Pottinger, MD*
- 10:20** Infectious Disease Panel Discussion
- 10:35** **BREAK**
- 10:45** Digital Health Practices in Primary Care and Future Directions | *Crystal Kong-Wong, MD*
- 11:25** Updates in Asthma Diagnosis and Management | *Ryan Murphy, MD*
- 12:05** **LUNCH**

Plenary Session Agenda in Ballroom Below

*PLEASE REFER TO THE BREAKOUTS SCHEDULE PAGE FOR THE BREAKOUT AGENDAS

- 1:00** Hepatitis C and Hepatitis B in Primary Care | *John Scott, MD* *
- 1:50** **BREAK**
- 2:00** Rheumatology: Refer vs Reassure with Q&A | *Alison Bays, MD & Jenna Thomason, MD, MPH* *
- 2:50** **BREAK**
- 3:00** Identification and Management of Fetal Alcohol Spectrum Disorders in the Primary Care Setting | *Julian Davies, MD* *
- 3:50** **ADJOURN**

All times listed are in Pacific Time

Thursday, September 11, 2025

8:15 Sign-In & Continental Breakfast

8:55 Welcome Back & Daily Introduction | *Adewunmi Nuga, MD*

9:00 Diabetes Management for the PCP | *Nicole Ehrhardt, MD*

9:40 Challenging Lipid Cases | *Savitha Subramanian, MD*

10:20 Diabetes and Lipid Panel Discussion

10:35 **BREAK**

10:45 Updates in Prostate Cancer Early Detection: Tools to Maximize Benefit and Mitigate Harm | *Yaw Nyame, MD, MS, MBA*

11:25 Consultative Hematology for Primary Care | *Prakash Vishnu, MD, FACP*

12:05 **LUNCH**

Plenary Session Agenda in Ballroom Below

*PLEASE REFER TO THE BREAKOUTS SCHEDULE PAGE FOR THE BREAKOUT AGENDAS

1:00 Residential Segregation and Health Outcomes | *Rudy Rodriguez, MD* *

1:50 **BREAK**

2:00 Postural Orthostatic Tachycardia Syndrome | *Ninel Hovnanians, MD* *

2:50 **BREAK**

3:00 Threading the Needle: Caring for Gender Diverse People Now | *Corinne Heinen, MD, FAAFP* *

3:50 **ADJOURN**

All times listed are in Pacific Time

Friday, September 12, 2025

- 8:15** Sign-In & Continental Breakfast
- 8:55** Welcome Back & Daily Introduction | *Debra Bell, MD*
- 9:00** Beyond Monoamines: Interventions for Treatment Resistant Depression |
Kelsey Knox, MSN, ARNP, PMHNP-BC
- 9:40** Evaluation and Management of Retinal Disorders for the Primary Care Clinician |
Lisa Olmos de Koo, MD, MBA
- 10:20** **BREAK**
- 10:45** Evidence-Based and Pragmatic Strategies for Tobacco Cessation in Primary Care Practice |
Joelle Fathi, DNP, RN, ARNP, CTTS, FAANP, FAAN
- 11:25** Adding to the Primary Care Tool Box: An Integrative Approach to Perimenopause /
Menopause | *Debra Bell, MD*
- 12:05** **ADJOURN**



All times listed are in Pacific Time

Afternoon Breakout Schedule

We are excited to offer the Dermatology and Musculoskeletal Breakout sessions again this year, with the addition of two new breakouts, Acupuncture and IUD/EMB. Below is the agenda for the breakouts. Please note the recorded and in-person designations. Any part of the breakout that is listed as recorded will be recorded and offered during the extended viewing for CME credit, and any part listed in-person will be available only to our in-person learners. The Monday breakouts will be repeated on Wednesday, and the Tuesday breakouts will be repeated on Thursday. The Didactic sections of the Dermoscopy Primer and IUD/EMB will be recorded for extended viewing, there will not be a live component.

The Dermoscopy Primer, Shoulder & Foot/Ankle Exam, and Acupuncture breakouts will all have an attendee cap of 40 participants each offering. The IUD/EMB will have an attendee cap of 20 participants each offering.

If you do not participate in the breakouts, there will be presentations in the auditorium as well. Each presentation in the auditorium will have unique content which will only be presented one time. These presentations will be recorded for the extended viewing available for attendees to view the recordings and claim credit until **December 31, 2025**. Recordings will be available within 4 weeks after the live offering.

	HUB 250		HUB 214	
MONDAY / WEDNESDAY	1:00	Dermoscopy Primer - Didactic <i>Miranda Lu, MD</i> <i>(Recorded for Virtual Learners)</i> <i>(In-Person)</i>	1:00	Acupuncture Didactic <i>Iman Majd, MD, MS, LAc (MON)</i> <i>Tom Yang, ND, LAc (WED)</i> <i>(In-Person)</i>
	2:30	BREAK	1:55	Break
	2:45	Dermoscopy Primer - Hands On <i>Miranda Lu, MD</i> <i>(In-Person)</i>	2:10	Acupuncture Hands-On <i>Iman Majd, MD, MS, LAc (MON)</i> <i>Tom Yang, ND, LAc (WED)</i> <i>(In-Person)</i>
	3:50	ADJOURN	3:50	ADJOURN
TUESDAY/ THURSDAY	Shoulder & Foot/Ankle Exam for the Primary Care Physician (APCO) Breakout		IUD Insertion and Endometrial Biopsy Breakout	
	1:00	Shoulder <i>Elizabeth Hutchinson, MD</i> <i>(In-Person)</i>	1:00	Didactic with Q&A <i>Grace Shih, MD (TUES)</i> <i>Ying Zhang, MD, MPH & Natalie Cheung-Jones, DO (THURS)</i> <i>(Recorded for Virtual Learners)</i> <i>(In-Person)</i>
	2:20	BREAK	2:15	BREAK
	2:35	Foot & Ankle <i>Nicole Mazwi, MD & Ashwin Rao, MD, FAMSSM</i> <i>(In-Person)</i>	2:30	Hands On with Q&A <i>Grace Shih, MD (TUES)</i> <i>Ying Zhang, MD, MPH & Natalie Cheung-Jones, DO (THURS)</i> <i>(In-Person)</i>
	3:50	ADJOURN	3:50	ADJOURN

All times listed are in Pacific Time