

Presented by the  
Asian Health Institute  
Department of Medicine  
University of California, San Francisco  
University of Washington  
Kaiser Permanente



7th ANNUAL

# Asian Health Symposium

LAUREL HEIGHTS CONFERENCE CENTER  
San Francisco, California

THURSDAY - FRIDAY

October 11-12, 2018



#### COURSE DIRECTORS

**Gordon Fung, MD, MPH, PhD**  
Professor of Medicine, UCSF

**Diana Lau, PhD, RN, CNS**  
Assistant Professor  
School of Nursing, UCSF  
Director, UCSF Asian Health  
Institute

#### STEERING COMMITTEE

**Anne Chang, MD**  
**Peter Chin-Hong, MD**  
**Andrew Ko, MD**  
**Gene Lau, MD**  
**Descartes Li, MD**  
**Chienying Liu, MD**  
**Don Ng, MD**  
**Eugene Yang, MD**

UW Medicine

UW SCHOOL  
OF MEDICINE



KAISER PERMANENTE®



## 7th ANNUAL Asian Health Symposium

The Asian population has grown rapidly in the nation over the last decade, presenting major challenges in healthcare to provide culturally-appropriate care and eliminate healthcare disparities. Over half of the Asian community are immigrants with unique cultural and language needs. In light of that, the Asian Health Institute at the University of California, San Francisco launched the Asian Health Symposium series in 2012 with the aim to educate healthcare providers on the specific health and healthcare needs of Asian patients.

The 7th Annual Asian Health Symposium will highlight several specific areas for this unique community, including rheumatology, infectious disease, diabetes, and hypertension, with special emphasis on the differences in the care of Asian patients in these targeted disease areas. In addition, the topics of healthcare technology, addiction, and various healthcare initiatives will be addressed.

This unique symposium is one of the very few CME programs in the nation that can help bridge the knowledge and practice gaps of the healthcare community in treating Asian patients, especially the disadvantaged immigrants, on the many diseases and health issues that have significant impacts on them.

### TARGET AUDIENCE

Designed for family and primary care physicians, internists, and specialists, as well as nurse practitioners, physician assistants, nurses, pharmacists, and other healthcare providers who face the unique health care needs and challenges of their Asian patients.

### OBJECTIVES

After attending the two-day symposium, attendees will be able to:

- Incorporate a multicultural focus to improve patient care and satisfaction;
- Identify why precision genomics and counseling play important roles to reduce hereditary cancer risks;
- Better manage Asian patients with diabetes;
- Provide clinical treatment for rheumatoid arthritis;
- Identify emerging infections and new antibiotics;
- Utilize new treatments in Hepatitis B and C;
- Incorporate strategies to lower the stigma of having HIV in Asian patients;
- Use screening techniques in the evaluation of dementia;
- State two controversial issues with the new 2018 hypertension guidelines;
- Educate patients on the prevention of osteoporosis;
- Describe opioid use in Asians and health issues arising out of the legalization of the use of cannabis.

### ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council of Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

UCSF gratefully acknowledges the collaboration of this course's Co-Providers, The University of Washington and Kaiser Permanente.

UCSF designates this live activity for a maximum of **12.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

**Nurses:** For the purpose of recertification, the American accepts **AMA PRA Category 1 Credit™** issued by organizations accredited by the ACCME.

#### Physician Assistants:

AAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and **AMA PRA Category 1 Credit™** from organizations accredited by the ACCME.

**Pharmacy:** The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for **AMA PRA Category 1 Credit™**.

#### Geriatric Medicine:

The approved credits shown above include **12.25** credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

#### State of California Acupuncture Board:

Approved for a maximum of 12.75 Course category 1 hours by the California Acupuncture Board (CAB). Provider Number: 1419.

#### AMERICAN BOARD OF INTERNAL MEDICINE MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 12.75 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 for the purpose of granting ABIM MOC credit.

# 7th ANNUAL Asian Health Symposium

## THURSDAY, OCTOBER 11, 2018

7:45 am	<i>Registration and Breakfast</i>	
8:30	<b>Welcome and Introduction</b>	Gordon Fung, MD, PhD
8:40	<b>Innovative Strategies Addressing the Crisis in Geriatric and Chronic Care</b>	Jennie Chin Hansen, MS, RN, FAAN

### COMMUNICATION SKILLS: AT A CROSS ROAD WITH TECHNOLOGY

*Moderators:* **Gene Lau, MD and Chienying Liu, MD**

9:35	<b>Communication: the Most Common Procedure in Healthcare</b>	Calvin Chou, MD
10:00	<i>Coffee Break</i>	
10:20	<b>Language Access: Emerging Trends and Quality Implications</b>	Gayle Tang, RN, MS
10:45	<b>Precision Genomics and Counseling with Cancer Patients</b>	Galen Joseph, PhD
11:10	<b>Counseling Asian Patients with Diabetes</b>	Sarah Kim, MD
11:35	<b>Smart Technologies to Enhance Diabetes Management and Communication</b>	Robert Rushakoff, MD, MS
12:00 pm	<b>Q &amp; A Panel</b>	Conference Faculty

12:15 *Lunch • Provided*

**RHEUMATOLOGY** • *Moderators:* **Gordon Fung, MD, PhD and Don Ng, MD**

1:15	<b>Osteoarthritis, Gout, and Pseudo Gout</b>	R. Krishna Chaganti, MD, MS
1:55	<b>Rheumatoid Arthritis</b>	Mary Nakamura, MD
2:35	<b>Q &amp; A Panel</b>	Conference Faculty
2:45	<i>Coffee Break</i>	

### INFECTIOUS DISEASE UPDATE • *Moderator:* **Peter Chin-Hong, MD**

3:00	<b>Emerging Infections and New Antibiotics</b>	Monica Fung, MD
3:25	<b>Hepatitis B &amp; C Update: the New Cancer Initiative</b>	Jennifer Lai, MD
3:50	<b>HIV in Asians</b>	Sophy Wong, MD
4:15	<b>Q &amp; A Panel</b>	Conference Faculty
4:30 pm	<i>Adjourn</i>	

#### GENERAL INFORMATION

Advance registration closes on October 9, 2018.

#### SYLLABUS

An electronic syllabus will be sent to participants prior to the course and posted on the course website.

#### HOW TO ENROLL

##### Tuition:

<b>\$475</b>	Physicians
<b>\$295</b>	Advanced Practice & Allied Health Professionals
<b>\$250</b>	Residents/Fellows
<b>\$395</b>	Physicians - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG
<b>\$215</b>	Advanced Practice & Allied Health Professionals - UCSF/UW/Kaiser/SFDPH/ZSFG/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG
<b>\$150</b>	All Residents/Fellows/Staff - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG

Payment can be made by Visa, MasterCard, AmEx or check.

#### REGISTER VIA:

**Online:** [cme.ucsf.edu](http://cme.ucsf.edu)

**Mail:** Complete course registration form and send with payment to:

UCSF Office of CME  
P.O. Box 45368  
San Francisco, CA  
94145-0368

**Fax:** Fax completed registration form to: (415) 502-1795 (be sure to include your credit card number).

**Phone:** To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.  
Please check our website for up-to-date information on the course: [cme.ucsf.edu](http://cme.ucsf.edu)

## FRIDAY, OCTOBER 12, 2018

8:00 am *Breakfast*

### **DISEASE PREVENTION** • Moderators: Andrew Ko, MD & Eugene Yang, MD

8:35	<b>Dementia Diagnosis and Treatment: Current and Future Strategies</b>	Richard Tsai, MD
9:00	<b>Hypertension Guidelines Update 2018</b>	Eugene Yang, MD
9:25	<b>An Update in Lipid Management 2018</b>	Patricia Kim Phuong Nguyen, MD
9:50	<b>SF CAN: The Citywide San Francisco Colorectal Cancer Task Force</b>	Ma Somsouk, MD
10:15	<b>Q &amp; A Panel</b>	Conference Faculty
10:30	<i>Coffee Break</i>	

### **WOMEN'S HEALTH** • Moderator: Anne Chang, MD

10:55	<b>Osteoporosis</b>	Joan Lo, MD
11:25	<b>Domestic &amp; Interpersonal Violence: Assessment and Resources</b>	Nicole Appelle, MPH, MD
11:50	<b>Herbs Commonly Used by Females</b>	Molly Heublein, MD
12:15	<b>Q &amp; A Panel</b>	Conference Faculty
12:30 pm	<i>Lunch on Own</i>	

### **ADDICTION ISSUES** • Moderators: Descartes Li, MD & Don Ng, MD

1:30	<b>Gambling Addiction</b>	Michael Liao, MSW
2:10	<b>Social Media and Internet Addiction across Cultures</b>	Ravi Chandra, MD, DFAPA
2:45	<i>Coffee Break</i>	
3:00	<b>Cannabis and Opioid Addiction</b>	David Kan, MD
3:50	<b>Q &amp; A Panel and Closing</b>	Conference Faculty and Diana Lau, PhD, RN, CNS
4:30 pm	<i>Adjourn</i>	

program

**On-Site Registration:** Generally we are able to accommodate on-site registration at our courses however pre-registration is preferred to ensure that we have adequate course materials.

#### REFUND POLICY

Cancellations received in writing by **October 9, 2018** will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

#### CONFERENCE LOCATION

University of California, San Francisco  
Laurel Heights Conference Center  
3333 California Street @ Walnut Street  
San Francisco, CA 94118

#### PARKING

Limited parking is available at the Laurel Heights Conference Center for \$15/day on Friday and \$6/day on Saturday. The Conference Center is located at 3333 California Street, between Presidio Avenue and Laurel Street and is accessible by public transportation (MUNI lines 1, 2 and 43).

#### RENTAL CAR

Hertz is offering special rates for participants of this conference; simply call (800) 654-2240 and refer to convention number 03BW0137 or call your travel agent. You may also make reservations at [www.Hertz.com](http://www.Hertz.com). Advance reservations are recommended.

#### AIR TRANSPORTATION

UCSF has negotiated special fares with United Airlines for our course attendees. You may use the following tour code to book on your own:

United: [www.united.com](http://www.united.com) code: ZZ26868008

## REGISTER TODAY!

For more information or to register online visit our website at [cme.ucsf.edu](http://cme.ucsf.edu)  
You may also reach us by calling the Office of CME at (415) 476-4251 or emailing: [info@ocme.ucsf.edu](mailto:info@ocme.ucsf.edu).



0569  
University of California,  
San Francisco  
Office of Continuing  
Medical Education  
3333 California Street  
Suite 450  
San Francisco, CA  
94143-0742

### COURSE CHAIRS

**Gordon Fung, MD, MPH, PhD**  
Professor of Medicine, UCSF

**Diana Lau, PhD, RN, CNS**  
Assistant Professor  
School of Nursing, UCSF  
Director, UCSF Asian Health Institute

**COURSE FACULTY**  
(University of California, San Francisco unless indicated)

**Nicole Appelle, MPH, MD**  
Associate Professor of Medicine

**R. Krishna Chaganti, MD, MS**  
Associate Professor of Medicine

**Ravi Chandra, MD, DFAPA**  
[www.facebuddha.co](http://www.facebuddha.co)  
Transcendence in the Age of  
Social Networks  
Winner, 2017 Nautilus Silver Award  
for Religion/Spirituality of  
Eastern Thought  
San Francisco, CA

**Calvin Chou, MD, PhD**  
Professor of Medicine  
Staff Physician, San Francisco  
VA Medical Center

**Monica Fung, MD**  
Clinical Fellow, Division of  
Infectious Diseases

**Jennie Chin Hansen, MS, RN, FAAN**  
Board of Directors, Scan Health Plan  
and Dignity Health System  
CEO, OnLok  
San Francisco, CA

**Molly Heublein, MD**  
Assistant Professor of Medicine

**Galen Joseph, PhD**  
Associate Professor of Anthropology,  
History and Social Medicine

**David Kan, MD**  
Associate Professor of Medicine  
Clinic Director, Opiate Treatment  
Program, San Francisco  
VA Medical Center

**Sarah Kim, MD**  
Associate Professor of Medicine  
Division of Endocrinology and  
Metabolism

**Jennifer Lai, MD, MBA**  
Assistant Professor of Medicine  
General Hepatology and Liver  
Transplantation

**Michael Liao, MSW**  
Director of Programs  
NICOS Chinese Health Coalition  
San Francisco, CA

**Joan Lo, MD**  
Research Scientist, Kaiser  
Permanente Northern California  
Division of Research  
Endocrinologist and Graduate  
Medical Education Research Director  
Kaiser Permanente, East Bay  
Professor of Medicine, UCSF

**Mary Nakamura, MD**  
Professor of Medicine  
Division of Rheumatology

**Robert Rushakoff, MD, MS**  
Professor of Medicine Division  
of Endocrinology and  
Metabolism

**Patricia Kim Phuong Nguyen, MD**  
Assistant Professor  
Stanford University  
Director of Advanced Imaging,  
Palo Alto VA Medical Center

**Ma Somsouk, MD**  
Associate Professor of Medicine

**Gayle Tang, RN, MS**  
Consultant  
Past National Director, Multicultural  
Program, Kaiser Permanente  
Co-author, California Healthcare  
Interpreter Standards of  
Practice and Code of Ethics  
Adjunct Professor,  
City College of San Francisco  
San Francisco, CA

**Richard Tsai, MD**  
Assistant Professor of Medicine

**Sophy Wong, MD**  
Medical Director, Bay Area /  
North Coast AIDS Education and  
Training Center (AETC)  
Medical Director, HIV ACCESS  
Internist and HIV Specialist,  
Asian Health Services  
Associate Professor of Medicine,  
UCSF

**Eugene Yang, MD**  
Medical Director  
UW Medicine  
Eastside Specialty Center  
Associate Professor of Medicine  
Division of Cardiology  
University of Washington  
Medical Center  
Seattle, WA

faculty

# 7th ANNUAL ASIAN HEALTH SYMPOSIUM

MMJ19030

October 11-12, 2018  
 Laurel Heights Conference Center  
 San Francisco, California

Mail to : UCSF Office of CME  
 P.O. Box 45368  
 San Francisco, CA 94145-0368  
 Fax: (415) 502-1795

Online registration: [cme.ucsf.edu](http://cme.ucsf.edu)  
 Registration Information: (415) 476-5808  
 Course Information: (415) 476-4251

☐ Dr. ☐ Ms. ☐ Mr. ☐ Mrs.

Last Name	First	M.I.
Degree		Specialty
Address		
City	State	Zip
Daytime Phone		Fax
Email		

Address Label Code (see address label: example, A, B, C, D, etc.) \_\_\_\_\_

Would you like to be on our priority email list? ☐ Yes ☐ No

Date of birth to be used as OCME registrant number: \_\_\_\_\_ / \_\_\_\_\_ / **XX**  
 Month Day

Please indicate if you have any special needs: \_\_\_\_\_

## Registration Fees:

- |   |   |
|---|---|
| <input type="checkbox"/> <b>\$475</b> Physicians                                    | <input type="checkbox"/> <b>\$395</b> Physicians - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG                                    |
| <input type="checkbox"/> <b>\$295</b> Advanced Practice/Allied Health Professionals | <input type="checkbox"/> <b>\$215</b> Advanced Practice/Allied Health Professionals - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG |
| <input type="checkbox"/> <b>\$250</b> Residents/Fellows                             | <input type="checkbox"/> <b>\$150</b> All Residents/Fellows /Staff - UCSF/UW/Kaiser/SFDPH/ZSFG/Canopy Health/Dignity Health/AAMG                  |

Make checks payable to *UC Regents*

Please charge my credit card: ☐ Visa ☐ MasterCard ☐ AmEx for \$ \_\_\_\_\_

Card #	Expiration date
--------	-----------------

Name on Card (Please Print)	Authorized Signature
-----------------------------	----------------------

**Refund Policy:** Cancellations received in writing by October 9, 2018 will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up to date information on the course: [cme.ucsf.edu](http://cme.ucsf.edu)

**UCSF Laurel Heights Conference Center**  
 3333 California Street @ Walnut  
 San Francisco, CA 94118

## PARKING

Limited parking is available at the Laurel Heights Conference Center for \$15/day on Friday and \$6/day on Saturday. The conference center is located at 3333 California Street, between Presidio Avenue and Laurel Street and is accessible by public transportation (MUNI lines 1, 2 and 43).

