

UW Medicine

UW SCHOOL  
OF MEDICINE

*45th Annual*

# ADVANCES IN FAMILY MEDICINE & PRIMARY CARE



Monday - Friday

September 11 - 15, 2017

University of Washington

Health Sciences Center - Hogness Auditorium

1959 NE Pacific Street

Seattle, WA

Sponsored by UW School of Medicine

Department of Family Medicine

Office of Continuing Medical Education

## TARGET AUDIENCE

This course is designed for family physicians, primary care providers, internists, pediatricians, osteopathic physicians, physician assistants, nurse practitioners and others interested in primary care.

## COURSE DESCRIPTION

This is the 45th year that the Department of Family Medicine at the University of Washington School of Medicine is offering five days of educational opportunities for family medicine and primary care health care providers.

Each year, our goal is to provide current information about practice skills and the diagnosis and management of a broad array of primary health care issues within family medicine: cardiology, endocrinology, psychiatry and behavioral science, neurology, sports medicine, women's health, pulmonology, nephrology, infectious disease, chronic pain, pediatrics, and gastroenterology. Course topics are chosen with these criteria in mind:

- Suggestions from previous course attendees;
- Recent breakthroughs that may have significant impact on primary care practice and health outcomes;
- Controversial topics where medical opinions may vary or are in flux; and
- Information about practice transformation that is in line with new healthcare legislation.

We offer a wide variety of interactive workshops to reinforce and integrate content that is shared in large group plenary sessions, and integrate educational methods that engage attendees and deepen learning.

## NEW!

This year, we are providing a special opportunity for all attendees to receive the **All Patients Safe Suicide Prevention Training** with *no additional cost*. This can be used toward the new required 6 hours for health care providers in the state of Washington. An initial plenary lecture and subsequent 2-hour workshop will cover key areas. Participants will be able to complete the remaining 3 hours of training using online training modules.

## 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 live activity for a maximum of 38.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credits has been filed with the American Academy of Family Physicians. Determination of credit is pending.

## COURSE OBJECTIVES

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

- Apply new knowledge and skills from family medicine, cardiology, endocrinology, psychiatry and behavioral science, neurology, sports medicine, women's health, pulmonology, nephrology, infectious disease, chronic pain, pediatrics and gastroenterology, to the care of patients in primary care.
- Integrate teamwork designs into practice to improve efficiency and quality of care within the context of a patient-centered medical home.
- Describe new practice designs to optimize practice effectiveness in chronic disease management, detecting and treating mental health problems and opioid addiction.

## INFECTIOUS DISEASE UPDATE

### EVENING ADD-ON PROGRAM\*

#### Description

Experts will provide updates in the changing world of infectious disease that will impact your practice. Our focus will be incorporating the latest knowledge and techniques in your busy primary care workflow.

#### Objective

Apply new knowledge and skills from infectious diseases to the care of patients in primary care.

#### When

Monday through Thursday from 5:00-6:30 p.m.

*\*for applicable fees, see fee table on page 3.*

## FEES AND REGISTRATION

The course fee includes catering, access to online instruction materials and transcript of AMA PRA Category 1 Credits™. To enroll, please complete the enclosed registration and workshop selection forms and include with payment or register online at [uwcmc.org](http://uwcmc.org). Allow up to 15 working days to receive your email confirmation of enrollment. If you have not received confirmation prior to your departure for the course, please contact the CME office at 206.543.1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed if space is not available at the course.

COURSE FEES	Family Medicine Program	
	Five-Day	Three-Day
MD/DO/PhD	\$745	\$495
PA/ARNP/RN/Allied Health	\$645	\$435
Resident/Fellow*	\$250	\$175
	Infectious Disease Evening Program (may be taken as add-on or alone)	
All Disciplines	\$210	
*Resident/Fellow rate requires written confirmation of current resident/fellow status		
Registrations received on or after August 28 increase by \$25		

## CONFERENCE MATERIALS

Instruction materials will be available online at [uwcmc.org](http://uwcmc.org) (for conference registrants only). Materials will be available beginning on **September 1, 2017**, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided at the conference. A printed course syllabus is available for purchase for a production fee of \$200, or an electronic version on a USB is available for \$50. To order, please call the UW CME Office or select with your online registration. Orders must be received by **August 28, 2017**, and will be available for pick-up at the conference.

## ATTENDANCE POLICY

Course activities are exclusively reserved for course attendees. Badges provided at registration are required for entrance into all functions and this requirement will be strictly enforced. In consideration of other participants and speakers, please do not bring infants/children into conference sessions.

## ON-SITE REGISTRATIONS

If the course is not sold out, registrations will be accepted on-site. An administrative fee of \$25 will be applied to the base registration fee for walk-in registrations.

## CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **August 28, 2017**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **August 28, 2017**. 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 by telephone followed by written notification and 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 CME Office with questions – call 206.543.1050, fax 206.221.4525 or email [cme@uw.edu](mailto:cme@uw.edu).

## SPECIAL SERVICES

Please inform the CME Office ten days in advance of the conference if you will need to utilize lactation services.

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. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration and credit, instructional materials, record keeping, faculty planning and evaluation and may include food, beverages, taxes and gratuities to vendors. The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability or status as a disabled veteran or Vietnam era 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](mailto:dso@uw.edu)

## HOTEL ACCOMMODATIONS

The following hotels are located near the conference site. To make reservations, please call the hotels directly. No room block has been reserved.

**Watertown Hotel**  
206.826.4242 or 866.944.4242  
Rates depend on availability  
Ask for the "University" rate

**Silver Cloud Inn**  
206.526.5200 or 800.205.6940  
Rates depend on availability  
Ask for "UW CME Conference" rate

**Residence Inn by Marriott**  
206.322.8887 or 888.236.2427  
Rates depend on availability  
Ask for "U68" rate

# Course Faculty

## COURSE CHAIR

**Grace Shih, MD, MAS**  
Assistant Professor  
Department of Family Medicine

**Heather Kovich, MD**  
Family Medicine Physician  
Shiprock, NM

**John Amory, MD, MPH**  
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Department of Medicine  
Division of General Internal Medicine

**Eric Anderson, MD**  
Clinical Associate Professor  
Department of Medicine  
Division of Nephrology

**Laura-Mae Baldwin, MD**  
Professor  
Department of Family Medicine

**Ian Bennett, MD, PhD**  
Professor  
Department of Family Medicine

**Nathalie Bentov, MD, MA**  
Clinical Assistant Professor  
Department of Family Medicine

**Kelley Branch, MD**  
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Department of Medicine  
Division of Cardiology

**Heather Brandling-Bennett, MD**  
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Division of Dermatology

**Frederick Chen, MD, MPH**  
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**Maureen Chomko, RD, CDE, BS**  
Dietician/Nutritionist  
UW Neighborhood Clinics

**Allison Cole, MD, MPH**  
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**Başak Çoruh, MD**  
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Division of Pulmonary & Critical Care

**Shireesha Dhanireddy, MD**  
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Department of Medicine  
Division of Allergy & Infectious Diseases

**Jonathan Drezner, MD**  
Professor  
Department of Family Medicine

## PLANNING COMMITTEE

**Department of Family Medicine**  
H. Thomas Greer, MD, MPH  
Grace Shih, MD, MAS  
Susan Symington, DFAAPA, MPAS, PA-C  
Christina Tanner, MD  
Matthew Thompson, MBChB, MPH, DPhil, MRCHP

## GUEST FACULTY

**Michael Parchman, MD**  
Director, MacColl Center for Health Care Innovation  
Kaiser Permanente  
Seattle, WA

## UW FACULTY

**Mark Duncan, MD**  
Acting Assistant Professor  
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**Jennifer Erickson, MPH, BCHS, PA-C**  
Lecturer  
MEDEX Physician Assistant Program  
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**David Evans, MD**  
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Division of Gastroenterology

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Professor  
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**Heather Tick, MD, MA**  
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**Jay Vary, MD**  
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**Megan Wilson, MD**  
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Division of Allergy & Infectious Diseases

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Clinical Associate Professor  
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Division of Cardiology

**Jasmine Zia, MD**  
Acting Assistant Professor  
Department of Medicine  
Division of Gastroenterology

*Faculty are subject to change.*

## Monday, September 11, 2017

### 7:00 Registration & Continental Breakfast

8:00 Welcome and Introduction

8:10 Controversies in the Diagnosis & Treatment of Hypertension: Interpreting JNC 8 after SPRINT  
*Paul James, MD*

8:55 A Simplified Approach to Chronic Cough  
*James Town, MD*

### 9:40 Break

10:00 Approach to Pulmonary Function Test Interpretation  
*Başak Çoruh, MD*

10:45 Advanced ECG Reading  
*Jordan Prutkin, MD, MHS, FHRS*

11:30 Update on Atrial Fibrillation  
*Jordan Prutkin, MD, MHS, FHRS*

### 12:15 Lunch (provided)

1:00 Beyond 'Diet and Exercise' - Diabetes Nutrition Interventions for Implementation in Primary Care  
*Maureen Chomko, RD, CDE*

1:45 Women's Health Update  
*Pamela Pentin, MD, JD, FAAFP*

### 2:30 Break

2:45-5:00 **Workshop Option 1** (*Limited to 24 attendees*)

Basic Suturing Technique (*hands-on*)  
*David Evans, MD*



2:45-5:00 **Workshop Option 2**

*Choose 2 from this list.*

*(Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.)*

Evidence-Based Parenting  
*Heather Kovich, MD*

Frailty and Risk Assessment Tools for Optimization  
*Nathalie Bentov, MD, MA*

Menopausal Symptom Management  
*Emily Godfrey, MD, MPH*

The Pre-Travel Encounter  
*Christopher Sanford, MD, MPH, DTM&H*

Treating Patients with Opioid Addiction: Slaying the Dragon with Buprenorphine  
*Pamela Pentin, MD, JD, FAAFP*

### 5:00 Adjourn

### Infectious Disease Update - Evening 1

5:00 Hep C - Beyond Alphabet Soup  
*John Scott, MD, MSc*

5:45 HIV - Progress and Partnership  
*Shireesha Dhanireddy, MD*

### 6:30 Adjourn

## Tuesday, September 12, 2017

### 7:30 Sign-In & Continental Breakfast

8:00 Introduction and Announcements

8:10 Cases in Adult Dermatology: Best Practices for Common Conditions  
*Jay Vary, MD, PhD*

8:55 Suicide Prevention  
*Ian Bennett, MD, PhD*

**9:40 Break**

10:00 Diverticular Disease: What's New  
*Lisa Strate, MD, MPH*

10:45 Integrative Medicine  
*Heather Tick, MD, MA*

11:30 Common Mistakes in Dermatology  
*Deepti Gupta, MD*

**12:15 Lunch (provided)**

1:00 Thinking Like a Rheumatologist  
*Gregory Gardner, MD, FACP*

1:45 Making Sense of All the New Diabetic Agents  
*Lorena Wright, MD*

**2:30 Break**

2:45-5:00 **Workshop Option 1** (Limited to 24 attendees)

Advanced Suturing Technique (hands-on)  
*David Evans, MD*



2:45-5:00 **Workshop Option 2**

Six Building Blocks to Safer Opioid Prescribing  
*Laura-Mae Baldwin, MD, MPH, Brooke Ike, MPH, and Michael Parchman, MD, MPH*



2:45-5:00 **Workshop Option 3**

Choose 2 from this list.  
(Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.)

Caring for Patients with Down Syndrome  
*Megan Wilson, MD*

Outpatient Insulin Management  
*Lorena Wright, MD, and Tracy Tylee, MD*

Interesting Electrolyte Cases Exploring the Work-Up and Management of Hypokalemia and Hyponatremia  
*A. Eric Anderson, MD*

My Chest Hurts! A Clinical Approach to Prevent a Pain In Your Neck  
*Kelley Branch, MD*

**5:00 Adjourn**

**Infectious Disease Update - Evening 2**

5:00 Travel Medicine - The World in Your Waiting Room  
*Paul Pottinger, MD*

5:45 Antibiotic Allergies - Telling Fact From Fiction  
*Lahari Rampur, MD*

**6:30 Adjourn**

**Wednesday, September 13, 2017**

**7:30 Sign-In & Continental Breakfast**

8:00 Introduction and Announcements

8:10 Neurology Potpourri  
*Eric Kraus, MD*

8:55 Antibiotic Update  
*Paul Pottinger, MD, DTM&H*

**9:40 Break**

- 10:00 Applying Harm Reduction Strategies in Alcohol Use Disorders  
*Mark Duncan, MD*
- 10:45 Syncope Evaluations in Athletes  
*Jonathan Drezner, MD*
- 11:30 Atopic Dermatitis  
*Heather Brandling-Bennett, MD*

**12:15 Lunch (provided)**

- 1:00 What's New in Nephrology  
*Christopher Johnson, MD*
- 1:45 Sports Medicine Pearls for Primary Care  
*Ashwin Rao, MD*

**2:30 Break**

- 2:45-5:00 **Workshop Rotations**  
*Choose 2 from this list.*  
*(Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.)*
- Adolescent Transgender Healthcare  
*David Breland, MD, MPH*
- Advance Directives  
*Jaqueline Raetz, MD*
- Shoulder Exam  
*David Siebert, MD*
- Joint Injections  
*Henry Peltó, MD*
- Pediatric Orthopedic Cases  
*Anju Jain, MS, ATC, PA-C*
- Donating A Kidney: Noble or Nuts?  
*Christopher Johnson, MD*

**5:00 Adjourn**

**Infectious Disease Update - Evening 3**

- 5:00 STDs - Revenge of the Syph  
*Meena Ramchandani, MD*
- 5:45 C. difficile - Good, Bad, and Ugly  
*Erica Stohs, MD, MPH*

**6:30 Adjourn**

Thursday, September 14, 2017

**7:30 Sign-In & Continental Breakfast**

- 8:00 Introduction and Announcements
- 8:10 Colon Cancer Screening and Implementation  
*Allison Cole, MD, MS*
- 8:55 Update on Lipid Management in 2017  
*Eugene Yang, MD, MS, FACC*

**9:40 Break**

- 10:00 Diagnosis and Treatment of Low Testosterone  
*John Amory, MD, MPH*
- 10:45 Update in Adult Immunizations 2017  
*Shireesha Dhanireddy, MD*



11:30 Health Policy Update  
*Frederick Chen, MD, MPH; Paul Fishman, PhD, MA*

**12:15 Lunch (provided)**

1:00 Healthier WA Transformation HUB  
*Ian Bennett, MD, PhD*

1:45 Missed Pediatric Diagnoses  
*Eileen Klein, MD, MPH*

**2:30 Break**

**2:45-5:00 Workshop Option 1**

Suicide Prevention  
*Ian Bennett, MD, PhD, & Anna Ratzliff, MD, PhD*



**2:45-5:00 Workshop Option 2**

Choose 2 from this list.  
(Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.)

How to Work More Effectively with Patients with Medically Unexplained Symptoms  
*Daniel Evans, PhD*

Interpreting Evidence-Based Medicine: A Refresher  
*E. Chris Vincent, MD*

Pediatric Asthma Cases  
*Stephen Reeves, MD, PhD*

Common GI Complaints: From Reflux to IBS to Constipation  
*Jasmine Zia, MD*

Animal Issues in Primary Care  
*Peter Rabinowitz, MD, MPH*

**5:00 Adjourn**

**Infectious Disease Update - Evening 4**

5:00 TB or Not TB - That is the Question  
*Ted Wright, MD*

5:45 Antimicrobial Stewardship - Not Just For Hospitals Anymore  
*Paul Pottinger, MD, DTM&H*

**6:30 Adjourn**

Friday, September 15, 2017

**7:30 Sign-In & Continental Breakfast**

8:00 Introduction and Announcements

8:10 A Clinician's Guide to the Human Microbiome  
*David Fredricks, MD*

8:55 Coughs, Colds and Conjunctivitis Update  
*Matthew Thompson, MBChB, MPH, DPhil*

**9:40 Break**

10:00 Difficult Pulmonary Cases: Approach to Chronic Dyspnea  
*Siddhartha Kapnadak, MD*

10:45 Updates on Prenatal Screening  
*Alyssa Stephenson-Famy, MD, and Christie Walker, MD, MPH*

11:30 GI Pearls 2.0  
*Jennifer Erickson, MPH, BCHS, PA-C*

**12:15 Adjourn**

# Workshop Options

## MONDAY, SEPTEMBER 11

OPTION 1	<input type="checkbox"/> Basic Suturing Technique ( <i>hands-on</i> ) <b>(Limited enrollment)</b> <i>held from 2:45-5 p.m.</i> <b>SOLD OUT</b>
<b>Choose 2</b> from the following if not attending Basic Suturing Technique. <i>Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.</i>	
OPTION 2	<input type="checkbox"/> Evidence-Based Parenting <input type="checkbox"/> Frailty and Risk Assessment Tools for Optimization <input type="checkbox"/> Menopausal Symptom Management <input type="checkbox"/> The Pre-Travel Encounter <input type="checkbox"/> Treating Patients with Opioid Addiction: Slaying the Dragon with Buprenorphine

## TUESDAY, SEPTEMBER 12

OPTION 1	<input type="checkbox"/> Advanced Suturing Technique ( <i>hands-on</i> ) <b>(Limited enrollment)</b> <i>held from 2:45-5 p.m.</i>
OPTION 2	<input type="checkbox"/> Team-Based Management of Chronic Opioid Therapy <i>held from 2:45-5 p.m.</i>
<b>Choose 2</b> from the following if not attending either Advanced Suturing Techniques or Chronic Opioid Therapy workshops. <i>Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.</i>	
OPTION 3	<input type="checkbox"/> Caring for Patients with Down Syndrome <input type="checkbox"/> Insulin Basics in Primary Care <input type="checkbox"/> Interesting Electrolyte Cases Exploring Work-up and Management of Hypokalemia and Hyponatremia <input type="checkbox"/> My Chest Hurts! A Clinical Approach to Prevent a Pain In Your Neck

## WEDNESDAY, SEPTEMBER 13

<b>Choose 2</b> from the following. <i>Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.</i>	
	<input type="checkbox"/> Adolescent Transgender Healthcare <input type="checkbox"/> Advance Directives <input type="checkbox"/> Shoulder Exam <input type="checkbox"/> Joint Injections <input type="checkbox"/> Pediatric Orthopedic Cases <input type="checkbox"/> Donating A Kidney: Noble or Nuts?

## THURSDAY, SEPTEMBER 14

OPTION 1	<input type="checkbox"/> Suicide Prevention <i>held from 2:45-5 p.m.</i>
<b>Choose 2</b> from the following if not attending Suicide Prevention. <i>Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.</i>	
OPTION 2	<input type="checkbox"/> How to Work More Effectively with Patients with Medically Unexplained Symptoms <input type="checkbox"/> Interpreting Evidence-Based Medicine: A Refresher <input type="checkbox"/> Pediatric Asthma Cases <input type="checkbox"/> Common GI Complaints: From Reflux to IBS to Constipation <input type="checkbox"/> Animal Issues in Primary Care

When registering, please include both the completed registration form and workshop selection form (pages 10 and 11)

45th Annual Advances in Family Medicine  
& Primary Care  
September 11 - 15, 2017

REGISTER ONLINE AT [UWCME.ORG](http://UWCME.ORG)

REGISTRATION

First	MI	Last
Professional Title <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PhD <input type="checkbox"/> RN <input type="checkbox"/> ARNP <input type="checkbox"/> PA <input type="checkbox"/> Other:		
Street		
City	State	Zip
Phone (   )   -	Email	

PAYMENT      \*Residency Program (if applicable) \_\_\_\_\_

\*Resident/Fellow rate requires written confirmation of current resident/fellow status

<input type="checkbox"/> Check (payable to University of Washington) for \$			
<input type="checkbox"/> Credit Card charge \$	<input type="checkbox"/> Visa	<input type="checkbox"/> MC	<input type="checkbox"/> Discover
Card #	Exp Date		
Signature	CVV #		
<input type="checkbox"/> UW Budget	Budget Name		Budget #
Box #	Proj	Opt	Task

COURSE FEES	Family Medicine Program	
	Five-Day	Three-Day
MD/DO/PhD	<input type="checkbox"/> \$745	<input type="checkbox"/> \$495
Other Disciplines	<input type="checkbox"/> \$645	<input type="checkbox"/> \$435
Resident/Fellow*	<input type="checkbox"/> \$250	<input type="checkbox"/> \$175
	Infectious Disease Evening Program (may be taken as add-on or alone)	
All Disciplines	<input type="checkbox"/> \$210	
	Additional Services	
Syllabus	<input type="checkbox"/> \$200 (Paper)	<input type="checkbox"/> \$50 (USB)
Registrations received on or after August 28 increase by \$25 <input type="checkbox"/>		
TOTAL FEES:	\$ _____	

If attending three days,  
indicate which three days

☐ M   ☐ T   ☐ W   ☐ TH   ☐ F

RETURN COMPLETED  
REGISTRATIONS

(include workshop form on page 10)

BY MAIL:

UW CME  
Box 359558  
Seattle, WA 98195-9558

BY FAX:

206.221.4525

BY PHONE:

206.543.1050

1801

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September 11-15, 2017



**REGISTER ONLINE**

[uwcme.org](http://uwcme.org)