

110<sup>TH</sup> ANNUAL MEETING  
31<sup>ST</sup> ANNUAL CONVENTION  
OF THE  
VOLUNTEER STATE MEDICAL ASSOCIATION IN  
CONJUNCTION WITH REGION III  
OF THE NATIONAL MEDICAL ASSOCIATION

# SCIENCE AND MEDICINE IN 2015

JUNE 5-6, 2015



Nashville Omni Hotel

250 Fifth Avenue South

Nashville, TN 37203

1-800-843-6664



**Jesse E. McGee, M.D.**  
Program Director

**John E. Arradondo, M.D., MPH, FAAFP**  
President, Volunteer State Medical Association

**Jesse E. McGee, M.D.**  
Vice Chair  
Region III





## *Greetings*

**John E. Arradondo, M.D., MPH, FAAFP**  
**President**

### Greetings

On behalf of the Volunteer State Medical Association, I welcome you to the 110<sup>th</sup> Annual Meeting and the 31<sup>st</sup> Annual Convention. The Volunteer State Medical Association continues to represent the interest of minority physicians and patients and seeks the elimination of healthcare disparities. The Annual Meeting and Convention gives all of us the opportunity to network and to seek better understanding of ways to survive in this ever-changing health care environment i.e. healthcare reform and EMR.

The Annual Convention is combined with the Annual Meeting of Region III being held in conjunction with the VSMA in 2015. We bring together healthcare professionals seeking to have a greater understanding of the current health challenges and medical updates to improve practice management and health policies.

The Volunteer State Medical Association along with Region III continues to need your support so it can meet the needs of minority physicians, thus allowing us to do what we do best, practice the art of medicine.

We hope the information given by the speakers and insights gain from networking will help us remain current in our ever changing world so that we can be the best we can be. We thank you and continue to seek your support of the VSMA. It is you, the membership that drives the association and your support is needed.



## *Welcome and Overview of the Conference*

**Jesse E. McGee, M.D.**

**Vice Chair, Region III  
Executive Secretary, VSMA**

Region III and Volunteer State Medical Association of the National Medical Association welcome you to our Annual Scientific Assembly/Convention and the Annual Meetings.

This program is designed to follow our recent successful pattern by presenting a comprehensive array of timely topics that are likely to engage you in multiple ways. Please learn as much as you wish, while enjoying the process as you enjoy your stay at the Omni Hotel in Nashville, TN.

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# Welcome

## Region III

### &

## VSMA Members

To

## Nashville, TN

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# *Volunteer State Medical Association*

## *Officers for 2015*

Chairman of the Board

President

John E. Arradondo, M.D., MPH, FAAFP

Vice Presidents

East Tennessee

Middle Tennessee

Jackson, Tennessee

West Tennessee

Cornelius J. Mance, M.D.

John E. Arradondo, M.D., MPH, FAAFP

David Curwen, M.D.

Lanetta Anderson, M.D.

Secretary

William Terrell, M.D.

Executive Secretary

Jesse E. McGee, M.D.

Treasurer

Allyson Anyanwu, M.D.

## State Societies

Bluff City Medical Society, Memphis, TN

Mountain City Medical Society, Chattanooga, TN

Miles V. Lynk Medical Society, Jackson, TN

Robert Fulton Boyd Medical Society, Nashville, TN

# The Mission, Vision, and Goals of Healthy People 2020

**Vision**—A society in which all people live long, healthy lives.

**Mission**—*Healthy People 2020* strives to:

- Identify nationwide health improvement priorities
- Increase public awareness and understanding of the determinants of health, disease, and disability, and the opportunities for progress
- Provide measurable objectives and goals that are applicable at the national, state, and local levels
- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge
- Identify critical research, evaluation, and data collection needs

## Overarching Goals

- Attain high quality, longer lives free of preventable disease, disability, injury, and premature death
- Achieve health equity, eliminate disparities, and improve the health of all groups
- Create social and physical environments that promote good health for all
- Promote quality of life, healthy development, and healthy behaviors across all life stages

## Foundation Health Measures

*Healthy People 2020* includes broad, cross-cutting measures without targets that will be used to assess progress toward achieving the four overarching goals.

Overarching Goals of <i>Healthy People 2020</i>	Foundation Measures Category	Measures of Progress
Attain high quality, longer lives free of preventable disease, disability, injury, and premature death	General Health Status	<ul style="list-style-type: none"><li>• Life expectancy</li><li>• Healthy life expectancy</li><li>• Physical and mental unhealthy days</li><li>• Self-assessed health status</li><li>• Limitation of activity</li><li>• Chronic disease prevalence</li><li>• International comparisons (<i>where available</i>)</li></ul>
Achieve health equity, eliminate disparities, and improve the health of all groups	Disparities and Inequity	Disparities/inequity to be assessed by: <ul style="list-style-type: none"><li>• Race/ethnicity</li><li>• Gender</li><li>• Socioeconomic status</li><li>• Disability status</li><li>• Lesbian, gay, bisexual, and transgender status</li><li>• Geography</li></ul>
Create social and physical environments that promote good health for all	Social Determinants of Health	Determinants can include: <ul style="list-style-type: none"><li>• Social and economic factors</li><li>• Natural and built environments</li><li>• Policies and programs</li></ul>
Promote quality of life, healthy development, and healthy behaviors across all life stages	Health-Related Quality of Life and Well-Being	<ul style="list-style-type: none"><li>• Well-being/satisfaction</li><li>• Physical, mental, and social health-related quality of life</li><li>• Participation in common activities</li></ul>

# Continuing Medical Education

## General Objectives & Goals:

This course combines the relevant reviews to assist you in your daily practice of medicine. A faculty comprised of well – known experts in their field of endeavor. We have combined didactic lectures with multiple questions and answer sessions that will enable you to identify and address your learning gaps. The ultimate goal is to improve education and patient care. Topics discussed are from the Healthy People 2020 report, past program evaluations and surveys conducted annually.

Upon completion of this scientific session, participants will have greater awareness of these Healthy People 2020 goals and it should improve your ability to:

- Discuss the current vaccination guidelines in children and adults
- Apply the standard of care in office managements of sinusitis and bronchitis
- Identify the current guidelines in the pharmacological management of strokes, diabetic mellitus, sleep apnea, hepatitis c, aids and renal insufficiency.
- Understand genetic testing and FDA regulations.
- Outline the relationship between environment and Health.

## Target Audience

This course is designed for Family Medicine Physician, General Internist, Hospitalist, OB-GYN, Surgeons and Pediatricians.

## Educational Format

The course faculty will present information in a lecture format. There will be opportunities for the audience to ask and respond to questions.

## Accreditation

“This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the National Medical Association and the Volunteer State Medical Association. The National Medical Association is accredited by the ACCME to provide continuing medical education for physicians.”

“The National Medical Association designates this live activity for a maximum of *8.5 AMA PRA Category I Credit(s)*<sup>TM</sup>. Physicians should claim credit commensurate with the extent of their participation in this activity.”

“The National Medical Association has been reviewed and approved as an Authorized Provider by the International Association for Continuing Medical Education and Training (IACET), 8405 Greensboro Drive, Suite 800, McLean, VA 22102-5120. The National Medical Association has awarded 0.8 of CEUs to participants who successfully complete this program.”

## Special Events

The VSMA will host a Welcome Reception on Friday, June 5, 2015 from 6:30 P.M – 8:00 P.M at the Nashville Omni Hotel.

The Annual State of the State Luncheon with Region III and National Medical Association Updates will be held on Saturday, June 6, 2015 at the Nashville Omni Hotel.

The Region III Annual Business Meeting will be held on Saturday, June 6, 2013 at 4:30 P.M. at the Nashville Omni Hotel.

The Annual Award Banquet will be held on Saturday, June 8, 2013 at 6:30 P.M. at the Nashville Omni Hotel.

Continuing Medical Education Supported By:



National  
Medical  
Association



**Friday, June 5, 2015**

**Title: Science and Medicine in 2015**

**Location: The Nashville Omni Downtown**

**12:30 A.M.** Registration  
*Hotel Lobby*

**1:45 Noon** Welcome  
Jesse E. McGee, M.D.  
Program Director, Volunteer State Medical Association  
Vice Chair, Region III

John E. Arradondo, M.D., MPH, F.A.C.S.

## **Session I - Imaging Workshops**

**2:00 P.M.** MRI Workshop  
**TBA**

**2:30 P.M.** CT Workshop  
**TBA**

**3:00 P.M.** Chest X-ray Workshop  
**TBA**

**3:30 P.M.** EKG Workshop  
**Jesse E. McGee, M.D.**

**4:00 P.M.** Laboratory Workshop (Urinalysis, CBC, Electrolytes  
Analysis of Interesting Cases)  
**Perisco Wofford, M.D.**

**4:30 P.M.** **Questions and Answers**

**4:45 P.M.** **Adjournment**

**7:00 P.M.** **Reception**

**9:00 P.M.** *Hosted by the VSMA  
Nashville Omni Hotel*

**Saturday, June 6, 2015**

**Theme: Science & Medicine In 2015**

**Location: Nashville Omni Hotel**

**7:30 A.M.** Registration/Continental Breakfast  
*Lobby*

**7:50 A.M.** Greetings  
**John E. Arradondo, MD, MPH, FAAFP, President,**  
*Volunteer State Medical Society*

**Jesse E. McGee, M.D., Executive Secretary**  
*Volunteer State Medical Association*  
*Vice Chair, Region III*  
*Program Chairman*

## **Session II – Updates 2015 Part I**

**8:30 A.M.** Vaccination Update 2015  
**Karen Codjoe, M.D.**

**9:00 A.M.** The Environment and Health, Part I  
**Mark Mitchell, M.D.**

**9:30 A.M.** Prostate Disease 2015  
**Walter Rayford, M.D.**

**10:00 A.M.** Diabetes Mellitus, 2015  
**Beverly Williams-Cleaves, M.D.**

**10:30 A.M.** **Break/Vendors**

**10:45 A.M.** Vitamin D 2015  
**Beverly Williams-Cleaves, M.D.**

**11:15 A.M.** Congestive Heart Failure  
**Malcolm Taylor, M.D.**

**11:45 A.M.** Luncheon –  
“Nutrition 2015”  
**Bob Blancato, Executive Director**  
**National Association of Nutrition and Aging Services Programs**  
**Washington, DC**

**Saturday, June 6, 2015**

**Theme: Science & Medicine In 2015**

**Location: Nashville Omni Hotel**

**Session V: Updates 2015  
Part II**

- 1:00 P.M.** Sleep Apnea  
**Cornelius J. Mance, M.D.**
- 1:30 P.M.** The Environment and Health, Part II  
**Mark Mitchell, M.D.**
- 2:00 P.M.** Stroke Management Update 2015  
**Cornelius J. Mance, M.D.**
- 2:30 P.M.** **Break/Vendors**
- 2:45 P.M.** Acute Coronary Syndrome 2015  
**Jesse E. McGee, M.D.**
- 3:15 P.M.** Management of Acute and Chronic Renal Insufficiency 2015  
**Perisco Wofford, M.D.**
- 3:45 PM** **Questions and Answers**
- 4:00 PM** **Wrap-Up, Evaluation and Adjournment**
- 4:15 P.M.** **VSMA/Region III Annual Meeting**

**7:00 PM** **Reception**

**7:30 P.M.** Annual Awards Banquet  
**“NMA Update”**  
**Garfield A. D. Clunie, M.D.**  
**Chairman, Board of Trustees**  
**National Medical Association**

**Nashville Omni Hotel**



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# *Conflict of Interest and Disclosures*

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# *Program Faculty*

Karen. K. Codjoe, M.D., Health Officer, Tennessee Department of Health, Jackson, TN and Planning Committee Member. In accordance with ACCME guidelines, Dr. Codjoe discloses no significant financial relationship with pharmaceuticals or medical device companies that will impact this presentation.

Beverly Williams-Cleaves, M.D., Endocrinology and Internal Medicine, University of Tennessee, College of Medicine, Memphis, TN. In accordance with ACCME guidelines, Dr. Williams-Cleaves discloses no significant financial relationship with pharmaceuticals or medical device companies that will impact this presentation.

Cornelius J. Mance, M.D., Private Practice in Neurology in Hixson, TN and the planning committee. In accordance with ACCME guidelines, Dr. Mance discloses no significant financial relationship with pharmaceuticals or medical device companies that will impact this presentation.

Mark Mitchell, M.D.,

In accordance with ACCME guidelines, Dr. Mitchell discloses no significant financial relationship with pharmaceuticals or medical device companies that will impact this presentation.

Malcolm Taylor, M.D., Private Practice in Cardiology, Clinical Associate Professor of Medicine, University of MS School of Medicine, Jackson, MS, and Director of CHF Clinic, St. Dominic Hospital. In accordance with ACCME guidelines, Dr. Taylor discloses no significant financial relationship with pharmaceuticals or medical device companies that will impact this presentation.

Walter Rayford, M.D., Private Practice in Urology, Memphis, TN. In accordance with ACCME guidelines, Dr. Rayford discloses no significant financial relationship with pharmaceuticals or medical device companies that will impact this presentation.

Perisco A. Wofford, M.D., Private Practice in Internal Medicine and Nephrology, Memphis, TN and the planning committee. In accordance with ACCME guidelines, Dr. Wofford discloses no significant financial relationship with pharmaceuticals or medical device companies that will impact this presentation.

Jesse McGee, M.D., Associate Professor of Cardiology, University of Tennessee School of Medicine, Department of Cardiology and Director, Cardio Cath Lab, Veterans Administration Hospital. Memphis, TN and Planning Committee. In accordance with ACCME guidelines, Dr. McGee discloses no significant financial relationship with pharmaceuticals or medical device companies that will impact this presentation.