

Ethio-American Annual Medical Conference

Host: EDAG and People to People (P2P)

Sponsor for CME: Mayo Clinic School of Continuous Professional Development (MCSCPD)

Date: Friday September 22/2017

Location: Residence Inn Arlington Pentagon City

550 Army Navy Drive,
Arlington, VA, 22202-2888

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Time	Presentation (Topic)	Speaker	Allotted Time
6:30 – 7:45	REGISTRATION & BREAKFAST		
Session I: 8:00 to 10:00 AM (2 hours & 15 minutes): Cancer, the great malady: are we wining? Moderators: Drs. Begna/Shibru			
8:00-8:05	Introduction		5 minutes
8:05-8:30	Update on Screening and Prevention	Dr. Mohammed Nurhussein	25 minutes
8:30-9:55	Targeted Cancer therapy	Prof. Ayalew Tefferi	25 minutes
9:55-9:20	Cancer pain and its management	Prof. Sallahadin Abdi	25 minutes
9:20-9:45	Delirium and common psychiatric disorders in Medical Setting : A practical and concise overview	Prof. Yonas Geda	25minutes
9:45-10:15	Panel discussion	All presenters	30 minutes
10:15-10:30	COFFEE BREAK		15
Session II: 10:30-12:00 PM (1 hour & 30 minutes): Chronic diseases Moderators: Drs. G.Zabher/Begna			
10:30-10:55	Update in management of Diabetes	Prof. Elias Siraj	25
10:55-11:20	Sleep: What dreams are made of	Dr. Asefa Mekonnen	25
11:20-11:40	Resistant Hypertension	Dr. Mersema Abate	25
11:50-12:00	Panel discussion	All presenters	20
12:00-1:00	LUNCH BREAK: Quality & leadership in Health Care: Lori Diprete Brown, MSPH, M.T.S. (30 minutes)		60
Session III: 1:00 to 2:50 PM (1 hour & 50 minutes): Cardio-Vascular Events Moderators: Drs. Demede/Tefera			
1:00-1:25	Acute coronary syndrome	Dr. Henock G. Zabher	25
1:25-1:50	Arrhythmia: Atrial fibrillation	Dr. Tefferi Y. Mitiku	25
1:50-2:10	CVA (Stroke)	Dr. Cumara B. O'Carroll	20
2:10-2:30	Current approach to newer oral anticoagulants	Dr. Kebede Begna	20
2:30-2:50	Panel discussion	All presenters	20
2:50-3:05	COFFEE BREAK		15
Session IV: 3:00-5:00PM (1 hour & 40 minutes) Infectious Diseases and travel medicine Moderators: Drs. Siraj/Begna			
3:05-3:30	Current Management of HIV	Prof. Zelalem Temesgen	25
3:30-3:55	Management of Hepatitis	Dr. Tinsay A. Woreta	25
3:55-4:20	Travel medicine	Prof. Dawd A. Siraj	25
4:20-4:45	Panel discussion and conclusion	All presenters	25
4:45	Closing remarks	Dr. Kebede Begna	

6:30 to 8:00 AM Registration and Breakfast

8:00 to 10:15 AM Session I: Cancer: approach to screening & targeted therapy; common adverse effects of cancer (2 hours & 15 minutes).

Moderator: Kebede and Daniel

Topics:

- 1) Update on Screening and prevention
- 2) “Targeted Cancer therapy’
- 3) Cancer Pain and its management
- 4) Mood disorder/delirium

Objective:

- Practical application of cancer screening
- Advances in targeted cancer therapy
- Understanding cancer pain and its management
- Mood disorders

10:15-10:30 AM COFFEE BREAK

10:30-12:00 PM Session II: Chronic (Common) Health issues (1 hour & 30 minutes)

Moderators: Henock/Kebede

Topics

- 1) Update in management of Diabetes
- 2) Resistant Hypertension
- 3) Sleep: What dreams are made of

Objective:

- Review common causes of resistant hypertension and its management
- Review physiology of normal sleep
- Discuss pathophysiology of common sleep disorders, focusing on obstructive sleep apnea and its treatment

12:00-1:00PM LUNCH BREAK

Quality & leadership in Health Care: Lori Diprete Brown, MSPH, M.T.S.

1:00-2:50PM Session III: Cardio-Vascular Diseases (1 hour and 40 minutes)

Moderators: Drs. Melaku Demede and Girma Tefera

Topics:

- 1) Acute coronary syndrome
- 2) Atrial fibrillation
- 3) Stroke (CVA)
- 4) Current approach to anticoagulation

Objectives:

- Recognition and management of acute coronary syndromes, STEMI, NSTEMI.
- Recognition and management of atrial fibrillation
- Recognizing TIA, anterior and posterior circulation strokes and early recognition and management,
- Prevention and management of thromboembolic diseases, with emphasis on the newer oral anticoagulants

2:50-3:00 PM COFFEE BREAK

3:00-5:00PM **Session IV: Infectious Diseases and travel medicine (1 hour & 40 minutes)**
Moderator: Drs. Dawd Siraj and Kebede Begna

Topics

- 1) Current management of HIV
- 2) Current management of Hepatitis infections
- 3) Travel medicine

Objective:

- Review US and WHO guidelines in HIV diagnosis and management.
- *Current HIV management guidelines*
- Current treatment guidelines for the treatment of chronic hepatitis C virus and hepatitis B virus.
- *Common opportunistic infections in HIV and Hepatitis viruses*
- Overview of disease in different geographic locations that are pertinent to travelers.
- Getting ready prior to an International trip
- Recommendations on vaccines needed prior to International Trip

Closing remarks: Kebede Begna

Henock G. Zabher, M.D., MPH, FACC, FSCAI

Associate Professor of Medicine, Interventional Cardiology
Medical Director, Cardiac Catheterization Lab
Louisiana University Health Sciences Center
Shreveport, LA 71130

Kebede H. Begna, M.D.

Assistant Professor of Medicine
Consultant, Hematology
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Lori Diprete Brown, MSPH, M.T.S.

Associate Director for Education and Engagement
School of Medicine and Public Health
School of Human Ecology
Global Health Institute
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Madison, WI 53706

Mersema Abate, M.D., MPH

Associate Professor of Medicine
Internal Medicine Clerkship Director
Department of Internal Medicine
Division of Nephrology
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Mohammed A. Nurhusein, M.D.

Clinical Associate Prof of Medicine,
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Brooklyn, NY 11203

Salahadin Abdi, M.D., PhD

Professor and Chair, Department of Pain Medicine - Unit 409
Helen Buchanan & Stanley Joseph Seeger Endowed Research Professor
The University of Texas MD Anderson Cancer Center
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Teferi Y. Mitiku, M.D., FACC

Assistant Professor of Medicine at UCI
Department of Medicine, Division of cardiology

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Tinsay A. Woreta, M.D., M.P.H

Assistant Professor of Medicine
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Zelalem Temesgen, M.D.

Professor of Medicine
Consultant, Infectious Diseases
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Yonas E. Geda, M.D.

Professor of Neurology and Psychiatry
Consultant, Psychiatry
Mayo Clinic
Scottsdale, AZ 85259

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Speakers biography (Alphabetical, first name)



Asefa Mekonnen, M.D., F.C.C.P

Dr. Mekonnen a pulmonologist and sleep specialist currently practicing in Maryland. He went to Addis Ababa University in Addis Ababa, Ethiopia for medical school. He completed his internal medicine residency training at the university of Illinois, and pulmonary and critical care fellowship training at Northwestern University. He then pursued post-doctoral studies in Clinical and Behavioral Sleep Medicine at Stanford University School of Medicine. His current focus is in the field of sleep medicine. Dr. Mekonnen is a founder and director of the Premier Sleep Disorders Center, an AASM accredited center. He has managed and supervised more than 10,000 sleep studies. A frequent speaker in the area of Sleep Medicine and Sleep Disorders, he has delivered more than 100 invited lectures.



Ayalew Tefferi, M.D.

Dr. Tefferi is a Professor of medicine, and world renowned hematologist currently practicing at the Mayo Clinic in Rochester, MN. He went to medical school at the University of Athens in Greece. He completed his internal medicine residency training at St. Joseph's hospital in Chicago and hematology fellowship training at the Mayo Clinic in Rochester, MN. His research involves clinical and laboratory research in myeloid disorders. He has had over 1000 publications in peer reviewed journals and serves as the associate or section editor for the *Mayo Clinic Proceedings*, *Leukemia*, *American Journal of Hematology*, *European Journal of Hematology*, and *Hematological Oncology*. He is also in the editorial board of several other journals. Dr Tefferi has given more than 700 national and international invited lectureships and serves as faculty for the annual Hematology and Oncology Board review courses at George Washington University in Washington DC, Cancer Medicine and Hematology offered by Harvard institutes in Boston MA, and MD Anderson Cancer Center in Houston TX.



Cumara B. O'Carroll, M.D., MPH

Dr. Cumara O'Carroll is a neurologist at the Mayo clinic in Scottsdale, Arizona. She received her medical degree from Ponce School of Medicine. She completed her neurology residency training and stroke and cerebrovascular diseases fellowship training at the Mayo Clinic in Arizona. She is the current program director for the Vascular Neurology fellowship program. Her current interests are in stroke, global neurology, and teleneurology.

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Dawd S. Siraj, M.D., MPH&TM, FIDSA

Dr. Dawd S. Siraj is a Professor of Medicine, and an infectious disease physician at the University of Wisconsin. He received his medical degree from Jimma University in Ethiopia. He completed his internal medicine residency training at St. Barnabas Hospital Bronx, NY. He subsequently completed an Infectious Diseases fellowship and a Master of Public Health and Tropical Medicine, at Tulane University, in New Orleans, Louisiana.. He currently serves as the Vice President and Board Member of Ethio-American Doctors Group, Inc and People to People (P2P). He has actively participated in numerous Infectious Diseases and HIV activities in Ethiopia,



Elias S. Siraj, M.D., Dr. Med., FACP, FACE

Dr Siraj is currently Professor and Chief of Division of Endocrine & Metabolic Disorders at Eastern Virginia Medical School (EVMS), Norfolk, VA. He is also David L. Bernd Distinguished Chair for Cardiovascular and Diabetes Research, Director of Strelitz Diabetes Center and Director of the EVMS-Sentara Cardiovascular Diabetes Center. Dr. Siraj started as a Faculty first at the Cleveland Clinic and later moved to Temple University in Philadelphia where for many years he carried various leadership roles including Director of Diabetes Program and Director of Endocrine Fellowship Program.

Over the years, Dr. Siraj has been involved in Global Medicine activities and has been traveling to Ethiopia every year as a Visiting Professor, teaching residents, fellows and medical students as well as conducting collaborative clinical research projects. In collaboration with others, he was instrumental in successfully establishing the first Endocrine Fellowship training program in Ethiopia. In addition, Dr Siraj has served in various leadership roles at “People to People”, a US based NGO established by Ethiopian Physicians to support Ethiopian Healthcare and Medical Education. For his active role in Ethiopia, he received the prestigious Outstanding Service Award for the Promotion of Endocrine Health of an Underserved Population from the American Association of Clinical Endocrinology in 2014.

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Henock G. Zabher, M.D., MPH, FACC, FSCAI

Dr. Henock G. Zabher is an associate Professor of Medicine/ Interventional Cardiology at Louisiana State University Health Sciences Center in Shreveport, Louisiana. He received his medical degree from Jimma University in Ethiopia. He subsequently obtained his Masters of Public health (MPH) from Tulane University School of Public Health and Tropical Medicine. He completed internal medicine residency and cardiology fellowship at Louisiana State University Health Sciences Center (LSUHSC). He completed subspecialty training in Interventional Cardiology at the University of Arkansas for Medical Sciences. He is the First Cardiologist to perform percutaneous coronary intervention in Mekelle hospital, Ethiopia and help to initiate a coronary intervention services in the hospital.



Kebede H. Begna, M.D., Msc.

Dr. Kebede H. Begna an assistant professor and consultant haematologist, practicing at the Mayo Clinic in Rochester, MN. He received his medical degree from Gondar University in Ethiopia. He finished internal medicine residency at St. Vincent Medical College, an affiliate of New York Medical College, where he was the Chief Resident. He completed hematology and medical oncology fellowship and obtained Masters in clinical research at the University of Minnesota, and later joined the Mayo Clinic, Division of Hematology in Rochester, Minnesota. He authored and co-authored many publications and book chapter. He currently serves on the board of Ethio-American Doctors Group, Inc.



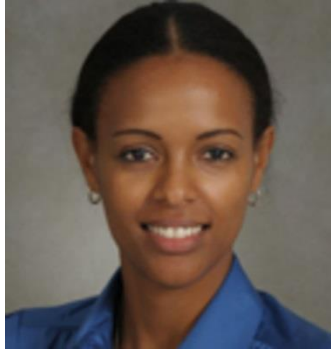
Lori Diprete Brown, MSPH, M.T.S.

Lori DiPrete Brown, Associate Director for Education and Engagement, has been a leader in global education and outreach at UW-Madison, including designing curricula for the highly subscribed global health education programs of the Global Health Institute, and supporting the development of faculty-led field courses and internships around the world. She leads GHI's Quality improvement Institute, which has engaged leaders from 9 countries to date. She co-chairs the Wisconsin without Borders Alliance, which recognizes excellence in interdisciplinary engagement for change. She authored and co-authored many publications, and a novel. She blogs about global health and social changes.

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Mersema Abate, M.D., MPH

Dr. Mersema Abate is an associate professor of medicine and nephrologist practicing in New York. She received her medical degree from Jimma University College of Public Health and Medical Sciences. She completed her internal medicine residency and nephrology fellowship at Stony Brook University Hospital in New York.

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Mohammed A. Nurhussein, M.D.

Dr. Mohammed A Nurhussein, served as Clinical Associate Professor of Medicine and Chief of Geriatric Medicine at the State University of New York (SUNY) Downstate Medical Center. He completed medical school in Croatia and was among the first Ethiopian military doctors. He came to the US in 1972 to pursue further training in internal medicine and pulmonary medicine. He started a long career as an attending physician at Kings County Hospital Center, affiliated with SUNY Downstate College of Medicine where he held a faculty appointment. He is an active member and of many civic, professional and humanitarian organizations, including the United African Congress, Ethio-American Doctors Group, Inc., and Physicians for Human Rights.



Salahadin Abdi, M.D., PhD

Dr. Salahadin Abdi, is a tenured Professor of Anesthesiology/Pain Medicine and Chair of Department of Pain Medicine at University of Texas MD Anderson Cancer Center in Houston, TX. He completed medical school, his PhD in pharmacology/toxicology, and clinical residency in Anesthesiology and Intensive Care Medicine at University of Münster Medical Center in Germany. After relocating to the United States, he then completed his residency training Anesthesiology at Massachusetts General Hospital in Boston, MA. He is the author and/or co-author of more than 200 manuscripts and abstracts, book chapters and review articles. He is a reviewer for multiple journals. His primary research interests include stem cell and gene therapy for degenerative spine disease and chemotherapy induced painful peripheral neuropathy. His main clinical interest includes low back pain, complex regional pain syndrome, cancer pain, myofascial pain and whiplash injury.



Teferi Y. Mitiku, M.D., FACC

Dr. Teferi Y. Mitiku is a cardiologist at UC Irvine Health. He received his medical degree from UCLA and his residency training in internal medicine residency from Stanford University. Then he completed a cardiology and Electrophysiology fellowship at Yale-New Haven Hospital in New Haven, Connecticut. His clinical interests include radiofrequency ablation of complex arrhythmias.

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Tinsay A. Woreta, M.D., M.P.H

Dr. Tinsay A. Woreta is an assistant professor of medicine and a gastroenterologist at Johns Hopkins University school of medicine.. She received her medical degree, internal medicine residency, and gastroenterology/transplant hepatology fellowship from Johns Hopkins University. She specializes in acute and chronic liver diseases, and has authored many publications and book chapters.



Zelalem Temesgen, M.D.

Dr. Zelalem Temesgen is Professor of Medicine at the Mayo Clinic, where he directs the Mayo Clinic HIV program, the Mayo Clinic Global HIV Education Initiative, and the Mayo Clinic Center for Tuberculosis. He completed medical school at Charles University in Czech Republic. He completed internal medicine residency training at Michigan State University, where he was the Chief Resident. He then completed fellowship in infectious Diseases at the Mayo Clinic in Rochester, MN. Dr. Temesgen is the founder of the Mayo Clinic Global HIV Education Initiative, which has developed a number of programs to enhance the knowledge and proficiency of health care providers worldwide. He has developed ecurriculum series for HIV, TB, and Leprosy, an innovative, self-paced online program that has enrolled over thousands of people in the US and Ethiopia. In addition, he is the author of numerous publications, sits on the editorial boards of several medical journals, and is editor-in-chief of two books: In addition, he has previously served as a member of the United States Presidential Advisory Council on HIV/AIDS as well as a member of the Scientific Advisory Board for The US President's Emergency Plan for AIDS Relief (PEPFAR).

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Yonas E. Geda, M.D.

Dr. Yonas E. Geda is a Professor of Neurology and Psychiatry. He is a Consultant in the Department of Psychiatry & Psychology, and Department of Neurology, Mayo Clinic. Following a formal search process, Dr. Geda was recently named Associate Dean for Diversity and Inclusion for all the 5 colleges/ schools at the Mayo Clinic College of Medicine and Science. Dr. Geda earned his doctor of medicine (M.D.) degree from Addis Ababa (Haile Selassie) University, and subsequently pursued his trainings in Psychiatry, Behavioral Neurology, and a Master's of Science (MSc) degree in biomedical sciences at Mayo Clinic in Rochester, Minnesota. His research examines the impact of lifestyle factors and neuropsychiatric symptoms on brain aging and mild cognitive impairment. He has published over 115 peer reviewed papers in major journals including in Neurology, JAMA Neurology, JAMA Psychiatry and American Journal of Psychiatry. Dr. Geda has several institutional, national and international leadership roles. He is a member of the Science Committee of the French Alzheimer's research group (Groupe de Recherche sur la maladie d'Alzheimer; GRAL). He is the current chair of the award committee of the Neuropsychiatric syndromes professional interest area (PIA) of the Alzheimer's Association International Conference (AAIC). He is a recipient of many awards, including a medal from the City of Marseille, France in 2003, and from the City of La Ciotat, France in 2016 for his contributions to the field of Alzheimer's research. As a resident, he won the prestigious Mayo Brother's Distinguished Fellowship Award.