Internal Medicine Section 2023 Program Agenda

New Orleans, LA
July 29th – Aug 2nd 2023

Internal Medicine Meeting Room: Hyatt Regency New Orleans Celestin Ballroom E, Level 3; Most symposia will take place in this room, unless otherwise noted.

Saturday, July 29th
This event will be held in Hyatt Regency New Orleans, Imperial 5D, Level 4

8:00 – 1:00 PM NIH-NMA Fellows’ Academic Career Development Program
(For selected fellows and residents only; detailed agenda provided in meeting room)

Saturday, July 29th
All Day

This session will be held in Hyatt Regency New Orleans, Bolden 3, Level 2

Basic Life Support (BLS) Course
This session will be held in Bolen 3, Level 2
*Additional paid registration required for entry

Instructors:
Doreen Vines, BS, NREMT/P, CPM
Clinical Educator and Program Manager HUH Resuscitation Program
Howard University Hospital
Washington, D.C.

Timecia Goree
[Need post nominals, title, institution, city and state]

Saturday, July 29th
9:00 AM -11 AM CT

Location: Internal Medicine Section Meeting Room, Hyatt Regency New Orleans Celestin Ballroom E, Level 3

Pulmonology Symposium

Fibrosing Interstitial Lung Disease as a Manifestation of Rheumatologic Illness

9:00 – 9:05 AM CT Welcome and Pre-Test Questions
9:10 – 9:30 AM CT Rheumatologic Conditions Associated with Fibrosing Interstitial Lung
9:30 – 9:50 AM CT  The Epidemiology of Sarcoidosis  
Speaker: Mohamed Seedahmed, M.D., MPH

9:50 – 10:10 AM CT  The Natural History of Interstitial Lung Disease in the Black Population  
Speaker: Ayodeji Adegunsoye, M.D.

10:10 – 10:30 AM CT  Bench to Bedside: Treatment Options for CTD-ILD  
Speaker: Jeremy Sullivan, M.D.

10:30 – 10:45 AM CT  Group Discussion/Case Discussions  
Facilitated by Edward L Treadwell, M.D., IM Rheumatology Subspeciality Section Chair and Aaron Baugh, M.D., IM Pulmonology Subspeciality Section Chair

10:45 – 11:00 AM CT  Post Questions/Conclusion/Adjournment

**GASTROENTEROLOGY SYMPOSIUM**

**Importance of Differential Diagnosis in Gastrointestinal Disorders for Improved Outcomes in Minority Patient Populations:**  
*Emphasis on Irritable Bowel Syndrome and Inflammatory Bowel Disease*

Location:  Internal Medicine Section Meeting Room, Hyatt Regency New Orleans Celestin Ballroom E, Level 3  
Saturday, July 29th, 2023  
11:00 AM – 1:00 PM CT  
**Course Director:** Marie Borum MD, EdD, MPH  
**Moderators:** Marie L. Borum MD, EdD, MPH and Lanla Conteh MD, MPH, MBA

Gastroenterology Subspeciality Chair  
**Marie L. Borum MD, EdD, MPH**  
Professor of Medicine and Professor of Prevention and Community Health  
Director, Division of Gastroenterology and Liver Diseases  
George Washington University, Washington, D.C.  
Chair, NMA Internal Medicine Section  
Chair, NMA Gastroenterology Section

Gastroenterology Subspeciality Co-Chair  
**Lanla Conteh MD, MPH, MBA**  
Clinical Associate Professor of Medicine  
The Ohio State University Wexner Medical Center  
Columbus, Ohio  
Immediate Past Chair, NMA Internal Medicine Section

**Racial and Ethnic Disparities in Gastroenterology Care.**  
*Marie L. Borum, MD, EdD, MPH*

Racial disparities in gastroenterology care can significantly impact accurate diagnoses, management, subspecialty referral and clinical outcomes in various conditions. The documented historic inequities in
health care of black and minority populations continues to be present in current health care delivery. Multiple factors impact the observed racial and ethnic disparities, including socioeconomic status, health care access, communication, potential bias of healthcare professionals and medical institutions.

This seminar will focus on issues related to irritable bowel syndrome and inflammatory bowel disease. These conditions, with overlapping symptoms, can result in challenges to health care providers. Eliminating disparities in evaluation and management will ensure optimal care and outcomes for black and minority patients.

**Irritable Bowel Syndrome**  
*Antoinette Saddler MD*

Irritable Bowel Syndrome (IBS) is one of the most common gastrointestinal (GI) disorders encountered by health care providers. This condition, manifested by chronic intermittent abdominal pain and alteration of bowel pattern, significant impacts quality of life. While it is a frequently diagnosed GI condition, there continues to be suboptimal appreciation of the manifestations and management options. Additionally, research has demonstrated that disparities in care can influence referral bias and reduced opportunities for access to specialty care. This lecture will provide an overview of IBS, clinical manifestations and management options.

**IBS learning objectives**
1. Provide overview of irritable bowel syndrome, including prevalence, manifestations and recommended evaluation
2. Review management strategies
3. Discuss new and emerging therapeutic options
4. Differentiating overlapping symptoms from other gastrointestinal conditions

**Inflammatory Bowel Disease**  
*Edwin McDonald IV, MD*

Inflammatory bowel diseases (IBD) are chronic or relapsing inflammatory conditions of the gastrointestinal tract. Crohn’s disease and ulcerative colitis are the two major subtypes. Historically, IBD has been considered to be a disease of Caucasians, more often occurring in those of Jewish ancestry. Epidemiologic data have demonstrated that black and minority patients have increased prevalence, but are frequently underrecognized. It is critical that health care providers recognize the manifestations of IBD and distinguish ulcerative colitis and Crohn’s disease from other GI conditions. This lecture will provide an overview of IBS, clinical manifestations and management options.

**Extraintestinal Manifestations of Inflammatory Bowel Disease**  
*Lanla Conteh MD, MPH, MBA*

Inflammatory bowel disease can have extraintestinal manifestations (EIMs). Although less than 10% of individuals with IBD have extraintestinal manifestations at initial presentation, up to 25% will have extraintestinal manifestations in their lifetime. While EIMs are under-appreciated, it is critical that conditions outside of the intestinal tract are recognized to ensure optimal care and clinical outcomes. This lecture will provide and overview of extraintestinal manifestations, including hepatobiliary disorders that are associated with inflammatory bowel disease.

**IBD learning objectives**
1. Provide overview of irritable bowel syndrome, including prevalence, manifestations and recommended evaluation
2. Review management strategies
3. Discuss new and emerging therapeutic options
4. Differentiating overlapping symptoms from other gastrointestinal conditions
11:00 – 11:10 AM CT  Racial disparities and referral biases in gastroenterology care and therapeutic intervention

Marie L. Borum MD, EdD, MPH
Professor of Medicine and Professor of Prevention and Community Health
Director, Division of Gastroenterology and Liver Diseases
George Washington University, Washington, D.C.
Chair, NMA Internal Medicine Section
Chair, NMA Gastroenterology Section

11:10 – 11:40 AM CT  Irritable Bowel Syndrome (IBS)

An overview of a common gastrointestinal disorder that has overlapping symptoms with other diseases

Antoinette Saddler MD
Assistant Clinical Professor
Johns Hopkins Medicine at Sibley Memorial Hospital
Washington, D.C.

11:40 – 12:10 PM CT  Inflammatory Bowel Disease (IBD)

Distinguishing inflammatory bowel disease from other diseases: Impact in African Americans

Edwin K, McDonald IV, M.D.
Assistant Professor of Medicine
Associate Director, Adult Clinical Nutrition
University of Chicago
Chicago, Illinois

12:10 – 12:30 PM CT  Extraintestinal Manifestations of Inflammatory Bowel Disease

Recognizing and managing non-gastrointestinal symptoms in inflammatory bowel disease

Lanla Conteh MD, MPH, MBA
Clinical Associate Professor of Medicine
The Ohio State University Wexner Medical Center
Columbus, Ohio
Immediate Past Chair, NMA Internal Medicine Section

12:30 – 12:50 PM CT  Case Presentations: Differentiating Irritable Bowel Syndrome and Inflammatory Bowel Disease

Marie L. Borum, MD, EdD, MPH, Lanla Conteh MD, MPH, MBA, Edwin McDonald IV, MD, and Antoinette Saddler MD

12:50 – 1:00 PM CT  Questions and Answers/Audience Participation/Adjournment
HIV SYMPOSIUM
Addressing Disparities in Underserved Populations
Novel Approaches and Recent Advances in the Elimination of HIV Infection

Location: Internal Medicine Section Meeting Room, Hyatt Regency New Orleans Celestine Ballroom E, Level 3

Saturday, July 29, 2023
3:00 PM – 5:00 PM CT (5:00 – 6:00 PM – Time for additional case reviews)
This meeting will be held in IM Meeting Room, Hyatt Regency New Orleans Celestine BR F, Level 3

Virginia A. Caine, M.D. – Course Director
Chairperson NMA Board of Directors
Associate Professor of Medicine
Division of Infectious Diseases
Indiana University School of Medicine
Indianapolis, IN

Wilbert C. Jordan, M.D., MPH – Co-Course Director
Director, Oasis Clinic
Associate Professor of Medicine
Division of Infectious Diseases
Charles R. Drew University of Medicine and Science
Los Angeles, CA
*Deceased

Saturday, July 29th
6:00 PM – 7:30 PM CT

Internal Medicine Section Dinner Program and Awards Ceremony

How Race May Affect the Treatment and Diagnostic Journey of IBD

Networking Opportunities for R13 Scholars with IM Leaders/Experienced Researchers/R13 Planning Members

This program is sponsored in part by Takeda
This is a non-CME program

Location: Hyatt Regency New Orleans Celestine Ballroom B, Level 3

Program Chair and Moderator:
Marie L. Borum, MD, EdD, MPH, MACP, FACC, AGAF, FRCP
Professor of Medicine and Professor of Prevention and Community Health
Director, Division of Gastroenterology and Liver Diseases
George Washington University
Washington, D.C.
National Medicine Association Internal Medicine Scientific Section Chair
National Medicine Association Gastroenterology Section Chair
Associate Editor, Journal National Medicine Association

Program Information
Inflammatory bowel disease (IBD) is a condition that impacts more than 5 million people worldwide. It is under-recognized in minority populations. The incidence rates for IBD have increased significantly among non-white populations in the United States. Historically, health care providers have been advised that Blacks were not at risk for the development of inflammatory bowel disease. Lack of awareness that IBD occurs in ethnic minorities can result in a delay in diagnosis, inadequate diagnostic testing, progression of disease severity, development of complications and suboptimal treatment.

This program would be a Takeda sponsored, promotional activity with a panel of experts addressing an audience of health care providers. The program will share Takeda approved DE&I contact that has been presented in product theaters at American College of Gastroenterology, Advances in Inflammatory Bowel Disease and Crohn’s and Colitis Congress. The presenting panelists, selected by Takeda, include:

- Dr. Marie Borum
  - Professor of Medicine, Gastroenterologist, IBD expert
- Dr. Evelyn Lewis
  - Chief Medical Officer, Chroma Health Solutions
  - Founder and Chair, Veterans Health and Wellness Foundation
  - Health Disparities expert
- Melodie Narain-Blackwell
  - Founder and President, Color of Crohn’s and Chronic Illness
  - Patient advocate living with Crohn’s disease

*Dr. Borum will present Internal Medicine Section awards, after our educational program.*
Sunday, July 30th

**Advanced Cardiovascular Life Support Course**

½ Day
This session will be held in Bolen 3, Level 2
*Additional paid registration required for entry*

Instructors:
Wendell Jones, M.D.

[Need post nominals, title, institution, city and state]

Doreen Vines, BS, NREMT/P, CPM
Clinical Educator and Program Manager HUH Resuscitation Program
Howard University Hospital
Washington, D.C.

Timecia Goree
[Need post nominals, title, institution, city and state]

Sunday, July 30th
This event will be held in Hyatt Regency New Orleans, Imperial 5D, Level 4

8:00 – 3:00 PM NIH-NMA Fellows' Academic Career Development Program
(For selected fellows and residents only; detailed agenda provided in meeting room)

Sunday, July 30th
Morning
8:00 AM - 9:30 AM

**NMA R13 NIH Small Conference Grant Program**

**Networking Breakfast**

Location: Hyatt Regency New Orleans Imperial 5A, Level 4

*NMA 2023 Towards Equity in Academic Medicine, Scientific sessions will explore strategies to reduce health disparities in Endocrinology, Diabetes and Metabolism, HIV/AIDS, Gastroenterology, Cardiology, Pulmonology, Nephrology, and Oncology*

"Funding for this conference was made possible (in part) by 1 R13 DK118916-01 from NIDDK. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention by trade names, commercial practices, or organizations imply endorsement by the U.S. Government."

Ayotunde O. Dokun, M.D., Ph.D., FACE
Principal Investigator

Ayotunde O. Dokun, M.D., Ph.D., FACE
Chair and Course Director, Endocrinology, Diabetes, and Metabolism Sub-Specialty Section, NMA FOEDRC Verna Funke Chair in Diabetes Research
There are five objectives to this conference session:

1) Provide a forum for cross-disciplinary exchange of ideas to further explore issues of health disparities and health equity issues in the areas of Endocrinology, Diabetes, and Metabolism, HIV/AIDS, Gastroenterology, Cardiology, and, Pulmonology, Nephrology, and Oncology

2) Foster opportunities for early stage minority faculty and trainees to network and learn about current research in the internal medicine specialty including, Endocrinology, Diabetes, and Metabolism, HIV/AIDS, Gastroenterology, Cardiology, Pulmonology, Nephrology, and Oncology

3) Promote opportunities for all early stage faculty and trainees to present their research findings during the general NMA poster session and our general IM Session meeting; and integrate the top recipients of the abstract submissions as oral abstract presentations within the appropriate Internal Medicine specialty presentations.

4) Promote opportunities for trainees to buttress this academic experience by allowing them to attend an array of NMA general Scientific Section symposia (e.g., Family Medicine, OB/GYN, Physician Executive, Community Health and Public Health, and NMA plenary sessions on violence prevention and environmental health and asthma) during the entire NMA Convention period.

5) Promote opportunities for early stage faculty and trainee investigators to interact with more senior investigators working in the internal medicine specialties to enable them the opportunity to establish professional relationships that will provide early career guidance and for those interested “groom” them for future leadership in the NMA.

NIH R13 Scholars Networking Breakfast with IM Leaders/Experienced Researchers/R13 Planning Members

8:05 AM – 8:15 AM Welcome and Introductions

Ayotunde O. Dokun, M.D., Ph.D., FACE
Principal Investigator
Chair and Course Director, Endocrinology, Diabetes, and Metabolism Sub-Specialty Section, NMA
FOEDRC Verna Funke Chair in Diabetes Research
Director, Division of Endocrinology and Metabolism
Associate Professor of Medicine and Endocrinology
University of Iowa, Carver College of Medicine
Iowa City, Iowa

8:15 AM – 8:50 AM  First Principles for the Black Academic Physician
                   Aaron Baugh, M.D.

8:50 AM – 9:30 AM  Questions and Answers/Small Group Discussions/Networking/Adjournment

2:00 PM – 3:00 PM  **R13 Program Continued**, Part II of the R13 program will be held in IM Section
                   Meeting Room, Hyatt Regency New Orleans Celestin Ballroom E, Level 3

2:00 PM – 2:15 PM  R13 Participants Group Photo – Scholars, Early Career Faculty, and IM
                   Leaders/Experienced Researchers/R13 Planning Members

2:15 PM – 3:00 PM  R13 Scholars Poster Presentations
                   **Faculty Engagers:** Drs. Ayotunde Dokun, Rasheed Balogun,
                   Itunu Owoyemi, Marie Borum, Natasha Travis, Aaron Baugh, Rasheed Balogun, Ayotunde Dokun, Edward Treadwell,
                   Adrienne Buford -Foggs, Edith Mitchell, Lanla Conteh, Hakeem Ayinde, Wallace Johnson, and Onyedika Ilonze

2023 Internal Medicine IM R13 Scholars
Add names here:

Sunday, July 30th
3:00 PM – 5:00 PM CT

Endocrinology, Diabetes, and Metabolism Subspecialty Section
Endocrinology Diabetes, and Metabolism Symposium
Bridging the Gap in Diabetes Care

Location: Internal Medicine Section Meeting Room, Hyatt Regency New Orleans Celestin Ballroom E, Level 3

Endocrinology, Diabetes, and Metabolism Subspecialty Section Chair:
**Ayotunde O. Dokun, M.D., Ph.D., FACE**
Chair and Course Director, Endocrinology, Diabetes, and Metabolism Sub-Specialty Section, NMA
FOEDRC Verna Funke Chair in Diabetes Research
Director, Division of Endocrinology and Metabolism
Associate Professor of Medicine and Endocrinology
University of Iowa, Carver College of Medicine
Iowa City, Iowa

Program Moderator:
**Amie Ogunsakin, M.D.**
National Medical Association
Co-Chair, Endocrinology, Diabetes, and Metabolism Subspecialty Section
Clinical Assistant Professor of Internal Medicine-Endocrinology and Diabetes
University of Iowa
Iowa City, IA

**Learning Objectives**
*After participating in this activity, learners will be able to:*
1. Recognize disparities in health outcomes that are prevalent in Diabetes Mellitus
2. Identify non glycemic benefits of the newest agents for glycemic control
3. Describe strategies for mitigation of diabetes micro and macro vascular complications
4. Discuss non alcoholic fatty liver disease in diabetes mellitus and the role of the primary care provider
5. Discuss the role of diabetes technologies in improving diabetes care delivery

**Agenda**

3:00 PM – 3:10 PM CT  
Introduction of Session/Pre-Test Questions  
**Amie Ogunsakin, M.D.**  
National Medical Association  
Co-Chair, Endocrinology, Diabetes, and Metabolism Subspecialty Section  
Clinical Assistant Professor of Internal Medicine-Endocrinology and Diabetes  
University of Iowa  
Iowa City, IA

3:10 PM – 3:35 PM CT  
Recognizing Diabetes Health Disparities, a focus on mental health  
**Sherita Hill Golden, M.D., MHS**  
Hugh P. McCormick Family Professor of Endocrinology and Metabolism  
Vice President, Chief Diversity Officer  
Office of Diversity, Inclusion and Health Equity  
Baltimore, MD

3:35 PM – 4:00 PM CT  
The James W. Reed, M.D., Memorial Lecture  
Diabetes pharmacotherapy, what is new? A focus on micro and macro vascular complications  
**Justin Basile Echouffo Tcheugui, M.D., Ph.D., M.Phil.** (invited)

4:00 PM – 4:35 PM CT  
Nonalcoholic fatty liver disease in diabetes mellitus  
**Adeyinka Taiwo, M.D., FRCP**  
Clinical Assistant Professor  
Division of Endocrinology and Metabolism  
University of Iowa  
Iowa City, IA

4:35 PM - 5:00 PM CT  
Preventing Disease progression in Diabetic Kidney Disease  
**Rasheed A Balogun, MD, FACP, FASN, HP(ASCP)**  
Harrison Distinguished Teaching Professor of Medicine  
University of Virginia School of Medicine  
Regional Medical Director, UVA Dialysis Program  
Medical Director, Apheresis Unit & Extracorporeal Therapies  
Division of Nephrology  
University of Virginia  
Charlottesville, VA

5:00 PM – 5:25 PM CT  
Update on Continuous glucose monitors use in primary care  
**Kevin H. McKinney, M.D., FACE**  
Charles C. Sprague, MD Distinguished Professor in Internal Medicine  
Director, Division of Endocrinology and Stark Diabetes Clinic  
Co-Director, Endocrinology, Diabetes and Metabolism Fellowship  
[Need Institution, city and state]

5:25 PM – 5:35 PM CT  
Post Test

5:35 PM – 5:55 PM CT  
Panel Discussion/Q&A/Audience Interaction

5:55 PM – 6:00 PM CT  
Wrap Up/Adjournment

5:30 PM – 7:30 PM CT  
Exhibit Hall Grand Opening/Dinner – NMA National Office Event
Monday, July 31st
8:00 – 11:00 AM CT
Location: Internal Medicine Section Meeting Room, Hyatt Regency New Orleans Celestin Ballroom E, Level 3

Cardiology I Symposium

PROTECTING THE HEART AND KIDNEY: DIABETES MELLITUS MANAGEMENT IN THE ERA OF NOVEL THERAPEUTICS

Learning Objectives:
1. Discuss the social determinants of health that contribute to the incidence and affect outcomes of patients with ASCVD and heart failure.
2. Identify risk factors of ASCVD and heart failure.
3. Discuss current guideline recommendations in prevention, diagnosis, and management of ASCVD and heart failure.
4. Discuss patient clinical factor(s) and appropriate medication choice in select diabetes complications.
5. Highlight mitigation strategies for side effects of discussed agents.
7. List approaches to improved outcomes and patient advocacy in diabetes and CKD.

11:00 AM – 1:00 PM
Exhibit Hall/Lunch

1:00 PM – 1:05 PM
Introduction of the President of the American College of Physicians
Marie Borum, M.D.
Chair, NMA Internal Medicine

1:05 – 1:30 PM
American College of Physicians Presidential Address/Q&A
Omar T. Aiq, M.D., FACP

1:30 PM – 3:30 PM
Cardiology II Symposium

Cardiovascular Disease Risk Reduction for the Primary Care Provider

Elijah B. Saunders, M.D., Memorial Lecture

Course Director

Wallace Johnson, M.D. FASH, FAHA

Chair, NMA Cardiology Subsection (Internal Medicine)

Assistant Professor of Medicine

Section of Hypertension
Medical Director Center for Aortic Disease
University of Maryland
Baltimore, MD
Moderator
Hakeem Ayinde, MD, MS FACC FHRS
Vice Chair NMA Internal Medicine Cardiology Subsection (Internal Medicine)
Clinical Cardiac Electrophysiologist
Cardiology Associates of Fredericksburg
Fredericksburg, VA
Moderator
Onyedika Ilonze, MD, MPH, FACC, FHFS
Assistant Professor of Medicine
Indiana University School of Medicine
Indianapolis, IN
1:30 PM – 1:35 PM Welcome ABC and NMA Joint Program and Introduction
Pre-Test
Wallace Johnson, M.D., FASH, FAHA
Chair of NMA IM Cardiology II Subspecialty Section and Moderator
Assistant Professor of Medicine
Medical Director Center for Aortic Disease
Section of Hypertension
University of Maryland School of Medicine
Baltimore, MD
1:35 PM – 2:00 PM Elijah B. Saunders, M.D., Memorial Lecture: Keynote Address
Approach to Lipid Management in High-Risk Patients: A Case Based Approach
Karol Watson MD
Professor of Medicine
Director, Women’s Cardiovascular health Center
University of California
Los Angeles, CA
2:00 PM – 2:25 PM New Frontiers in Lipid Management in Populations at High Risk for ASCVD
Elizabeth Ofili, MD, MPH, FACC
Professor of Medicine
Director, Clinical Research Center
Morehouse School of Medicine
Atlanta, GA
2:25 PM – 2:45 PM Oral Presentation of Selected R13 Abstracts
Moderators
Onyedika Ilonze MD
Hakeem Ayinde, MD
Wallace Johnson MD
2:45 PM – 3:30 PM Case Discussions/Post Test/ Audience Participation/Questions & Answers

Oncology Symposium

Monday, July 31st
3:30 PM – 6:30 PM

Jane Cook Wright, M.D. Memorial Symposium
Poster Session
Reception

Chair and Moderator
Edith P. Mitchell, MD, FACP
Thomas Jefferson University
Philadelphia, Pennsylvania
Evening – ABC/NMA – Cardiology Subspeciality Section Dinner Program

Tuesday, August 1st
7:00 AM – 9:00 AM
Rheumatology Symposium

Infectious Diseases Symposium
Location: Internal Medicine Section Meeting Room, Hyatt Regency New Orleans Celestin Ballroom E, Level 3

Tuesday, August 1st
9:00 AM -11:00 AM CT

Virginia A. Caine, M.D.
Course Director
Chairman of the Board of Trustees and
Internal Medicine Section Chair, Infectious Diseases Section
National Medical Association
Associate Professor of Medicine
Division of Infectious Diseases
Indiana University School of Medicine
Indianapolis, IN

11:00 AM – 1:00 PM
Exhibit Hall/Lunch

1:00 PM – 1:30 PM
Infectious Disease – Expanded Discussion of Case Studies

1:30 PM – 3:00 PM
General Internal Medicine Symposium

Topic: The Role of Nutrition in Improving Health among Adult and Geriatric Black Americans

Presenters: TBD

Goal of the Session Objectives: The NMA has a vision to improve health and wellness, reduce diet-related chronic diseases and advance health equity. In line with this vision, the overall goal of the session is to highlight the role of nutrition, including dairy, fruits, vegetables, grains, and proteins, in improving health among adult and geriatric Black Americans who are at a greater risk of health disparities compared to any other racial/ethnic group in the U.S.

Objectives of the Session

1. Discuss the state of diet related chronic diseases that disproportionately affect Black Americans, and the role of nutrition in medical prevention and treatment plans.

2. Describe healthy dietary eating patterns recommended by Dietary Guidelines for Americans that include fruits, vegetables, grains, proteins, and dairy foods that are recommended for adult and geriatric Black Americans.
3. Identify the role of dairy in addressing diet-related disparities and improving cardiometabolic outcomes and bone health in adult and geriatric Black Americans.

Methods

A four-part 90-minute session with 60 minutes of presentation content and practical application followed by 20 mins of Q & A (allow 5 minutes before and after session for pre/post CME content).

1. Part A: Overview of the current state of disease among adult and geriatric Black Americans and corresponding policy efforts - to be delivered by a physician

   a. Health disparities that disproportionately affect older Black Americans (18 years +)
   
   b. National policy efforts (e.g., White House Conference on Hunger, Nutrition, and Health)

2. Part B: Overview of diet related chronic diseases that disproportionately affect adult and geriatric Black Americans and the role of nutrition and healthy dietary patterns in disease prevention and healthy aging - to be delivered by a physician

   a. Cardiometabolic outcomes (e.g., metabolic syndrome, cardiovascular disease, type 2 diabetes)
   
   b. Bone Health (e.g., osteoporosis, bone fractures)

3. Part C: Practical solutions and strategies to adopt Dietary Guidelines for Americans among adult and geriatric Black Americans and the role of dairy in the prevention of chronic diseases – to be delivered by a registered dietitian

   a. 2020-2025 Dietary Guidelines for Americans and recommended eating patterns that include fruits, vegetables, whole grain and dairy consumption recommendations
   
   b. Evidence-based recommendations for addressing lactose intolerance and improving patient health with dairy among adult and geriatric Black Americans

4. Part D: Plenary question and answer session

Outcomes

At the end of the session, NMA physicians will have an:

· Enhanced understanding of chronic diseases that disproportionately affect older Black Americans and national policy efforts underway to address them.

· Enhanced understanding of the 2020-2025 Dietary Guidelines for Americans including the role of dairy in meeting the recommendations.

· Understanding of the role of nutrition and healthy dietary patterns that include dairy in the prevention of chronic diseases that disproportionately affect adult and geriatric Black Americans, including cardiometabolic disease and osteoporosis.

· Enhanced knowledge and practical skills to support patients to adopt healthy dietary patterns using cultural relevant approaches, including how to address challenges with lactose intolerance.
· Understanding of how dairy foods are an affordable and accessible solution to address diet and health disparities among adult and geriatric Black Americans.

Planners and Staff

Activity Chair - Name & Affiliation:

Activity Chair:

Michael G. Knight, MD, MSHP, FACP
The George Washington University

Preliminary Agenda Please attach the proposed activity agenda. Please include proposed topics and time allotted for discussion

· Welcome & Pre-Test (5 min)
· Chronic Diseases and the State of Black America (20 min)
· The Role of Nutrition and Healthy Dietary Patterns in Disease Prevention (20 min)
· Practical Solutions for the Adoption of Dietary Guidelines Among Black Americans (20 min)
· Panel Discussion and Q&A (20 min)
· Post-Test (5 min)

Please list below all grants or applications for support for which you intend to seek. Name of Company Amount Grant Request Funded

National Dairy Council – Existing NMA Grant

3:00 PM – 5:00 PM Nephrology Symposium

OPTIMIZING KIDNEY HEALTH FOR ALL

Location: Internal Medicine Section Meeting Room, Hyatt Regency New Orleans Celestin Ballroom E, Level 3

Chair
Rasheed A Balogun, MD, FACP, FASN, HP(ASCP)
Harrison Distinguished Teaching Professor of Medicine
University of Virginia School of Medicine
Regional Medical Director, UVA Dialysis Program
Medical Director, Apheresis Unit & Extracorporeal Therapies
Division of Nephrology
University of Virginia
Charlottesville, Virginia

Co-Chairs
Itunu Owoyemi, MBBS
Clinical Assistant Professor
Division of Nephrology and Hypertension
University of Kansas Medical Center
Kansas City, Kansas

Adetokunbo Taiwo MD
Clinical Assistant Professor
Division of Nephrology
Stanford University
Palo Alto, California

NEPHROLOGY I: VALUE BASED CARE OF THE CHRONIC KIDNEY DISEASE PATIENT

Chronic kidney disease (CKD) continues to be a national and global public health issue. In July 2019 – the Advancing American Kidney Health’ (AAKH) Executive order[1] to reduce the risk of kidney failure; improve access to and quality of person-centered treatment options; and increase access to kidney transplantation gave more insight to the general public on addressing the burden of CKD. Following the executive order, innovations, groundbreaking clinical trials and novel therapeutics have evolved for slowing progression of chronic kidney disease and treatment of glomerular diseases.

In recent years, the medical community has spotlighted race as a non-biological social construct that introduces disparities in the care of individuals with chronic diseases such as CKD. The inclusion of race in glomerular filtration rate (GFR) estimating equations is flawed and has led to later referral for advanced CKD management and referral for transplantation in African Americans. Reviews have highlighted structural racism as a major determinant of health[2 3] and several factors have been identified as drivers of racial inequities in incidence of kidney failure and progression of CKD[4].

Although there has been a substantial reduction in the new cases of end stage kidney disease (ESKD) per million population, the numbers still fall far from the Healthy People 2020 target highlighting the need to address metrics contributing to poor outcomes. Blacks still have a prevalence of ESKD 3.5-4 times higher than in whites [5-8]. Hypertension is a common clinical manifestation seen in CKD as the glomerular filtration rate falls. There is a higher burden of resistant hypertension among patients with Stage 3b-4 CKD and the use of several antihypertensives such as mineralocorticoid receptor inhibitors and renin angiotensin aldosterone system has been restricted mainly due to the risk of hyperkalemia. New potassium binding therapies overcome the barrier of hyperkalemia and facilitate the use of these agents.[9]

As CKD progresses to end stage kidney disease, home dialysis modalities are being encouraged to optimize quality of life, improve cardiovascular outcomes, and reduce comorbidities. There are several studies that show disparities in access to home hemodialysis or kidney transplantation among minorities including the African American population. [7 10 11] [12].

Clinical Need and Gap Analysis: African Americans and other minorities in the US have a higher prevalence of chronic kidney disease. There is continued need to implement updated management guidelines in practice patterns to ensure value-based care of individuals with CKD and ESKD.

Needs Assessment: There are several studies addressing barriers to accessing care and evaluating African Americans for chronic kidney diseases. Several factors have also been identified to improve equity in care.[13-16] Health care providers play a critical role in understanding and applying evidenced based updated guidelines in daily practices to reduce disparities[17].

Learning Objectives: At the end of this session, participants will be able to
1. List the sequence of antihypertensive therapy in management of hypertension in CKD
2. Review blood pressure assessment and goal target in CKD
3. Outline strategies to overcome the barrier of hyperkalemia with novel therapeutics
4. List the different modalities of home renal replacement therapy.

NEPHROLOGY I

3:00pm – 3:05pm
Welcome and Introductory Comments.
Itunu Owoyemi M.D.
Assistant Professor of Medicine
University of Kansas Medical Center
Kansas City, Kansas.

3:05pm – 3:35pm
Hypertension and Chronic Kidney Disease – Core Principles for Management
Rasheed A Balogun, M.D., FACP, FASN, HP(ASCP)
Harrison Distinguished Teaching Professor of Medicine
University of Virginia School of Medicine
Regional Medical Director, UVA Dialysis Program
Medical Director, Apheresis Unit & Extracorporeal Therapies
Division of Nephrology
University of Virginia
Charlottesville, Virginia

3:35pm – 4:05pm
Overcoming the Barrier to Optimal Blood Pressure Control – Pragmatic Management of Hyperkalemia
Robert S Hoover M.D., FASN, FAHA
Section Chief of Nephrology and Hypertension
Tulane University New Orleans

4:05 pm – 4:25pm
Advanced CKD and Bridge to Transplantation – The Benefits of Home Dialysis modalities.
Anika Lucas MD, MTS
Division of Nephrology
Duke University
Raleigh, NC

4:25pm – 5:00pm
Panel discussions, Case Review and Round table and Patient Perspective –
Moderators - Dr. Itunu Owoyemi
Dr. Rasheed Balogun
Participant – Dr. Rasheed Balogun
Dr. Robert S Hoover
Dr. Anika Lucas
Patient speakers: Mr. David Rush
Mr. Curtis Warfield
Case 1 - Dr. Rasheed Balogun
Case 2 - Dr. Anika Lucas
Case 3 - Dr. Adetokunbo Taiwo
Lupus Nephritis, a complex clinical manifestation of Systemic Lupus Erythematosus, is associated with significant morbidity and mortality, disproportionately affects minorities especially African Americans leading to higher rates of chronic kidney disease and progression to End Stage Kidney disease. [18] It is well known that the APOL1 gene and its variants are highly prevalent among African Americans with its presence conferring an increased risk of developing chronic kidney disease [19]. Studies show the two nephropathy risk alleles (APOL G1/ APOL1 G2) are strongly associated with SLE-ESKD in African American as compared to European American patients. [20-22]. The clinical course in individuals with SLE tends to be heterogenous and can significantly impact quality of life with development and progression of lupus nephritis with sequelae of CKD such as anemia and mineral bone disease. Improved survival in SLE over the last decades has called for a growing emphasis on prevention and treatment of related comorbidities including anemia of chronic kidney disease and mineral bone disease. Bone loss is a common and potentially preventable condition associated with SLE and lupus nephritis. [23]

The clinical course from a patient’s perspective is insightful in understanding the disease manifestation for early detection, championing patients as advocates through education, involvement in clinical trials and kidney transplantation management when needed.

Clinical Need and Gap Analysis: African Americans and other minorities in the US have a higher prevalence of chronic kidney disease. Research has shown that several healthcare constructs, socioeconomic and psychosocial factors can influence lupus nephritis outcomes and perpetuate health care disparities.

Needs Assessment: Health care providers play a critical role in understanding and application of evidenced based updated guidelines in daily practices to reduce disparities.

Learning Objectives: Participants will gain updated knowledge on diagnosis and management of lupus nephritis from the clinician and patient’s perspective. At the end of this session, participants will be able to

1. Identify factors that play a role in development of lupus nephritis
2. Outline value-based care approach to diagnosis and management of lupus nephritis
3. List therapeutic options for management of lupus nephritis
4. Discuss management of CKD complications such as anemia and mineral bone disease in patients with lupus nephritis

**NEPHROLOGY II**

5:30pm – 5:40pm  Welcome and Introductory Comments.  
*Itunu Owoyemi M.D.*  
Assistant Professor of Medicine  
University of Kansas Medical Center  
Kansas City, Kansas.

5:40pm – 6:00pm  Lupus Nephritis- The Journey through the Lens of the Patient  
*Wendy Rodgers*  
Director, Care and Support Services  
Lupus foundation of America

6:00pm – 6:20pm  Lupus nephritis – Slowing the progression of disease and complications of CKD  
*Adetokunbo Taiwo*  
Assistant Professor of Medicine
In the United States, 37 million adults are estimated to have kidney disease, also known as chronic kidney disease (CKD) and approximately 90 percent don’t know that they have it (The Centers for Disease Control and Prevention, Chronic Kidney Disease in the United States, 2021). CKD disproportionately affects communities of color. Black or African American are more than three times as likely as than other ethnicities and races to have progress to end stage kidney disease. Although they make up only 13.5% of the population, Black or African American make up more than 35% of dialysis patients (Health Disparities, National Kidney Foundation, 2022). The major causes of kidney disease, including diabetes, hypertension, obesity, cardiovascular disease, and family history are all more prevalent among Black Americans. Additionally, studies have shown that the higher rates of severe kidney diseases in African American could be attributed to genetic variants in the APOL1 gene found only in individuals with recent African ancestry.

The APOL1 gene is part of the gene family our body’s built-in system to fight threats. It is located on chromosome 22 and has two coding variants. These variants greatly increase rates of hypertension-associated end stage kidney disease, focal segmental glomerulosclerosis, HIV-associated nephropathy, and other forms of nondiabetic kidney disease. Since people of African descent are more likely to have two mutations gene of the APOL1 (termed G1 and G2), they therefore have an increased risk of developing nondiabetic kidney disease and an increased risk for idiopathic focal segmental glomerulosclerosis.
**Clinical Need and Gap Analysis:** African Americans and other minorities in the US have a higher prevalence of chronic kidney disease. Clinician awareness of APOL1 gene is low especially in primary care settings.

**Needs Assessment:** There are several studies addressing barriers to accessing care and evaluating African Americans for chronic kidney diseases; several factors have also been identified to improve equity in care.[1-4] Health care providers play a critical role in understanding APOL1 mediated kidney disease to appropriately advise, educate and share evidence based resources to their patients.

**Learning Objectives:** At the end of this session, participants will be able to

1. Discuss the history and cause of AMKD in people of Sub-Saharan African Descent
2. Identify risk factors associated with AMKD
3. List diagnostic modalities and resources available for AMKD

**AGENDA**

7:00am – 7:05am  
Welcome and Introductory Comments.  
**Itunu Owoyemi M.D.**  
Assistant Professor of Medicine  
University of Kansas Medical Center  
Kansas City, Kansas.

7:05am – 7:25am  
**APOL1 Mediated Kidney Disease – The past, present and future**  
**Daniel J. Watford, M.D., MPH**  
Assistant Professor of Medicine  
Division of Nephrology  
University of Washington Medical Center  
Seattle, Washington

7:25am – 7:45am  
**APOL1 Mediated Kidney Disease – Updates from Bench to Bedside**  
**Opeyemi Olabisi M.D., PhD**  
Assistant Professor of Medicine  
Department of Medicine  
Duke University School of Medicine  
Durham, North Carolina

7:45am – 8:00am  
Panel discussions, Case Review and Round table discussions–

Moderators - Dr. Itunu Owoyemi  
Dr. Rasheed Balogun  
Participant – Dr. Daniel Watford  
Dr. Opeyemi Olabisi  
Dr. Adetokunbo Taiwo

**Obesity Symposium**

**Wednesday, August 2nd**  
**8:00 AM – 11:00 AM**

Obesity Symposium
Weight Management: Closing the Knowledge and Diversity Gaps

Location: Internal Medicine Section Meeting Room, Hyatt Regency New Orleans Celestin Ballroom E, Level 3

Obesity Subspecialty Session Chair and Program Moderator:
Ayotunde O. Dokun, M.D., Ph.D., FACE
Chair and Course Director, Endocrinology, Diabetes, and Metabolism Sub-Specialty Section, NMA
FOEDRC Verna Funke Chair in Diabetes Research
Director, Division of Endocrinology and Metabolism
Associate Professor of Medicine and Endocrinology
University of Iowa, Carver College of Medicine
Iowa City, Iowa

Amie Ogunsakin, M.D.
National Medical Association
Co-Chair, Obesity Subspecialty Section
Clinical Assistant Professor of Internal Medicine-Endocrinology and Diabetes
University of Iowa
Iowa City, IA

8:00 AM – 8:10 AM CT  Introduction of Session/Pre-Test Questions
Ayotunde O. Dokun, M.D., Ph.D., FACE
Chair and Course Director, Endocrinology, Diabetes, and Metabolism Sub-Specialty Section, NMA
FOEDRC Verna Funke Chair in Diabetes Research
Director, Division of Endocrinology and Metabolism
Associate Professor of Medicine and Endocrinology
University of Iowa, Carver College of Medicine
Iowa City, Iowa

8:10 AM – 8:30 AM CT  Obesity and disparities in health outcomes
Lydell Lettsome, M.D., FACP (invited)
Medical Director Wound Care as Bayhealth Hospital
Dover, Delaware

8:30 AM – 8:50 AM CT  Medication treatment of obesity
Sylvia Gonsahn-Bollie, M.D., DipABOM, FOMA
EmbraceYou Weight & Wellness, C.E.O, & Lead Physician
Co-Founder, Institute of Basic Technology
Obesity Medicine Specialist, A.B.O.M.
Internal Medicine/Primary Care, A.B.I.M.

8:50 AM – 9:10 AM CT  Non-pharmacology approaches to obesity management: What is the verdict on artificial sweeteners and intermittent fasting
Tiffani Bell Washington, M.D., MPH, FAPA, DipABOM, DipABLM
Medical Director, Elevance Health (Anthem)
Founder/CEO The Healthy Weigh MD, PLLC
Boston, Massachusetts

9:10 AM – 9:30 AM CT  Surgical management of obesity: Clinical Pearls for practice
Amie Ogunsakin, M.D.
National Medical Association
Co-Chair, Obesity Subspecialty Section
Clinical Assistant Professor of Internal Medicine-Endocrinology and Diabetes
University of Iowa
Iowa City, IA

9:30 AM – 9:50 AM CT
Medical management of the post bariatric patient including avoiding weight regain

Alicia Shelly, M.D., FAPCP, DABOM
Wellstar Medical Center
Centers of Best Health Douglasville, GA
Wellstar Primary Care Douglasville
Lead Physician
Douglasville, GA

9:50 AM – 10 AM CT
Post Test Questions
Ayotunde O. Dokun, M.D., Ph.D., FACE

10:00 AM – 10:15 AM CT
Panel Discussion/Q&A/Audience Interaction/Adjournment