DEGENERATIVE DISEASE OF THE SPINE: DIAGNOSIS AND MANAGEMENT

A practical one-day course for Family Care Physicians, Internal Medicine Physicians, Neurologists, Neurosurgeons, Nurse Practitioners, Orthopedic Spine Surgeons, Psychiatrists, and Physical Therapists

6 CME Credits

Presented by
The Marcus Neuroscience Institute
Boca Raton Regional Hospital

SUNDAY, MARCH 20, 2016
Dawson Auditorium
Boca Raton Regional Hospital
Boca Raton, Florida
Venue

MARCUS NEUROSCIENCE INSTITUTE
BOCA RATON REGIONAL HOSPITAL
DAWSON THEATER
800 Meadows Road
Boca Raton, Florida
Course Director and Guest Faculty

COURSE DIRECTOR

John K. Houten, M.D.
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Affiliate Professor of Clinical Biomedical Science (Neurosurgery)
Florida Atlantic University
Charles E. Schmidt College of Medicine

FACULTY

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Professor of Clinical Radiology and Neurosurgery
Albert Einstein College of Medicine

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Design Neuroscience Center
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CoreSmart Pain Health Institute
Physical Med/Rehab, Pain Management
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Lloyd Zucker, M.D.
Brain and Spine Center South Florida, Boca Raton, FL
Boca Raton Regional Hospital
Chief of Neurosurgery, Delray Medical Center
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William Porter McRoberts, M.D.
Pain Director Interventional Spine, Pain Medicine, Neurosurgery
Holy Cross Hospital, Fort Lauderdale
Agenda

7:15-8:00 AM  REGISTRATION AND CONTINENTAL BREAKFAST

8:00-8:05 AM  WELCOME
Dr. John K. Houten

SECTION I: THE CERVICAL SPINE

8:05-8:20 AM  NONOPERATIVE MANAGEMENT OF NECK PAIN AND CERVICAL RADICULOPATHY
*What treatment protocol is rational and effective?*
Porter McRoberts, MD

8:20-8:40 AM  OPERATIVE TREATMENT OF CERVICAL DISC DISEASE AND SPONDYLOSIS
*What are the goals, and what are the results?*
John K. Houten, MD

8:40-8:55 AM  QUESTIONS AND ANSWERS
Moderator: Dr. Houten

SECTION II: DIAGNOSTIC CHALLENGES AND EMERGING TECHNOLOGIES I

8:55-9:15 AM  NEUROMODULATION FOR SPINAL DISEASE
*What advances have been made in spinal cord stimulation technology and how is this effecting our treatment paradigms?*
Robert M. Levy, MD

9:15-9:30 AM  ELECTROMYOGRAPHY
*In the age of MRI, does this test tell us anything we don’t already know? When should we order EMG’s and how do we understand the report?*
Patricio Espinosa, MD, MPH

9:30-9:45 AM  BRACHIAL PLEXITIS AND PLEXOPATHIES
*What is the clinical character and diagnostic workup of these conditions? How can they be distinguished from cervical spine disease? How do we treat?*
Andrew Brown, MD

9:45-10:05 AM  QUESTIONS AND ANSWERS AND COFFEE BREAK
Moderator: Dr. Moskowitz
SECTION III: DIAGNOSTIC CHALLENGES AND EMERGING TECHNOLOGIES II

10:05-10:25 AM OPERATIVE MANAGEMENT OF SPINAL TRAUMA IN THE ELDERLY
What is the literature saying about managing odontoid fractures in the elderly? What is the best operative management?
Mark S. Eskenazi, MD

10:25-10:40 AM BALLON KYPHOPLASTY AND OTHER VCF TECHNOLOGY
What are the new devices and techniques to percutaneously treat vertebral compression fractures? Does a more expensive implant correspond with better clinical result?
Shaye I. Moskowitz, MD

10:40-11:00 AM THE ARTIFICIAL CERVICAL DISC: 2016 UPDATE
What are the longer-term outcome studies showing? Why hasn’t this technology become as popular as expected?
Anthony Frempong-Boadu, MD

11:00-11:20 AM CERVICAL MYELOPATHY AND RADICULOPATHY
What is cervical myelopathy and how does it differ from cervical radiculopathy? Can we distinguish ALS and shoulder pathology from spinal cord or root compression in the office setting?
Ronald Moskovitch, MD

11:20-11:40 AM CAN WE IMAGE PAIN?
What is the science behind attempts to localize a pain generator? Will fMRI or labeled macrophages be the answer? Is it possible to tell if it is all in the head?
Allan Brook, MD

11:40-12:00 PM QUESTIONS AND ANSWERS
Moderator: Dr. Houten

12:00-1:00 PM Lunch

SECTION V: THE LUMBAR SPINE

1:00-1:20 PM NON-OPERATIVE MANAGEMENT OF LUMBAR DEGENERATIVE DISEASE?
What works? Is there any downside to multiple steroid injections? Should we buy a Dux bed? Who is selling snake oil?
Jarrod D. Friedman, MD
1:20-1:40 PM INVASIVE TREATMENT OF LUMBAR DISC HERNIATION: PEARLS AND PITFALLS
Nucleoplasty, IDET, Ozone, Microscopic Discectomy. Why do there seem to be so many different treatments for lumbar herniated disc? Why are many experienced spinal surgeons happier to see a cervical disc herniation?
Lloyd Zucker, MD

1:40-2:00 PM OPERATIVE MANAGEMENT OF LUMBAR STENOSIS AND SPONDYLOLISTHESIS
When does surgery become necessary, and what are the results?
John K. Houten, MD

2:00 -2:15 PM QUESTIONS AND ANSWERS
Moderator: Dr. Brook

SECTION VI: THE LUMBAR SPINE: DIFFICULT DIAGNOSES

2:15-2:30 PM THE SACROILIAC (SI) JOINT AND SACRAL INSUFFICIENCY FRACTURES
How do we diagnose pain from the SI joint and when should we suspect occult sacral insufficiency fractures? What are the best treatments?
Allan Brook, MD

2:30-2:45 PM FLAT BACK SYNDROME
What is it and is there any effective treatment?
Robert Norton, MD

2:45 -3:00 PM HIP OSTEOARTHRITIS AND THE PIRIFORMIS SYNDROME
How can we reliably distinguish these entities from lumbar disease?
Alan L. Saperstein, MD

3:00-3:15 PM QUESTIONS AND ANSWERS
Moderator: Dr. Houten

3:15 PM Adjourn
STATEMENT OF NEED
Back pain and other symptoms of degenerative disease of the spine affect virtually everyone at some time during their life. Low back pain problems rank high among the reasons for physician office visits and are costly in terms of medical treatment, lost productivity, and non-monetary costs, such as, diminished ability to perform or enjoy usual activities.

For people under the age of 45 years old, lower back pain problems are the most common cause of disability.

For primary care physicians, patient with back pain often use a significant amount of office time and resources. In addition, spinal conditions may generate anxiety for physicians when there is fear that a missed diagnosis could lead to paralysis, or loss of bowel, bladder and sexual functions.

DESCRIPTION
The course reviews the clinical presentation, natural history, and diagnostic work-up for the common degenerative diseases of the cervical and lumbar spine including herniated lumbar and cervical discs, low back and neck pain syndromes, lumbar stenosis, osteoporotic fractures, and cervical spondylosis with radiculopathy and/or myelopathy. In addition, the course will review spinal tumors that may present with symptoms similar to the common degenerative spinal diseases. Emphasis is placed on differentiating trivial radiographic findings from those of serious import. Options for non-operative treatment are reviewed, and practical consideration is made of the indications and outcome for surgery. Finally, the new pharmaceuticals and minimally-invasive surgical options are investigated. The format consists of didactic lectures and practical clinical case presentations interspersed with opportunities for questions and answers. Controversies regarding treatment options are frankly discussed. Audience participation is strongly encouraged.

EDUCATIONAL OBJECTIVES
Course participants will acquire an understanding of the signs, symptoms and natural history of degenerative disorders of the cervical and lumbar spine as well as the diagnosis, evaluation and management in the office setting. Participants will also become familiar with the available treatment options including the latest advances in surgical and nonsurgical therapy.

• Acquire an understanding of the signs, symptoms and natural history of degenerative disorders of the cervical and lumbar spine;
• Know the tools needed to diagnose, evaluate and manage degenerative disorders of the cervical and lumbar spine in an office setting;
• Become familiar with the available treatment options including the latest advances in surgical and nonsurgical therapy
OUTCOMES
Participants will improve patient outcomes by employing a multidisciplinary approach, will more rapidly and accurately secure diagnosis and will direct patients for the most effective treatment. As well as improve understanding of diagnostic and treatment options for spinal disease.

INTENDED AUDIENCE
This CME activity is designed Family Care Physicians, Internal Medicine Physicians, Neurologists, Neurosurgeons, Nurse Practitioners, Orthopedic Spine Surgeons, Physiatrists, and Physical Therapists and allied health professionals that manage degenerative disease of the spine.

ACCREDITATION STATEMENT
Boca Raton Regional Hospital is accredited by the Florida Medical Association to provide continuing medical education for physicians. Boca Raton Regional Hospital takes responsibility for the content, quality and scientific integrity of this CME activity.

CONTINUING EDUCATION CREDIT
Boca Raton Regional Hospital is accredited by Florida Medical Association to provide continuing medical education for physicians. Boca Raton Regional Hospital designates this activity for a maximum 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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The “Conflict of Interest Disclosure Policy” of Boca Raton Regional Hospital requires that faculty participating in any CME activity disclose to the audience any relationship(s) with a pharmaceutical or equipment company. Any presenter who’s disclosed relationships prove to create a conflict of interest, with regard to their contribution to the activity, will not be permitted to present.

Boca Raton Regional Hospital CME Committee has established policies in place that will identify and resolve all conflict of interest prior to this educational activity.

The Boca Raton Regional Hospital also requires that faculty participating in any CME activity disclose to the audience when discussing any unlabeled or investigational use of any commercial product, or device, not yet approved for use in the United States.

Detail disclosure will be made in the course handout materials.

AMERICAN WITH DISABILITIES ACT (ADA)
Boca Raton Regional Hospital fully complies with the legal requirements of the ADA and the rules and regulations thereof, please submit your written request to CME office at least 1 month prior to this activity at rdole@brrh.com.
Meeting Registration

Registration and Payment
Mail registration form and your check (made payable to the BRRH CME Fund) to Rana Dole, CME Coordinator, CME Office at Boca Raton Regional Hospital, 800 Meadows Rd., Boca Raton, Florida 33486

Registration Fee
(Includes all Educational Sessions, Continental Breakfast, Breaks and Lunch)
Practicing Physicians: $75.00; Allied Health Practitioners: $35.00 (NO CREDIT CARDS PLEASE)
Complimentary registration to all BRRH Medical Staff, BRRH Nurses, Residents/Fellows

Name (please print clearly)______________________________________________________________
Address ___________________________ City _____________ State _____ Zip ___________
Office Phone ______________________ Fax ______________________ E-mail __________________________
Specialty __________________________ Institution / Organization __________________________
☐ BRRH Physician # ______________________

For more information E-mail Rdole@brrh.com

Boca Raton Regional Hospital Physicians may fax their registration to (561) 955-4825.
You can also register online: http://www.brrh.com/...