

Welcome

**New Look
New Location
New Conference Date
Same Old Fun!!!**

The Ada County Medical Society and Ada Canyon Medical Education Consortium would like to welcome everyone to the 51st Annual Winter Clinics.

After a 10 year absence we are back at the Shore Lodge in McCall, Idaho where the first 40 Winter Clinics were held. We are no longer holding the Winter Clinics over the three day President's weekend. **This year's conference dates are Thursday, February 25 through Sunday, February 28, 2010.** The entire Shore Lodge has been reserved for the Winter Clinics. Shore Lodge is absolutely beautiful and the new ownership and staff are doing everything in their power to make this year's Winter Clinics one to remember! Don't forget that some of the best powder skiing in the country is at Brundage Mountain.

Fun things to look for this year includes our traditional Thursday night wine & cheese social. Friday night warm-up and tune-up (hot soups, hot drinks and free ski waxing). Drawings in the trade show for Brundage lift tickets and Shore Lodge stay & play packages. We have an excellent group of speakers and topics including our banquet speaker, Idaho's own teacher in space Barbara Morgan.

See you in McCall!

Vicki Wooll, M.D., ACMS President
Barbara Quattrone, M.D., Winter Clinics Chairperson

Lodging & Ski Information

Shore Lodge

Reservations (800) 657-6464

brundage
MOUNTAIN RESORT

Room Type		Room Rate
King Garden View	(15)	\$109
King Lake View	(50)	\$119
Double Queen Lake View	(5)	\$129
Fireside Suite	(2)	\$129
Premium Lake View Suite	(2)	\$139
Executive Suite	(2)	\$299
Presidential Suite	(1)	\$400
Total # of rooms on site	(77)	

These rates apply for single or double occupancy
Sofa sleeper or roll-a-way available, call for details
Rates do not include 11% sales & lodging tax + \$12/night resort fee

Brundage Daily Lift Tickets	
*Adult (18-69)	\$42
*Seniors 70+	\$28
Rental Skis	\$22
Rental Snowboard	\$23
*Youth (7-11)	\$18
Rental Skis	\$13
Rental Snowboard	\$23
*Juniors (12-17)	\$28
Rental Skis	\$22
Rental Snowboard	\$23

Additional McCall Lodging

Hunt Lodge 208.634.4700
Hotel McCall 208.634.8105
Western Mountain Lodge 208.634.6300

Meeting Details

CME CREDITS: The Ada Canyon Medical Education Consortium designates this activity for a maximum of 12 AMA PRA Category 1 credits.

WELCOME SOCIAL: Thursday, February 25, 6:00 - 8:00 pm. Hosted wine & cheese in the display area. Everyone is welcome.

WARM-UP/TUNE-UP: Friday, February 26, 7:00 - 8:00 pm. Hosted hot soups & hot beverages in the display area. Free ski waxing and drawings for Brundage lift tickets and Shore Lodge stay.

BANQUET: Saturday, February 27, 6:00 - 9:00 pm. The evening consists of social & ski race awards, dinner, and program with guest speaker Barbara Morgan, Idaho's first teacher in space.

KID'S PIZZA PARTY: Saturday, February 27, 6:00 - 9:00 pm. While mom and dad are enjoying the banquet we will provide childcare for the kids ages 3-12. Kids will enjoy pizza, movies and activities. There is no charge for this event. If you need childcare services at any time during your stay contact Shore Lodge (800) 657-6464 for details.

SKI RACES: Saturday, February 27, 1:30 pm. Race course is on Alpine run. The first 35 racers to sign up at the Winter Clinics registration table are guaranteed a spot. We have race divisions for men, women and kids.

TRADE SHOW: The trade show is very important to the stability of the Winter Clinics. We greatly appreciate the financial support that vendors/businesses provide. Please take the time to visit all the vendors and thank them for their support. We will have drawings Friday night in the trade show. All the breaks and social events will also take place in the trade show area.

Objectives

Physicians attending this conference will:

- * Review diagnostic criteria for and evidence based treatment of anxiety disorders.
- * Review diagnostic criteria for and evidence based treatment of Adult Attention Deficit Disorders.
- * Recognize the physiologic need for sleep and the current inherent medical issues associated with insomnia.
- * Understand the basic and the unusual physiological presentation of sleep apnea.
- * Review currently available contraceptive techniques and their evidence for use.
- * Recognize the work up for vulvar pain, diagnosis and management.
- * Understand the current guidelines for HPV screening and diagnosis of cervical cancer.
- * Recognize the epidemiology of obesity, societal and public health effects.
- * Identify available non-surgical and surgical options for intervention.
- * Identify physiological over use and use injuries inherent to exercise and sporting activities and recommend evidence for their management.

Faculty

Robert Albanese, M.D.

Psychiatrist and Acting Chief, Medical Services
VA Medical Center
Boise, Idaho

Paula Carvalho, M.D.

Professor of Medicine, University of Washington
Director of Sleep and Critical Care Medicine
VA Medical Center
Boise, Idaho

Nirmal Charan, M.D.

Professor of Medicine
Department of Pulmonary & Critical Care Medicine
University of Washington

Jeffrey T. Jensen, M.D., MPH

Leon Speroff Endowed Professor of Medicine
Department of OB/GYN
Oregon Health Sciences University
Portland, Oregon

Ravi Moonka, M.D., FACS

Gastrointestinal and Bariatric Surgeon
Department of Bariatric Surgery
Virginia Mason Medical Center
Seattle, Washington

Gerardo "Jerry" Perez, M.D.

Gynecological Oncology Specialist
Idaho Gynecology Oncology
Boise, Idaho

Shelley Ringo, M.D.

Sport Medicine Fellow
Idaho Sports Medicine Institute
Boise, Idaho

Program

THURSDAY, FEBRUARY 25

6:00 - 8:00 PM Wine & Cheese Reception in Display Area

FRIDAY MORNING, FEBRUARY 26

6:30 AM Registration
Continental Breakfast in Display Area
7:00 AM Welcome & Introductions
7:05 AM "Gynecologic Cancer Screening for Primary Care"
Jerry Perez, M.D.
"The Dirty Little Secrets of Bariatric Surgery"
Ravi Moonka, M.D.
"The Dirty Little Secrets of Bariatric Surgery" (Continued)
Ravi Moonka, M.D.
10:00 AM Refreshment Break in Display Area

FRIDAY AFTERNOON

3:45 PM Refreshment Break in Display Area
4:00 PM "Why Do We Sleep?"
Nirmal Charan, M.D.
"Cervical Cancer/HPV Screening"
Jerry Perez, M.D.
"Contraception Update 2010"
Jeffery T. Jensen, M.D., MPH

FRIDAY EVENING

7:00 PM Warm-up/Tune-up in Display Area (soups, chili, hot beverages & free ski waxing)

SATURDAY MORNING, FEBRUARY 27

6:30 AM Continental Breakfast in Display Area
7:00 AM "Adult ADD"
Robert Albanese, M.D.
"Sports Medicine Update 2010"
Shelley Ringo, M.D.
"Office Evaluation of Vulvar Pain"
Jeffery T. Jensen, M.D., MPH
10:00 AM Refreshment Break in Display Area (LAST CHANCE TO VISIT VENDORS)

SATURDAY EVENING

6:00 PM Social and Award Presentation
6:00 PM Kid's Pizza Party
7:00 PM Banquet
"There and Back Again"
Barbara Morgan & Clay Morgan

Banquet is free to paid registrants
\$50 fee for Spouse/Guest, Retired or Medical Resident

SUNDAY MORNING, FEBRUARY 28

6:30 AM Continental Breakfast in Classroom
7:00 AM "Managing Anxiety Disorders in Primary Care"
Robert Albanese, M.D.
"Sleep Apnea: Tricky Presentations"
Paula Carvalho, M.D.
"Simulation; Why it is Important to You"
Marion Constable, RN, MSN, CNM
Dieter Zimmer, MHA, FAAMA
10:30 AM CONFERENCE CONCLUDES