


2019 Ironman Sports Medicine Conference

Agenda

Sunday October 6, 2019		4.0 HOURS CME
Hot Topics in Nutrition and Exercise		
TIME	LECTURE TOPIC	SPEAKER
6:30 AM	Registration and Name Badge Pick up	
6:30 AM	Exhibit Hall Open	
7:25 AM	Opening Remarks from the Chairman	Robert Sallis, MD
7:30 AM	Can you Outrun a Bad Diet?	Glenn Gaesser, PhD
8:10 AM	Update on Vitamin D for Health and Performance	Robert J. Dimeff, MD
8:50 AM	Carbohydrates, Performance and Weight Loss	Glenn Gaesser, PhD
9:30 AM	Break	
10:00 AM	The Role of Exercise in Cancer Prevention and Treatment	Kathryn H. Schmitz, PhD
10:40 AM	Update on Exercise and Pregnancy	Marci A. Goolsby, MD
11:20 AM	How to Get Patients Active	Adam Castricum, MD
12:00 PM	My Road to Kona- 2019 Ironman Race Slot Winner's Journey to Kona	Randall Stenfeldt, MD 2018 Ironman Race Slot Winner
12:15 PM	Adjourn	
Monday October 7, 2019		4.0 HOURS CME
Musculoskeletal Issues		
TIME	LECTURE TOPIC	SPEAKER
6:30 AM	Exhibit Hall Open	
7:30 AM	Shoulder Problems in the Swimmer	James C. Puffer, MD
8:10 AM	Differential Diagnosis of Hip and Pelvis Pain	Katherine L. Dec, MD
8:50 AM	Managing Low Back Pain	Hamish Osborne, MD
9:30 AM	Break	
10:00 AM	The Evaluation and Management of Hamstring Injuries	Robert J. Dimeff, MD
10:40 AM	Non-Surgical Treatment for Meniscus Injuries	Katherine L. Dec, MD
11:20 AM	Diagnosing Subtle Stress Fractures	Marci A. Goolsby, MD
12:00 PM	Adjourn	
6:30 PM	Welcome Reception- Alii Surf Foyer All attendees and one guest are invited.	
Tuesday October 8, 2019		4.0 HOURS CME
Cardiac Issues and More		
TIME	LECTURE TOPIC	SPEAKER
6:30 AM	Exhibit Hall Open	
7:30 AM	The Athlete's Heart: Friend or Foe?	Benjamin D. Levine, MD
8:10 AM	Cardiovascular Screening of Athletes	James C. Puffer, MD
8:50 AM	Sudden Cardiac Death in the Athlete	Eugene Hong, MD
9:30 AM	Break	
10:00 AM	Exercise Testing in Athletes-Beyond the Bruce Protocol	Benjamin D. Levine, MD
10:40 AM	The Athlete with Fatigue	Adam Castricum, MD
11:20 AM	Anemia in the Athlete	Marci A. Goolsby, MD
12:00 PM	Adjourn	

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Wednesday October 9, 2019		4.0 HOURS CME
Update on Injury Management		
TIME	LECTURE TOPIC	SPEAKER
1:00 PM	Navigating Emerging Biotech Interventions in Sports Medicine	Adam Castricum, MD
1:40 PM	The Role of Electrodiagnostics in Sports Medicine	Katherine L. Dec, MD
2:20 PM	Sports Hernia: Diagnosis and Management	Robert J. Dimeff, MD
3:00 PM	BREAK	
3:30 PM	Training the Older Athlete with Chronic Conditions	Kathryn H. Schmitz, PhD
4:10 PM	The Use of Opioids in Treating Musculoskeletal Pain	James C. Puffer, MD
4:50 PM	Stem Cell Injections: What Does the Evidence Say?	Hamish Osborne, MD
5:30 PM	Adjourn	
Thursday October 10, 2019		4.0 HOURS CME
Triathlon Medicine		
TIME	LECTURE TOPIC	SPEAKER
1:00 PM	Ironman Legends Series Guest Speaker Luc van Ierde 2-time Ironman Champion	Luc van Ierde
1:40 PM	Altitude Training: State of the Art	Benjamin D. Levine, MD
2:20 PM	Psychological Issues Related to Injury	Eugene Hong, MD
3:00 PM	Break- Pick up your entry card for the drawing for the 2019 Ironman World Championship Race Slot! Pick up your entry card at the conference registration desk no later than 3:30 pm	
3:30 PM	High Intensity Interval Training: What's the Evidence	Glenn Gaesser, PhD
4:10 PM	Exertional Syncope and Collapse: Mechanisms, Work-up, and Management	Benjamin D. Levine, MD
4:50 PM	What You Need to Know to Work in the Ironman Medical Tent	Bob Sallis, MD
5:30 PM	Race Slot Drawing for the 2020 Ironman World Championship	
5:40 PM	Conference Concludes-Return your evaluation forms and pick up your CME Certificate	
Friday October 11, 2019. Day free to explore the island or workout!		
		4.0 HOURS CME
5:00 am-midnight	Conference participants are invited to volunteer for a 5-hour session (4.0 hours CME Credits) working as part of the Ironman Medical team caring for race participants, under the direct supervision of conference faculty. Separate registration is required for volunteering in the Ironman Medical Tent	Ironman Conference Faculty