



# **Armenian American Medical Society**

## **10<sup>th</sup> Annual Spring Symposium on Various Medical & Dental Updates**

March 16, 2024

New York Life Building  
Glendale, California

5 CME or 2 CDE

AAMS  
P.O. Box 32  
Glendale, CA 91209  
(818) 980-7777 [www.aamsc.org](http://www.aamsc.org)

## **CME Planning Committee & Moderators** (In alphabetical order)

**\*\*Vicken Sepilian, MD, FACOG**  
CME Planning Committee, Chair

**\*\*Arsinee Kalfayan, PharmD**  
CME Quality Improvement Chair

**\*\*Garni Barkhoudarian, MD, FAANS**  
CME Planning Committee | President, AAMS

**\*Hasmik Keyribarian**  
CME Planning Committee

**\*Armond Kotikian, DDS, MD, FACS**  
CME Planning Committee

**\*Arthur Ohannessian, MD**  
CME Planning Committee

**\*Sherwin Hariri, MD, FAAAAI, FACAAI**  
CME Planning Committee

**\*Talar Tejirian, MD, FACS**  
CME Planning Committee

**\*Astkhik Zakian, PharmD**  
CME Planning Committee

**\*The above listed individuals have no relevant financial relationship(s) with ineligible companies to disclose**

**\*\*Garni Barkhoudarian, MD, FAANS is a consultant for Ceravasc Inc.**

**\*\*Arsinee Kalfayan, PharmD owns Moderna stocks**

**\*\*Vicken Sepilian, MD, FACOG is a shareholder of Merck Pharmaceuticals and Organon Pharmaceuticals**

***\*None of the planners for this educational activity have relevant financial relationship(s) to disclose with commercial interest.***

***\*\*All the relevant financial relationships listed for these individuals have been mitigated.***

# AGENDA

- 1:00 PM Welcoming Remarks \* Arthur Ohannessian, MD
- 1:15 – 2:00 PM Heart, Health, and Primary Prevention: The Do's and Don'ts (*CME*)  
**\*Harry Balian, MD, FACC, FSCAI**
- 2:05 – 2:35 PM Update on Men's Health (*CME*)  
**\*Armen Kassabian, MD**
- 2:40 – 3:10 PM Ensuring Medication Adherence (*CME & CDE*)  
**\*Ani Rostomyan, PharmD, BCPS, APh**
- 3:15 PM Teatime
- 3:45 – 4:15 PM Depression and Anxiety in the Ambulatory Care Setting for Non-Mental Health Providers (*CME & CDE*)  
**\*Gregory Nikogosyan, DO**
- 4:20 – 4:50 PM Updates in Well Child Care (*CME*)  
**\*Tamar Nazerian, Chorbadjian, DO, MPH, FAAP**
- 4:55 – 5:25 PM Perspectives on Colorectal Cancer (*CME*)  
**\*James H. Tabibian, MD, PhD, FACP, FASGE, FACG, AGAF**
- 5:30 PM Question and Answer Session  
***Moderated by Arthur Ohannessian, MD***

## **Participant and Spouse/Partner Disclosure Statements / Conflict of Interest Policy**

Program participants are required to disclose commercial and financial relationships with manufacturers of pharmaceuticals, laboratory supplies, and medical devices and with commercial providers of medically related services. Unless otherwise noted below, the participants have nothing to disclose.

\* **Harry Balian, MD, FACC, FSCAI**

\* **Tamar Nazerian Chorbajian, DO, MPH, FAAP**

\* **Armen Kassabian, MD**

\*\* **Gregory Nikogosyan, DO**

\* **Ani Rostomyan, PharmD, BCPS, APh**

\*\* **James H. Tabibian, MD, PhD, FACP, FASGE, FACG**

\*\*Gregory Nikogosyan, DO is a consultant for American Physician Institute – writing CME’s and consultant for Carlat Report – writing educational articles.

\*\* James H. Tabibian, MD, PhD, FACP, FASGE, FACG is a consultant for Olympus Corporation.

*\*The above-listed individuals disclose no relevant financial relationships with commercial interests.*

*\*\*All the relevant financial relationships listed for these individuals have been resolved.*

### **2024 Conflict of Interest Policy for Invited Speakers**

As a provider of continuing medical education (CME) accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Armenian American Medical Society must ensure balance, independence, objectivity and scientific rigor in all its educational activities. All presenters must disclose to the learners any commercial or financial interest and/or other relationships with manufacturers of pharmaceuticals, laboratory supplies and/or medical devices. All relationships, whether or not they directly relate to this CME activity, must be disclosed. All non-FDA approved uses of products must be clearly identified. Disclosures may be made in the form of slide, printed material or an oral statement.

The intent of this disclosure is not to prevent a speaker with a commercial or financial interest from making a presentation. The intent rather is to assist the Armenian American Medical Society (AAMS) in resolving conflicts of interest and to provide learners with information on which they can make their own judgments regarding any bias. Although AAMS reviews and resolves potential conflicts of interest, it remains for the audience to determine whether the speaker’s interest or relationships may influence the presentation with regard to exposition or conclusion.

Speakers should also reveal to the learners any “off label” uses (not approved by the FDA) of any drugs or products discussed.

### **The Accreditation Council for Continuing Medical Education (ACCME)**

The Armenian American Medical Society is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## **Accreditation Statement**

- The Armenian American Medical Society is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.
- The Armenian American Medical Society designates this live activity for maximum of (5) hours *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- This credit may also be applied to the CMA Certification in Continuing Medical Education.
- The Armenian American Medical Society is accredited by the Dental Board of California provider #5112 to provide continuing dental education. The Armenian American Medical Society designates this live activity for maximum of (2) hours of Continuing Dental Education.

Continuing medical education is a lifelong learning modality enabling physicians to remain current with medical advances. The goal of AAMS is to design educational activities that provide learners with the tools needed to practice the best medicine and provide the most current care to patients.

As an accredited CME provider, AAMS adheres to the Essentials and Policies of the Accreditation Council for Continuing Medical Education (ACCME). CME activities now must first, address specific, documented, clinically important gaps in physician knowledge, competence or performance, second, be documented to be effective at increasing physician knowledge, skill or performance, and third, conform to the ACCME Standards for Commercial Support.

AAMS must not only obtain complete disclosure of commercial and financial relationships pertaining to medicine but also resolve any perceived conflicts of interest. All speakers and the organizers in the Scientific Program have completed disclosures of commercial and financial relationships with manufacturers of pharmaceuticals, laboratory supplies and medical devices and with commercial providers of medically-related services. The disclosures were reviewed by the CME Committee for Standards of Commercial Support of the AAMS CME Committee, which resolved perceived potential conflicts of interest.

## **ADA Statement**

The Armenian American Medical Society fully complies with the legal requirements of the ADA and the rules and regulations thereof. Accommodations for Disabilities: please notify the AAMS if a reasonable accommodation of a disability is needed.

## **Disclaimer Statement**

The content and views presented in this educational activity are those of the speaker/authors and do not necessarily reflect those of the AAMS. This material is prepared based upon a review of multiple sources of information, but it is not exhaustive of the subject matter. Therefore, healthcare professionals and other individuals should review and consider other publications and materials on the subject matter before relying solely upon the information contained within this educational activity to make clinical decisions about individual patients.

All authors, editors, reviewers, contributors, publishers, and licensors of the clinical information are not responsible for the completeness or accuracy of the clinical information for any errors, omissions, or the application of the clinical information, or for any consequences arising therefrom.

## EDUCATIONAL NEEDS & OBJECTIVES

### EDUCATIONAL NEEDS

AAMS CME Planning Committee designed this symposium in response to member and community needs. These needs were identified from sources which include: member recognition of needs; observation of others; local hospital and national quality data (i.e., incident reports, medication utilization, patient satisfaction, legislative data, administrative data and core measures); review of literature including comments from newspapers, peer reviewed, evidence based scientific publications; national, state and local best practice guidelines; and research studies of accreditation bodies.

This program has been planned for all healthcare professionals. At the conclusion of this session, the participants should be able to:

#### *Heart, Health, and Primary Prevention: The Do's and Don'ts (CME)*

Describe lifestyle modification and healthy eating for best cardiac health.  
Outline lipid metabolism and describe lipid lowering medications.

#### *Update on Men's Health (CME)*

Discuss the various presentations of medical problems in urology.  
Integrate the understanding as it pertains to the topics of men's health.  
Treat the issues that are discussed in a more focused manner.

#### *Ensuring Medication Adherence (CME & CDE)*

Define medication adherence and its importance for patient health.  
Demonstrate knowledge on the importance of developing a routine process for inquiring about medication adherence.  
Identify top reasons for patients' intentional nonadherence to medications.  
Explain the importance of a personalized approach to medication adherence and patient involvement in treatment plans.

#### *Depression and Anxiety in the Ambulatory Care Setting for Non-Mental Health Providers (CME & CDE)*

List risk factors for depression and anxiety.  
Name and interpret screening tools in the ambulatory setting.  
Recognize when to refer to higher level specialist or care.  
Have increased competence in the pharmacological management of unipolar depression and various anxiety disorders.

#### *Updates in Well Child Care (CME)*

Recognize the importance of Well-Child Visits.  
Get familiar with various screening tools and referral sources.  
Communicate about vaccine hesitancy.  
Recognize and Respond to Barriers to Care.

#### *Perspectives on Colorectal Cancer (CME)*

Summarize the background on colorectal cancer (CRC).  
Examine who should undergo CRC screening and when.  
Differentiate the various options for CRC screening.  
Compare the pros and cons of "preferred" CRC screening tests.  
Demonstrate colonoscopy as a therapeutic modality.

# **ACKNOWLEDGMENTS – SPEAKERS**

**Harry Balian, MD, FACC, FSCAI**

**Tamar Nazerian Chorbajian, DO, MPH, FAAP**

**Armen Kassabian, MD**

**Gregory Nikogosyan, DO**

**Ani Rostomyan, PharmD, BCPS, APh**

**James H. Tabibian, MD, PhD, FACP, FASGE, FACG, AGAF**

Thank you for your Dedication and Contribution to the Advancement of the  
Health and Well Being of the Community.

# **ACKNOWLEDGMENTS – Exhibitors**

**Abbott**

**Abbott Structural Heart**

**Amgen/Cardiovascular & Bone Division**

**Edwards Lifesciences**

**Medtronic**

**Medtronic Structural Heart**

**Shockwave Medical**

AAMS would like to thank all our exhibitors for participating in its  
10th Annual Spring Symposium.