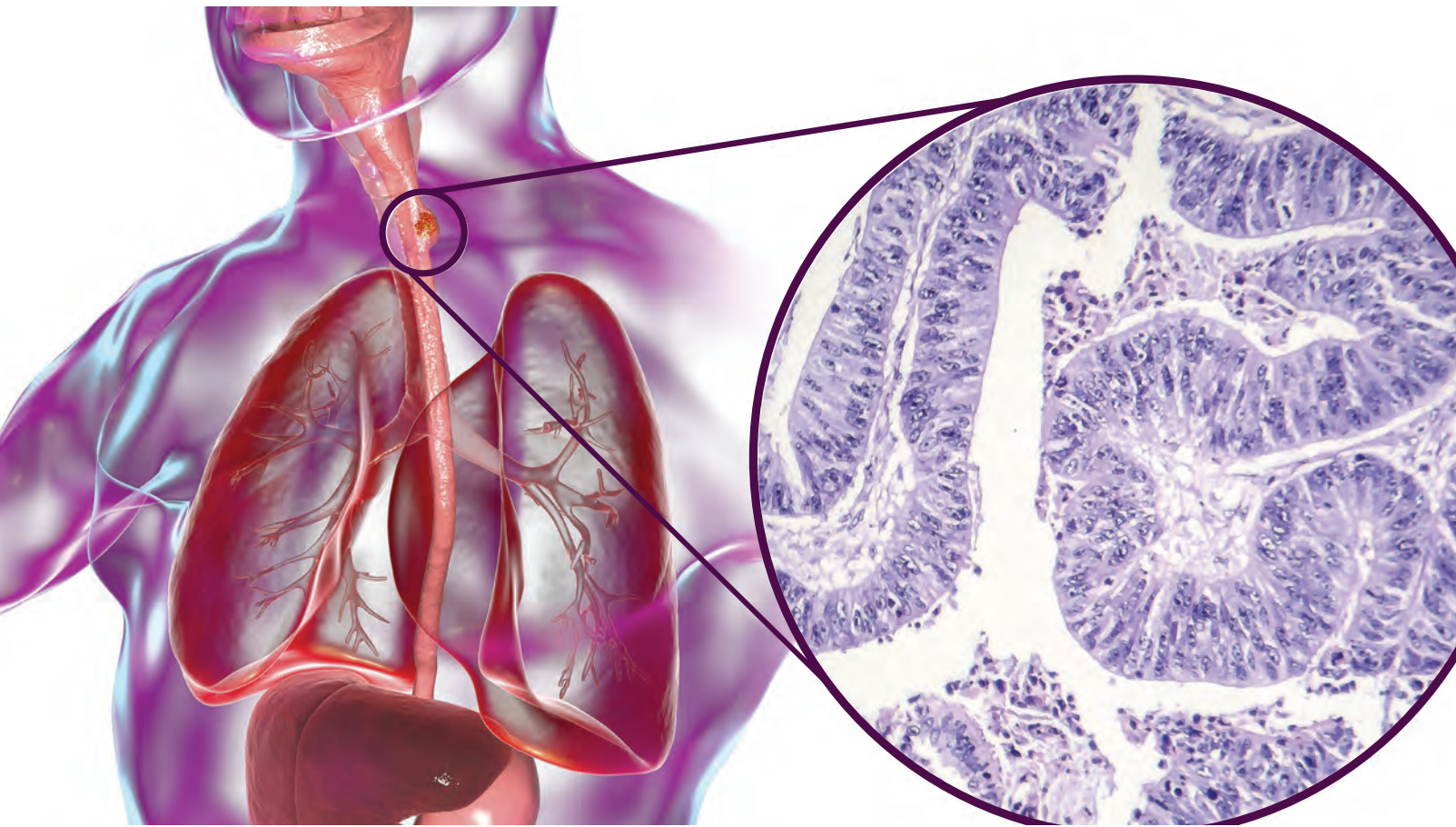


# 2020 UPDATES ON ESOPHAGEAL DISEASE

April 17 – 18, 2020 • Jen-Hsun Huang Engineering Center, Mackenzie Room • Stanford, CA



Over 20 faculty experts will cover hot topics such as:

- Achalasia
- Eosinophilic esophagitis
- Barrett's esophagus
- Esophageal cancer
- Non-cardiac chest pain
- New technology in esophageal disease
- Proton pump inhibitor safety
- Endoscopic & surgical reflux options

Register today! [stanford.cloud-cme.com/esophageal](https://stanford.cloud-cme.com/esophageal)

# FACULTY

All faculty members are from Stanford University School of Medicine unless otherwise noted.

## COURSE DIRECTORS

### John Clarke, MD

Clinical Associate Professor of Medicine, Gastroenterology & Hepatology  
Director, Esophageal Program

### Dan Azagury, MD

Assistant Professor, Surgery – General Surgery  
Director for Education, Biodesign Fellowship Program,  
Stanford Byers Center for Biodesign  
Chief, Section of Minimally Invasive and Bariatric Surgery

### George Triadafilopoulos, MD

Clinical Professor of Medicine – Gastroenterology & Hepatology  
Executive Medical Director, Esophageal Program

## GUEST FACULTY

### Tripp Buckley, MD

Director of the Heartburn and Esophageal Disorders Center  
University of Texas Health Austin  
Austin, TX

## STANFORD FACULTY

### Dan Azagury, MD

Assistant Professor, Surgery – General Surgery Director for Education, Biodesign  
Fellowship Program, Stanford Byers Center for Biodesign

### Laren Becker, MD

Instructor, Medicine – Gastroenterology & Hepatology

### Mark Berry, MD

Mylavarapu Rogers Professor of Cardiothoracic Surgery

### John Clarke, MD

Clinical Associate Professor of Medicine, Gastroenterology & Hepatology  
Director, Esophageal Program

### Karuna Dewan, MD

Assistant Professor of Otolaryngology (Laryngology)

### Micaela M. Esquivel, MD

Clinical Instructor, Surgery - General Surgery

### Nielsen Fernandez-Becker, MD, PhD

Clinical Associate Professor, Medicine – Gastroenterology & Hepatology

### Shai Friedland, MD

Professor of Medicine, Gastroenterology and Hepatology

### Patricia Garcia, MD

Clinical Assistant Professor, Medicine – Gastroenterology & Hepatolog

### Afrin Kamal, MD

Clinical Assistant Professor, Medicine – Gastroenterology & Hepatology

### James Lau, MD

Clinical Professor, Surgery – General Surgery Assistant Dean for Clerkship Education

### Natalie Lui, MD

Assistant Professor of Cardiothoracic Surgery (Thoracic Surgery)

### Monica Nandwani, NP

Manager of Advanced Practice

### Leila Neshatian, MD

Clinical Assistant Professor, Medicine – Gastroenterology & Hepatology

### Linda Nguyen, MD

Clinical Associate Professor, Medicine – Gastroenterology & Hepatology

### Alex Podboy, MD

Fellow, Gastroenterology

### Irene Sonu, MD

Clinical Assistant Professor of Medicine – Gastroenterology & Hepatology

### Heather Starmer, MA

Clinical Associate Professor, Otolaryngology (Head and Neck Surgery)

### George Triadafilopoulos, MD

Clinical Professor of Medicine - Gastroenterology & Hepatology

### James Wall, MD

Assistant Professor of Pediatric Surgery

### Yulia Zak, MD

Clinical Assistant Professor, Surgery – General Surgery

### Thomas Zikos, MD

Clinical Assistant Professor of Medicine – Gastroenterology & Hepatology

## STATEMENT OF NEED

Esophageal disease is common and increasing in prevalence across the United States and worldwide. Approximately 20% of American adults experience reflux symptoms weekly and the annual cost of therapy now exceeds \$15 billion. Esophageal cancer is on the rise and is now the 6th leading cause of cancer death. Even less prevalent disorders such as achalasia and eosinophilic esophagitis have increased significantly in the past decade. The medical landscape of esophageal disorders is rapidly changing with over 5000 papers published in the last year alone.

The 2020 Updates on Esophageal Disease aims to shed light on recent advances in the field of esophageal disorders. Participants will learn strategies and diagnostic approaches to common esophageal complaints, including dysphagia and reflux symptoms. Over 20 faculty experts will cover hot topics such as achalasia, eosinophilic esophagitis, Barrett's esophagus, esophageal cancer and non-cardiac chest pain. Using an integrated educational approach that encompasses didactic lectures, Q&A panels, debates and interactive case presentations, speakers will discuss recent advances in technology, research, diagnosis, guidelines and treatment strategies.

## TARGET AUDIENCE

This International Program is designed to meet the educational needs of Physicians, Residents, Nurses, Advance Practice Nurses, Professional Nurses, Physician Assistants, Researchers, and other Allied Health Professionals specializing in Family Medicine & Community Health, Gastroenterology & Hepatology, Internal Medicine, Otolaryngology (ENT), and Surgery.

## ACCREDITATION

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

## CREDIT DESIGNATION

The Stanford University School of Medicine designates this live activity for a maximum of 10.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements as long as the course is certified for AMA PRA Category 1 Credit™ (rn.ca.gov). Nurses will receive a Certificate of Participation following this activity that may be used for license renewal.

## FACULTY DISCLOSURE

The Stanford University School of Medicine adheres to ACCME Criteria, Standards and Policies regarding industry support of continuing medical education. Disclosure of faculty and their commercial relationships will be made prior to the activity.

## LEARNING OBJECTIVES

At the conclusion of this activity, participants should be able to:

- Analyze the complaints of heartburn and acid regurgitation
- Manage dysphagia in the context of the eosinophilic
- Determine appropriate treatment approaches to use to treat achalasia
- Evaluate the diagnostic options available for dysphagia to further define symptom etiology
- Consider medical and surgical treatment approaches for reflux and appropriately utilize these therapies

## FRIDAY, APRIL 17, 2020

### Session #1: Key Updates in Esophageal Disease

- 8:00 – 8:20 am Course Introduction  
*George Triadafilopoulos, MD*
- 8:20 – 8:40 am The Microbiome & Esophageal Disease  
*Laren Becker, MD*
- 8:40 – 9:00 am Eosinophilic Esophagitis: Diagnosis, Treatment & Key Updates  
*Nielsen Fernandez-Becker, MD*
- 9:00 – 9:20 am A Critical Look at Proton Pump Inhibitor Safety  
*Leila Neshatian, MD*
- 9:20 – 9:40 am New Technology in Esophageal Disease: Mucosal Impedance, FLIP, 96 hour Wireless pH Monitoring & Cytosponge  
*Afrin Kamal, MD*
- 9:40 – 10:00 am Questions & Answers • *All speakers*

**10:00 – 10:20 am Break**

### Session #2: Key Updates in Esophageal Disease

- 10:20 – 10:40 am Endoscopic Resection Techniques: EMR & ESD  
*Shai Friedland, MD*
- 10:40 – 11:00 am Endoscopic & Surgical Reflux Options  
*Dan Azagury, MD*
- 11:00 – 11:20 am Barrett's Esophagus in 2020  
*George Triadafilopoulos, MD*
- 11:20 – 11:40 am Updates on Esophageal Cancer  
*Natalie Lui, MD*
- 11:40 am – 12:00 pm Questions & Answers • *All speakers*

**12:00 – 1:00 pm Lunch**

### Session #3: Debates in Esophageal Disease

- 1:00 – 1:20 pm What is the Best Anti-Reflux Operation Today?  
• Fundoplication • *Dan Azagury, MD*  
• Linx • *Tripp Buckley, MD*
- 1:20 – 1:40 pm Medical Versus Surgical Therapy for the Young Patient with Well-Controlled GERD?  
• Medical therapy: *Tom Zikos, MD*  
• Surgical therapy: *Yulia Zak, MD*

- 1:40 – 2:10 pm What is The Best Initial Therapy for Eosinophilic Esophagitis?  
• Proton pump inhibitor • *Patricia Garcia, MD*  
• Topical Steroids • *Nielsen Fernandez-Becker, MD*  
• Elimination Diet • *Irene Sonu, MD*
- 2:10 – 2:40 pm What is the Best Initial Therapy for Achalasia?  
• Pneumatic Dilation • *John Clarke, MD*  
• Heller Myotomy • *Micaela Esquivel, MD*  
• Per-oral Endoscopic Myotomy • *James Wall, MD*
- 2:40 – 3:00 pm Questions & Answers • *All speakers*
- 3:00 – 3:20 pm Break**

### Session #4: Debates in Esophageal Disease

- 3:20 – 3:40 pm How to Approach the Reflux Patient with a BMI of 33 who Desires Surgery?  
• Gastric bypass • *Jim Lau, MD, MHPE, FACS*  
• Fundoplication • *Yulia Zak, MD*
- 3:40 – 4:00 pm Should Patients with Barrett's Esophagus but no Dysplasia be Offered Ablation?  
• No • *Shai Friedland, MD*  
• Yes • *Alex Podboy, MD*
- 4:00 – 4:20 pm Should Patients with Barrett's Esophagus be kept Permanently on High-dose PPI Therapy?  
• No • *Patricia Garcia, MD*  
• Yes • *George Triadafilopoulos, MD*
- 4:20 – 4:40 pm Should Patients with Weak Peristalsis Undergo a Complete (Nissen) or Partial Fundoplication?  
• Partial fundoplication • *Micaela Esquivel, MD*  
• Complete fundoplication • *Jim Lau, MD*
- 4:40 – 5:00 pm Questions & Answers • *All speakers*

## SATURDAY, APRIL 18, 2020

### Session #5: Clinical Challenges (interactive audience participation)

- 8:00 – 8:20 am A 33-year-old Gymnast with Reflux & Gastroparesis  
*Linda Nguyen, MD*
- 8:20 – 8:40 am An 80-year-old Woman on Anticoagulation with Dysphagia  
*Afrin Kamal, MD*
- 8:40 – 9:00 am A 55-year-old Man with Swallowing Problems After Treatment of Tongue Cancer  
*Heather Stamer, MA, SLP*
- 9:00 – 9:20 am A 37-year-old Politician with Non-cardiac Chest Pain  
*Leila Neshatian, MD*
- 9:20 – 9:40 am A 22-year-old College Student with Food Impaction After Eating Chicken Wings  
*Irene Sonu, MD*
- 9:40 – 10:00 am Questions & Answers • *All speakers*

- 10:00 – 10:20 am Break**
- 10:20 – 10:40 am How I Approach Laryngopharyngeal Reflux  
*Karuna Dewan, MD*
- 10:40 – 11:00 am How I Utilize Flip in My Clinical Practice  
*John Clarke, MD*
- 11:00 – 11:20 am How I Approach a Paraesophageal Hernia  
*Mark Berry, MD*
- 11:20 – 11:40 am How I Approach the Linx Anti-reflux Surgery  
*Tripp Buckley, MD*
- 11:40 – 11:55 am Questions & Answers • *All speakers*
- 11:55 am – 12:00 pm Closing Comments  
*John Clarke, MD*



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Stanford Center for  
Continuing Medical Education  
1520 Page Mill Road  
Palo Alto, CA 94304  
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## REGISTRATION

ATTENDEE TYPE	EARLY BIRD RATE	AFTER 3/1/20
Physicians	\$275	\$350
Nurses, Allied Health Professionals	\$125	\$125

*Fee includes course materials, certificate of participation, breakfast and lunch.*

Register online with Visa or Master Card by visiting [stanford.cloud-cme/esophageal](http://stanford.cloud-cme/esophageal)

If you prefer to pay by check or need assistance, please call (650) 497-8554 or email [stanfordcme@stanford.edu](mailto:stanfordcme@stanford.edu). Be sure to register with an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate.

STAP-eligible employees can use STAP funds towards the registration fees for this activity. Complete the STAP Reimbursement Request Form and submit to your department administrator.

### CANCELLATION POLICY

Cancellations received in writing no less than 20 days before the course will be refunded, less a 20% administrative fee. No refunds will be made on cancellations received after that date. Please send cancellation requests to [stanfordcme@stanford.edu](mailto:stanfordcme@stanford.edu).

Stanford University School of Medicine reserves the right to cancel or postpone this program if necessary; in the event of cancellation, course fees will be fully refunded. We are not responsible for other costs incurred such as non-refundable airline tickets or hotel penalties.

### CONFERENCE LOCATION

Jen-Hsun Huang Engineering Center, MacKenzie Room  
475 Via Ortega, Stanford, CA 94305  
Phone: 650.725.1575

### NEARBY HOTELS

View hotel options by visiting [visit.stanford.edu/plan/lodging](http://visit.stanford.edu/plan/lodging)  
Please contact the hotel directly to secure a reservation.

### VISITING STANFORD UNIVERSITY

To learn more about traveling to Stanford University, please browse [visit.stanford.edu](http://visit.stanford.edu)

### CONTACT INFORMATION

For questions about the symposium, please contact Debbie Aube, Meeting Planning Specialist, at 650-724-5318 or [debbie.aube@stanford.edu](mailto:debbie.aube@stanford.edu)

Stanford Center for Continuing Medical Education  
1520 Page Mill Road, Palo Alto, CA 94304  
Phone: (650) 497-8554  
Fax: (650) 497-8585  
Email: [stanfordcme@stanford.edu](mailto:stanfordcme@stanford.edu)  
Web: [cme.stanford.edu](http://cme.stanford.edu)

### ACCESSIBILITY STATEMENT

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