

# TEX MED

# 24

MAY 2-4  
OMNI DALLAS

ADVOCATE  
EDUCATE  
INNOVATE



Physicians Caring for Texans



# STOP BY BOOTH 48

for your chance to win  
Solo Stove Bonfire  
Essential Bundle 2.0  
and other prizes!



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# YOUR GUIDE TO TEXMED

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# ALL-CONFERENCE MIXER

Hosted by TMA Sections

## *Murder Mystery Party*

THURSDAY, MAY 2 | 8 PM

*Level 3, Dallas F*

**FREE TO PARTICIPATE | No advance sign-up needed.**

*Sponsored by TMA Insurance Trust*



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**NEW IN 2024**

# CME POSTER SESSION

FRIDAY, MAY 3  
7 AM-4 PM

## *Join us for the TexMed 2024 Poster Session!*

Come see over 30 posters on a variety of cutting-edge topics and engage with fellow physicians, residents, and medical students to exchange ideas and foster collaborations.

### **FRIDAY SCHEDULE:**

7-8 am	On display for CME
7 am-4 pm	People's Choice Award voting open

### **SATURDAY SCHEDULE:**

2 pm	Winner announced at Closing Session
------	-------------------------------------



# WELCOME TO



**G. Ray Callas, MD**

*President, 2024-25*  
TEXAS MEDICAL ASSOCIATION

## 2023-24 TMA Officers

**Rick W. Snyder II, MD**  
President

**G. Ray Callas, MD**  
President-Elect

**Gary W. Floyd, MD**  
Immediate Past President

**Gregory M. Fuller, MD**  
Secretary/Treasurer

**Bradford W. Holland, MD**  
Speaker of the House

**John G. Flores, MD**  
Vice Speaker of the House

## A MESSAGE FROM THE 2024-25 TMA PRESIDENT

Welcome to TexMed 2024, featuring an exciting program to help us improve health care policy and to learn from our colleagues and esteemed speakers about relevant health care innovations.

**Advocate:** Each year more than 500 delegates gather in TMA's House of Delegates to advance health care policy in the state and nation. Join us to watch your delegates in action.

**Educate:** We are thrilled to roll out new and improved programming that brings together physicians, residents, medical students, and TMA Alliance members from across the state as we explore innovations in our industry. TexMed 2024 offers 30+ CME programs; two keynote speakers; and a TMA Poster Session, back by popular demand.

**Innovate:** Join us in the Expo Hall to see the latest products and services, listen to live music, relax, and participate in fun activities.

**New:** This year we are combining the House of Delegates Opening Session and the TexMed Opening Session to make it easier for you to catch conference highlights.

I know you will enjoy this year's TexMed 2024. Check out the program to create your daily itinerary. I look forward to seeing you throughout the next three days.

G. Ray Callas, MD



# SHOP VENDORS THAT SUPPORT TMA

TMA is strengthening the practice of medicine in Texas  
with the help of our long-term supporters – TMA 360 Vendors.  
We encourage you to frequent these vendors with your business.

[texmed.org/VendorGuide](http://texmed.org/VendorGuide)



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**Jenny Shepherd**

*President, 2024-25*  
TMA ALLIANCE



## A MESSAGE FROM THE 2024-25 TMAA PRESIDENT

TexMed and ALLMED are a terrific way to kick off a new year in Texas medicine. These meetings have something for everyone – advocacy, education, the House of Delegates, the TMA Foundation gala, and, of course, fellowship with “our family” from across the state. We also come together to celebrate the many great leaders who have served medicine over the past year and those ready to take on the challenges this next year brings, including TMA’s incoming president, Ray Callas, MD, and myself.

During the past year, TMAA Immediate Past President Elizabeth Vanexen and I had the pleasure of traveling across Texas to celebrate the diverse work our alliances are doing to improve the health of their communities. With each book put into the hands of a child through Texas BookShare, we combat illiteracy and promote healthy habits. With each dollar raised for scholarships, we support our own during those lean years of medical school.

We are extremely proud of the alliance’s work on behalf of the Family of Medicine. While TMA, TMAA, and other members of the TMA Family have unique ways of fulfilling them, the goals are the same – resilient medical families, healthy communities, and strong Texas medicine. In this we stand united, in this we are truly the Family of Medicine. As we begin this year, let’s honor and celebrate all that we are.

A handwritten signature in black ink that reads "Jenny Shepherd".

Jenny Shepherd



# THANK YOU TO OUR SPONSORS

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# OMNI DALLAS

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Registration Knowledge Center Expo Hall CME Ref. Com. LEVEL THREE



## LEVEL TWO

Business Meeting Rooms





# The Four Advantages of Buying Insurance from TMA Insurance Trust

Like other insurance agencies, **TMA Insurance Trust** is a full-service insurance agency with a staff of professional agent-advisors who have years of experience. But that is where the similarities end. Here are **four exclusive advantages** for members from **TMA Insurance Trust** you may not be aware of.

## 1. We Give Back to Members.

One of the main advantages is that **TMA Insurance Trust** gives back to members by sponsoring programs specifically designed to support them. For example, the Trust is the sponsor of the free CME courses available to members. We also contribute funding to your county medical society to ensure they continue their important work on your behalf. The Trust also sponsors sections of the TMA membership, such as women and young physicians, to help facilitate networking and greater participation by members in influencing health care policy.

## 2. We Offer More Product Options and Savings.

**TMA Insurance Trust** works with leading insurance companies and has negotiated some special discounts just for members. We also developed an exclusive line of member-only products, giving you more coverage options and opportunities to save.

## 3. Our Advisors Do Not Receive Sales-Based Commissions.

What makes us different from other agents and brokers is our advisor-agents do not receive sales-based commissions. Our goal is to provide you with the best protection strategy and product solution that meet your needs and interests, not ours.

## 4. Members Deserve Great Service.

Our clients will tell you the level of service and care they receive is second to none. We understand you're not only a client you're also a member of **TMA**. You believed it was important to join the Association, so it's important to us that your experience with **TMA Insurance Trust** adds value to your membership and makes you feel good about being a member. That's our pledge to you.

For a free consultation, contact an advisor at **1-800-880-8181, Monday through Friday from 8:00 AM to 5:00 PM CST**, or visit us online at **[tmait.org](http://tmait.org)**.



LIFE ★ HEALTH ★ INCOME ★ PRACTICE



Registration

Level 3, Dallas Foyer

Thursday, May 2	8 am-7 pm
Friday, May 3	6 am-7 pm
Saturday, May 4	6 am-2 pm

Questions/Assistance

TMA Knowledge Center | Level 3, Dallas Foyer

The TMA Knowledge Center is your one stop for assistance and questions.

Friday	7 am-4 pm
Saturday	7 am-2 pm

First Aid | Level 3, Dallas Foyer

Network: TexMed2024

Password: WeAreTMA



Password is case sensitive.  
 Internet in hotel guest rooms is complimentary for all attendees, with higher speeds available for purchase.

Wireless connectivity and charging stations for your electronic devices are free for attendees.

Lactation Room | Level 2, Arts District 3

Courtesy of the Women Physicians Section and Young Physician Section

Complimentary Baggage Check

Level 3, Dallas E

Saturday	6 am-4 pm
----------	-----------

TexMed 2024 Welcome Reception

BLOCK PARTY

Friday, May 3 | 4:30-6:30 PM | at Hops & Hens

TMA/TMAA  
 Presidents'  
 Toast

Food, drinks, and  
 entertainment



G. Ray Callas, MD  
 President, 2024-25  
 TEXAS MEDICAL ASSOCIATION



Jenny Shepherd  
 President, 2024-25  
 TMA ALLIANCE

Block Party  
 Sponsored by



Entertainment  
 Sponsored by





# Removing social and economic barriers can move mountains for those we serve

At Humana, what we do is more than health insurance. It's human care. That means considering what people and their communities need most, then taking action to deliver exactly that.



Learn how Humana can support the care you deliver to your patients every day at [PopulationHealth.Humana.com](https://PopulationHealth.Humana.com).

**Humana**®

A more human way  
to healthcare™



# QUICK-START GUIDE

Not sure where to begin? Here are some can't-miss moments we recommend.

## NEW TO TMA OR TEXMED?

**TexMed 2024 Welcome  
Reception Block Party**

*Sponsored by TMLT*

**Friday, 4:30-6:30 pm**  
Omni Dallas, Hops & Hens

## FOR ALL PHYSICIANS

**Practice Finance:  
Avoid Fraud,  
Misuse, and  
Coding Errors**

**Friday, 10-11 am**  
Level 3, Trinity 5

**An Overview of  
Transgender Health  
Care for the Primary  
Care Physician**

**Friday, 12:30-1:30 pm**  
Level 3, Trinity 4

**A Change in Our  
Approach to Opioids?  
A Review of the  
Latest CDC Guidelines**

**Saturday, 9-10 am**  
Level 3, Trinity 7

## NETWORKING

**Breakfast in the  
Expo Hall**

**Friday, 7-8 am**  
**Saturday, 7-8:30 am**  
Level 3, Expo Hall

**Networking Lunch  
in the Expo Hall**

**Friday, 11 am-12:30 pm**  
Level 3, Expo Hall

## LEADERSHIP

**Leading Under Stress:  
Lessons From the ICU**

**Friday, 1:45-2:45 pm**  
Level 3, Trinity 3

**Promote Yourself and  
Your Practice: Get Your  
Message Out**

**Friday, 12:30-1:30 pm**  
Level 3, Trinity 6

## BUSINESS OF MEDICINE

**Tips for Navigating and  
Negotiating Contracts**

**Friday, 3-4 pm**  
Level 3, Trinity 3

**Private Equity Acquisition  
and Its Realities**

**Saturday, 10:15-11:15 am**  
Level 3, Trinity 5

## NEW FOR 2024: POSTER SESSION

***Join us for the TexMed 2024 Poster Session!***

Come see over 30 posters on a variety of cutting-edge topics and engage with fellow physicians, residents, and medical students to exchange ideas and foster collaborations.

The posters will be on display in the Trinity Ballroom Foyer starting at 7 am on Friday, May 3. CME credit is available for the first hour, 7-8 am, and voting for the People's Choice Award will be open from 7 am to 4 pm on Friday. Winner will be announced at the Closing Session on Saturday at 2 pm.

## REGISTER NOW!

**TMA Business of  
Medicine Conference**

**Oct. 10-12, 2024**

Marriott Rivercenter,  
San Antonio

**[texmed.org/BMC](https://www.texmed.org/BMC)**

[illegible]

THURSDAY, MAY 2

8:00 am	7:00 pm	Registration	Level 3, Dallas Foyer
6:30 pm	7:45 pm	Medical Student Section Networking, Hosted by TMA Sections	Level 2, Greenville Ave
8:00 pm	11:00 pm	All-Conference Mixer: Murder Mystery Party Hosted by TMA Sections; sponsored by TMA Insurance Trust	Level 3, Dallas F

FRIDAY, MAY 3

6:00 am	7:00 pm	Registration	Level 3, Dallas Foyer
7:00 am	4:00 pm	Expo Hall Open	Level 3, Dallas Foyer
7:00 am	8:00 am	Expo Hall Breakfast, Entertainment sponsored by Rastegar Property Company	Level 3, Expo Hall
7:00 am	8:00 am	Poster Session (CME)	Level 3, Trinity Ballroom Foyer
8:00 am	11:00 am	NEW TexMed Opening Session, Hosted by the TMA House of Delegates; sponsored by Texas Medical Liability Trust  Opening General Session (CME): Harvey Castro, MD Revolutionizing Health Care Through AI: A Collaborative Approach  House of Delegates Opening Session	Level 3, Dallas D  Sponsored by TMA Foundation's Louis J. Goodman Lectureship on Leadership in Medicine
9:30 am	10:00 am	Coffee Break, Sponsored by Texas Society of Anesthesiologists	Level 3, Expo Hall
10:00 am	11:00 am	CME Sessions, Sponsored by TMF Health Quality Institute (TMF HQI)	Level 3, Trinity Ballroom
		• Enhancing Mental Health Outcomes and Clinic Profitability With Innovative Care Strategies	Trinity 3
		• Exploring the Interplay of Substance Use Disorder, High-Risk Sexual Behaviors, and HIV in Heterosexual Populations	Trinity 4
		• Local Health Authority: A Population Health Physician	Trinity 6
		• Practice Finance: Avoid Fraud, Misuse, and Coding Errors	Trinity 5
11:00 am	12:30 pm	Networking Lunch, Entertainment sponsored by Rastegar Property Company	Level 3, Expo Hall
Noon	4:00 pm	Reference Committees	Various, see pg. 51
12:30 pm	1:30 pm	CME Sessions, Sponsored by TMF HQI	Level 3, Trinity Ballroom
		• An Overview of Transgender Health Care for the Primary Care Physician	Trinity 4
		• Artificial Intelligence for Real Wellness	Trinity 5
		• Drug-Supplement Interactions and Nutrient Depletions in Older Adults	Trinity 3
		• Promote Yourself and Your Practice: Get Your Message Out	Trinity 6
1:45 pm	2:45 pm	CME Sessions, Sponsored by TMF HQI	Level 3, Trinity Ballroom
		• Energized at Work: Strategies and Insights of Thriving Physicians	Trinity 5
		• Ethical Considerations in the Age of AI	Trinity 4
		• Leading Under Stress: Lessons From the ICU	Trinity 3
		• Scripting Success: Beyond Clinical Walls	Trinity 6
3:00 pm	4:00 pm	CME Sessions, Sponsored by TMF HQI	Level 3, Trinity Ballroom
		• Between Us: Fostering Relationships to Support Physician Well-Being	Trinity 4
		• Headache Management in Expectant Mothers and Post-Delivery: Evidence-Based Guidelines and Best Practices	Trinity 5
		• Positive Peer Pressure: What to Do When You Identify Burnout in a Peer	Trinity 6
		• Tips for Navigating and Negotiating Contracts	Trinity 3
4:00 pm	4:30 pm	Walk with a Doc Meetup, Hosted by TMA Foundation	Level 3, Expo Hall, Booth #13
4:30 pm	6:30 pm	Welcome Reception: TexMed Block Party! Sponsored by TMLT; entertainment sponsored by Rastegar Property Company	Omni Dallas, Hops & Hens
6:30 pm	10:00 pm	TMA Foundation Gala	KBH Convention Center, Level 3, Ballroom D



## SATURDAY, MAY 4

6:00 am	2:00 pm	Registration	Level 3, Dallas Foyer
6:30 am	8:00 am	Caucus Meetings	Various, see pg. 51
7:00 am	2:00 pm	Expo Hall Open	Level 3, Dallas Foyer
7:00 am	8:30 am	Expo Hall Breakfast, <i>Entertainment sponsored by Rastegar Property Company</i>	Level 3, Expo Hall
8:30 am	12:30 pm	<b>House of Delegates Business Session</b>	<b>Level 3, Dallas D</b>
9:00 am	10:00 am	CME Sessions, <i>Sponsored by TMF HQI</i>	Level 3, Trinity Ballroom
		<ul style="list-style-type: none"> <li>A Change in Our Approach to Opioids? A Review of the Latest CDC Guidelines</li> <li>Falls and Older Adults: Evaluation of Risk and Prevention of Injury</li> <li>From Training to Retirement. How Physician Well-Being Initiatives Can Promote Resilience and Professional Fulfillment</li> <li>Transition From Volume- to Value-Based Care: Adopting and Adapting to Alternative Payment Models and Value-Based Contracting</li> </ul>	Trinity 7 Trinity 4 Trinity 5 Trinity 3
10:00 am	11:00 am	Coffee Break, <i>Sponsored by Texas Society of Anesthesiologists</i>	
10:15 am	11:15 am	CME Sessions, <i>Sponsored by TMF HQI</i>	Level 3, Trinity Ballroom
		<ul style="list-style-type: none"> <li>Evaluation and Management of Lymphedema</li> <li>Exit on Your Own Terms! Valuing and Selling Your Practice</li> <li>Optimizing the Hybrid Practice Workflow and Physician Wellness in the Era of AI</li> <li>Private Equity Acquisition and Its Realities</li> <li>The Dose Makes the Poison: Dosing of Targeted Anti-Cancer Drugs and Its Impact on Older and Medically Complex Adults</li> </ul>	Trinity 7 Trinity 3 Trinity 4 Trinity 5 Trinity 6
11:15 am	12:45 pm	TexMed Farewell Lunch, <i>Sponsored by TMA Insurance Trust; entertainment sponsored by Rastegar Property Company</i>	Level 3, Expo Hall
12:45 pm	1:45 pm	CME Sessions, <i>Sponsored by TMF HQI</i>	Level 3, Trinity Ballroom
		<ul style="list-style-type: none"> <li>Am I My Brother's Keeper? A Panel Discussion About Unconscious Bias, Health Equity, and the Patient-Physician Relationship</li> <li>Physician Role in Identifying Human Trafficking Victims</li> <li>Preventing Gastric Cancer by Effectively Screening for, Treating, and Eradicating Helicobacter Pylori Infections</li> <li>Relaxation Breathing for Enhanced Sleep</li> <li>The Posterior Hip/Gluteal/Lumbar Triangle</li> </ul>	Trinity 4 Trinity 6 Trinity 5 Trinity 3 Trinity 7
2:00 pm	3:30 pm	<b>TexMed Closing Session</b> <b>TMA Leadership College Graduation</b> <b>Poster Session People's Choice Award Winner Announcement</b> <b>Dr. Glaucomflecken</b> Life and Death and Advocacy	<b>Level 3, Dallas D</b>

## THE PHYSICIANS BENEVOLENT FUND



When life turns upside down, **turn to TMA.**  
*We're here. We care.*

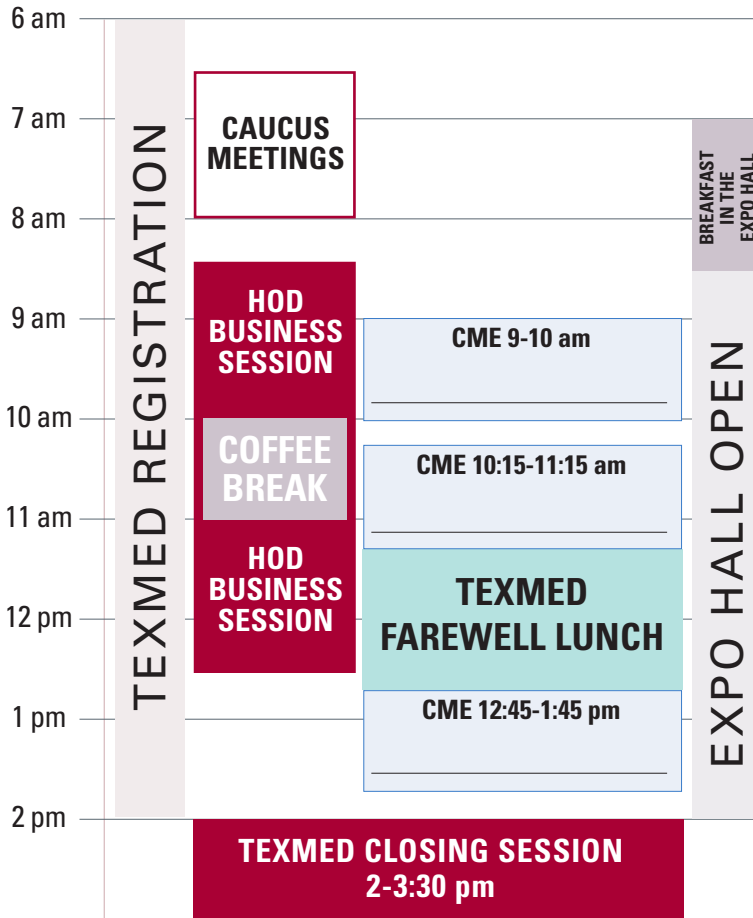
[texmed.org/PBF](http://texmed.org/PBF)



## SATURDAY, MAY 4

## Top Priorities


## Notes

[illegible]

**Thank you for  
joining us at  
TexMed 2024**



Before you leave, click the QR code or visit [tinyurl.com/TexMed2024](https://tinyurl.com/TexMed2024) to complete the conference evaluation and continue to the CME reporting page.

# We pictured a better healthcare model and we built it.

## Grow with Us

In 2024, we're opening 18 new Walmart Health Centers in Texas.

Scan the QR code or visit our website here to learn more about benefits and open roles:  
WalmartHealth.com/Careers

We look forward to connecting!



# Walmart Health

Walmart Health is comprised of independent physician and dental practices.

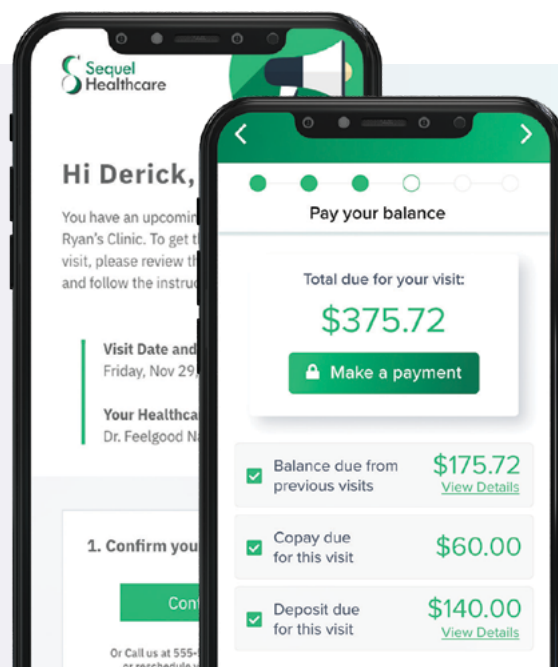
## Health iPASS

### Unlock a New Level of Patient Engagement with Health iPASS

#### Discover the patient engagement features of our platform:

- ▶ Scheduling
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Health iPASS helps healthcare providers increase their collections, reduce administrative work, and ensure patients have a seamless payment experience and better communication with their healthcare providers.



**Upgrade your Patient Experience today!**

Schedule a demo (855) 484-4727 | Visit us at [www.HealthiPASS.com](http://www.HealthiPASS.com)

# TMA MEMBER SECTIONS



DIFFERENT PERSPECTIVES.  
SHARED PURPOSE.

## THURSDAY, MAY 2

**MSS Specialty Networking** 6:30-7:45 pm  
Level 2, Greenville Ave

**All-Conference Mixer** 8-11 pm  
Level 3, Dallas F

## SECTION CONNECTIONS

*Network and socialize with your colleagues  
in person during the times listed below during  
lunch at the Expo Hall.*

## FRIDAY, MAY 3

Women Physicians Section 11-11:20 am  
LGBTQ Health Section 11:20-11:40 am  
Young Physician Section 11:40 am-Noon

## SATURDAY, MAY 4

Resident and Fellow Section 11:15-11:35 am  
International Medical  
Graduate Section 11:35-11:55 am  
Medical Student Section 11:55 am-12:15 pm



Click to Take a Survey on  
Member Section Priorities



TMA sections offer outstanding programming  
and networking opportunities through a generous  
Pinnacle Sponsorship from TMA Insurance Trust.

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BUSINESS



DESIGNED  
FOR TEXAS  
PRACTICES



## CME content from Texas experts.

Topics that impact  
your practice.

More than 50 free CME courses available 24/7.  
Learn more at [TXHealthSteps.com](https://TXHealthSteps.com).



TEXAS  
Health and Human  
Services

Texas  
Health  
Steps



# LIFELONG LEADERSHIP



Physicians Caring for Texans

LEADERSHIP DEVELOPMENT

## Are You Ready to Lead?

Unlock your career potential with engaging, practical instruction. Don't miss out on this opportunity to acquire the leadership skills necessary to make a lasting impact in your profession, your workplace, and your community.



Learn more at  
[texmed.org/LLP](https://texmed.org/LLP).

# CME INFORMATION

## AMA PRA CATEGORY 1 CREDIT™

The Texas Medical Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Texas Medical Association designates this live event for a maximum of **33 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## ETHICS CREDIT

The Texas Medical Association has designated certain lectures as meeting the requirements for physician ethics and/or professional responsibility. Look for the **E** icon to identify these lectures.

## REPORTING YOUR CME CREDITS

All participants can now self-report earned CME credits, including *AMA PRA Category 1 Credits™*, and credits for ethics/professional responsibility. ***Use the Personal Agendas on pages 14 and 17 to keep track of your participation so you know how many hours/credits you intend to report. Each CME presentation is eligible for 1 hour of credit.***

At the end of the conference, complete the online conference evaluation to then be redirected to the CME reporting page. Once self-reported, your CME credits are reflected immediately in TMA's CME database, and your personal CME transcript will be available for viewing and printing. ***See the visual guide on page 23 for details.***

## TMLT DISCOUNT

Texas Medical Liability Trust policyholders may be eligible for a 3% premium discount after completion of 2 hours of risk management CME. Look for the identifying **TMLT** next to the individual session descriptions to find which sessions may be counted toward these education hours. The discount may be applied to the policyholder's next eligible policy period. Policyholders may claim a maximum of 4 hours of risk management CME to be eligible for a maximum 6% premium discount per policy period. Instructions will be provided in each TMLT session on how to report your participation. These attendance records will be provided to TMLT post conference.



# Form lasting alliances

*that will shape the health care system and ensure*  
**quality health care for all**

## Join the Partnership for Community Health Project

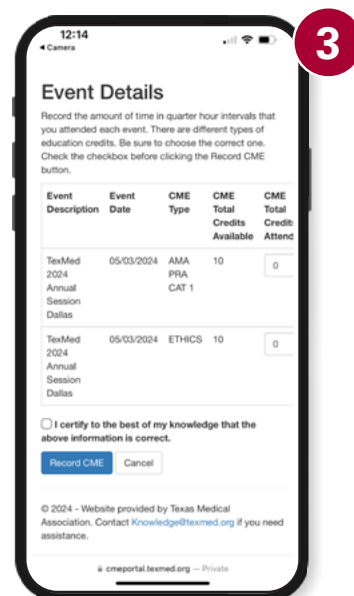
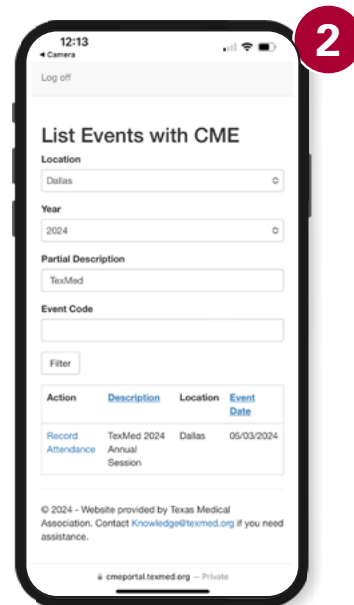
Visit **TMFNetworks.org** to sign up to participate in a community coalition and improve the lives of Medicare beneficiaries



# HOW TO...

## Submit Conference Evaluation and Report CME

- 1 Click the QR code or visit **[tinyurl.com/TextMed2024](https://tinyurl.com/TextMed2024)** to complete the evaluation and continue to the CME reporting page.
- 2 You are now at the **List Events with CME** page.
  - Log into your **TMA account**.
  - Use the dropdown menus to select the location, Dallas, and the year, 2024.
  - Click on the **Filter** button.
  - You will see a listing for **TextMed 2024**.
  - Click on **Record Attendance**.
- 3 This will take you to the **Event Details** page.
  - **Enter the total number of credits you earned** in the appropriate box. (Physicians should claim only the credit commensurate with the extent of their participation in the CME activities.)
  - **Select the check box** to certify the information is correct.
  - Click on the **Record CME** button.





# CME AT A GLANCE

## FRIDAY, MAY 3

Each CME presentation is eligible for 1 hour of credit.

Click on underlined presentation titles to download available materials.

CME Presentation	BM	LD	PH	Q	ST	WF	E	TMLT	Time	Location
<u>Enhancing Mental Health Outcomes and Clinic Profitability With Innovative Care Strategies</u>	★			★					10 am	Trinity 3
<u>Exploring the Interplay of Substance Use Disorder, High-Risk Sexual Behaviors, and HIV in Heterosexual Populations</u>			★				★		10 am	Trinity 4
<u>Local Health Authority: A Population Health Physician</u>			★				★		10 am	Trinity 6
<u>Practice Finance: Avoid Fraud, Misuse, and Coding Errors</u>	★			★			★		10 am	Trinity 5
<u>An Overview of Transgender Health Care for the Primary Care Physician</u>			★				★	★	12:30 pm	Trinity 4
<u>Artificial Intelligence for Real Wellness</u>						★	★	★	12:30 pm	Trinity 5
<u>Drug-Supplement Interactions and Nutrient Depletions in Older Adults</u>				★	★				12:30 pm	Trinity 3
<u>Promote Yourself and Your Practice: Get Your Message Out</u>		★							12:30 pm	Trinity 6
<u>Energized at Work: Strategies and Insights of Thriving Physicians</u>						★	★	★	1:45 pm	Trinity 5
<u>Ethical Considerations in the Age of AI</u>	★			★			★	★	1:45 pm	Trinity 4
<u>Leading Under Stress: Lessons From the ICU</u>		★					★	★	1:45 pm	Trinity 3
<u>Scripting Success: Beyond Clinical Walls</u>		★							1:45 pm	Trinity 6
<u>Between Us: Fostering Relationships to Support Physician Well-Being</u>						★	★	★	3 pm	Trinity 4
<u>Headache Management in Expectant Mothers and Post-Delivery: Evidence-Based Guidelines and Best Practices</u>			★						3 pm	Trinity 5
<u>Positive Peer Pressure: What to Do When You Identify Burnout in a Peer</u>						★	★	★	3 pm	Trinity 6
<u>Tips for Navigating and Negotiating Contracts</u>	★						★		3 pm	Trinity 3



**HARVEY CASTRO, MD**

*Author, entrepreneur, emergency department physician, and strategic advisor on health care for ChatGPT*

**FRIDAY, MAY 3 | 8 AM | DALLAS D**

## REVOLUTIONIZING HEALTH CARE THROUGH AI: A COLLABORATIVE APPROACH

*Sponsored by TMA Foundation Louis J. Goodman Lectureship in Leadership Medicine Fund*

Explore the transformative impact of artificial intelligence (AI) on health care with Dr. Castro. Find out how collaboration between medical professionals, researchers, and policymakers can harness AI's potential to enhance patient outcomes, streamline processes, and revolutionize health care delivery.

Upon completion, the participant should be able to:

- Discuss the role of AI in health care, including its applications, limitations, and ethical considerations;
- Recognize opportunities for integrating AI into clinical practice; and
- Assess AI tools and technologies and the impact on patient care, safety, and efficiency.

## FRIDAY, MAY 3

**10-11 AM**

### Enhancing Mental Health Outcomes and Clinic Profitability With Innovative Care Strategies

*Nicholas Bryant, MD*

**BM Q | Trinity 3**

This presentation is aimed at physicians across most specialties, focusing on the use of technology to improve mental and physical health outcomes through continuous health tracking and data-driven care recommendations. This boosts patient engagement and satisfaction by fostering better communication and compliance. In addition, operational efficiencies are realized by streamlining clinical workflows. This innovation not only attracts and retains patients by demonstrating a commitment to advanced, patient-centered care but also positions the clinic competitively in the health care market.

Upon completion, the participant should be able to:

## CME PROGRAMMING KEY

<b>BM</b>	Business of Medicine
<b>LD</b>	Leadership
<b>PH</b>	Public and Population Health
<b>Q</b>	Quality*
<b>ST</b>	Specialty Trends
<b>WF</b>	Wellness First
<b>E</b>	Ethics
<b>TMLT</b>	TMLT Discount

- Discuss how technological advancements can be used to enhance the tracking and management of mental and physical health conditions;
- Describe other benefits such as improved patient compliance and patient communication while reducing burden on clinic staff; and
- Assess how this technology can be leveraged to increase the profitability of their practice, creating a synergy between enhanced patient care and business efficiency.

*\* TMA gratefully acknowledges TMF Health Quality Institute for its support of the TexMed 2024 Quality sessions.*

## 10-11 AM (CONT.)

### Exploring the Interplay of Substance Use Disorder, High-Risk Sexual Behaviors, and HIV in Heterosexual Populations

Remington Hoyer (MS); Natalie Seminario, MD; Juan Sosa, MD

#### PH E | Trinity 4

Extensive literature highlights a growing nexus between substance use disorder and heightened risk of unsafe sexual practices, thereby amplifying vulnerability to HIV infection. However, many of these studies have focused on LGBTQ+ individuals with limited expansion into other subpopulations, potentially creating a gap in knowledge of the HIV population as a whole. This presentation aims to build on the aforementioned research in the epidemiology of HIV by analyzing substance use disorder and high-risk sexual behavior/HIV contraction among heterosexual individuals. Given this analysis, the discussion will turn to addressing treatment guideline gaps (specifically, for HIV risk) for heterosexual individuals with a substance use disorder. The session will conclude with a dialogue on public health and preventive care interventions, such as pre-exposure prophylaxis, to reduce HIV transmission within this high-risk demographic, ultimately contributing to the enhancement of preventive health care strategies on a broader scale.

Upon completion, the participant should be able to:

- Define high-risk sexual behavior in heterosexual and LGBTQ+ populations and the associated risk of HIV transmission;
- Review the epidemiology of HIV in individuals with a comorbid substance use disorder;
- Address the gaps in treatment guidelines for heterosexual individuals engaging in high-risk sexual behaviors compared with LGBTQ+ populations; and
- Identify public health and preventive care interventions, such as pre-exposure prophylaxis, aimed at reducing HIV transmission.

### Local Health Authority: A Population Health Physician

Kenton Murthy, DO

#### PH E | Trinity 6

Local health authorities (LHAs) are critical providers within the population health system and therefore essential in maintaining and strengthening the health of all citizens. The scope and mandate of LHAs are broad-reaching and at times may interact with all levels of the community, from governmental organizations and their agencies, to single, private individuals. LHA physicians must be capable of accepting responsibility and exercising authority.

This session outlines the operative components of an LHA, identifying key clinical medicine practices for prevention and intervention as well as the duties and power of control orders for isolation and quarantine. Two representative scenarios address the enforcement of laws and rules that protect the public. The session will outline the Texas Health and Safety Code regarding notifiable conditions for all confirmed and suspected cases, as well as physicians' responsibilities to report.

Upon completion, the participant should be able to:

- Recognize the key clinical medicine practices for prevention and intervention;
- State the duties and power of control orders for isolation and quarantine;
- Demonstrate how the LHA plays a role vital to the health of a community; and
- Identify reportable, notifiable conditions for all confirmed and suspected communicable diseases as outlined in the Texas Health and Safety Code.

### Practice Finance: Avoid Fraud, Misuse, and Coding Errors

Amanda Hill, JD, Hill Law, PLLC

Hosted by the TMA member sections; sponsored by TMA Insurance Trust

#### BM Q E | Trinity 5

Your financial statements offer a real-time overview of your practice's fiscal health and can alert you to potential financial problems. When you know how to read your financial statements, you will be able to avoid making poor business decisions and identify areas that can help you grow your practice. You will be able to

\* TMA gratefully acknowledges TMF Health Quality Institute for its support of the TexMed 2024 Quality sessions.

implement a compliance plan that ensures adherence to the laws, regulations, and guidelines that control business activities in solo and small-group practices.

Upon completion, the participant should be able to:

- Explain the differences between the three basic financial statements; and
- Use financial statements to make informed decisions about the practice.

## 12:30-1:30 PM

### An Overview of Transgender Health Care for the Primary Care Physician

Emily Briggs, MD; M. Brett Cooper, MD; William S. Gilmer, MD, Aekta Malhotra, MD

*Hosted by the LGBTQ Health Section; sponsored by TMA Insurance Trust*

#### PH E TMLT | Trinity 4

Primary care physicians (PCPs) provide the first line of care for most individuals. These physicians address personal health care needs, develop a sustained partnership with patients, and practice in the context of family and community. They provide cradle-to-grave care for diverse populations, including transgender and gender diverse (TGD) individuals. Physicians receive little formal education in TGD health; thus, most skills are acquired in practice or through CME. PCPs can provide competent care for cisgender and TGD patients, managing the health needs of TGD patients directly or by appropriate referral to specialists. This session will help PCPs better understand the process of gender identity development, gain confidence in caring for TGD patients with primary care needs, and identify resources available for specialty support.

Upon completion, the participant should be able to:

- Describe the process of gender identity development;
- Compare the holistic approach to care for adolescents and young adults versus adults; and
- Discuss ways for patients and families to advocate for evidence-based transgender health care.

### Artificial Intelligence for Real Wellness

Cheryl Hurd, MD; Sejal Mehta, MD

*Presented by the TMA Committee on Physician Health and Wellness*

#### WF E TMLT | Trinity 5

Artificial intelligence (AI) is a rapidly growing field encompassing every aspect of human lives. Physicians practicing medicine are going to be impacted several ways and sooner than later. Rather than getting blindsided by AI, it behooves physicians to understand AI and its impact and develop plans to manage it appropriately. Physician wellness is an important aspect of the health care landscape today. AI has a tremendous potential to contribute to overall wellness of physicians.

Upon completion, the participant should be able to:

- Understand various ways AI is integrating into health care;
- Understand AI's negative sides and learn to manage them;
- Understand AI's positive aspects and integrate them into medical practice to reduce administrative burden on physicians; and
- Leverage the contribution of AI to enhance physician wellness.

### Drug-Supplement Interactions and Nutrient Depletions in Older Adults

Samuel Mathis, MD

*Presented by the Texas Geriatrics Society*

#### Q ST | Trinity 3

In this presentation, we will review the mechanisms of drug-supplement interactions and discuss various examples of known drug-supplement interactions. We also will discuss the effect of nutrient depletions by common drugs and work through how to discuss integrative supplements that patients may be taking.

Upon completion, the participant should be able to:

- Review the mechanisms of drug nutrient Interactions and drug-induced nutrient depletions;
- Discuss various drug-nutrient interactions;
- Explore possible drug-induced nutrient depletions; and
- Increase the frequency of patient-physician dietary supplement discussions during office visits, using them to learn about supplement use the patient may not have disclosed.

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## 12:30-1:30 PM (CONT.)

### Promote Yourself and Your Practice: Get Your Message Out

Lane Aiena, MD

*Hosted by the Women Physicians Section and Young Physician Section; sponsored by TMA Insurance Trust*

#### LD | Trinity 6

An important part of any practice's plan is to stay accessible to the patients you have today and to make it easy for future patients to find you. Learn how to get started and how to get involved in marketing with podcasts, social media, and other marketing tools. Hear from Lane Aiena, MD, a family medicine physician in Huntsville, who hosts his own podcast, *Doc To The Future*, and has a weekly radio show on 101.7 KSAM and on 94.1 and 104.9 The Lake radio stations.

Upon completion, the participant should be able to:

- Demonstrate ability to use social media effectively within appropriate patient-physician boundaries;
- Identify ways to better engage patients on social media, audio, and video; and
- Be mindful of protecting patient information while still reaching your target audience.

## 1:45-2:45 PM

### Energized at Work: Strategies and Insights of Thriving Physicians

Rajani Katta, MD; Nahille Natour, MD

*Presented by the TMA Committee on Physician Health and Wellness*

#### WF E TMLT | Trinity 5

If up to two-thirds of physicians are burned out or on their way to burnout, who are the one-third who report job satisfaction? In this session, you'll learn the characteristics, strategies, and insights of physicians who report job satisfaction and fulfillment. Research has found that a subset of physicians across all specialties and practice types report job satisfaction and has identified several factors that correlate with increased job satisfaction and fulfillment. Conversations with physicians who are "the opposite of burned out" also highlight several factors these physicians hold in common. Assessments such as the NASA Physician Task Load

Index and the identification of effective strategies can provide helpful starting points toward job satisfaction.

Upon completion, the participant should be able to:

- Identify key characteristics of physicians who report job satisfaction;
- Assess their own career for these characteristics, using assessments such as the NASA Physician Task Load Index; and
- Determine actionable items to improve their own job satisfaction.

### Ethical Considerations in the Age of AI

The George R. Hugman III, MD, Ethics Forum

*Presented by the TMA Board of Councilors*

Nathan Cortez, JD; Karl Serrao, MD; Ezequiel "Zeke" Silva III, MD; Eric Weidmann, MD

*Moderator: Vivek Rao, MD, chair, Board of Councilors*

#### BM Q E TMLT | Trinity 4

TMA's House of Delegates adopted policy related to the use of augmented intelligence (AI) in health care during the 2022 annual meeting. In health care, TMA prefers the term "augmented intelligence" over "artificial intelligence," as the former implies it supplements human decision-making and should not be used to replace physician reasoning and knowledge. Thus, TMA's policy supports the use of AI when used to support physician decision-making (provided the physician is not mandated to use AI), enhance patient care, and improve public health, among various other principles. This presentation will explore some of the ethical issues identified by TMA's policy that a physician may encounter related to AI.

Upon completion, the participant should be able to:

- Distinguish between "augmented intelligence" and "artificial intelligence";
- Recognize that the use of AI may lead to "automation bias" (where the user blindly trusts the machine) or "algorithmic bias" (where the algorithm was trained on data that reflect existing inequities in socioeconomic status, race, ethnic background, religion, gender, disability, or sexual orientation and amplifies those inequities); and
- Describe some of the safeguards, policies, and training that should be in place before a practice begins using AI.

*\* TMA gratefully acknowledges TMF Health Quality Institute for its support of the TexMed 2024 Quality sessions.*

## 1:45-2:45 PM (CONT.)

### Leading Under Stress: Lessons From the ICU

Joy Lo Chen, MD

*Hosted by the Young Physician Section; sponsored by TMA Insurance Trust*

#### LD E TMLT | Trinity 3

The intensive care unit is stressful not only for patients and their families but also for the physicians and medical staff. Joy Lo Chen, MD, medical director, Veterans Affairs Surgical Intensive Care Unit, Veterans Affairs North Texas Health Care System, will discuss strategies to mitigate stress. This course combines leadership skills and health and wellness strategies.

Upon completion, the participant should be able to:

- Identify which physician groups are more likely to be stressed/burned out;
- List the most common causes of physician burnout and implement mitigation strategies;
- Understand and utilize the Big 5 Personality Traits to lean into your strengths as a leader;
- Develop conflict management skills to help handle interpersonal stressors; and
- Address burnout on an organizational level.

### Scripting Success: Beyond Clinical Walls

Viv Babber, MD

*Hosted by the International Medical Graduate Section; sponsored by TMA Insurance Trust*

#### LD | Trinity 6

In the ever-evolving landscape of health care, physicians have a unique opportunity to broaden their horizons beyond traditional clinical roles. This lecture aims to inspire and guide medical professionals toward diverse pathways, unlocking new avenues for professional growth and fulfillment. By exploring alternative career trajectories, physicians can maximize their impact and contribute significantly to health care innovation, policy, education, and more.

Upon completion, the participant should be able to:

- Explore diverse pathways and opportunities available to physicians beyond traditional clinical roles, unlocking potential avenues for professional growth and fulfillment; and
- Equip physicians with strategies to leverage their expertise and skills outside clinical settings, empowering them to make significant contributions to health care innovation, policy, education, and beyond.



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## 3-4 PM

### Between Us: Fostering Relationships to Support Physician Well-Being

Lane Aiena, MD, Joshua Baker, OMS-IV; Toi Harris, MD; Cheryl Hurd, MD

*Presented by the TMA Committee on Physician Health and Wellness*

#### WF E TMLT | Trinity 4

A record number of physicians are experiencing burnout, from a variety of causes. Relationships, both friendships and romantic partnerships, can be a key mitigating factor. Unfortunately, two-thirds of physicians (68%) believe they do not have enough time to maintain healthy friendships. Friends and partners can enhance lives with support, companionship, and encouragement. Indeed, friends can boost a person's overall health. A recent Pew Research Center publication reveals that having a romantic partner can increase earnings and elevate educational achievement and also may improve health outcomes. These data underscore the importance of life-enhancing relationships in promoting physician well-being.

Upon completion, the participant should be able to:

- Identify the impact(s) of personal relationships on physician well-being;
- Explore strategies to promote life-enhancing, personal relationships for physicians; and
- Analyze how relationships across the span of a physician's career can improve well-being.

### Headache Management in Expectant Mothers and Post-Delivery: Evidence-Based Guidelines and Best Practices

Rakhi Dimino, MD; Chilvana Patel, MD

#### PH | Trinity 5

During pregnancy and postpartum, headaches may recur as primary headaches or manifest as secondary headaches. Physicians must promptly evaluate and manage these headaches to safeguard the health of both the pregnant individual and their baby.

Upon completion, the participant should be able to:

- Analyze and differentiate between primary and secondary headache;
- Assess the implications of physiological changes; and
- Integrate interdisciplinary collaboration with a comprehensive assessment and individualized patient-centered plan that considers patients' unique medical, emotional, and social circumstances.

### Positive Peer Pressure: What to Do When You Identify Burnout in a Peer

Sejal Mehta, MD

*Presented by the TMA Committee on Physician Health and Wellness*

#### WF E TMLT | Trinity 6

The health care landscape is tinted with physician burnout at present. Almost every other physician is reporting stress and displeasure with the practice of medicine. When healers are wounded, where would they go? Where could they go? How can a physician can get a timely intervention? How can we help each other with that process of getting help? There are many questions with very few answers. We are here today to understand the importance of reaching out and the process of getting help for a peer.

Upon completion, the participant should be able to:

- Understand the enormous scope of burnout among physicians;
- Understand the options available for getting help for our peers and ourselves; and
- Learn different skills to manage burnout and stay well.

### Tips for Navigating and Negotiating Contracts

Amanda Hill, JD, Hill Law, PLLC

*Hosted by the Medical Student Section, Resident and Fellow Section, and Women Physicians Section; sponsored by TMA Insurance Trust*

#### BM E | Trinity 3

As a physician, you are party to a wide variety of contracts with vendors, employers, partners, secondary providers, and more. Unfamiliarity with the language used in contracts as well as negotiation tactics can put you at a disadvantage and even at risk for liability. Health care attorney Amanda Hill will spotlight red flags in common contracts and give tips to make sure you're on good footing before you sign on the dotted line.

Upon completion, the participant should be able to:

- Identify the basic important components of contracts physicians are likely to encounter throughout their career including those covering selling/acquiring practices, ancillary providers, advanced practice providers, and noncompete clauses; and
- Develop an understanding of key negotiation strategies.



# CME AT A GLANCE

## SATURDAY, MAY 4

Each CME presentation is eligible for 1 hour of credit.

Click on underlined presentation titles to download available materials.

CME Presentation	BM	LD	PH	Q	ST	WF	E	TMLT	Time	Location
A Change in Our Approach to Opioids? A Review of the Latest CDC Guidelines				★	★			★	9 am	Trinity 7
<u>Falls and Older Adults: Evaluation of Risk and Prevention of Injury</u>				★	★				9 am	Trinity 4
<u>From Training to Retirement: How Effective Physician Well-Being Initiatives Can Promote Resilience and Professional Fulfillment</u>				★		★	★	★	9 am	Trinity 5
<u>Transition from Volume- to Value-Based Care: Adopting and Adapting to Alternative Payment Models and Value-Based Contracting</u>	★			★					9 am	Trinity 3
Evaluation and Management of Lymphedema				★	★				10:15 am	Trinity 7
<u>Exit on Your Own Terms! Valuing and Selling Your Practice</u>	★								10:15 am	Trinity 3
<u>Optimizing the Hybrid Practice Workflow and Physician Wellness in the Era of AI</u>				★		★	★	★	10:15 am	Trinity 4
<u>Private Equity Acquisition and Its Realities</u>	★			★					10:15 am	Trinity 5
<u>The Dose Makes the Poison: Dosing of Targeted Anti-cancer Drugs and its Impact on Older and Medically Complex Adults</u>				★	★				10:15 am	Trinity 6
<u>Am I My Brother's Keeper? A Panel Discussion About Unconscious Bias, Health Equity, and the Patient-Physician Relationship</u>			★	★			★	★	12:45 pm	Trinity 4
Physician Role in Identifying Human Trafficking Victims			★				★	★	12:45 pm	Trinity 6
<u>Preventing Gastric Cancer by Effectively Screening for, Treating, and Eradicating Helicobacter Pylori Infections</u>			★	★					12:45 pm	Trinity 5
<u>Relaxation Breathing for Enhanced Sleep</u>						★	★	★	12:45 pm	Trinity 3
The Posterior Hip/Gluteal/Lumbar Triangle				★	★				12:45 pm	Trinity 7

# SATURDAY, MAY 4

## 9-10 AM

### A Change in Our Approach to Opioids? A Review of the Latest CDC Guidelines

Chaitanya Konda, DO

*Presented by the Texas Physical Medicine and Rehabilitation Society*

**Q ST TMLT | Trinity 7**

The passage of new Centers for Disease Control and Prevention (CDC) guidelines has come and gone, but how much have our practices changed and how much has this impacted patients with chronic pain? In this lecture, we will dive into the changes from 2016 to 2022 in the CDC guidelines for opioid management. We will review the impact these changes have brought in the past year with the current opioid epidemic and how this has affected overall chronic pain management across specialties. This is a lecture for all specialties that interact with chronic pain patients and will aim to provide insight into solutions for the future.

Upon completion, the participant should be able to:

- Discuss the changes in recommendations between the 2016 and the 2022 CDC guidelines for prescribing opioids;
- Assess the impacts in how we practice and approach opioid management; and
- Using case scenarios, critique decision-making around opioid management.

### Falls and Older Adults: Evaluation of Risk and Prevention of Injury

Molly "Mary" Camp, MD; Lessley Chiriboga, MD;  
Jessica Voit, MD

*Presented by the Texas Geriatrics Society*

**Q ST | Trinity 4**

In adults aged 65 and older, falls are the leading cause of injury and injury-related death, with over a quarter of older adults experiencing a fall each year. As the population of older adults increases, the morbidity and mortality associated with falls is also anticipated to increase. In the face of this challenge, geriatric and public health experts have advanced our ability to recognize and intervene with patients who carry an increased risk of falls. In this session, an interdisciplinary team of presenters from geriatric medicine and geriatric psychiatry will discuss validated

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<b>TMLT</b>	TMLT Discount

screening tools that physicians and providers of all disciplines can use to evaluate older adults at risk of falling, even before the first fall happens. We will review methodology for evaluating an older adult, including assessment of mobility, medication, sensory impairment, home environment, and other factors that contribute to fall risk. We will describe evidence-based interventions to decrease fall risk and share readily accessible resources for additional training and intervention. To elucidate these points, we will discuss a representative clinical case of an older adult at risk for falls.

Upon completion, the participant should be able to:

- Increase awareness of the prevalence and impact of falls on older adults;
- Understand and be able to use validated screening tools for fall risk in clinical practice;
- Enhance ability to create a differential for causes of and contributors to falls in individual patients; and
- Describe and implement interventions to mitigate risk of falls, including medication reconciliation and appropriate referrals.

### From Training to Retirement: How Physician Well-Being Initiatives Can Promote Resilience and Professional Fulfillment

Robin Dickey, PhD; Jasmine Holmes, MA

**Q WF E TMLT | Trinity 5**

At UTHealth Houston, physician well-being is a top priority. With more than 2,600 faculty members and 1,300 graduate medical learners, UTHealth has become increasingly aware of the need for innovative measures to promote, support, and inspire physician well-being. One important consideration for addressing physician well-being in academic medicine is acknowledging the unfeasibility of taking a one-size-fits-all approach. This presentation

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## 9-10 AM (CONT.)

will provide an overview of innovative institutional efforts that UTHHealth has implemented through various channels and an overview of recent, relevant literature. Additionally, this presentation will show the evolution of the initiatives at UTHHealth that promote well-being and resilience, with the intention of positively contributing to the narrative on physician well-being and resilience in academic medicine and the benefit of physician well-being offerings at the system/institutional level.

Upon completion, the participant should be able to:

- Recognize and articulate the diverse challenges that impact physician well-being in academic medicine, particularly in larger institutions;
- Describe the limitations of a one-size-fits-all approach and the necessity for tailored strategies; and
- Discuss the various innovative institutional measures and initiatives implemented at UTHHealth Houston to support physician well-being.

### Transition From Volume- to Value-Based Care: Adopting and Adapting to Alternative Payment Models and Value-Based Contracting

Kinal Mahesh Patel, JD

#### BM Q | Trinity 3

This presentation will discuss the role of alternative payment models and value-based contracting to meet outcome-based goals. We will provide an introduction to independent physician associations, physician hospital organizations, and clinically integrated networks as provider network manager organizations. Also, we will look at how to identify laws governing such organizations, including state licensing and registration requirements. Finally, we will outline the mechanics of network building and payer contracting functions, including the interplay with antitrust rules, and discuss some of the key managed care contracting terms for practices.

Upon completion, the participant should be able to:

- Identify opportunities to transition to value-based care payment models independently or through a provider network structure;
- Measure quality and other performance measures under value-based payer contracts;
- Analyze opportunities to improve those measures (e.g., staffing, patient interactions, or clinical processes); and

- Apply managed care contracting tips to close risk gaps and improve positions existing and new payer contracts.

## 10:15-11:15 AM

### Evaluation and Management of Lymphedema

Maaheen Ahmed, DO

*Presented by the Texas Physical Medicine and Rehabilitation Society*

#### Q ST | Trinity 7

Lymphedema is a chronic and often debilitating condition characterized by the accumulation of lymphatic fluid, which poses significant challenges in both evaluation and treatment. This lecture highlights key aspects of lymphedema evaluation and management. Accurate diagnosis is crucial, involving a comprehensive assessment that includes clinical history, physical examination, and imaging studies. Various tools, such as bioimpedance spectroscopy and lymphoscintigraphy, aid in objective evaluation. Early detection allows for prompt intervention, which reduces the risk of complications. Management of lymphedema emphasizes a multidisciplinary approach, incorporating compression therapy, manual lymphatic drainage, and therapeutic exercise. Emerging technologies and innovative interventions, such as lymphovenous bypass continue to advance the field. Overall, this lecture underscores the importance of a holistic and collaborative approach to effectively evaluate and manage lymphedema, improving patient outcomes and quality of life.

Upon completion, the participant should be able to:

- Describe lymphedema and distinguish it from other causes of edema;
- Discuss the different types of compression garments; and
- Determine appropriate treatment options for lymphedema.

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## 10:15-11:15 AM (CONT.)

### Exit on Your Own Terms! Valuing and Selling Your Practice

Victoria Woods

#### BM | Trinity 3

You've poured your blood, sweat, tears, and more than a little money into building a medical practice that makes you proud and provides your employees with a career. However, this also means that you're inside your own bottle and cannot read your label. Being that personally invested can leave you vulnerable to two assumptions: (1) that someone will be ready to buy your practice when you're ready to sell and (2) that they will place as much value on it as you do. Basing your projections for a comfortable retirement on your own expectations of value and marketability for your practice could set you up for an unpleasant surprise. This session will reveal the keys to properly valuing your practice, finding the right buyer, and structuring the right selling agreement so you can exit on your own terms.

Upon completion, the participant should be able to:

- Identify the key factors that will help determine a fair market value for their practice;
- Analyze fit for potential successor owners of their practice; and
- Select the right professional team to help appraise and market their practice when ready to sell.

### Optimizing the Hybrid Practice Workflow and Physician Wellness in the Era of AI

Amita Kumar, MD; Shelia LoboPrabhu, MD; Nora Vasquez, MD

*Presented by the TMA Committee on Physician Health and Wellness*

#### Q WF E TMLT | Trinity 4

In today's evolving health care and AI landscape, hybrid clinical practice is becoming increasingly prevalent. Physicians must be adept at transitioning between in-person, videohealth, and telephone clinical modalities. We will provide key takeaways regarding workflow and physician wellness strategies, including AI tools to obtain a balance between safe patient care, physician well-being, and operational efficiency, to create a culture of holistic care and operational excellence within hybrid practices.

Upon completion, the participant should be able to:

- Define hybrid practice challenges and provide solutions that leverage AI; and

*\* TMA gratefully acknowledges TMF Health Quality Institute for its support of the TexMed 2024 Quality sessions.*

- Provide actionable tools to create efficient clinical workflow and a wellness plan for busy physicians.

### Private Equity Acquisition and Its Realities

Stuart Miller, JD, shareholder, Munsch Hardt;

Daniel Sternthal, JD, shareholder, Munsch Hardt

*Hosted by the Young Physician Section; sponsored by TMA Insurance Trust*

#### BM Q | Trinity 5

Learn about the various business models for a practice, including private equity firms, different employment considerations, fee arrangements, and regulatory issues. This presentation aims to provide physicians with a comprehensive understanding of the impact of private equity acquisitions on physician practices. Participants will gain insights into the challenges, benefits, and potential pitfalls associated with such acquisitions.

Upon completion, the participant should be able to:

- Review data on health care mergers and acquisitions; and
- Understand the effect of the acquisitions to mitigate unintended consequences and the potential impact on practice structure and professional independence.

### The Dose Makes the Poison: Dosing of Targeted Anti-Cancer Drugs and Its Impact on Older and Medically Complex Adults

Pamela Hayes, MD

*Presented by the Texas Geriatrics Society*

#### Q ST | Trinity 6

Cancer therapeutics have evolved over the past several decades with increased focus on cancer genetics and driver mutations. While treatments are getting more specialized for patients, there remain multiple barriers in balancing effective with tolerable dosing, especially in older and/or medically complex adults. This discussion will be directed toward all physicians who care for all patients with cancer, with a special focus on cancer in the geriatric population.

Upon completion, the participant should be able to:

- Compare cancer therapeutics and differentiate cytotoxic and targeted cancer therapy;
- Detect factors in patients that may impact metabolism and drug transport; and
- Identify factors in trial design and physician practice that may contribute to higher toxicity of treatment.



12:45-1:45 PM

## Am I My Brother's Keeper? A Panel Discussion About Unconscious Bias, Health Equity, and the Patient-Physician Relationship

Danielle Arnold, MD; Jonathan MacClements, MD;  
Tina Philip, DO; Desmar Walkes, MD

**PH Q E TMLT | Trinity 4**

How can we ensure that all people get the care they need, no matter their race, ethnicity, age, sexual orientation, gender identity, or socioeconomic status? Join physicians from the Travis County Medical Society's Health Equity Committee for an interactive panel discussion around unconscious bias, reducing health disparities, and restoring trust within the patient-physician relationship. This session is designed for medical students, residents, and physicians committed to increasing health equity and decreasing health disparities.

Upon completion, the participant should be able to:

- Take steps to address unconscious bias when treating patients;
- Describe strategies to reduce health disparities and advance health equity; and
- Implement practices to strengthen the patient-physician relationship.

## Physician Role in Identifying Human Trafficking Victims

Gilbert A. Handal, MD

**PH E TMLT | Trinity 6**

Children and youth are the invisible victims of trafficking, their lives and future profoundly compromised by unscrupulous people taking advantage of them through grooming, violence, or fraudulent offers, to profit from them as sexual or labor objects. In addition, youth illegally crossing the border and inappropriate vetting of their host often result in their being lost to the system and ending up as victims of sexual or labor trafficking. The abuse these children endure frequently brings them into contact with physicians in every setting. This presentation aims to increase awareness of trafficking and provide physicians tools to recognize trafficked patients and make appropriate referrals while preserving their own safety.

Upon completion, the participant should be able to:

- Describe the symptoms and signs of victims of trafficking;
- Discuss how to proceed safely and appropriately in the management of these cases; and
- Know the appropriate agencies to which to report these cases.

## Preventing Gastric Cancer by Effectively Screening for, Treating, and Eradicating Helicobacter Pylori Infections

Christopher M. Johnson, MD; Richard W. McCallum, MD

**PH Q | Trinity 5**

*Helicobacter pylori* infection is a well-known risk factor for gastric cancer. New research has identified the contribution of germline pathogenic variants in cancer – predisposing genes, which, when combined with *H. pylori* infection, increase the risk of gastric cancer. Therefore, pursuing appropriate screening approaches to detect *H. pylori* in clinical practice is imperative so that *H. pylori* can be diagnosed and treatment given to eradicate the *H. pylori*. It is also key to follow up on the treatment regimen to confirm that eradication has been successful.

Upon completion, the participant should be able to:

- Describe the current research linking *Helicobacter pylori* infection with gastric cancer;
- Identify the tests used to diagnose *Helicobacter pylori*;
- Explain the current treatment regimens used to treat *Helicobacter pylori* – specifically their efficacy and the appropriate options to overcome treatment resistance; and
- Recognize the importance of *H. pylori* eradication and choose the appropriate tests to confirm *H. pylori* eradication after treatment.

## Relaxation Breathing for Enhanced Sleep

Nick Shroff, MD

*Presented by the TMA Committee on Physician Health and Wellness*

**WF E TMLT | Trinity 3**

Sleep is pivotal to our cognitive function, metabolic regulation, and overall health. Sleep quality is improved by embracing mindful breathing and relaxation techniques. This session will highlight the transformative power of diaphragmatic breathing, exploring various pranayama techniques and their usefulness for physical, emotional, and mental well-being.

*\* TMA gratefully acknowledges TMF Health Quality Institute for its support of the TexMed 2024 Quality sessions.*

## 12:45-1:45 PM (CONT.)

Upon completion, the participant should be able to:

- Recognize that breath is the interconnection between mind and body in regulating physiological functions;
- Examine different breathing styles and their unique impacts;
- Apply practical relaxation breathing exercises to improve sleep by down-regulating the sympathetic system (flight and fight) while up-regulating the parasympathetic nervous system (rest and repair);
- Use intentional breathing practices to boost cognitive functions and manage emotions such as anxiety and anger; and
- Integrate proper breathing techniques into daily life for enhanced self-awareness and mindfulness.

## The Posterior Hip/Gluteal/Lumbar Triangle

Wyatt Kupperman, DO

*Presented by the Texas Physical Medicine and Rehabilitation Society*

### Q ST | Trinity 7

This lecture will highlight the complexity of posterior gluteal, hip, and lumbar pain, emphasizing the necessity of a comprehensive evaluation and awareness for optimal treatment outcomes. Differential diagnosis is crucial, considering potential contributors and overlapping syndrome from musculoskeletal and neurological conditions. Treatment strategies are multidisciplinary, incorporating conservative, interventional and, in some cases, surgical approaches.

Upon completion, the participant should be able to:

- Appraise and evaluate the multiple overlapping conditions related to posterior gluteal, hip, and lumbar pain; and
- Describe appropriate initial recommendations, workups, and referrals for further treatment.



### DR. GLAUCOMFLECKEN

*Comedian and ophthalmologist Will Flanary, MD, turned to humor to get him through two diagnoses of cancer. His creative outlet evolved, and now he entertains millions around the world.*

SATURDAY, MAY 4 | 2 PM | DALLAS D

## LIFE AND DEATH AND ADVOCACY

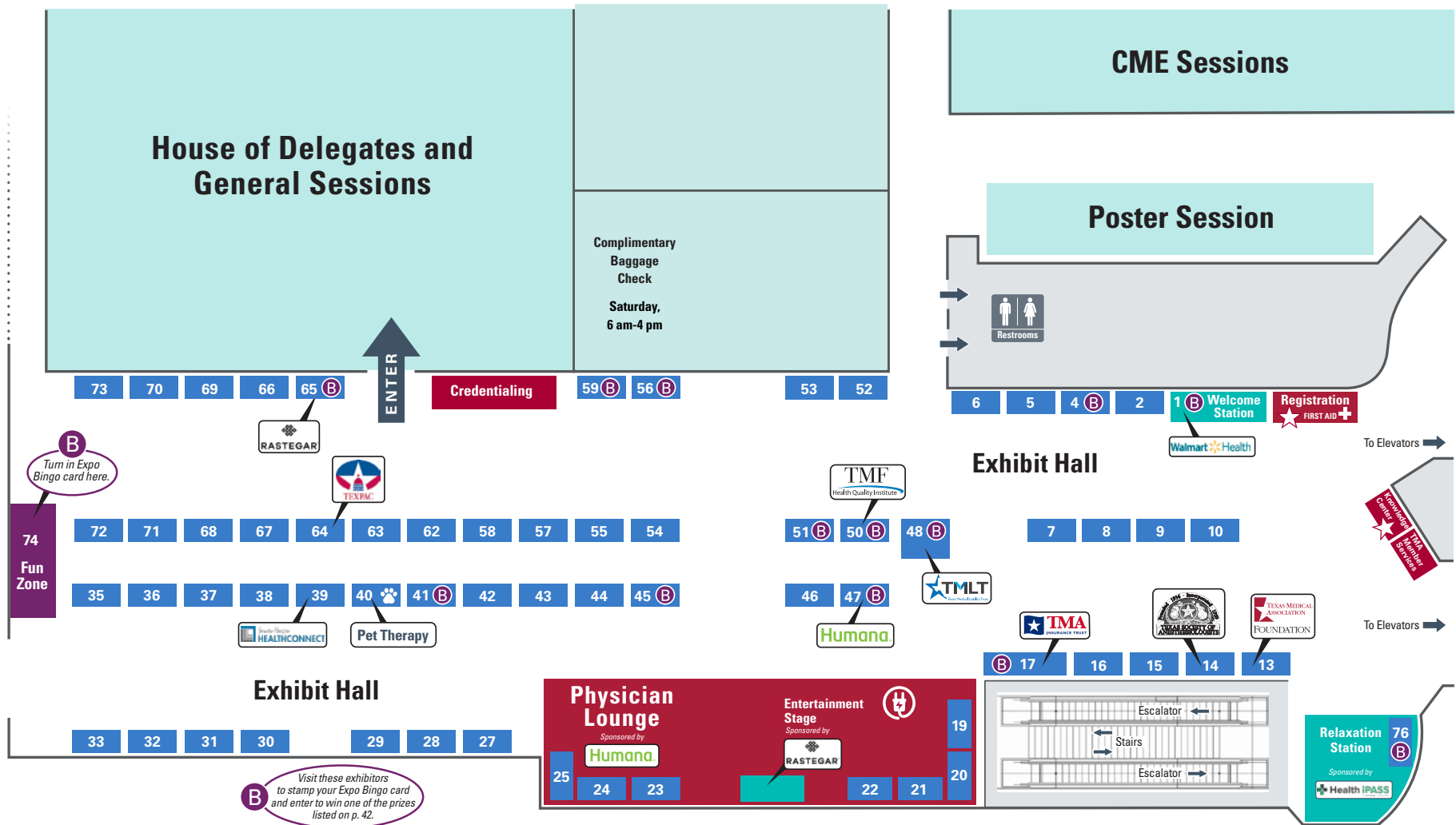
Dr. Glaucomflecken's unique use of comedy demonstrates why advocacy matters, particularly in the context of health care. Through social media platforms, physicians can amplify their voices and drive meaningful change. Dr. Flanary aims to ignite a sense of purpose among physicians, recognizing that advocacy is a powerful tool for transforming patient outcomes and the health care system.

Upon completion, the participant will be able to:

- Examine the pivotal role advocacy plays in shaping health care policies;
- Assess strategies for using social media platforms to advocate for patients and raise awareness; and
- Apply a sense of urgency to championing causes, challenging norms, and driving positive change.

*\* TMA gratefully acknowledges TMF Health Quality Institute for its support of the TexMed 2024 Quality sessions.*

# EXPO HALL MAP







**RASTEGAR®**

TOC

MAPS

AGENDA

CMIE

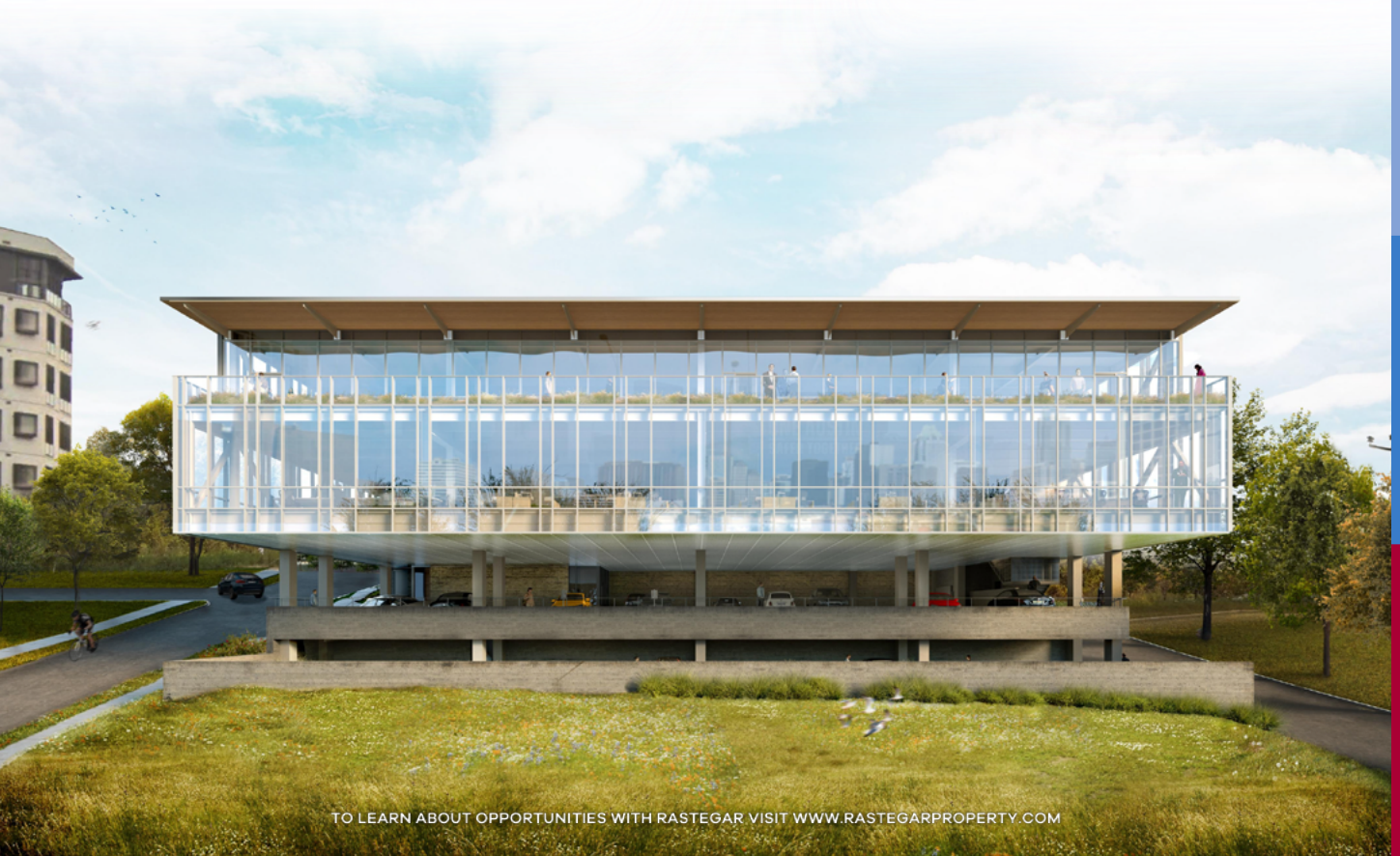
EXPO

BUSINESS



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# EXPO HALL HIGHLIGHTS

The Expo Hall is your location for the latest technologies, services, and product knowledge to enhance your quality of patient care and practice operations ... all from solutions-based exhibitors. Take a break and get recharged!

*Thanks to our exhibitors and sponsors, TexMed is a free member benefit.*

## EXPO HALL HOURS

**Friday:** 7 am-4 pm

**Saturday:** 7 am-2 pm

## WELCOME STATION

*Sponsored by Walmart Health*

After registering, make your first stop at the Welcome Station to stock up on all your TexMed necessities: lanyard, ribbons, conference program, and tote bag.

## PHYSICIAN LOUNGE

*Sponsored by Humana*

At the heart of the Expo Hall, the Physician Lounge is your stop to refresh, recharge, and reconnect with colleagues.

## WALK WITH A DOC

**Friday, 4-4:30 pm | Booth #13**

Join us Friday afternoon! Meet at the TMA Foundation booth for a walk around the property and finish at the Welcome Reception.

## TEXMED FUN ZONE

Take a break from the serious stuff and visit the Fun Zone for a quick game of Golf Pong. Expo Bingo winners will be posted here, so stop by frequently to see if you or someone you know is a winner.

## NETWORKING LUNCH

*Entertainment sponsored by Rastegar Property Company*

**Friday, 11 am-12:30 pm**

Meet with friends, chat with exhibitors, visit the TMA Member Services booth – and grab a bite. Prize drawings, section meet-ups, and more will be happening. Don't miss this chance to stamp your bingo card!

## WELCOME RECEPTION

*Sponsored by Texas Medical Liability Trust; entertainment sponsored by Rastegar Property Company*

**Friday, 4:30-6:30 pm**

Join us at our Welcome Reception Block Party! Celebrate the TMA and TMAA presidents while enjoying drinks, eats, and live music. Connect with exhibitors and colleagues in a fun outdoor setting just outside the hotel.

## RELAXATION STATION

*Sponsored by Health iPass*

Escape from the hustle and bustle of the conference to the calm sanctuary of the Relaxation Station. Indulge in a chair massage or sit, relax, and recharge.

## EXPO BINGO

Grab your Expo Bingo card, visit all participating exhibitors listed, and enter to win one of several fabulous prizes donated by the Expo Bingo exhibitors. Winners will be posted in the TexMed Fun Zone. For a schedule of prize drawings, see page 42.

## TMA MEMBER SERVICES

How is TMA working for you? Come discover all your member benefits and start taking advantage of the many services that make it easier for you to focus on what matters: the care of your patients.

## TEXMED FAREWELL LUNCH

*Sponsored by TMA Insurance Trust; entertainment sponsored by Rastegar Property Company*

**Saturday, 11:15 am-12:45 pm**

Grab your lunch and head to any available table to enjoy. After lunch, head over to the TMA Insurance Trust specialty coffee cart for a delicious cup of joe.

## HEART OF TEXAS THERAPY PETS

*Sponsored by Greater Houston Healthconnect*

Stop by booth #40 and love on the adorable dogs from Heart of Texas Therapy Pets. This nonprofit service organization provides animal-assisted therapy programs for the Dallas/Fort Worth area.

## COFFEE BREAK

*Sponsored by Texas Society of Anesthesiologists*

**Friday, 9:30-10 am | Saturday, 10-11 am**

Connect with colleagues at the morning coffee break.

# EXPO HALL SCHEDULE

## SOCIAL EVENTS IN THE EXPO HALL

### FRIDAY, MAY 3

7-8 am	Breakfast <i>Entertainment sponsored by Rastegar Property Company</i>
9:30-10 am	Coffee Break, <i>Sponsored by Texas Society of Anesthesiologists</i>
11 am-12:30 pm	Networking Lunch <i>Entertainment sponsored by Rastegar Property Company</i>
4-4:30 pm	Walk with a Doc Texas Meet-Up <i>Meet at Booth #13 in the Expo Hall; walk as a group around the property.</i>

#### Section Connections

Network and socialize with your colleagues in person during the times listed below during lunch at the Expo Hall.

<b>Women Physicians Section</b>	11-11:20 am
<b>LGBTQ Health Section</b>	11:20-11:40 am
<b>Young Physician Section</b>	11:40 am-Noon

4:30-6:30 pm	Welcome Reception: TexMed Block Party! <i>Sponsored by Texas Medical Liability Trust; TMA and TMAA Presidential Toast and entertainment sponsored by Rastegar Property Company</i>
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### SATURDAY, MAY 4

7-8:30 am	Breakfast <i>Entertainment sponsored by Rastegar Property Company</i>
10-11 am	Coffee Break, <i>Sponsored by Texas Society of Anesthesiologists</i>
11:15 am-12:45 pm	Farewell Lunch <i>Sponsored by TMA Insurance Trust; entertainment sponsored by Rastegar Property Company</i>

#### Section Connections

Network and socialize with your colleagues in person during the times listed below during lunch at the Expo Hall.

<b>Resident and Fellow Section</b>	11:15-11:35 am
<b>International Medical Graduate Section</b>	11:35-11:55 am
<b>Medical Student Section</b>	11:55 am-12:15 pm

## PRIZE DRAWINGS AT THE TEXMED FUN ZONE

### FRIDAY, MAY 3

#### 3 pm

**Solo Stove Mesa  
Tabletop Fire Pit**  
*Donated by  
Texas Medical Liability Trust  
Booth #48*

**Wood Charcuterie  
Board**  
*Donated by  
1st Credentialing  
Booth #51*

**Basket of Humana  
Branded Items**  
*Donated by Humana  
Booth #47*

**\$100 Visa Gift Card**  
*Donated by  
Kelsey-Seybold Clinic  
Booth #45*

**Apple Watch**  
*Donated by  
Walmart Health Center  
Booth #1*

**Otterbox Tote Cooler**  
*Donated by  
TPMC Billing Services  
Booth #59*

**William-Sonoma  
Picnic Basket**  
*Donated by  
Rastegar Property Company  
Booth #65*

### SATURDAY, MAY 4

#### Noon

**\$100 Amazon Gift Card**  
*Donated by  
TMA Insurance Trust  
Booth #17*

**\$150 Visa Gift Card**  
*Donated by  
Partners Real Estate  
Booth #56*

**Apple AirPods**  
*Donated by  
TMF Health Quality  
Institute  
Booth #50*

**Earbuds**  
*Donated by  
DoctorConnect  
Booth # 41*

**\$200 Visa Gift Card**  
*Donated by Health iPASS  
Booth #76*

**Dinner for Two at  
Del Frisco's Double  
Eagle Steakhouse**  
*Donated by  
Redeem Investments  
Booth #4*

**Surprise Giveaway**  
*Donated by  
MedPro Advisory Group  
Booth #19*

# EXHIBITORS *(in alphabetical order)*

## 1st Credentialing

(512) 201-2668

[www.1stcredentialing.com](http://www.1stcredentialing.com)

Booth #51

## 3 CulinaryMed Docs

(806) 535-2492

[www.mypartnersam.com](http://www.mypartnersam.com)

Booth #55

## Aledade, Inc.

(816) 718-9661

[aledade.com](http://aledade.com)

Booth #63

## Ashland Greene

(214) 295-2350

[www.ashlandgreenecapital.com](http://www.ashlandgreenecapital.com)

Booth #8

## Blue Cross Blue Shield

[www.bcbstx.com](http://www.bcbstx.com)

Booth #35

## Calmoseptine, Inc.

(714) 840-3405

[www.calmoseptine.com](http://www.calmoseptine.com)

Booth #37

## Christian Health Service Corps

(903) 962-4000

[www.healthservicecorps.org](http://www.healthservicecorps.org)

Booth #28

## CHRISTUS Health

[careers.christushealth.org](http://careers.christushealth.org)

Booth #43

## CompuGroup Medical, Inc. (eMDS)

(877) 564-4414, opt.1

[www.cgm.com/usa\\_en](http://www.cgm.com/usa_en)

Booth #71

## Consilium Staffing

(877) 536-4696

[www.consiliumstaffing.com](http://www.consiliumstaffing.com)

Booth #62

## CortiCare

(214) 334-7071

[www.corticare.com](http://www.corticare.com)

Booth #57

## Criteriaions

(516) 466-1942

[www.criteriaions.com](http://www.criteriaions.com)

Booth #67

## DoctorConnect

(800) 442-3835

[www.doctorconnect.net](http://www.doctorconnect.net)

Booth #41

Revolutionize patient communication! DoctorConnect.net is HIPAA compliant, works seamlessly on any device, helps boost patient engagement, optimizes your workflow, and increases revenue.

## DSHS - Immunization Section

(512) 783-4883

[www.dshs.texas.gov/immunizations](http://www.dshs.texas.gov/immunizations)

Booth #44

## DSHS Medical Advisory Board

(512) 535-8538

[jorie.klein@dshs.texas.gov](mailto:jorie.klein@dshs.texas.gov)

Booth #69

## DSHS - Newborn Screening

(800) 252-8023 ext 3957

[www.dshs.texas.gov/newborn-screening-program](http://www.dshs.texas.gov/newborn-screening-program)

Booth #9

## ExamWorks

[www.examworks.com](http://www.examworks.com)

Booth #52

## Federal Bureau of Prisons

[www.bop.gov](http://www.bop.gov)

Booth #72

## Greater Houston Healthconnect

(832) 564-2599

[www.ghhconnect.org](http://www.ghhconnect.org)

Booth #39

### ★ BRONZE SPONSOR ★

GHH is your regional HIE. We are a neutral, independent, 501(c)3 not-for-profit whose main mission is improving the health of our community by equitably sharing information across the entire healthcare ecosystem, with providers large and small.

## Health iPASS

[www.healthipass.com](http://www.healthipass.com)

Booth #76

### ★ GOLD SPONSOR ★

Health iPASS is a leader in patient financial engagement. Trusted by thousands of providers across the U.S., our digital solution allows patients to conveniently pay for their medical expenses using their credit card, debit card, A/FSA card and mobile wallet options like Apple Pay and Google Pay. Additionally, the platform provides patient engagement features such as scheduling, appointment reminders, express check-in, cost estimation, and e-billing solutions.

## Heart of Texas Therapy Dogs

[www.heartoftexastd.org/about-us](http://www.heartoftexastd.org/about-us)

Booth #40

Heart of Texas Therapy Dogs is a local group, comprised of Alliance of Therapy Dogs, our national organization, members. We are a non-profit 501(c)(3), all-volunteer organization that services the DFW area with therapy dogs.

## HHS Texas Health Steps Online Provider Education

(512) 776-7111

[www.txhealthsteps.com](http://www.txhealthsteps.com)

Booth #10

Texas Health Steps Online Provider Education offers more than 50 free CME-accredited courses, plus dozens of shorter courses and case studies. Get current, practical courses and resources developed by Texas experts for your Texas practice.

## High Circle, Inc.

(682) 549-4117

[ir@joinhighcircle.com](mailto:ir@joinhighcircle.com)

Booth #7

## Humana

[www.humana.com/provider](http://www.humana.com/provider)

Booth #47

### ★ GOLD SPONSOR ★

Humana Inc., headquartered in Louisville, Kentucky, is a leading health care company that offers a wide range of insurance products and health and wellness services that incorporate an integrated approach to lifelong well-being.

## J.A. Greene Construction Services

(832) 220-6371

[www.jagreene.com](http://www.jagreene.com)

Booth #16

## Jammin Canna LLC

(830) 888-3121

[jammincanna.com](http://jammincanna.com)

Booth #5

Jammin Canna is a Texas-based doctor and veteran-owned company that produces CBD tinctures, topical oils and edibles that help relieve pain, anxiety and sleeplessness. Our mission is to promote the benefits of hemp for health.

## Juice Plus/Garden Tower

(979) 732-1558

[www.kkschobel.juiceplus.com](http://www.kkschobel.juiceplus.com)

Booth #46

## Kelsey-Seybold Clinic

www.kelsey-seyboldproviders.com  
Booth #45

## Labtest.Bio

(800) 522-7740  
Labtest.bio  
Booth #15

## Legacy Health LLC

(937) 499-0887  
www.legacyhealthllc.com  
Booth #58

## Medeia

(800) 433-4609  
www.medeia.com  
Booth #2

## MedPro Advisory Group

(972) 455-9081  
www.medproadvisorygroup.com  
Booth #19

## Optumus, LLC

(617) 848-4488  
www.optumus.com  
Booth #38

## Partners Real Estate

(512) 580-6224  
www.medicalcre.com  
Booth #56  
Partners is a diversified commercial real estate firm that offers a full spectrum of services and investments. Our Medical Investment Team is the market leader for providing advisory services to physicians and investors throughout Texas.

## Physician Resources, Inc.

(713) 522-5355  
www.physicianresources.com  
Booth #68

## Physician Resources, Inc.

(713) 522-5355  
www.physicianresources.com  
Booth #68

## PitchMed

(682) 202-5663  
www.pitchmed.org  
Booth #29

## PracticeStudio by MicroFour

(800) 235-1856  
www.practicestudio.net  
Booth #66

## Qr8 Health

(781) 385-5211  
Qr8health.com  
Booth #36

## Rastegar Property Company

(512) 585-7372 x927  
www.rastegarproperty.com  
Booth #65

### ★ DIAMOND SPONSOR ★

Rastegar Property Company (RPC), an Austin-based real estate firm, excels in recession-resilient portfolios. Targeting long-term value, RPC partners with high-net-worth individuals and institutions. Using data-driven strategies, RPC acquires undervalued assets and prioritizes risk management through intensive research, advanced technology, and transparency.

## Redeem Investments

(847) 894-3215  
www.redeeminvestments.com  
Booth #4  
As proud veterans, our real estate investment team provides leadership to create value for investors and operating partners. Our relationships and data-based approach coalesce to inform operating strategy, which “redeems” opportunistic property for reuse.

## TDI Division of Workers' Compensation

www.tdi.texas.gov  
Booth #27

## Texas Child Mental Health Care Consortium

(888) 901-2726  
tcmhcc.utsystem.edu  
Booth #75

### ★ BRONZE SPONSOR ★

The Texas Child Mental Health Care Consortium was created by the 86th Texas Legislature to leverage the expertise and capacity of the health-related institutions of higher education to address urgent mental health challenges and improve the mental health care system for children and adolescents.

## Texas Medical Liability Trust

www.tmlt.org  
Booth #48

### ★ PINNACLE SPONSOR ★

TMLT is the largest medical liability insurance provider in Texas, insuring more than 19,500 physicians. We provide a wide range of liability products and helpful tools. TMLT is the only carrier created and exclusively endorsed by the Texas Medical Association.

## Texas Society of Anesthesiologists

(512) 370-1659  
www.tsa.org  
Booth #14

### ★ BRONZE SPONSOR ★

The TSA is a voluntary, non-profit association of over 3,800 members interested in the medical specialty of Anesthesiology and is a component of the American Society of Anesthesiologists.

## Texas Tech University Health Sciences Center Managed Care

(806) 743-3281  
www.ttuhsu.edu/managed-care  
Booth #42

## TEXPAC

www.texpac.org  
Booth #64  
Organized in 1962, TEXPAC is one of the oldest political action committees in Texas. It is the largest bipartisan political action committee in the state and ranks first in size among other state medical association PACs. TEXPAC provides financial support to both state and federal candidates.

## Tixta

(310) 936-5972  
www.tixta.com  
Booth #54

## TMA Insurance Trust

(512) 370-1740  
www.tma.org  
Booth #17

### ★ PINNACLE SPONSOR ★

Created and exclusively endorsed by the Texas Medical Association, we help physicians find the right insurance policies – including medical, life, long-term disability, and more – that help protect them, their families, and their practices.

## TMA Member Services

(800) 880-1300  
www.texmed.org  
Booth #77  
How is TMA working for you? Come discover all of your member benefits and start taking advantage of the many valuable resources and services that make it easier for you to focus on what matters: the care of your patients.



**TMA Foundation**

(512) 334-1613  
www.tmaf.org  
Booth #13

**★ GOLD SPONSOR ★**

TMA Foundation is the philanthropic arm of the Texas Medical Association. Its mission is to “fund initiatives with the power to help physicians create a healthier future for all Texans.” Funded projects target urgent health needs affecting a large segment of the state’s residents.

**TMF Health Quality Institute**

www.tmf.org  
Booth #50

**★ TITANIUM SPONSOR ★**

TMF Health Quality Institute promotes quality health care through contracts with federal, state, and local governments, as well as private organizations.

**TPMC Billing Services LLC**

(817) 717-8895  
www.tpmcbilling.com  
Booth #59

**VITAL WorkLife**


(800) 383-1908  
www.VITALWorkLife.com  
Booth #53

**Walmart Health**

www.walmarthealth.com/careers  
Booth #1

**★ SILVER SPONSOR ★****Wellness Connection**

(850) 485-2278  
wellnessconnection.care  
Booth #6




## TEXAS MEDICAL ASSOCIATION LISTENING TOUR 2024

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ASSOCIATION  
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# TMA LEADERSHIP COLLEGE

LEADERSHIP DEVELOPMENT

## Congratulations 2024 GRADUATES

**Taiwo Babatope, MD**  
Child Psychiatry  
Houston

**Erik Diebolt, DO**  
Physical Medicine  
and Rehabilitation  
Austin

**Linda Pang, MD**  
Palliative Care  
Bellaire

**Amanda Tchakarov, MD**  
Pathology  
Houston

**Ashley Bailey-Classen, DO**  
Anesthesiology/Pain  
Medicine  
Fort Worth

**Carolee Estelle, MD**  
Infectious Diseases  
Dallas

**Jessica Rochkind, MD**  
Anesthesiology  
Galveston

**Kate Tindall, MD**  
Palliative Care  
Austin

**Anna Buteau, MD**  
Internal Medicine  
Austin

**Jennifer Fan, MD**  
Supportive and Palliative Care  
Temple

**Lilit Sargsyan, MD**  
Pulmonary, Critical Care,  
Sleep Medicine  
Houston

**Alyssa Tochtermann, MD**  
Family Medicine  
Andrews

**Chelsea Casey, MD**  
Anesthesiology  
Friendswood

**Kenisha Muse, MD**  
Anesthesiology  
Temple

**Jessica Stull, MD**  
Internal Medicine  
Houston

**Margaret Wat, MD**  
Dermatology  
Richmond



To learn more, visit  
[texmed.org/TMALC](https://texmed.org/TMALC)



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Texas Medical Liability Trust is a generous Pinnacle Sponsor of TMA's leadership development programs.



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Dr. Ray Callas,  
with sponsorship  
of coffee and  
conversations.

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TexMed 2024 Coffee Breaks.*



(512) 370-1659

[www.tsa.org](http://www.tsa.org)



# HOUSE OF DELEGATES

TMA's House of Delegates is the association's top legislative and policymaking body. It represents individual grassroots members, county and specialty medical societies, boards, councils, committees, and sections. All TMA members are encouraged to appear and testify before reference committees and attend meetings of the house. Only delegates and alternate delegates, however, may participate in the discussion, and only delegates may vote in Saturday's session.

## TEXMED AND HOUSE OF DELEGATES JOINT OPENING SESSION

**Friday, 8-11 am (or until house recess)**

**Level 3, Dallas D**

**Presiding:** Speaker Bradford W. Holland, MD, Waco, and Vice Speaker John G. Flores, MD, Little Elm

### HOUSE AGENDA

- Opening Session speaker Harvey Castro, MD: Revolutionizing Health Care Through AI
- TMA president address to the house
- Nominations for candidates for TMA offices
- Presentation of Distinguished Service Award

## REFERENCE COMMITTEES

**Friday, Noon | Level 3, Omni Dallas**

*Please note this time is different from previous years.*

Four reference committees hold open hearings to consider the issues listed below. Follow the progress of each reference committee on your mobile device at [refcom.texmed.org](http://refcom.texmed.org).

### Financial and Organizational Affairs

#### Trinity Ballroom 2

Association finances, membership, representation, and federation relationships

### Medical Education and Health Care Quality

#### Trinity Ballroom 1

Undergraduate, graduate, and continuing education; physician workforce; scientific/clinical aspects of medicine; biomedical research; medicine and technology; and health care quality

### Science and Public Health

#### Dallas G

Core public health functions; environmental health; child and adolescent health; EMS and trauma; addictive and infectious diseases; and regulations and licensure

### Socioeconomics

#### Dallas F

Managed care; Medicare/Medicaid; payment; and legislative, regulatory, and legal issues



## CANDIDATE FORUM

**Friday, 3-4:30 pm | Level 3, Dallas D**

Candidates running for at-large trustee and young physician trustee to the TMA Board of Trustees and candidates running for the resident/fellow designated alternate delegate position on the Texas Delegation to the American Medical Association speak briefly, then answer questions. Any member who attends will be entered into a drawing for an Amazon gift card – must be present to win!

## HOUSE BUSINESS SESSION

**Saturday, 8:30 am-12:30 pm**

**Level 3, Dallas D**

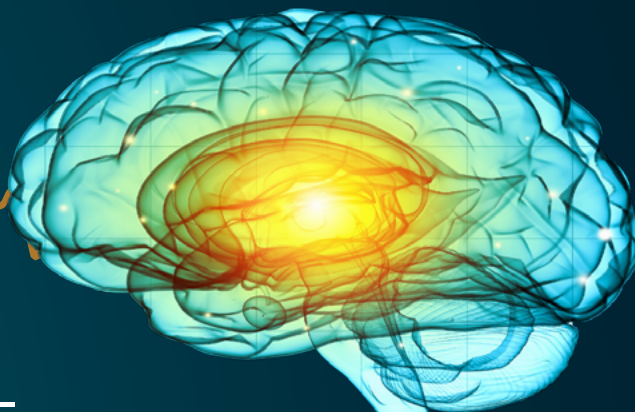
**Presiding:** Speaker Bradford W. Holland, MD, Waco, and Vice Speaker John G. Flores, MD, Little Elm

### HOUSE AGENDA

- Debate and voting
- TMA elections for officers, councilors, and AMA delegation (9:30 am)
- 2024-25 TMAA /TMA presidents' installation (10:45 am)

## CAUCUS MEETINGS

County medical society caucus meetings are scheduled for Saturday morning. For more information, refer to "Caucuses" in the Business Meetings schedule.



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# BUSINESS MEETINGS

Many TMA boards, councils, and committees hold business meetings in conjunction with TexMed. At the discretion of the chair, these groups may invite other TMA members and guests to their meeting.

If you are not a member of a group and would like to attend its meeting, please ensure you have spoken with the appropriate chair or staff to confirm participation when applicable. Visit [texmed.org/BCCInfo](https://www.texmed.org/BCCInfo) for complete details.

<b>BOARDS</b>					
Councilors	Thursday	7:15 PM	9:15 PM	Level 3	Trinity 7
Trustees	Thursday	10:30 AM	2:30 PM	Level 3	Fair Park 1
<b>CAUCUSES</b>					
Bexar County Medical Society	Saturday	6:30 AM	8:00 AM	Level 3	South Side 1
Border Health	Friday	7:00 AM	8:00 AM	Level 3	Trinity 7
Dallas County Medical Society	Saturday	6:30 AM	8:00 AM	Level 3	Dallas F
Harris County Medical Society	Saturday	6:30 AM	8:00 AM	Level 3	Dallas G
Lone Star	Saturday	6:30 AM	8:00 AM	Level 3	Trinity 4
Medical Student Section	Saturday	7:00 AM	8:00 AM	Level 3	Trinity 6
Tarrant County Medical Society	Saturday	6:30 AM	8:00 AM	Level 3	Trinity 1
Travis County Medical Society	Saturday	6:30 AM	8:00 AM	Level 3	Trinity 2
<b>COMMITTEES</b>					
Ad Hoc on Independent Practice Physicians Meet-up	Friday	11:00 AM	12:00 PM	Level 3	Expo Hall
Health and Information Technology	Thursday	6:00 PM	9:00 PM	Level 3	Trinity 1
Interspecialty Society	Friday	4:00 PM	6:00 PM	Level 3	Trinity 7
Patient-Physician Advocacy	Thursday	5:30 PM	7:00 PM	Level 3	South Side 1
Subcommittee for Academic Physicians	Thursday	9:00 AM	11:00 AM	Level 2	Cedars
<b>COUNCILS</b>					
Health Promotion	Saturday	12:30 PM	2:00 PM	Level 2	Cedars
Health Service Organizations	Friday	4:00 PM	5:30 PM	Level 3	South Side 1
Legislation	Friday	12:00 PM	2:00 PM	Level 3	Trinity 7
Medical Education	Thursday	11:00 AM	1:30 PM	Level 3	Dallas F
Member Experience	Thursday	6:00 PM	8:30 PM	Level 3	Trinity 4
Socioeconomics	Thursday	1:00 PM	4:00 PM	Level 3	Trinity 5
<b>HOUSE OF DELEGATES</b>					
Business Session	Saturday	8:30 AM	12:30 PM	Level 3	Dallas D
Candidate Forum	Friday	3:00 PM	4:30 PM	Level 3	Dallas D
Opening Session	Friday	8:00 AM	11:00 AM	Level 3	Dallas D

# BUSINESS MEETINGS

TOC

MAPS

AGENDA

CMIE

EXPO

BUSINESS

<b>REFERENCE COMMITTEES</b>					
Financial and Organizational Affairs	Friday	12:00 PM	4:00 PM	Level 3	Trinity 2
Medical Education and Health Care Quality	Friday	12:00 PM	4:00 PM	Level 3	Trinity 1
Science and Public Health	Friday	12:00 PM	4:00 PM	Level 3	Dallas G
Socioeconomics	Friday	12:00 PM	4:00 PM	Level 3	Dallas F
<b>SECTIONS</b>					
LGBTQ Health	Friday	5:30 PM	6:30 PM	Level 2	Deep Ellum A
Medical Student	Friday	1:00 PM	4:00 PM	Level 3	Fair Park 1
MSS Chapter Presidents	Friday	11:00 AM	12:30 PM	Level 3	South Side 1
Resident and Fellow	Friday	4:00 PM	5:30 PM	Level 2	Arts District 4
Women Physicians	Friday	4:30 PM	5:30 PM	Level 3	Trinity 4
Young Physician	Friday	4:00 PM	5:30 PM	Level 2	Arts District 5
<b>TEXPAC</b>					
Board of Directors	Thursday	7:00 PM	9:00 PM	Level 3	Trinity 5
Candidate Evaluation	Thursday	12:00 PM	1:30 PM	Level 3	Trinity 7
Patron Reception – <i>Members Only</i>	Thursday	5:00 PM	6:00 PM	Level 2	Katy Trails Foyer
Reception	Thursday	6:00 PM	7:00 PM	Level 2	Katy Trails Foyer
<b>TMA ALLIANCE</b>					
Annual Business Meeting	Thursday	2:00 PM	5:00 PM	Level 2	Greenville Ave.
Awards Luncheon	Friday	12:00 PM	2:00 PM	Level 2	Katy Trails
General Session	Friday	9:00 AM	11:45 AM	Level 2	Greenville Ave.
<b>TMA FOUNDATION</b>					
Board of Trustees	Thursday	1:30 PM	3:30 PM	Level 2	Deep Ellum A
<b>TMA INSURANCE TRUST</b>					
Board of Trustees	Thursday	5:30 PM	7:30 PM	Level 2	Cedars
<b>OTHER</b>					
Independent Practice Physician Forum	Friday	11:00 AM	12:30 PM	Level 3	Expo Hall
Texas Delegation to the AMA	Thursday	4:00 PM	5:30 PM	Level 3	Trinity 3
TMA Leadership College (TMALC) Alumni Reception	Friday	9:00 PM	11:00 PM	Level 1	Cafe Herrera
<b>NON-TMA MEETINGS</b>					
Family Medicine Coffee Break with TAFP	Friday	1:30 PM	2:45 PM	Level 2	Arts District 5
UTMB JS-SOM Alumni Association Board of Trustees Meeting	Friday	2:00 PM	4:30 PM	Level 2	Cedars
UTMB JS-SOM Alumni Association Meeting & Reception	Friday	6:30 PM	8:30 PM	Level 3	Trinity 4



TEXAS MEDICAL ASSOCIATION

# Distinguished SERVICE AWARD

The Distinguished Service Award is the Texas Medical Association's highest honor, recognizing a person who has made outstanding contributions to Texas patients and physicians.

## MICHAEL C. BURGESS, MD

*U.S. REPRESENTATIVE (R-TEXAS)*

In recognition of his two decades of congressional service of writing, improving, and passing legislation to benefit patient care, the Texas Medical Association honors U.S. Rep. Michael C. Burgess, MD (R-Texas), with the 2024 TMA Distinguished Service Award.

Dr. Burgess will receive TMA's highest honor during Friday morning's TexMed Opening Session.



Having served Texas' District 26 for 20 years, Dr. Burgess has been a constant advocate for the House of Medicine in the halls of Congress. He has shown outstanding leadership, advocacy, and community service throughout his career as a physician and as a member of the U.S. House of Representatives.

He has authored, sponsored, or backed more than 27 health-related bills that went on to become law. He has amended and shepherded numerous health laws out of the House Energy and Commerce Committee, on which he serves as a senior member. He also chaired the committee's Subcommittee on Health.

One significant example was Dr. Burgess' legislative sponsorship of the SGR Repeal and Medicare Provider Payment Modernization Act of 2015. The bill led to the repeal of the flawed Medicare sustainable growth rate formula for paying physicians.

He also worked to reauthorize the Children's Health Insurance Program and sponsored House Resolution 977, the Patient Access to Higher Quality Health Care Act of 2023, which aims to reverse the Affordable Care Act's prohibition of referrals to physician-owned hospitals.

The congressman also has advocated for legislation to improve maternal health and mortality.

Prior to winning a 2002 election to Congress, Dr. Burgess was a practicing obstetrician-gynecologist in Denton County, where he served as county medical society president.

Dr. Burgess' leadership has been indispensable, and his work on behalf of the House of Medicine has been invaluable.

# Congratulations! YOU MADE IT!

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We look forward to our continued work together.

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*\*If not, we hope you'll return after residency. Ask about leave-of-absence membership to stay in touch with TMA.*



## COUNSELING SERVICE:

TMA has contracted with **Anticipate Joy** to provide confidential online professional counseling services to licensed Texas physicians and their immediate family.



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# *Save the Date*

# TEXMED 2025

## MAY 8-10

**JW MARRIOTT SAN ANTONIO  
HILL COUNTRY RESORT**

## *Future Meetings*

**BUSINESS OF MEDICINE**

OCT. 10-12

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