



# 113th Annual Convention



## June 14-16, 2024

A Hybrid Event | The Samoset Resort, Rockport, ME & Online

AOA 1A CME Credits: 21.0 | 20.00 AMA PRA Category 1 Credit™ | 17.25 Live AAFP Prescribed credit(s).

Where Structure



Meets Function



Scan me to  
access virtual  
event  
platform



### Keynote Lecture: The Medical Model of Sports Medicine in the NCAA

Presented by Douglas Comeau, DO, FAAFP, FAMSSM  
*Head medical team physician for the Boston Bruins*

#### Session Objectives

- Identify the different models of care that exist in the NCAA
- Identify strategies to transition your college or university to the medical model of care
- Identify barriers to the transition of care to the medical model of sports medicine



## Knox County: CME Sessions & Special Events



## State of Maine: Exhibit Hall

### Wifi Information:

Samoset Conference

Password: Samoset

\*must enter password every 24hrs to reconfirm access\*

## 113th Annual Convention: On Demand Programming

On Demand Content				
	Session Title	Presented by	Total Credits:	Location
This On Demand Content will be available in the Virtual Platform by Friday, June 14th 7AM and will remain available through July 17th	<b>Every Body, Every Mind, Every Spirit: Increasing Health Equity for Survivors of Domestic Abuse and Violence</b>	Anna Dullea & Amanda Taisey	1 AOA Category 1-A Credit(s) , 1 AMA PRA Category 1 Credit(s) <sup>™</sup>	On Demand (Virtual Platform)
	<b>Lethal Means Safety Training</b>	Sheila Nelson, MSW, MPH	1.25 AOA Category 1-A Credit(s) , 1.25 AMA PRA Category 1 Credit(s) <sup>™</sup>	On Demand (Virtual Platform)
	<b>How Do I Respond?: Primer on Responding to Medical Legal Inquiries &amp; Proceedings</b>	Devin Deane, Esq ; Joshua Hاديaris, Esq; Kelly Hoffman, Esq; & Joe Mavodones, Esq	1 AOA Category 1-A Credit(s) , 1 AMA PRA Category 1 Credit(s) <sup>™</sup>	On Demand (Virtual Platform)
	<b>Cannabis Use and Psychosis in Adolescents</b>	Amy Mayhew, MD	.5 AOA Category 1-A Credit(s) , .5 AMA PRA Category 1 Credit(s) <sup>™</sup>	On Demand (Virtual Platform)



# 113th Annual Convention Program Agenda

Agenda Subject to Change

## Friday, June 14th -- In Person & Live Stream Content

Time	Session Title	Presented by	Total Credits:	Location
7:00 AM	Registration Desk Open			Schooner
	Continental Breakfast Available			State of Maine Hall
8:00 AM	Heart Failure with Preserved Ejection Fraction Evaluation and Management	Tristan Reynolds, DO	1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s) , 1 AMA PRA Category 1 Credit(s) <sup>TM</sup>	Knox County Ballroom
9:00 AM	Exploring Unintended Pregnancy Among People with Opioid Use Disorder	Kelley Harmon, DO	1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s) , 1 AMA PRA Category 1 Credit(s) <sup>TM</sup> , 1 Opioid Credits	Knox County Ballroom
10:00-10:15 AM	Exhibit Hall Break			State of Maine Hall
10:15 AM	Panel Discussion: The Incarceration System, A Public Health Crisis	Lani Graham, MD, MPH; Jan Collins, MEd ; Zachary Swain, Alexsea Cholewa	1.5 AOA Category 1-A Credit(s) , 1.5 AAFP Prescribed Credit(s) , 1.5 AMA PRA Category 1 Credit(s) <sup>TM</sup>	Knox County Ballroom
11:45 AM	The impacts of lead on children	Maggie Bordeau, DO, MPH	.75 AOA Category 1-A Credit(s) , .75 AAFP Prescribed Credit(s) , .75 AMA PRA Category 1 Credit(s) <sup>TM</sup>	Knox County Ballroom
12:30-1:00 PM	Lunch Break in Exhibit Hall			State of Maine Hall
1:00 PM	Youth Suicide Prevention & Screening Viewer	Alyssa Goodwin, MD	1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s) , 1 AMA PRA Category 1 Credit(s) <sup>TM</sup>	Knox County Ballroom
2:00 PM	Practical approach to diagnosis and treatment of hyperthyroidism	Matt Gilbert, DO	1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s) , 1 AMA PRA Category 1 Credit(s) <sup>TM</sup>	Knox County Ballroom
3:00-3:30 PM	Exhibit Hall Break			State of Maine Hall
3:00 PM	Past President's Meeting			Penobscot Bay Room
3:30 PM	Now Urine the Know: Misconceptions and Management of Bacteriuria, UTI, and Recurrent UTI	Emil Lesho, DO	1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s) , 1 AMA PRA Category 1 Credit(s) <sup>TM</sup>	Knox County Ballroom
4:30 PM	Primary Care for New Immigrant Families	Steve DiGiovanni, MD	1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s) , 1 AMA PRA Category 1 Credit(s) <sup>TM</sup>	Knox County Ballroom
6:00-8:00 PM	<b>UNE COM Sponsored Reception</b>	Join us for a guided wine tasting experience, live music, oysters & apps		Cellardoor Winery
	Plus Camp MOA Corner for the little ones at the venue (supervised fun for 3+) Shuttle leaves from the Samoset lobby @ 6pm!			

## Join us for an evening at a local winery!

Friday, June 14th 6:00-8:00pm

Join us for a guided wine tasting experience, live music, oysters & apps



Maine  
Osteopathic  
Association



Kids Corner

Friday, June 14th



The event is generously sponsored by  
University of New England College of  
Osteopathic Medicine  
MOA convention attendees/guests and MOA  
members & UNE COM alumni are welcome to  
attend

Venue Details:  
Cellardoor Winery | 367 Youngtown Rd,  
Lincolville, ME 04849  
Shuttle to and from the Samoset Resort will be  
provided to conference attendees

CELLARDOR

# 113th Annual Convention Program Agenda

Agenda Subject to Change

Saturday, June 15th -- In Person & Live Stream Content				
Time	Session Title	Presented by	Total Credits:	Location
6:30 AM	Registration Desk Open			Schooner Room
7:00-8:00AM	<b>Breakfast Session: Connecting the Dots: Optimizing Patient Care Coordination for a Timely and Accurate Diagnosis of Alzheimer's Disease</b>	<i>Bogdan Nedelescu, MD Belinda A. Savage-Edwards, MD, FAAN, AQH</i>	Sponsored by Eli Lilly (No CME)	Knox County Ballroom
8:00-8:30AM	Break			State of Maine Hall
8:30 AM	<b>Keynote: The medical model of sports medicine in the NCAA</b>	<i>Douglas Comeau, MD</i>	Total Credits: 1 including 1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s) , 1 AMA PRA Category 1 Credit(s)™	Knox County Ballroom
9:30- 10:00 am	Exhibit Hall Break			State of Maine Hall
10:00 AM	<b>MOA Business Meeting</b>	<i>Jodie Hermann, DO; Teresa Hubka, DO; Ira Monka, DO, others</i>	Total Credits: 1.0 including 1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s)	Knox County Ballroom
11:30am-12:00pm	Break			State of Maine Hall
12:00 PM	<b>MOA Awards Luncheon</b>	<i>Join us as we honor recipients of this year's MOA Awards! Sponsored by Medical Mutual Insurance Company of Maine (No CME)</i>		Knox County Ballroom
1:00-1:30pm	Exhibit Hall Break			State of Maine Hall
1:30 PM	<b>Osteopathic Practice Internationally</b>	<i>Boyd Buser, DO &amp; Raine Richards, JD</i>	Total Credits: 1 including 1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s) , 1 AMA PRA Category 1 Credit(s)™	Knox County Ballroom
2:30 PM	<b>Rekindling Digestion and Eliminate Toxins: an Integrative Approach to Improving Digestion</b>	<i>Josie Conte, DO &amp; Kate O'Donnell</i>	Total Credits: 1 including 1 AOA Category 1-A Credit(s) , 1 AAFP Prescribed Credit(s) , 1 AMA PRA Category 1 Credit(s)™	Knox County Ballroom
3:30-3:45pm	Stretch/Movement Break			State of Maine Hall
3:45 PM	<b>OMM Round Robin</b>	<i>Heather Sharkey, DO; Lynette Bassett, DO &amp; Mary Yee, DO</i>	Total Credits: 1.25 including 1.25 AOA Category 1-A Credit(s) , 1.25 AAFP Prescribed Credit(s) , 1.25 AMA PRA Category 1 Credit(s)™	
6:00-8:00pm	<b>Traditional Lobster Dinner</b> Shuttle provided to and from the Samoset will leave at 6pm, dinner served at 6:30pm	Ticketed Event: \$85/pp (lobster, \$65/pp non-lobster) grab your tickets at the MOA registration desk		Offsite- The Landings Restaurant



## 2024 MOA Awards Luncheon

Saturday, June 15th  
12:00pm-1:00pm  
Knox County Ballroom

Sponsored by



## Join us for Saturday's Lobster Dinner!

Saturday 6:00PM Lobster Dinner offsite at The Landings Restaurant in Rockland-\*Tickets required\* \$85/lobster, \$65/non-lobster. Transportation provided to and from. Pick up your tickets at the registration desk!





# 113th Annual Convention Program Agenda

Agenda Subject to Change

HAPPY  
*Father's Day*

## Sunday, June 15th -- In Person Only Content

Time	Session Title	Presented by	Total Credits:	Location
7:00 AM	MOA 5k Fun Run Walk	<i>All levels welcome to join this laid back 5k. Prize for first place finisher!</i>		Fitness Center
7:30 AM	Continental Breakfast Available			Knox County Ballroom
8:00 AM	<b>Osteopathic Considerations of the Stomatognathic System</b>	<i>Margo Goodman, DO</i>	Total Credits: 1.25 including 1.25 AOA Category 1-A Credit(s) , 1.25 AMA PRA Category 1 Credit(s)™ , 1.25 AAFP Prescribed	Knox County Ballroom
9:15 AM	<b>FDM Workshop: Part II</b>	<i>Thomas Pentzer, DO</i>	1 AOA Category 1-A Credit(s) , 1 AMA PRA Category 1 Credit(s)™ , 1 AAFP Prescribed	Knox County Ballroom
10:15 AM	<i>Break for Check Out</i>			
10:30 AM	<b>Forensic Medical Evaluations for asylum seekers Handouts</b>	<i>Charles Mitchell, MD; Mary White, MD; &amp; Amanda Masse</i>	1.5 AOA Category 1-A Credit(s) , 1.5 AMA PRA Category 1 Credit(s)™ , 1.5 AAFP Prescribed	Knox County Ballroom
12:00 PM	In Person Programming Concludes	<i>Enjoy Potential Wellness Activities on the Samoset Property: Tennis/Pickleball, Ultimate Backyard lawn games, Infinity Pool, Golf</i>		

## OMM Treatment

*Provided by Volunteers*

**Friday 1-4PM**

**Saturday 9:30AM-11:30AM**

**Saturday 1-4PM**



**Please Sign In at the registration desk**

Located in Schooner

Maine  
osteopathic  
Association



**FATHER'S  
DAY  
EDITION**

**5K RUN  
& WALK**

START FROM SAMOSET FITNESS CENTER

**SUNDAY. JUNE 16TH**

HELD IN CONJUNCTION WITH THE MOA'S 113TH  
ANNUAL CONVENTION



# MOA Board of Directors & Executive Committee

## MOA Executive Committee

Jodie Herman, D.O.

*President*

Kathryn Brandt, D.O.

*President-Elect*

Josephine Conte,

D.O.

*Treasurer*

Brian Kaufman, D.O.

*Immediate Past*

*President*

## MOA Board of Directors

Audrey Okun-Langlais,

D.O.

Isabella Askari, MPH,

D.O..

Emily Redding, D.O.

Breanna Glynn, D.O.

Karen Benezra, D.O.

Jerald Hurdle, D.O.

John Diefenderfer,

D.O.

## UNE COM Student Representative

Corey LaForest-

Roys, OMS

## Resident Representative

Andrew

Freedman, D.O.

## MOA Staff

Amanda Mahan, Executive

Director

## A Message from your MOA President

It is with great pleasure that I welcome you all to the MOA's Annual Convention at the Samoset Resort (and online)! We hope you find the content pertinent to your life and practice.

At the halfway point of my tenure as MOA President, I want to take a few moments to sincerely thank all who have contributed to the success of this organization. Specifically, I want to thank the Board of Directors for all of their hard work and dedicated service to the MOA and for representing this profession so well. Program Committee Co-Chairs Breanna Glynn, DO and John Diefenderfer, DO are to be commended for their hard work in planning both of our 2024 programs. And last but certainly not least, credit is due to our Executive Director Amanda Mahan for all of her efforts to keep the MOA running smoothly.

Since being sworn into office last June, I have made a commitment to re-invigorating our MOA committees and our community. I've enjoyed connecting with many of you in networking receptions throughout the state. And this tour is far from over. I look forward to visiting Northern Maine in August, and will continue to meet with osteopathic physicians across the state to learn about your experience, celebrate your successes and work with you to improve patient care and the practice of medicine in our great state.

I am proud of all the association has accomplished in the last year. Particularly, we have forged new partnerships such as with the Maine Medical Association on joint advocacy efforts, and revived our connection to our New England osteopathic colleagues. We have made internal policy updates and explored ways to continue to adapt to serve the needs of all of our members no matter their practice model, specialty or physical location. The MOA continues to work hard to protect the osteopathic profession for future generations.

I look forward to continuing to serve you over the next year as your President. Please don't hesitate to connect with me to discuss the issues that are most important to you.

Sincerely,  
Dr. Jodie Hermann, DO

MOA President



Jodie Hermann, DO



# How do I claim my CME?

1. Watch the session live or in person and **complete the session evaluation online via the virtual platform.**
  - a. For easy access, scan the QR code or follow this link: <https://www.thecmecenter.org/guestbook/6271156> (Login with the email you used to register for the Annual Convention)
2. Once you have completed the sessions you wish to obtain credit for, please visit the "Certification" tab to **complete the overall evaluation** and generate your CME certificate.
  - a. MOA will NOT be sending a CME certificate. If you have any issues finding your certificate in the virtual platform or believe that it contains an error, please contact MOA staff.
  - b. MOA staff will report AOA CME credits (if applicable) directly to the AOA following the Jul 7 17th deadline. Once reported, they will become available in your TRAcme report via your AOA account. For other credit types, submit your CME certificate as relevant to document credit.

For session objectives, faculty bios, full CME accreditation details and more, visit the Virtual Platform



## Community Ground Rules

*The MOA Program Committee has crafted some new community ground rules that we ask you to consider and honor throughout our time together.*

**Be professional, respectful and courteous**-- of your peers, fellow colleagues and the speaker (criticism, sarcasm, raised voices, bullying, etc. will not be tolerated), save constructive feedback for evaluations. Agree to disagree when necessary.

**Be mindful of who has the floor.** Only the person with the microphone may ask a question/speak. Raise your hand to alert the moderator or speaker that you have a question. Please do not talk over the speaker or your colleagues. Take any side conversations outside so as not to disturb others.

**Step Up. Step Back.** Please limit your questions to one per session to allow all to participate in Q&A. Be as concise as possible.

**Stay on topic.** If you would like to have a conversation with the speaker or share your own comments, please do that one on one after the session.

**Be present.** Stay as alert and engaged as possible. Standing, or moving around the room to stay engaged is welcomed!

50/50 Raffle to Benefit the MOEF!

1 ticket/\$1.00

7 tickets/\$5.00

Arm's length of tickets/ \$20.00

Winner will be drawn at the Sunday morning break  
**MUST BE PRESENT TO WIN**



## CME Accreditation Statements

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Osteopathic Association and the Maine Osteopathic Association. The American Osteopathic Association is accredited by the ACCME to provide continuing medical education for physicians.

### AMA Credit Designation Statement – Physicians

The American Osteopathic Association designates this live activity for a maximum of 20.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**AOA CME Accreditation:** The Maine Osteopathic Association is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The Maine Osteopathic Association designates this program for 21.0 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

**AAFP:** The AAFP has reviewed 113th MOA Annual Convention and deemed it acceptable for up to 17.25 Live AAFP Prescribed credit(s). Term of Approval is from 06/14/2024 to 06/16/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For all AAFP credit equivalencies and recognition, please see the AAFP Credit System [website](#).

# Welcome! From your Professional & Public Education Committee Co-Chairs

Greetings from summer in Maine!

We want to welcome you to our 113th Annual Conference. We are again hosting this year's conference at the beautiful Samoset Resort and Spa in picturesque Rockport Maine. We have an exciting lineup that we are looking forward to sharing with you!

This year's theme is "Where Structure Meets Function," where we hope to provide a well-rounded program touching on many different important aspects of the practice of osteopathic medicine. We have a full weekend of events, and here are a few things that you won't want to miss:

We are excited to have Douglas Comeau, head medical team physician for the Boston Bruins, here to provide our keynote "The medical model of sports in the NCAA."

Topics for which you can expect to receive CME credits include heart failure, misconceptions of treating bacteriuria, the incarceration system through a public health lens, youth suicide prevention, osteopathic practice internationally, OMM round robin, FDM workshop, and medical care for immigrants and asylum seekers, among many other important and interesting topics!

We are having our annual lobster bake at The Landings Restaurant, please don't forget to purchase tickets for you and your guests.

UNECOM will be sponsoring our opening reception, which will be held at Cellardoor Winery on Friday night! There will be a free shuttle to and from the resort to help get you to and from this event.

We are also having our business meeting, as well as our awards luncheon, on Saturday. Please do attend as your voices and presence are important to us!

Please don't forget to submit your CME attestation forms online as well as the conference feedback forms. We look forward to hearing your feedback!

Thank you to Amanda Mahan, our executive director, for your time and energy in pulling this together - you are sincerely appreciated! Thank you to our program committee who have created time in their schedules to meet consistently to pull together this program for you. Thank you to our sponsors, who help make this event a reality. Thank you to our tech team for making hybrid conferences possible. And thank you to those at the Samoset Resort who help make this conference run smoothly behind the scenes.

**With warmest wishes and osteopathic blessings,**

Your Program Committee Co-Chairs

Breanna Glynn, DO & John Diefenderfer, DO



Breanna Glynn, DO



John Diefenderfer, DO

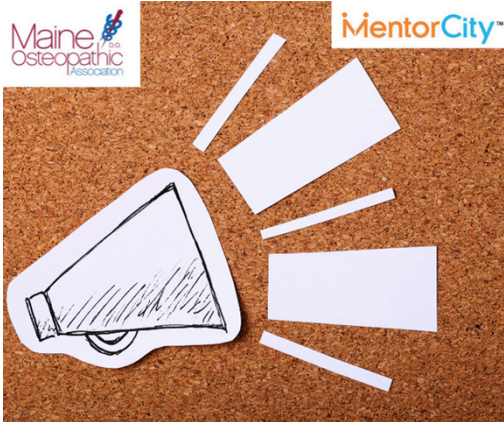


# Are you ready to explore mentoring?

MOA has teamed up with Mentor City - A **FREE**, online platform to connect you to the next generation of physicians.



MentorCity



Join the MOA's new network  
on the online mentoring  
platform, Mentor City!  
**FREE!**



Visit: [www.mentorcity.com](http://www.mentorcity.com) to sign up today!  
Or visit [www.mainedo.org/mentorcity](http://www.mainedo.org/mentorcity) to find out more!

JOIN OUR  
MAINE DO  
FAMILY!



## DID YOU KNOW?

The MOA has a group dental plan through Northeast Delta Insurance for MOA members-only. The plan is designed for physicians, their employees and families.

*Members who have not participated in the past can join our group plan anytime. Open enrollment for others in August 1st. Plans starting from \$50.59*



Northeast Delta Dental

Give us a call at 207-623-1101 or email [office@mainedo.org](mailto:office@mainedo.org) for more information

Online CME Available Whenever you need it!



THE **CME**CENTER  
EDUCATION MADE EASY.

Visit [thecmecenter.org](http://thecmecenter.org) for osteopathic programs from MOA & others

## Conference Details

**Meeting Goals & Objectives:** The overall objectives of this program are to 1. Highlight the evidence of new, revised, and standard approaches, guidelines and tools for screening, diagnosis and treatment for a variety of medical conditions as it pertains to medical practitioners in various specialties, with an emphasis on primary care. 2. Encourage & demonstrate the integration of osteopathic philosophy and principles into the practice of medicine; particularly the tenet that “Structure and function are reciprocally interrelated”, and 4. Provide information and tools related to professionalism, teamwork, communication and ethics to help physicians and other clinicians improve their practice of medicine. Each CME topic has its own set of learning objectives, which will be made available to registered attendees.

**DISCLOSURE AND CONFLICT OF INTEREST RESOLUTION:** All conflicts of interest of any individual(s) in a position to control the content of this CME activity will be identified and resolved prior to this educational activity being provided. Disclosure about provider and faculty relationships, or the lack thereof, will be provided to learners.

**Disclaimer:** The information in this educational activity is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors/faculty. They do not represent an endorsement by the MOA. In no event will the MOA be liable for any decision made or action taken in reliance upon the information provided through this CME activity. This event may be supported by independent educational grants from commercial interests. Complete information will be provided to participants prior to the activity. Conflict of Interest Disclosures for individuals in control of content will be provided prior to the start of the activity.

**MOA Grievance Policy:** All grievances should be initially directed in writing to the MOA Director by email to: [info@mainedo.org](mailto:info@mainedo.org) who will share them with the MOA's Program Committee. Grievances will receive a response within 30 days of receipt. If you do not receive a satisfactory response, you may notify the Council of Continuing Medical Education, AOA, 142 East Ontario St., Chicago, IL 60611.

### Tech Support for Virtual Platform:

Technical Support : (877) 602-9877  
TheCMECenterSupport@ce21.com

**MOA Staff Contact:**

Phone 207-623-1101, email [office@mainedo.org](mailto:office@mainedo.org) or come visit us at the Schooner room at The Samoset

## NOTES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Join us for a breakfast symposium



**June 15, 2024**

**7:00-8:00AM**

**Knox County  
Ballroom**

**The Samoset Resort**

# CONNECTING THE DOTS

Optimizing Patient Care Coordination  
for a Timely and Accurate Diagnosis  
of Alzheimer's Disease (AD)

*Bogdan Nedelescu, MD*

*Belinda A. Savage-Edwards, MD, FAAN, AQH*

**REGISTER**



## Goals and Objectives

**1**

To improve patient outcomes via timely and accurate diagnosis of AD

**3**

To discuss the benefits and challenges of your current communication and coordination practices

**5**

To share recommendations that can be used in your practice environment or region

**2**

To understand the potentially complex patient journey during AD evaluation and diagnosis

**4**

To facilitate discussions that will optimize coordination and communication among interdisciplinary healthcare professionals

**No CME credit**

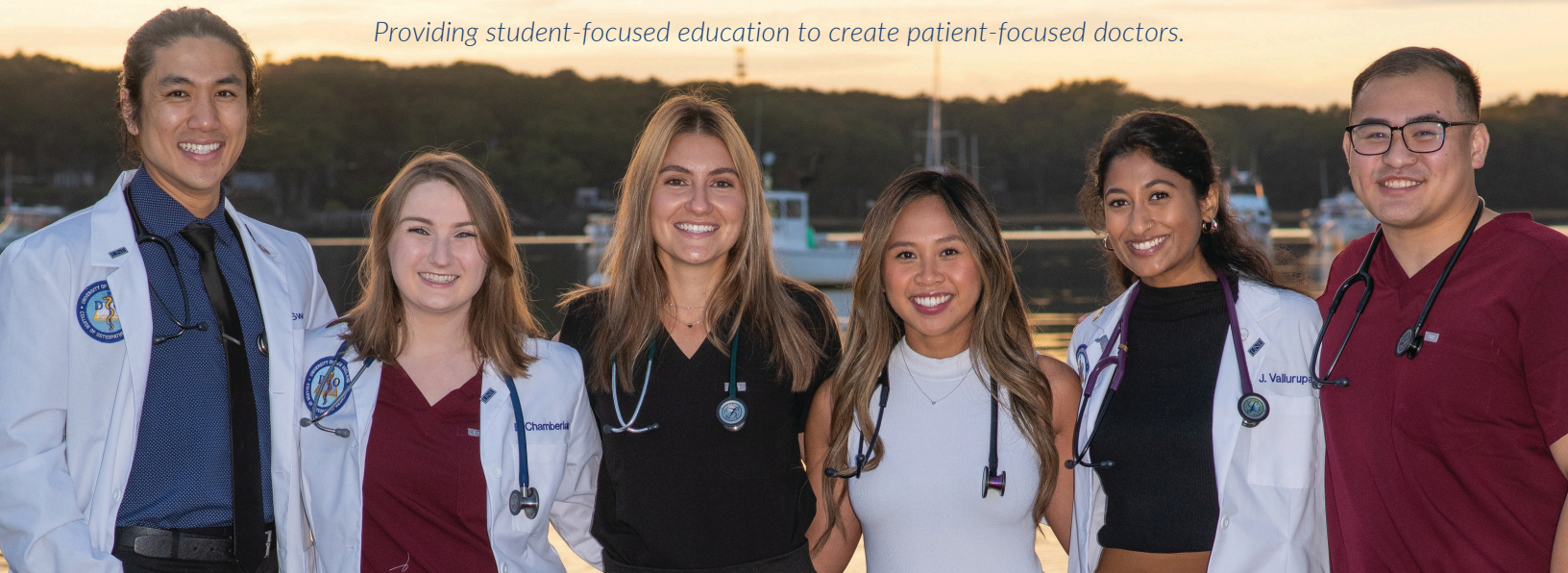
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UNIVERSITY OF NEW ENGLAND COLLEGE OF OSTEOPATHIC MEDICINE

# NEW ENGLAND'S ONLY OSTEOPATHIC MEDICAL SCHOOL

*Providing student-focused education to create patient-focused doctors.*



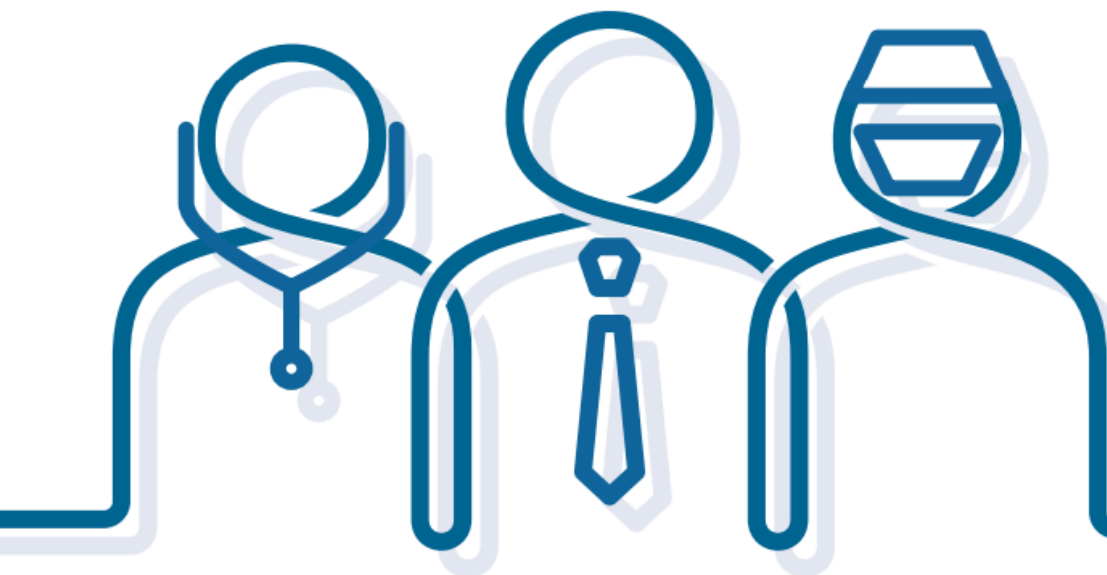
We welcome our alumni and students to UNE COM's Happy Hour Reception: Friday, June 14th | 6:00 - 8:00 p.m.  
Cellardoor Winery Lincolnville, ME



UNIVERSITY OF  
NEW ENGLAND

INNOVATION FOR A HEALTHIER PLANET

## Partners in patient safety & medical liability protection



**M**  
**MedicalMutual**  
INSURANCE COMPANY OF MAINE