24th Annual Clinical Update in

GERIATRIC MEDICINE

April 7-9, 2016

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors
Shuja Hassan, MD
Judith S. Black, MD, MHA
Neil M. Resnick, MD

Jointly provided by:
The Pennsylvania Geriatrics Society – Western Division
UPMC / University of Pittsburgh Aging Institute
University of Pittsburgh School of Nursing
and
University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences
24th Annual Clinical Update in Geriatric Medicine

Introduction
As the population continues to age, we are all seeing a tidal wave of older persons in our hospitals, clinics and nursing homes. Moreover, the fastest growing segment of the population comprises individuals above the age of 85 years. The purpose of our conference is to provide an evidence-based approach to help clinicians provide exceptional care to these often frail individuals.

Nearly 40 state-of-the-art sessions — specifically focused on older adults and taught by many of the nation’s foremost experts in Geriatric Medicine.

Some highlights include:
- Geriatric Pharmacology — with important, helpful tips on managing medications in your complex older patients
- Acute Care of the Elderly — with clinical pearls on inpatient care of the older adult
- Geriatric Syndromes — with updated, evidence-based information on falls, delirium, osteoporosis, incontinence, chronic pain, depression, and dementia
- Geriatric Cardiology — updated information on Hypertension specific to the older patient, Atrial Fibrillation management along with using novel oral anticoagulants, and chronic heart failure
- Appropriate prescribing of antibiotics
- Symposium on patient care at the end of life and living with hospice care
- Session for Advanced Practice Providers along with pharmacists

Learning Objectives
At the end of this course, participants should be able to:
- Better understand why care in the elderly should differ from that in younger persons, and why the presentation of disease in the elderly is often atypical.
- Apply a geriatric approach to common syndromes including Dementia, Depression, Delirium, Incontinence, Osteoporosis, Falls and Pain
- Identify approaches to and limits of management of specific diseases of organ systems that are common in the elderly.

Location and Accommodations information on page 16.
Who Should Attend
This course is designed for family practitioners, internists, geriatricians, and other health care professionals who provide care to older adults. Previous attendees will also be interested because of the conference’s continually changing topics, speakers and approach.

Continuing Education Credit

Types of credit: CME, AAFP, Nursing, Risk, and ACPE

- Topics that meet CME Patient Safety/Risk Management criteria are noted throughout the schedule
- Topics that are receiving pharmacy credit

CME – This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Pittsburgh School of Medicine and the Pennsylvania Geriatrics Society – Western Division. The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 19.75 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

A maximum of 10.0 AMA PRA Category 1 Credits™ or .10 CEUs will be awarded for attendance at the dinner presentation. (19.75 includes dinner presentation).

AAFP – Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Social Work – This program is offered for 19.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal.

For information on social work continuing education call (412) 624-3711.

Nursing – The University of Pittsburgh School of Medicine’s Center for Continuing Education in the Health Sciences and School of Nursing are collaborating in the development of this educational activity. Nurse participants successfully completing this learning activity (attending the full session, completing and submitting a program evaluation and a CE verification form) may receive up to a maximum of 19.7 contact hours, of which a maximum of 19.0 can be Pharmacotherapeutic contact hours.

The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

10.0 CME credits designated as Patient Safety/Risk Management.

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### Session Title

<table>
<thead>
<tr>
<th>Session Title</th>
<th>Program Number</th>
<th>Contact Hours</th>
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<tbody>
<tr>
<td>Thursday, April 7th</td>
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<tr>
<td>Managing Medications in Complex Older Patients</td>
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<td>Approach to Diabetic Medication Management</td>
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<td>Urinary Incontinence: Practical Tips for Difficult Cases</td>
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<td>Managing Common Electrolyte Problems in the Elderly</td>
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<td>Practical Tips in Geriatric Nephrology</td>
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<td>Effective Management of COPD/Asthma Exacerbation</td>
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<td>Acute Care of Elderly</td>
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<td>Cognitive Aging: What Every Physician (and Patient) Should Know*</td>
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<td>Interface between Delirium and Dementia</td>
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<td>Update on Chronic Heart Failure</td>
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<td>Advanced Practice Provider Rounds – Difficult Cases</td>
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<td>Hematologic Disease (case studies)</td>
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<td>Code Status Discussion (Evidence-Based Decision Making)</td>
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<td>Ask the Cardiologist</td>
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<td>Prescription – Deprescription</td>
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<td>Elder Abuse</td>
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<td>Polite Case Discussions</td>
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<td>Ask the Pulmonologist</td>
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<td>Clinical Skills Workshop-Low Back Pain</td>
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<td>Choosing a Statin/New Therapies</td>
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<td>Practicing Patient Centered Medicine in the 4th Quarter</td>
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<td>Providing Home Based Support in the 4th Quarter</td>
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<td>Supporting Life and Living with Hospice Care in the 4th Quarter</td>
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Thursday, April 7, 2016

7:00 am  Registration and Continental Breakfast

7:45 am  Welcome and Announcements
        Shuja Hassan, MD
        
        Moderator: Karen A. Powers, MD

7:50 am  Managing Medications in Complex Older Patients  *
        Joseph Hanlon, PharmD, MS

8:25 am  Approach to Diabetic Medication Management  *
        Mary Korytkowski, MD

9:00 am  Urinary Incontinence: Practical Tips for Difficult Cases  *
        Neil M. Resnick, MD

9:45 am  BREAK

10:05 am  Managing Common Electrolyte Problems in the Elderly  *
         Jamie Johnston, MD

10:40 am  Practical Tips in Geriatric Nephrology  *
         Jane Schiff, MD

11:15 am  Considerations in the Prevention and Treatment of COPD Exacerbations and Readmissions  *
         Frank Sciurba, MD, FCCP

11:50 am  Lunch
         Moderator: Heather Sakely, PharmD, BCPS

1:00 pm  Keynote Address: Acute Care of Elderly Patients  *
         Robert M. Palmer, MD, MPH

2:00 pm  Cognitive Aging: What Every Physician (and Patient) Should Know  *
         Daniel Blazer, MD, PhD

2:35 pm  Interface between Delirium and Dementia  *
         Donna Fick, PhD, GCNS-BC, FGSA, FAAN

3:10 pm  BREAK

3:30 pm  Management of Delirium: Nonpharmacologic and Pharmacologic Approaches  *
         Sharon K. Inouye, MD, MPH

4:05 pm  Addressing Falls in the Elderly/ Practical Tips  *
         Rollin M. Wright, MD, MS, MPH

4:40 pm  Medication Management of Late Life Depression  *
         Charles F. Reynolds III, MD

5:15 pm  Thursday Adjournment

6:00 pm  Dinner Symposium — How to Recognize and Diagnose Late Life Depression  *
         Daniel Blazer, MD, PhD

Friday, April 8, 2016

7:00 am  Registration and Continental Breakfast

7:30 am  Welcome and Announcements
        Judith S. Black, MD, MHA
        
        Moderator: Carey Vinson, MD

7:35 am  Atrial Fibrillation and the Role of NOAC’s  *
        William Belden, MD

8:15 am  Treatment of Osteoporosis  *
         Susan L. Greenspan, MD

8:55 am  Update on Chronic Heart Failure  *
         Daniel Forman, MD

9:35 am  Symptom Management at End of Life  *
         Randy Hebert MD, MPH, MMM

10:15 am  BREAK

10:30 am  Breakout Workshop I (repeats at 11:20 am)

11:05 am  Breakout Transition

11:20 am  Breakout Workshop II (repeated from 10:30 am)

Noon  A. Frailty  *
         Daniel Forman, MD

        B. Ask the Infectious Disease Specialist  *
         Thomas L. Walsh, MD

        C. Advanced Practice Provider Rounds – Difficult Cases  *
         Aparna Gupta, CRNP, MSN, ANP-BC

        D. Hematologic Disease (case studies)  *
         Donald Woytowitz, MD

        E. Code Status Discussion (Evidence Based Decision Making)  *
         Jeff Gordon, MD

     = Topics that meet CME Patient Safety/Risk Management criteria are noted throughout the schedule

     * = Topics that are receiving pharmacy credit
Saturday, April 9, 2016

7:00 am  Registration and Continental Breakfast
7:45 am  Welcome and Announcements

8:00 am  Breakout Workshop V (repeats at 8:50 am)
8:40 am  Breakout Transition
8:50 am – Breakout Workshop VI (repeated from 8:00 am)
9:30 am  K. Polst Case Discussions *
Judith S. Black, MD, MHA
L. Ask the Pulmonologist *
Jennifer Gonzalez McComb, MD, MPH, FACP
M. Clinical Skills Workshop – Low Back Pain *
Debra K. Weiner, MD
N. PMR/GCA
Terence W. Starz, MD
O. Choosing a Statin/New Therapies *
Aryan Aiyer, MD

9:40 am  BREAK

9:50 am  Practicing Patient Centered Medicine in the 4th Quarter *
Robert Arnold, MD

10:20 am  Providing Home Based Support in the 4th Quarter *
David Thimons, DO, CMD / Winifred Teuteberg, MD

10:50 am  Supporting Life and Living with Hospice Care in the 4th Quarter *
William Gammie, MHA / Eric Horwith, MSW, LSW

11:20 am  Question and Answer Panel
Noon  Conference Adjournment

Schedule continued

Noon  LUNCH

Moderator: Victor M. Rudkin, MD

12:50 pm  The Year in Review *
Barbara J. Messinger-Rapport, MD, PhD, FACP, CMD

1:30 pm  Antibiotic Prescribing for Common Infections Pneumonia/UTI *
Raymond Pontzer, MD, FACP

2:10 pm  Orthostatic Hypotension *
Lewis A. Lipsitz, MD

2:50 pm  Hypertension Update *
Lewis A. Lipsitz, MD

3:30 pm  BREAK

3:50 pm  Breakout Workshop III (repeats at 4:40 pm)

4:30 pm  Breakout Transition

4:40 pm – 5:20 pm  Breakout Workshop IV (repeated from 3:50 pm)
F.  Ask the Cardiologist *
George Bekic, DO

G.  Prescription – Deprescription *
Barbara J. Messinger-Rapport, MD, PhD, FACP, CMD

H.  Elder Abuse *
Lyn Weinberg, MD

I.  Older Drivers, Tough Conversations
(presenting once during 3:50 pm Breakout Workshop III)
Amelia Gennari, MD

J.  Management of Low Vision in the Elderly
Paul B. Freeman, OD, FAAO, FCOVD

5:20 pm  Friday Adjournment

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Course Directors

Shuja Hassan, MD
Assistant Professor of Medicine
University of Pittsburgh School of Medicine

Judith S. Black, MD, MHA
Clinical Associate Professor of Medicine
University of Pittsburgh School of Medicine
Medical Director Geriatrics Service Line
Allegheny Health Network

Neil M. Resnick, MD
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Director, Hartford Foundation Center of Excellence in Geriatric Medicine
Chief, Division of Geriatric Medicine
Associate Director, Institute on Aging of UPMC Senior Services and University of Pittsburgh University of Pittsburgh and UPMC

Guest Faculty

Daniel Blazer, MD, PhD
JP Gibbons Professor of Psychiatry Emeritus
Professor of Community and Family Medicine
Duke University Medical Center
Durham, NC

Donna Fick, PhD, GCNS-BC, FGSA, FAAN
Distinguished Professor of Nursing
Professor of Medicine
Co-Director, Hartford Center of Geriatric Nursing Excellence at Penn State Pennsylvania State University
University Park, PA

Sharon K. Inouye, MD, MPH
Professor of Medicine, Harvard Medical School Gerontology Division, Beth Israel Deaconess Medical Center
Milton and Shirley F. Levy Family Chair and Director, Aging Brain Center, Hebrew SeniorLife
Boston, MA

Local Faculty

Lewis A. Lipsitz, MD
Professor of Medicine, Harvard Medical School
Director, Institute for Aging Research, Hebrew SeniorLife
Chief, Division of Gerontology, Beth Israel Deaconess Medical Center
Boston, MA

Barbara J. Messinger-Rapport, MD, PhD, FACP, CMD
Chief Medical Officer, Hospice Care Hospice of the Western Reserve
Associate Professor
Cleveland Clinic Lerner College of Medicine of Case Western Reserve University
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Robert M. Palmer, MD, MPH
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John Franklin Chair and Professor of Internal Medicine
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William Belden, MD
Cardiac Electrophysiology
Allegheny General Hospital

David Forman, MD
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University of Pittsburgh School of Medicine
Chair, Geriatric Cardiology Section
UPMC
Director, Cardiac Rehabilitation
VA Pittsburgh Healthcare System
Immediate Past Chair, Geriatric Cardiology Section, American College of Cardiology

Paul B. Freeman, OD, FAAO, FCVD
Diplomate Low Vision
Chief of Low Vision Services
Allegheny Health Network

William Gammie, MHA
President
Home Health, Hospice & Palliative Care
Allegheny Health Network Healthcare @ Home

Amelia Gennari, MD
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University of Pittsburgh School of Medicine
Director of Ambulatory Care, Division of Geriatric Medicine, UPMC

Jeff Gordon, MD
Palliative Medicine Consultant
Allegheny Health Network

Susan L. Greenspan, MD
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University of Pittsburgh School of Medicine
Director of the Osteoporosis Center and Treatment Center, UPMC
Director of Bone Health
Magee-Womens Hospital of UPMC

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CRNP Senior, Benedum Geriatric Center
UPMC Montefiore

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Division of Geriatric Medicine
University of Pittsburgh School of Medicine
Health Scientist
Pittsburgh VA Health System

Randy Hebert, MD, MPH, MMM
Chief Medical Officer Healthcare@Home Division of Supportive Care and Geriatrics Allegheny Health Network

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Master of Social Work
Clinical Social Worker
Vice President of Access

James Johnston, MD
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Director, Clinical Services, Renal-Electrolyte Division
Director, Academy of Master Educators
University of Pittsburgh School of Medicine

Mary Korytkowski, MD
Professor of Medicine
Interim Chief, Division of Endocrinology
University of Pittsburgh School of Medicine

Jennifer Gonzalez McComb, MD, MPH, FACP
Section Chief, Pulmonary and Critical Care Medicine
UPMC Shadyside Hospital

Raymond Pontzer, MD, FACP
Clinical Associate Professor of Medicine
Chief, Infectious Diseases
UPMC St. Margaret Hospital

Charles F. Reynolds III, MD
UPMC Endowed Professor in Geriatric Psychiatry
University of Pittsburgh School of Medicine
Director, NIMH Center of Excellence in Late Life Depression
Director, Hartford Center of Excellence in Geriatric Psychiatry
Director, Institute on Aging of UPMC Senior Services and University of Pittsburgh

continued on page 10
Pre-register – All pre-registrations are due by April 3, 2016. Registrations after this date are accepted only as on-site registrations. Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

- Visit our online registration site at https://ccehs.upmc.com
- Scroll to the Clinical Update in Geriatric Medicine section on the web page
- Click the Registration button and enter all the requested information
- After registering, an electronic confirmation will be sent to the email address you provided us when you registered.

Early registrations are those postmarked by March 7, 2016. Late registrations will be accepted at an additional fee and we cannot guarantee space in the program or any program inclusions for those registrations we receive after this date.

On-site Registrations – As of April 3, 2016, all registrations for this course are accepted only as on-site registrations. On-site registrants will pay $25 more than the late registration fee.

A confirmation letter will be faxed, mailed, or emailed if registration is completed through the mail, fax, or email by the registration deadline. If you register online, you will receive an immediate e-mail confirmation message. Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at (412) 647-7050.

You must bring this confirmation with you to the conference.

Cancellation – All cancellations must be in writing, via U.S. mail, e-mail or fax. Tuition for cancellations postmarked or date stamped before March 28, 2016 will be completely refunded. After March 28, 2016 a $35 administrative fee will be assessed. No refunds will be made after April 1, 2016. Cancellation requests can be made to:

- Krystal Golacinski
  Center for Continuing Education in the Health Sciences
  Iroquois Building, Suite 302
  200 Lothrop Street
  Pittsburgh, PA 15213-2536
  Phone: (412) 647-8232 or (412) 647-7050
  Fax: (412) 647-8222 • E-mail: ccehsconfmgmt101@upmc.edu

The UPMC Center for Continuing Education in the Health Sciences reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees.

continued on page 12
Registration Form (for use only if not registering online)

Clinical Update in Geriatric Medicine — April 7 - 9, 2016

Register online: https://ccehs.upmc.com/liveFormalCourses.jsf

Please type or print; photocopy all sides for additional registrants. No registration will be accepted without payment.

Last FIVE digits of Social Security Number ___ – ___ ___ ___ ___

Prefix □ Mr. □ Mrs. □ Dr. □ Ms. □ Other, please indicate:

First Name __________________________ Last Name __________________________

This is how your name will appear on your name badge.

Suffix (Jr., Sr., etc.) __________________________

Company/Institutional Affiliation __________________________

Specialty __________________________

E-mail Address __________________________

Degree (choose only one) □ MD □ DO □ Resident □ PhD □ MPH □ RN □ Other, please indicate: __________________________

Address ____________________________________________________________________

City __________________________ State ______ ZIP Code ____________

Work Telephone (______ ) ___________________ Fax (______ ) ___________________

Registration Fee: Please check appropriate fee:

"On-Site" registrations will pay an additional $25 in each category.

Dinner Symposium – Thursday, April 7

(all participants – optional at additional cost) $50

Half-day (each session) – indicate which day(s) on registration form $85 ea.

Registration includes:

▲ Registration and comprehensive course syllabus

▲ Admission to Geriatric Annual program and to the exhibit hall

▲ Continuing education credit

▲ Continental breakfast each morning, lunch on Thursday and Friday, and coffee breaks for full conference registrants.

For information on becoming a Geriatric Society member, please contact Nadine Popovich at (412) 321-5035, ext. 110.

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 647-8232 or (412) 647-7050.

The University of Pittsburgh is an affirmative action, equal opportunity institution.
Method of Payment

The following methods of payment are acceptable for the registration fee:

- Checks, personal or employer
- Credit Card
- UPMC Transfers

**Checks.** Make payable to UPMC Presbyterian Shadyside
- Employer check included
- Personal check included
- Employer or personal check to arrive under separate cover. If your employer or personal check is arriving under separate cover, you may send or fax in your completed registration form now, but you must complete the Credit Card Payments section below with valid credit card information in order to hold your reservation. If the check payment is not received by four weeks post course, we will charge the registration fee to the credit card number provided.

There is a $25.00 returned check fee.

**Credit Card Payments**
- Visa
- MasterCard
- American Express
- Discover

Credit Card No. ____________________________________________
Expiration Date (Month/Year) _____________________________
Signature ______________________________________________

**UPMC Journal Entry Transfer.** If you are a UPMC employee and your department will be responsible for payment, we can charge your department directly. **DO NOT SUBMIT a disbursement to UPMC Accounts Payable. Complete the following:**

Business unit ________________________________
Account number ________________________________
Department ID number ________________________________
Authorized department signature ________________________________
Telephone number ________________________________

**NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.**

Mail payment with the Registration Form on pages 13, 14 and 15 to:
UPMC Center for Continuing Education in the Health Sciences
Iroquois Building, Suite 302 • 200 Lothrop Street
Pittsburgh, PA 15213-2536

For additional information, contact:
Telephone: (412) 647-8232 or (412) 647-7050 • Fax: (412) 647-8222
E-mail: ccehsconfmgmt101@upmc.edu

How did you hear about this conference? ______________________________________
- I require vegetarian lunch.  
- I require kosher lunch.  
- I have no special dietary requirements.
- Other ______________________________________
- YES! Send me information about becoming a member of the PA Geriatrics Society – Western Division.

continued on page 15
Meeting Location
Marriott Pittsburgh City Center
112 Washington Place • Pittsburgh, Pennsylvania 15219
Phone: (412) 471-4000, Fax: (412) 553-5252

Overnight Accommodations
The conference has contracted a limited number of hotel rooms at the Marriott Pittsburgh City Center for our conference attendees. You may book a room by calling the hotel at (412) 471-4000 and stating that you are attending the Geriatric Medicine Conference. The room block is limited and only available until Wednesday, March 16, 2016 at 5:00 PM. Space cannot be guaranteed once the block expires or the block is filled, whichever occurs first.
Room rates are $135.00 per night plus applicable taxes and fees.
If you experience difficulty arranging your reservations, please call Krystal Golacinski at (412) 647-7050.

Parking
Parking is on your own and not covered by conference tuition. The on-site parking facility is approximately $12.25/day. The entrance is located on the side of the Marriott Pittsburgh City Center hotel.

For more information contact:
Krystal Golacinski
Center for Continuing Education in the Health Sciences
Iroquois Building, Suite 302
200 Lothrop Street
Pittsburgh, PA 15213-2536
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Fax: (412) 647-8222 • E-mail: ccehsconfmgmt101@upmc.edu

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