

Meet the Speakers

Andrew Seefeld, MD, received his Bachelor of Science degree from the University of CA, Los Angeles and his Doctorate in Medicine from Pennsylvania State College of Medicine. He completed his internship at Harbor-UCLA Medical Center and his residency training in Emergency Medicine at UCLA Medical Center.

John Pacheco graduated from Geisinger Commonwealth School of Medicine, and he is currently a PGY3 at the NH Dartmouth Family Medicine Residency in Concord and Hillsboro, NH.

Rushika Conroy, MD, MS is a double-boarded physician in pediatric endocrinology and obesity medicine with a master's degree in clinical nutrition. She completed her pediatric residency and chief residency at Schneider Children's Hospital and her pediatric endocrinology fellowship at Columbia University Medical Center in New York.

Jenny Herzog is an artist and educator working on gun violence prevention and criminal justice reform. She currently works with justice-involved teenage boys, directing and producing documentary film, leading theatre workshops, and shaping individualized mentorship projects.

Shawn Martin is the executive vice president and chief executive officer for the American Academy of Family Physicians. The AAFP represents 128,300 family physicians and medical students nationwide.

Eric Oulette, DO is core faculty at Portsmouth Regional Hospital Family Medicine Residency.

Tejas Kumar is a FM resident at Portsmouth Regional Hospital. They grew up in Houston, Texas and went to medical school at Baylor College of Medicine. Their interests are in full-spectrum LGBTQ+ health and addiction medicine.

Maria Boylan, DO is a board-certified family physician currently practicing at Elliot Family Medicine at Bedford and has a passion for women's health, prenatal care, and pediatrics.

Jonathan Peters, DO is a family doc who specializes in harm reduction and addiction medicine. He is the medical director for Better Life Partners, NH. He provides whole person care to people who use drugs in a low barrier,

John Hinck, MD is an attending psychiatrist at NH Hospital. He is an assistant professor at Giesel School of Medicine.

Rachel Motta, PT, DPT is a Doctor of Physical Therapy who currently works at Concord Hospital Outpatient Rehabilitation Services in Concord, NH. Rachel specializes in the treatment of Pelvic Health conditions as well as general orthopedics.

David Haughey, MD is a hospitalist at Dartmouth-Hitchcock Medical Center in Lebanon, NH. He received his medical degree from SUNY Upstate Medical School and completed residency and point-of care ultrasound fellowship at Dartmouth-Hitchcock.

Avani Varshney graduated from St. George's University School of Medicine. She is currently a third-year family medicine resident at the NH-Dartmouth Family Medicine Residency Program.

Ugis Gruntmanis, MD is originally from Latvia and last 25 years through many institutions in US, such as Yale, University of Rochester, UCLA, UTSW and now at Dartmouth Hitchcock Hospital where he leads Bone Health and Osteoporosis program and is Professor of Medicine at Geisel School of Medicine at Dartmouth.

Diana Barnard, MD is an Associate Professor of Family Medicine at the University of Vermont Medical Center. She is also board certified in Hospice and Palliative Medicine.

Lydia Garcia, MD is a board certified obgyn who has worked at Southern New Hampshire Medical Center for the last 14 years. She did her undergraduate work at Dartmouth College, completed medical school at Northwestern Feinberg School of Medicine, and her residency in Obstetrics and Gynecology at New York University.

John Poremba, MD is a staff Endocrinologist and Principal Investigator of Endocrinology Clinical Trials at Southern New Hampshire Hospital. He received his bachelor's degree at the United States Air Force Academy, and MD degree at the Uniformed Services University of the Health Sciences.

Katie Polakowski, DO graduated from University of New England College of Osteopathic Medicine and she is completing her residency at NH Dartmouth Family Medicine Residency.

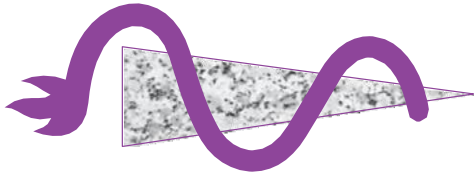
Mason Bandy is a 3rd year Chief Resident at Portsmouth Regional Hospital Family Medicine Program. Dedicated to advancing accessible, high-quality care, Dr. Bandy is passionate about continuing his work within a community health model following graduation.

Karl Dietrich, MD is the Inaugural Program Director of the Cheshire Medical Center Family Medicine Residency. Karl grew up in NH, and after exploring careers in wildlife biology and as a high school science teacher, he found his calling in medicine.

Craig Betchart, MD has been a dedicated faculty member at the New Hampshire Dartmouth Family Medicine Residency at Concord Hospital for the past four years. In this role, he oversees the orthopedic, sports medicine, and point-of-care ultrasound.

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NHAFF CME 2025: PEARLS
OF KNOWLEDGE FOR YOUR
PRACTICE
May 2-4, 2025
NH Academy of Family Physicians



The AAFP has reviewed NHAFF CME 2025: PEARLS OF KNOWLEDGE FOR YOUR PRACTICE and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of Approval is from 05/02/2025 to 05/04/2025. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This includes 3 credit that are compliant with New Hampshire RSA 318-B:40 - opioid education requirement.

Register Online: nhafp.square.site

Mountain View Grand Resort & Spa
101 Mountain View Rd., Whitefield, NH 03598

Mountain View Grand's activities include indoor pool, horseback riding, spa, indoor theater, hiking, petting farm and more...

For hotel reservations, please call: 866-484-3843

NHAFP CME 2025: Pearls of Knowledge for your Practice

Register Online: [nhafp.square.site](https://www.nhafp.org/conferences.php)

Registration

Member registration fee of \$350 includes meals for registrant only.
Non-member fee of \$425 includes meals for registrant only.
In-person and virtual registration fees are the same

**Refund Policy: Cancellations up to seven (7) days prior to the meeting/event are eligible for full refund less \$25 processing fee. No refunds less than seven (7) days prior to the meeting/event.*

First Name _____

Last Name _____

Title (please circle) **MD, DO, PA, APRN, RN, Resident, Student, Other** (Students, Residents attend free)

Member of NHAFP? _____

Mailing Address _____

Daytime Phone _____

Will you attend a Breakout? If yes, which one? _____

In Person _____ -OR- Virtually _____

Email _____

Guest Meals: *price is per person*

Friday lunch	(\$20)_____	Saturday kid's lunch	(\$10)_____
Friday kid's lunch	(\$10)_____	Saturday dinner	(\$45)_____
Friday dinner	(\$45)_____	Saturday kid's meal	(\$10)_____
Friday kid's meal	(\$10)_____	Sunday breakfast	(\$15)_____
Saturday breakfast	(\$15)_____		
Saturday lunch	(\$20)_____		

Guest(s) Name(s) _____

Special requirements or allergies? (Best effort will be made to provide alternatives)

I have included a check for the registration fee of \$ _____

OR Please bill my: Visa____ MC____ for \$ _____

Number _____

Exp. _____ CVV _____

Register Online: [nhafp.square.site](https://www.nhafp.org/conferences.php)
Please make check payable to NHAFP & mail to:
Two Capital Plaza, Ste. 401, Concord, NH 0330

Friday, May 2

09:00-10:00 Registration and Check-in
10:00-11:00 Pelvic Health Rehabilitation: An Overview: **Rachel Motta, PT, DPT**
*Provide an Overview of Pelvic Health Rehabilitation and its role in Healthcare
11:00-12:00 Treatment of Pediatric Obesity: Beyond the Basics: **Rushika Conroy, MD**
*Identify medication options for pediatric obesity
12:00 -02:00 Lunch, Posters and Visit Exhibits
02:00-03:00 Embrace the Change: Treatment of Perimenopause and Menopause Symptoms: **Lydia Garcia, MD**
*Identify the stages of menopause
03:00-04:00 Hear Me: **Jenny Herzog**- Chaos Theory, **John Hinck, MD**
*Features seven young people from Berkshire County, MA who have been impacted by gun violence.
04:00-05:00 Addressing Health Literacy: The Role of Teach-Back in Primary Care: **Avani Varshney, MD**
*Define health literacy and its substantial impact in our healthcare system today
05:30-06:00 Cocktails/Networking Sponsored by: [VaxCare LLC](#)
06:00-07:00 Dinner
07:00-07:30 NHAFP FP of the Year Award
07:30-08:30 Keynote Address: Medical Aid in Dying: What's It All About?: **Diana Barnard, MD**
*Describe the qualifications for Medical Aid in Dying
08:30-09:30 No Co-Pay Band

Saturday, May 3

06:15-07:00 Morning Walk/Run
07:30-08:30 Breakfast, Posters and Visit Exhibits
08:30-09:30 Fractures Caused by Osteoporosis, Deadly but Ignored: **Ugis Gruntmanis, MD**
*Learn about prevalence of fractures in NH and nation
09:30-10:30 Incorporating Point of Care Ultrasound Across the Spectrum of Family Physician: **David Haughey, MD**
*Identify evidence-based indications for POCUS use in the clinic, hospital and long-term care facilities
10:30-10:45 Break and Visit Exhibits
10:45-11:45 New Medications for Type 2 Diabetes: **John Poremba, MD**
*Understand the pharmacological actions of newer diabetes medications
11:45-12:45 Lift to Lower: Engaging Patients with Type 2 Diabetes in Resistance Training: **Katie Polakowski, DO**
*Discuss resistance training recommendations for patients with DM2
12:50 -02:00 Lunch, Posters and Visit Exhibits
Breakouts:
02:15- 05:15 1) Hands On POCUS (please note this is 3 hours): **David Haughey, MD, Andrew Seefeld, MD, Eric Oulette, DO, Craig Betchart, MD**
02:15 -03:15 2) Advocacy: **Maria Boylan, DO, New Futures Rep** (no cme)
03:15- 04:15 3) New Residency Overview: **Karl Dietrich, MD** (no cme)

Saturday Cont.

05:30-06:00 Cocktails/Networking Sponsored by: [Southern NH Health](#)
06:00-07:00 Dinner
06:45-07:30 AAFP Keynote: **Shawn Martin** (no cme)
07:30-08:30 Annual Meeting, Installation of Officers

Sunday, May 4

06:15-07:00 Morning Walk/Run
07:30-08:30 Breakfast and Visit Exhibits
08:30-09:30 Opioid Use Disorder: History, Mythbusting, and Buprenorphine 101: **Jon Peters, DO**
* Understand the historical underpinnings of the modern opioid epidemic
09:30-10:30 Opioid Use Disorder: A Clinical Update on Outpatient Management: **Dr. Mason Bandy and Dr. Tejas Kumar**
*Understand medications available to treat opioid use disorder
10:30-10:45 Break and Visit Exhibits
10:45 11:45 "The Chronic" and Chronic Pain: Examining the Role of Cannabis in Pain Management: **John Pacheco**
*Review the "current state" regarding laws, processes, and perspectives on Therapeutic Cannabis in NH and in the room
11:45-12:00 Final Raffle and Adjourn

PowerPoints for these presentations can be found at

<https://www.nhafp.org/conferences.php>

Thank you for attending!