



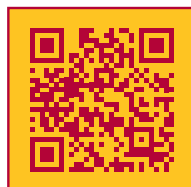
Rheumatology Update for the Clinician

October 9, 2026
2:00 pm- 6:00 pm
October 10, 2026
7:15 am- 3:15 pm

Sheraton Los Angeles San Gabriel
San Gabriel, CA
Live Conference

Keck School of Medicine of **USC**

Presented by:
Department of Medicine
Division of Rheumatology
USC Office of Continuing Medical Education



PROGRAM AGENDA

Friday, October 9, 2026

- 2:00 pm **Registration Opens**
- 2:30 pm **Pre-Course Ultrasound Demonstration**
Shuntaro Shinada, MD and Christine Alexopoulos, PA-C
- 3:45 pm **Welcome and Opening Remarks**
Daniel G. Arkfeld, MD

Session I

Moderator: Glenn R. Ehresmann, MD

- 3:50 pm **Spondyloarthritis Update**
Baljeet Rai, MD
- 4:10 pm **Osteoporosis Treatment Strategies: Mastering the Fundamentals and New Frontiers**
Lauren Mathias, MD
- 4:30 pm **Spine Surgery in Rheumatology Patients**
Patrick C. Hsieh, MD
- 4:50 pm **LA County USC Hospital-Historical Perspective from the Rheumatology Service**
Francisco P. Quismorio, Jr., MD, MACR
- 5:15 pm **Keynote Address**
Challenging Cases in Sarcoidosis
Kristen Mathias, MD, MHS
- 5:45 pm **Questions and Answers**
- 6:00 pm **Adjourn**

Saturday, October 10, 2026

- 7:15 am **Registration and Coffee**
- 8:00 am **Welcome and Opening Remarks**
Daniel G. Arkfeld, MD

Session II

Moderator: Elizabeth Taylor Albert, MD

- 8:05 am **Updates in Osteoarthritis Management**
Jay Karri, MD, MPH
- 8:35 am **Breakfast Break**
- 9:30 am **Sjogren's Update**
Glenn R. Ehresmann, MD
- 9:50 am **Peptides for the Rheumatologist**
Michael Albert, MD
- 10:10 am **Interesting Rheumatology Dermatology Cases**
Binh Ngo, MD
- 10:30 am **Questions and Answers**
- 10:45 am **Break**

PROGRAM AGENDA

Saturday, October 10, 2026

Session III

Moderator: Daniel G. Arkfeld, MD

11:00 am Meet the Professor: Choose Your Discussion

Rheumatoid Arthritis

Tracy Nguyen-Oghalai, MD and Stratos Christianakis, MD

Osteoarthritis

Glenn R. Ehresmann, MD and Elizabeth Taylor Albert, MD

ANA Testing

Martha Delgado, MD, Vickram S. Reehal, MD and

Leanna Marderian Wise, MD, MPH

Biologics in Rheumatology Conditions

Janet Cho, PharmD, BCGP and Negin Sazgar, Pharm D, APh

Pain Management and Fibromyalgia

Jay Karri, MD, MPH, Allison Chacon, PharmD, APh and

Allison Arkfeld, MA, LMFT

Physical Therapy Roundtable

Lori Ginoza, PT, DPT, Yogi Matharu, DPT, OCS, MBA and

Erin M. Hayden, PT, DPT

11:30 am Switch Meet the Professor Discussion

12:00 pm Lunch

Session IV

Moderator: Glenn R. Ehresmann, MD

1:00 pm Physician Extenders in Rheumatology

Christine Alexopoulos, PA-C and Karla Joyce Otero-Vo, FNP-C

1:15 pm Polymyositis Update

Sanjay Chabra, DO

1:45 pm Stump the Chump

Daniel G. Arkfeld, MD, Binh Ngo, MD, Tiffany Chow, MD,

Mohamed Elbathani, MD, Jesus Alejandro Garcia Garza, MD,

Matthew Ghermezi, MD, Sean Lim, MD and Cindy Puga, MD

2:15 pm Sports Medicine

Yogi Matharu, DPT, OCS, MBA

2:35 pm Exercise Dosing and Load Management in the Rheumatology Patient

Erin M. Hayden, PT, DPT

2:50 pm Role of Stretching-Final Stretch

Yogi Matharu, DPT, OCS, MBA and Erin M. Hayden, PT, DPT

3:00 pm Questions and Answers

3:15 pm Adjourn

FACULTY

COURSE DIRECTOR



Daniel G. Arkfeld, MD

Professor of Clinical Medicine
Division of Rheumatology
Department of Medicine
Keck Medicine of USC
Los Angeles, CA

KECK SCHOOL OF MEDICINE OF USC

Division of Rheumatology

Christine Alexopoulos, PA-C

Clinical Instructor of Medicine
Physician Assistant

Stratos Christianakis, MD

Chief, Division of Rheumatology
Professor of Clinical Medicine

Martha Delgado, MD

Assistant Professor of Clinical Medicine

Glenn R. Ehresmann, MD

Clinical Associate Professor of Medicine

Tracy Nguyen-Oghali, MD

Clinical Assistant Professor of Medicine

Francisco P. Quismorio, Jr., MD, MACR, FACP

Professor of Medicine and Pathology

Baljeet Rai, MD

Assistant Professor of Clinical Medicine

Vickram S. Reehal, MD

Assistant Professor of Clinical Medicine

Shuntaro Shinada, MD

Assistant Professor of Clinical Medicine

Elizabeth Taylor-Albert, MD

Assistant Professor of Clinical Medicine

Leanna Marderian Wise, MD, MPH

Assistant Professor of Clinical Medicine

USC FELLOWS

Tiffany Chow, MD

Mohamed Elbathani, MD

Jesus Alejandro Garcia Garza, MD

Matthew Ghermezi, MD

Sean Lim, MD

Cindy Puga, MD

USC FACULTY

Alison Chacon, PharmD, APH

Assistant Professor of Clinical Pharmacy
USC Mann School of Pharmacy
and Pharmaceutical Sciences

Janet Cho, PharmD, BCGP

Clinical Pharmacist
Autoimmune Conditions
USC Mann School of Pharmacy
and Pharmaceutical Sciences

Lori Ginoza, PT, DPT, NCS

Assistant Professor of
Clinical Physical Therapy
Director, Neurologic Physical Therapy
Residency Program
USC Division of Biokinesiology and
Physical Therapy
Herman Ostrow School of Dentistry of USC

Patrick C. Hsieh, MD

Professor of Neurological
and Orthopaedic Surgery
USC Spine Center
Department of Neurological Surgery

Yogi Matharu, PT, DPT, OCS, MBA

Associate Chair, Clinical Services
Director of Physical Therapy
Keck Hospital of USC and
USC Norris Comprehensive Cancer
Center Division of Biokinesiology and
Physical Therapy
Herman Ostrow School of Dentistry of USC

Binh Ngo, MD

Clinical Professor of Dermatology
Department of Dermatology

Negin Sazgar, PharmD, APH

Clinical Pharmacist
Autoimmune Conditions
USC Mann School of Pharmacy
and Pharmaceutical Sciences

FACULTY

GUEST FACULTY

Michael Albert, MD, DABOM

Chief Medical Officer
Vineyard
Clinical Assistant Professor of Medicine
University of Oklahoma Health Sciences Center
Oklahoma City, OK

Allison Arkfeld, MA, LMFT

Somatic Psychotherapist
Carlsbad, CA

Sanjay Chabra, DO

Medical Director
of the Texas Arthritis Center
El Paso, TX

Erin M. Hayden, PT, DPT

Orthopedic Clinical Specialist
Sports Medicine Center
Children's Hospital Colorado
Broomfield, CO

Karla Joyce Otero-Vo, FNP-C

Rheumatology NP
Olive View-UCLA Medical Center
Sylmar, CA

Jay Karri, MD, MPH

Assistant Professor, Pain Medicine and Physiatry
Departments of Orthopaedic
Surgery and Anesthesiology
School of Medicine
University of Maryland
Baltimore, MD

Kristen Mathias, MD, MHS

Assistant Professor, Rheumatology
School of Medicine
The John Hopkins University
Baltimore, MD

Lauren Mathias, MD

Assistant Professor, Rheumatology
Department of Medicine
University Hospitals Cleveland Medical Center
School of Medicine
Case Western Reserve University
Cleveland, OH

COURSE DESCRIPTION

Rheumatology Update for the Clinician is designed to provide rheumatologists and primary care physicians with up-to-date information on how to recognize, diagnose, treat and follow common rheumatologic conditions. Distinguished faculty will give didactic lectures on disease-specific topics including: the diagnosis and treatment of RA, PSA, gout, lupus and Osteoporosis. An in-depth exploration of autoimmunity will be presented. The educational format includes case studies and panel discussions, allowing participants the opportunity to attain and integrate new, practical information into their clinical practices to improve patient care and outcomes. Alternative pain modalities will also be debated and discussed. Additionally, physician extenders will share their rheumatology experience and are looking forward to educational activities in our conference.

EDUCATIONAL OBJECTIVES

By the end of the course, participants will be able to:

- Analyze new and novel treatment in rheumatic disorders especially biologic agents.
- Discuss current guidelines in treating rheumatic disorders.
- Differentiate on a clinical basis from over 150 types of arthritis.
- Distinguish the pathophysiology of RA, SLE, Sjogren's, psoriatic arthritis, polymyositis and AS.
- Explore biosimilar agents used in inflammatory arthritis.
- Review new developments in the field of rheumatology.
- Review sport overuse injuries in older adults.
- Indications for spine surgery will be reviewed.

TARGET AUDIENCE

This course is intended for all levels of healthcare professionals with interest in the care of the rheumatology patient. Audience includes practicing physicians, surgical trainees, medical students, nurses, physicians' assistants and other allied healthcare providers.

ACCREDITATION STATEMENT

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

CREDIT DESIGNATION

The Keck School of Medicine of the University of Southern California designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

The following may apply 7.25 *AMA PRA Category 1 Credit(s)™* for license renewal: Registered Nurses may report up to 7.25 credit hour(s) toward the CME requirements for license renewal by their state Board of Registered Nurses (BRN). CME may be noted on the license renewal application in lieu of a BRN provider number.

Physician Assistants: The National Commission on Certification of Physician Assistants states that *AMA PRA Category 1 Credits™* accredited courses are acceptable CME requirements for recertification.

CANCELLATION POLICY

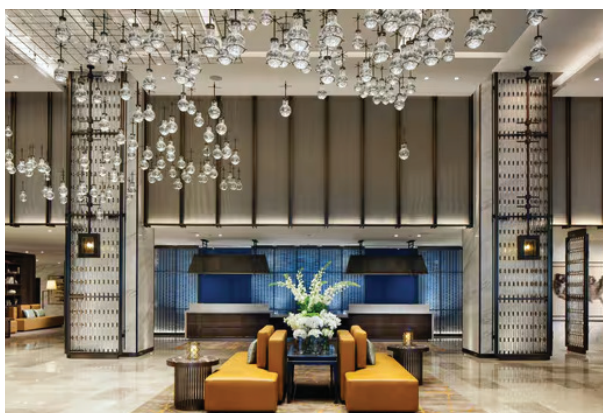
Registration cancellations must be received by the USC Office of CME (fax or email) by October 5, 2026, 12:00 pm PDT for a refund. A \$50 cancellation fee will be applied. In the event of course cancellation by conference organizers, all registration fees will be fully refunded. USC will not refund any travel costs incurred.

HOTEL RESERVATIONS

For reservations at the Sheraton Los Angeles San Gabriel, please visit the following QR code. Parking is \$13 per car for overnight stay.



Hover your phone's camera over image for reservation link.



REGISTRATION FORM

Rheumatology Update for the Clinician

October 9-10, 2026

Live Conference



TUITION

Early bird fees for live registration end on October 5, 2026 at 12:00 pm PDT.
After October 5, 2026: Please register on-site on October 9, 2026.

	Early Bird	After October 5
MD/DO	☐ \$150	☐ \$175
NP/PA/APP	☐ \$100	☐ \$125
RN/AH	☐ \$100	☐ \$125
Fellow/Resident/Student	☐ \$35	☐ \$35

LOCATION

Sheraton Los Angeles San Gabriel Hotel: 303 East Valley Boulevard
San Gabriel, California, 91776

PARKING

Self-parking rate is \$13 per car for overnight and conference attendees.

REGISTRATION

Mail: Office of CME, 1540 Alcazar Street, CHP 223, Los Angeles, CA 90033
Mail-in registration must be postmarked by October 5, 2026.

Online: keckusc.cloud-cme.com/rheum2026

Phone: (323) 442-2555 for AMEX, Mastercard, Visa

Email: uscme@usc.edu | Website: keckusc.cloud-cme.com/rheum2026

On-site: Available October 9, 2:00 pm and October 10, 7:15 am
at the Sheraton Los Angeles San Gabriel Hotel.

Name _____

Degree _____ Medical License Number _____

Email Address* _____ Phone number _____

Address _____

City _____ State _____

Zip Code _____ Specialty _____

Institutional Affiliation _____

Special Dietary or Physical Needs _____

We strive to accommodate dietary recommendations. Please note that not all food items may meet special requirements. Food items will be labeled for your convenience.

*Registration confirmation and event reminder will be emailed.

METHOD OF PAYMENT

No cash accepted.

☐ Check (Payable to USC. Check payment must be postmarked by October 5, 2026)

☐ Credit Card (Mastercard or Visa. AMEX by Phone or Mail only)

Credit Card Number _____

Expiration Date _____ Security Code _____

Authorized Signature _____ Amount _____

COURSES ARE SUBJECT TO CANCELLATION.

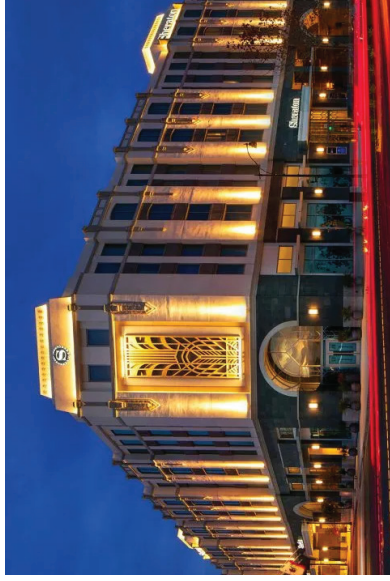


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Office of Continuing Medical Education

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Los Angeles, CA 90033



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