CORE Kidney Presents
Frontiers in Nephrology and Urology

Kidney Stones
What You Should Know

Course Chair: Anjay Rastogi, MD, PhD
Director | CORE Kidney Program
Professor and Clinical Chief
Division of Nephrology | Department of Medicine
David Geffen School of Medicine UCLA
UCLA Health

Saturday, December 19, 2020
9 am - 2 pm, PST
Live Virtual Program
for Healthcare Professionals
**Course Description**
Nephrolithiasis – kidney stones – Kidney stone disease is a common condition encountered in primary care, urgent care and emergency room visits. Kidney stones are more common in men than women, but the gap is closing and the prevalence is increasing. There is also a significant chance of recurrence with kidney stones, possibly due to the rise in obesity, a known risk factor for kidney stones. Often the care of a patient with kidney stone is fragmented with work up and follow up lacking. The best approach to kidney stone disease management includes an interdisciplinary approach with nephrologists and urologists working with the primary care providers. Lifestyle changes are important as studies have shown that diet and lifestyle affect the risk of developing stones. Also, there have been significant advances recently in the diagnosis and identification of the different types of kidney stones, and potential treatment modalities. The purpose of this symposium is to provide healthcare providers with knowledge on standard and advanced diagnostic work up and management (both medical and surgical) of kidney stones and an update on recent advances especially genetic causes with a focus on primary hyperoxaluria.

**Course Objectives**
At the conclusion of this activity, participants will be able to:
- Understand the burden of kidney stone disease
- Describe the risk factors and causes of kidney stones including the rare but important genetic causes
- Learn the different types of kidney stones
- Review and manage the diagnosis of kidney stones
- Examine when and what to order for a kidney stone work up – going beyond the standard metabolic work up and looking at genetic causes
- Improve their understanding of primary hyper-oxaluria
- Explain the indication and types of surgical intervention
- Recognize the medical management and life style changes

**Target Audience**
Nephrologists, urologists, geneticists, pediatricians, surgeons, interventional nephrologists, primary care physicians, family medicine physicians, internists, nurse practitioners, physician assistants, nurses, dietitians, social workers, technicians, health care affiliates, industry, researchers, and trainees.

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<tr>
<th>Course Title and Number</th>
<th>Registration Fee</th>
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<td>Frontiers in Nephrology and Urology</td>
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$25

**Register online:**
www.cme.ucla.edu/courses/Kidney2020

**For additional questions:**
Email: uclacme@mednet.ucla.edu
Call: (310) 794-2620

**Accreditation Statement**
The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The California State Board of Registered Nursing accepts courses approved by the AMA for category 1 credit as meeting the continuing education requirements for license renewal. Nurses from states other than California should inquire with their local State Board for specific continuing education policies.

**ABIM MOC**
Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 4.5 Medical Knowledge and Practice Assessment MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

**Disclosure Statement**
The FDA has issued a concept paper that classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is truly independent and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program’s participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the provider adequately manage all identified potential conflicts of interest prior to the program. UCLA fully endorses the letter and spirit of these concepts.
9:00 am – 9:15 am
Welcome and Introduction
Anjay Rastogi, MD, PhD
• Program overview
• Advancing American Kidney Health Initiative – Where Do We Stand and Where Do We Go From Here? Slowing down the progression of kidney disease

9:15 am – 10:00 am
Kidney Stone Disease
David Goldfarb, MD, FASN
• Introduction to kidney stone disease
  o Burden of the disease state
  o Types of kidney stones
  o Causes of kidney stones
• Metabolic work-up for kidney stone and beyond

10:00 am – 10:30 am
Genetics and Kidney Stones
David Goldfarb, MD, FASN
• Genetic overview for nephrologists
• Review the monogenic causes of kidney stones
• Genetic testing improves diagnosis, disease management and outcomes

10:30 am – 11:30 am
Primary Hyperoxaluria Disease and Novel Treatments
John Lieske, MD
• Epidemiology of hyperoxaluria
• Clinical signs and symptoms
• Clinical diagnosis
• Management of primary hyperoxaluria including significance beyond kidney disease

11:30 am – 11:45 am
BREAK

11:45 am – 12:15 pm
Medical Management of Kidney Stones
David Goldfarb, MD, FASN
• Treat the underlying cause
• Lifestyle including dietary modifications
• Medical management
### PROGRAM SCHEDULE (continued)
**SATURDAY, DECEMBER 19, 2020**
**9 AM – 2PM (PST)**

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>12:15 pm – 1:00 pm</td>
<td>Surgical Management of Kidney Stones</td>
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<td>Margaret S. Pearle, MD, PhD, FRCS</td>
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<td>1:00 pm – 1:45 pm</td>
<td>Panel Discussion</td>
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<td>All Faculty</td>
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<td>1:45 pm – 2:00 pm</td>
<td>Concluding Remarks and Take-Home Messages</td>
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<td>Anjay Rastogi, MD, PhD</td>
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<td>2:00 pm</td>
<td>Adjourned</td>
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### COURSE CHAIR

Anjay Rastogi, MD, PhD  
Director | CORE Kidney Program  
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Division of Nephrology | Department of Medicine  
David Geffen School of Medicine UCLA  
UCLA Health

### COURSE FACULTY

John Lieske, MD  
Nephrology  
Mayo Clinic, Rochester, MN

David Goldfarb, MD FASN  
Professor of Medicine & Physiology  
Chief of Nephrology  
Director of the Kidney Stone Prevention Program  
NYU Langone Health

Margaret S. Pearle, MD, PhD, FRCS  
Professor and Vice Chair  
Department of Urology  
UT Southwestern Medical Center

### GENERAL INFORMATION

**Fee:** $25.00

**Live Virtual Conference**
The conference will be live streamed. In addition, course registrants will be provided on-demand access to a recording of the conference during the three-week period immediately following the conference.

**Enrollment Online**
Go to: www.cme.ucla.edu/courses/Kidney2020

You may use your MasterCard, Visa, American Express or Discover card to register.