



Coastal Research Institute

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CRI Presents...

The Patient Centric Conference: EMPOWER YOU

Date: August 26, 2023 | Location: Town and Country Beach Resort, San Diego, California

Course Directors: Krishnan Chakravarthy, MD, PhD, David W. Lee, MD

Synopsis: Coastal Research Institute will launch the first of its kind patient-facing, chronic pain conference **EMPOWER YOU** in Southern California focusing on patient education with regards to the growing pain specialty therapy options. Though education of pain physicians continues to be a critical element of access, **EMPOWER YOU** will focus on patients and their ability to understand their options. **EMPOWER YOU** will be a landmark moment for our growing specialty as we help use evidence-based approaches to educate the most important individuals in our care continuum: patients.

Friday, August 25, 2023			
Time	Location	Topic	Faculty
	Town & Country A	<i>Exhibitor Set Up and Early Registration</i>	
5:30-6:30P	Flamingo Lawn	<i>Institute Faculty Event - Welcome Reception hosted by APM Wealth</i>	

Saturday, August 26, 2023			
Time	Location	Topic	Faculty
7:00-8:00A	Palm 1	<i>Faculty Breakfast hosted by Nalu</i>	
7:00-8:00A	Town & Country Foyer	<i>Registration and Breakfast</i>	
8:00-8:15A	Town & Country B/C	<i>Welcome and CRI Intro (Who we are and our vision)</i>	Krishnan Chakravarthy MD, PhD
8:15-8:35A	Town & Country B/C	What is "Interventional Pain Management"	Moderated by David W. Lee, MD Panelists: Ricardo Vallejo, MD, Pooja Chopra, MD, Zach Cohen, MD, and Vivek Babaria, MD
8:35-9:00A	Town & Country B/C	Treatment Options for Chronic Low Back Pain Part 1	Moderated by: Krishnan Chakravarthy, MD, PhD Ricardo Vallejo, MD, Dan Bates, MD, Rick Paicius, MD, and Robert D. Heros, MD
9:00-9:20A	Town & Country B/C	Treatment Options for Chronic Low Back Pain Part 2	Moderated by: Krishnan Chakravarthy, MD, PhD Michael J. Dorsi, MD, Choll Kim, MD, and Michael Oh, MD
9:20-10:00A	Town & Country A	<i>Break with Exhibits and Product Theaters</i> <i>Product Theater #1 - 9:20-9:35A - Medtronic</i> <i>Product Theater #2 - 9:35-9:50- Coastal Regenerative Orthopedics & Wellness Centers</i>	Medtronic: Engineering the Extraordinary with technology that matters Regenexx: Alternative to Surgery & Steroid Injections/Dr. Alane Costanzo
10:00-10:40A	Town & Country B/C	Treatment Options for Chronic Neck Pain	Moderated by: David W. Lee, MD Michael J. Dorsi, MD in, Choll Kim, MD, and Dan Bates, MD



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10:40-11:00A	Town & Country B/C	Cannabis, Opiates and Psychedelics - What They Are, What They Do	Joel Castellanos, MD
11:00-11:30P	Town & Country B/C	Complex Regional Pain Syndrome (CRPS): Understanding the Intangible and What You Can Do About It	Moderated by: Rick Paicius, MD Chau Vu, MD, Nathan Perrizo, DO, and David W. Lee, MD
11:30-11:50P	Town & Country B/C	Nerve Pain and Diabetic Peripheral Neuropathy: Where Does it Come From and How to Manage It	Moderated by: David W. Lee, MD Pooja Chopra, MD, Zach Cohen, MD, Dan Bates, MD, and Roya Moheimani, MD
12:00-1:00 P	Town & Country D	<i>Lunch Symposium Sponsored by Medtronic (Cancer Pain Focus)</i>	
1:00-2:00P	Town & Country B/C	Keynote Presentation: Meditation and Pain Tuning Into New Potentials	Krishnan Chakravarthy, MD, PhD, Hemal Patel, PhD, and Dr Joe Dispenza
2:00-2:20P	Town & Country B/C	New Treatment Options for Pelvic and Abdominal Pain	Moderated by: Krishnan Chakravarthy, MD, PhD Alane B. Costanzo, MD, Roya Moheimani, MD, Chau Vu, MD, and Gina Giron, PA
2:20-2:50P	Town & Country A	<i>Break with Exhibits and Product Theaters Product Theater #3 - 2:20-2:35P-PainTeq Product Theater #4 - 2:35-2:50P-Mainstay</i>	<i>PainTEQ: Minimally invasive treatment option for low back and sacroiliac joint pain</i> <i>Mainstay: Restorative Neurostimulation: Empowering Patients' Return to Function</i>
2:50-3:10P	Town & Country B/C	Getting "Ahead" of Migraine and Headaches- Identification, Prevention and Treatments	Moderated by: Krishnan Chakravarthy, MD, PhD Michael Verdolin, MD, Nathan Miller, MD, Nathan Perrizo, DO, and Jack Schim, MD
3:10-3:30P	Town & Country B/C	Novel Advances in Regenerative and Functional Medicine Lifestyle and Integrative medicine for Chronic Pain	Alane B. Costanzo, MD and Danielle Sarno, MD
3:30-3:50P	Town & Country B/C	Why it's Important to Tell Your Clinician About All the Medications (or Alcohol) You Use - Dangerous Mixtures -	Krishnan Chakravarthy, MD, PhD, Vivek Babaria, MD, and Gina Giron, PA
3:50-5:00P	Town & Country B/C	Patient Panel - Hear from Other Patient Experiences Faculty Q & A	Moderated by David W. Lee, MD, and Krishnan Chakravarthy, MD, PhD Patient Spotlight: Justine Feitelson - CRPS & DRG Jason Dworman-SI Joint Function Mike Dougherty-REACTIV-8 All Faculty Panel
5:00-6:00P	Town & Country D	<i>Reception and Final Raffle Drawing (Must be Present to Win) Sponsored by Curonix</i>	
7:00-8:00P	Palm 1&2	<i>Faculty Dinner at Town and Country contributing Sponsor Mainstay Medical</i>	
8:00-10:00P	Palm 1&2	<i>Coastal Cocktails and Desserts Thank You Reception Sponsored by CRI</i>	