

TOMA

# MIDWINTER CONFERENCE 2026



Honoring Our Legacy, Empowering Our Future

IN CONROE  
FOR THE  
FIRST TIME!



FEB. 27–MARCH 1, 2026  
**HYATT REGENCY**  
1001 GRAND CENTRAL PARKWAY  
**CONROE, TX**



SNEAK PEEK COCKTAIL RECEPTION  
AT THE NEW SHSU COLLEGE OF  
OSTEOPATHIC MEDICINE



CONFERENCE PROGRAM



# TOMA MIDWINTER CONFERENCE 2026



**Honoring Our Legacy, Empowering Our Future**

**FEB. 27–MARCH 1, 2026**  
**HYATT REGENCY**  
**1001 GRAND CENTRAL PARKWAY**  
**CONROE, TX**

## *President's Welcome*

Welcome to the Texas Osteopathic Medical Association's (TOMA) 70th MidWinter Conference! It is truly an honor to gather in Conroe for the first time, just steps away from the brand new Sam Houston State University College of Osteopathic Medicine (SHSU-COM) facilities. This year's conference is especially momentous as we proudly celebrate 125 years of TOMA's leadership, service and unwavering commitment to advancing osteopathic medicine in Texas. Our centennial celebration brings together physicians, healthcare professionals and industry partners from across the state for three inspiring days of education, innovation and connection.

Under the leadership of the TOMA Planning Committee—co-chaired by Drs. Robert Suter and Elizabeth Sargent—this year's program has been thoughtfully designed to support your professional growth and celebrate the strength of our community. We are offering more CME than ever before, with 17 in-person hours and an additional 13 on-demand hours available following the conference. On Friday evening, we invite you to kick off the celebration with a cocktail reception in the lobby of SHSU-COM.

Saturday will feature a dedicated student and resident track, along with our annual live poster competition—showcasing the outstanding research and innovation of TOMA's future osteopathic leaders. Attendees will have the opportunity to engage with presenters, ask questions and celebrate the next generation of our profession. The day will conclude with a festive celebratory dinner.

Be sure to visit the company showcase area on Friday and Saturday to explore innovative products and services from our valued sponsors.

As we celebrate 70 years of MidWinter excellence and more than a century of osteopathic leadership, we hope this conference leaves you inspired, energized and proud of our profession. This weekend is a time to reconnect with colleagues, forge new relationships, honor our legacy and look ahead to the bright future of osteopathic medicine.

Warmest Regards,

Lawrence Verfurth DO, FACOI  
TOMA President

## *Registration Hours*

Friday, February 27 ..... 7:15 AM – 5:45 PM  
Saturday, February 28 ..... 7:15 AM – 4:45 PM  
Sunday, March 1 ..... 7:30 AM – 12:45 PM

## *Sponsor Showcase Hours*

Friday, February 27 ..... 7:30 AM – 4:45 PM  
Saturday, February 28 ..... 7:00 AM – 4:30 PM

## *Accreditation*

Texas Osteopathic Medical Association is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

TOMA designates this program for up to 30 AOA Category 1-A CME credits, including 1 Opioid credit, 3 hours of Ethics/Risk Management, and 1.25 Human Trafficking credits, and will report CME commensurate with the extent of the physician's participation in this activity.

## *Lunch on Your Own*

For Friday, lunch will be on your own. There are several options on the property and in the surrounding areas. Please visit the registration desk for suggestions as needed.

## *Thank You Sponsors*

We are incredibly grateful to the 70th Annual MidWinter Conference sponsors and extend special thanks to TMF Health Quality Institute, our Premier & Awards Luncheon Sponsor, for their outstanding support.

Aevum  
Dean Jacobson Financial Services  
ExamWorks  
Medeia  
MedTech International Group  
ReviverRX  
SVMIC  
Texas Center for Patient Safety  
TMF Health Quality Institute  
UTMB - Correctional Managed Care

# Schedule at-a-Glance

TOMA 70TH MIDWINTER CONFERENCE  
FEB. 27-MARCH 1, 2026

All lectures will be held in Lone Star Ballroom (1st Floor) unless otherwise noted

## FRIDAY, FEBRUARY 27

7:15 AM – 5:45 PM Registration Open	Lone Star Foyer	9:55 AM – 10:55 AM Resistant Hypertension and Hypertensive Urgency <i>Anush Pillai, DO, FAAPP</i>	3:20 PM – 3:35 PM Refreshment Break <i>Sponsored by TMF Health Quality Institute</i>
7:30 AM – 4:45 PM Sponsor Showcase Open	Lone Star Foyer	11:00 AM – 12:00 PM Primary Care Updates: Heart Failure Management <i>Krishna Kapoor, MD; Tagbo "Charles" Nduka, MD; Luis E. Santiago Ortiz, DO</i>	3:35 PM – 4:35 PM Hospice and Palliative Care: Fact vs Fiction <i>Martha L. Danhof, DO, FACP</i>
7:45 AM – 8:45 AM Welcome Breakfast Opening remarks by TOMA President <i>Lawrence Verfurth DO, FACOI</i>	Lone Star Ballroom	12:00 PM – 1:00 PM Lunch on Your Own	4:45 PM – 5:45 PM Reproductive Health Essentials for Osteopathic Clinicians: Practical Tools for Primary Care <i>Paul W. Zarutskie, MD</i>
8:45 AM – 9:45 AM The Vape Store and More: Understanding the Legal Products Damaging the Mental Health of Your Patients <i>Helene Alphonso, DO</i>		1:10 PM – 2:10 PM Restoring Function in an Equestrian Athlete Through Osteopathic Manipulative Medicine: A Case Report <i>Dinah Arafah, OMS-III; Carol Browne, DO, FACOP</i>	6:00 PM – 7:30 PM TOMA Welcome Reception <i>Sponsored by Dean Jacobson Financial Services</i>
		2:20 PM – 3:20 PM Addiction: Recognition and Treatment (OPIOID) <i>Shawn Williams, DO</i>	<i>Hosted by SHSU-COM</i>

## SATURDAY, FEBRUARY 28

7:00 AM – 7:45 AM Breakfast Available	Lone Star Ballroom	10:00 AM – 11:00 PM Walnut Room   1st Floor The Osteopathic Elevator Pitch <i>Student/Resident Track</i> <i>Carol Browne, DO, FACOP</i> *also available on-demand	3:10 PM – 3:30 PM Refreshment Break
7:00 AM – 4:30 PM Sponsor Showcase Open	Lone Star Foyer	11:00 AM – 12:20 PM Walnut Room   1st Floor Student/Resident Poster Session Competition	3:30 PM – 4:30 PM Bridging Care Gaps: Growing Confidence in Primary Care Psychiatry <i>Karen Nelson, Ph.D; Kathryn Potter, MD</i>
7:15 AM – 4:45 PM Registration Open	Lone Star Foyer	12:30 PM – 2:00 PM Lone Star Ballroom TOMA Business Meeting & Awards Luncheon <i>Lunch Provided &amp; Sponsored by TMF Health Quality Institute</i>	3:30 PM – 4:30 PM Walnut Room   1st Floor How to Succeed in a Clerkship <i>Student Track</i> <i>Ava Stanczak, DO, FACOP</i> *also available on-demand
7:50 AM – 9:50 AM Clinical Applications of Artificial Intelligence: Decision Support, Remote Monitoring and Human-Centered Care Models <i>Xuewei Chen, Ph.D., M.Ed., MCCHES; Simon Koch, Ph.D.; Rangaprasad Sarangarajan, Ph.D.; Vinoth Sittaramane Ph.D.</i>		2:10 PM – 3:10 PM The Use of Osteopathic Manual Medicine for Persons With Disabilities <i>Ava Stanczak, DO, FACOP</i>	4:30 PM – 5:30 PM Free Time
10:00 AM – 11:00 AM Cognitive Bias and Other Threats to the Pillars of Medical Ethics and Patient Safety (ETHICS/RISK) <i>David Garza, DO</i>		2:10 PM – 3:10 PM Walnut Room   1st Floor Putting Your Career Together <i>Student/Resident Track</i> <i>TBD</i>	5:30 PM – 6:00 PM Lone Star Foyer Sip & Socialize
			6:00 PM – 9:00 PM Lone Star Ballroom TOMA 125th Anniversary Celebration Dinner

## SUNDAY, MARCH 1

7:00 AM – 7:45 AM Breakfast Available	Lone Star Ballroom	9:10 AM – 10:10 AM All About Adult ADHD <i>Rohini Mehta, MD, FAPA</i>	12:40 PM – 1:40 PM Using Bioethical Principles to Navigate the Texas Advance Directive Act <i>Maria Botero, Ph.D</i>
7:30 AM – 12:45 PM Registration Open	Lone Star Foyer	10:20 AM – 11:20 AM #Health: The Physician's Guide to Social Media Medicine <i>Janet Gregory, DO, FAADM</i>	1:45 PM – 2:45 PM The Evolution of the Current Treatment for Open Neural Tube Defects and the Expanded Role for Primary Care <i>Stephen A. Fletcher, DO</i>
8:00 AM – 9:00 AM Primary Care Updates: Vascular Disease Management <i>Zuhair Afsar, DO; Adwoa Agyei, DO; Brooke Fitch, DO; Sanum Khan, DO; Yasemin Polat, DO</i>		11:30 AM – 12:30 PM Lone Star Foyer Lunch (Box Lunch Provided)	2:45 PM Conference Adjourns

## FRIDAY, FEBRUARY 27

8:45 AM – 9:45 AM

### **The Vape Store and More: Understanding the Legal Products Damaging the Mental Health of Your Patients**

*Helene Alphonso, DO – John Peter Smith Hospital*

This session addresses the growing challenge of patients using substances that are legal but pose significant health risks. Attendees will gain evidence-based insight into commonly used products and their potential neurochemical and mental health consequences, with emphasis on effective patient communication to reduce harmful outcomes. The session also reviews the history and current research surrounding psychedelics amid increased public attention and experimentation. Practical examples of motivational interviewing and 12-step facilitation techniques will be discussed to support abstinence, risk reduction and informed clinical guidance.

9:55 AM – 10:55 AM

### **Resistant Hypertension and Hypertensive Urgency**

*Anush Pillai, DO, FAFAP – CME Travel Academy; Village Medical*

This high-yield session provides a practical framework for accurately diagnosing resistant hypertension and distinguishing it from pseudo-resistance, white coat hypertension, and masked hypertension. Attendees will learn a guideline-based, cost-effective and patient-centered approach to evaluating secondary causes of hypertension, along with step-by-step strategies for pharmacologic and nonpharmacologic management. The session also addresses the critical distinction between asymptomatic severe hypertension and true hypertensive emergencies, reviewing evidence-based approaches to reduce mismanagement, morbidity and mortality. Participants will leave with actionable strategies to improve diagnostic accuracy, treatment decisions and patient outcomes.

11:00 AM – 12:00 PM

### **Primary Care Updates: Heart Failure Management**

*Krishna Kapoor, MD; Tagbo "Charles" Nduka, MD;  
Luis E. Santiago Ortiz, DO – CHRISTUS Health*

This session reviews key diagnostic tools used in the evaluation of heart failure and current guideline-based treatment strategies. Attendees will explore emerging medication classes that have demonstrated improvements in morbidity and mortality, with discussion centered on practical application in clinical practice. Emphasis is placed on evidence-based decision-making to optimize outcomes for patients with heart failure.

1:10 PM – 2:10 PM

### **Restoring Function in an Equestrian Athlete Through Osteopathic Manipulative Medicine: A Case Report**

*Dinah Arafah, OMS-III; Carol Browne, DO, FACOP – UIW-SOM*

This interactive case-based session examines the osteopathic evaluation and management of equestrian-related injuries. Attendees will analyze patient history, chief concerns and differential diagnoses while exploring the biomechanics of horseback riding and related injury mechanisms. The session guides participants through osteopathic structural examinations, interpretation of findings and clinical reasoning used to select appropriate OMM techniques. Demonstrations of relevant techniques will be incorporated throughout, followed by audience discussion to reinforce the application of principles and answer participant questions.

2:20 PM – 3:20 PM

### **Addiction: Recognition and Treatment (OPIOID)**

*Shawn Williams, DO – UIW-SOM*

This session addresses the growing challenge of patients using substances that are legal but pose significant health risks. Attendees will gain evidence-based insight into commonly used products and their potential neurochemical and mental health consequences, with emphasis on effective patient communication to reduce harmful outcomes. The session also reviews the history and current research surrounding psychedelics amid increased public attention and experimentation. Practical examples of motivational interviewing and 12-step facilitation techniques will be discussed to support abstinence, risk reduction and informed clinical guidance.

All lectures will be held in Lone Star Ballroom (1st Floor) unless otherwise noted

## FRIDAY, FEBRUARY 27 (cont.)

3:35 PM – 4:35 PM

### Hospice and Palliative Care: Fact vs Fiction

*Martha L. Danhof, DO, FACP – Texas Health Resources: Hurst Euless Bedford*

This session provides a clear overview of hospice and palliative care, addressing common myths and misconceptions. Attendees will review the purpose and completion of MOST, DNR and MPOA forms and gain practical guidance for discussing serious or terminal illness with patients. Emphasis is placed on improving understanding, communication and decision-making in end-of-life care.

4:45 PM – 5:45 PM

### Reproductive Health Essentials for Osteopathic Clinicians: Practical Tools for Primary Care

*Paul W. Zarutskie, MD – SHSU*

This session provides osteopathic clinicians in primary care and obstetrics with practical, evidence-based approaches to common reproductive health presentations. Attendees will review clinic-ready frameworks for endocrine and cycle evaluation, including PCOS, thyroid disease, insulin resistance, obesity, irregular menses, and early pregnancy loss, as well as preconception optimization and early infertility triage for women and men. Assisted reproduction is discussed in the context of supporting expectation setting, high-quality referrals, and coordinated care, with an emphasis on clear orders, concise counseling, and timely access to specialty evaluation.

## 2026 POSTER COMPETITION

SATURDAY • 11:00 AM-12:20 PM • WALNUT ROOM (1ST FLOOR)

Don't miss the poster competition, featuring research projects presented by the next generation of osteopathic physicians.



## SATURDAY, FEBRUARY 28

7:50 AM – 9:50 AM

### Clinical Applications of Artificial Intelligence: Decision Support, Remote Monitoring and Human-Centered Care Models

*Xuewei Chen, Ph.D., M.Ed., MCCHES; Simon Koch, Ph.D.; Rangaprasad Sarangarajan, Ph.D.; Vinoth Sittaramane Ph.D – SHSU*

This evidence-driven workshop explores how artificial intelligence is being responsibly integrated into contemporary clinical practice. Attendees will examine AI-enabled remote patient monitoring for chronic disease management, assess the real-world capabilities and limitations of AI in medicine and review clinical decision support and diagnostic applications. The session also highlights human-centered AI and mobile health tools designed to improve communication, access and trust, particularly in rural settings.

Together, these perspectives provide a practical framework for evaluating and implementing AI across diverse clinical environments.

## SATURDAY, FEBRUARY 28 (cont.)

10:00 AM – 11:00 AM	<b>Cognitive Bias and Other Threats to the Pillars of Medical Ethics and Patient Safety (ETHICS/RISK)</b> <i>David Garza, DO – UIW-SOM</i>	
	This session reviews common cognitive errors and biases that contribute to diagnostic and therapeutic mistakes in healthcare. Attendees will explore strategies to reduce bias and examine how osteopathic philosophy, principles and practices support an open-minded, whole-person approach to patient care.	
10:00 AM – 11:00 AM	<b>The Osteopathic Elevator Pitch (Student/Resident Track)</b> <i>Carol Browne, DO, FACOP – UIW-SOM</i>	<i>Walnut Room (1st Floor)</i>
	This session explores the history and evolution of osteopathic medicine through the lens of A.T. Still's original vision. Attendees will learn how to develop a clear and effective elevator pitch that communicates the meaning and value of being an osteopathic physician, followed by guided reflection and group discussion.	
2:10 PM – 3:10 PM	<b>The Use of Osteopathic Manual Medicine for Persons With Disabilities</b> <i>Ava Stanczak, DO, FACOP – SHSU</i>	
	This session reviews osteopathic techniques used to treat patients with special needs, including adaptations for safe and effective care. Attendees will also explore considerations for prescribing wheelchairs and the role of osteopathic manipulative medicine in supporting this patient population.	
2:10 PM – 3:10 PM	<b>Putting Your Career Together (Student/Resident Track)</b> <i>TBD</i>	<i>Walnut Room (1st Floor)</i>
	This session helps resident physicians take an intentional approach to building a career aligned with personal values, priorities and professional goals. Attendees will explore common post-residency pathways and learn how early career decisions can be made thoughtfully without limiting future options. The discussion provides practical guidance on mentorship, CV development, professional relationships and self-advocacy while emphasizing flexible career planning that evolves with changing interests, life circumstances and long-term well-being.	
3:30 PM – 4:30 PM	<b>Bridging Care Gaps: Growing Confidence in Primary Care Psychiatry</b> <i>Karen Nelson, Ph.D; Kathryn Potter, MD – SHSU-COM</i>	
	This session addresses the challenges of delivering psychiatric care in primary care settings amid limited access to specialty services. Attendees will explore practical strategies for managing common psychiatric conditions, safely initiating treatment and identifying clear indications for referral to psychiatry. Through case-based discussion, the session emphasizes balancing accessibility with patient safety to support timely, effective and compassionate mental health care.	
3:30 PM – 4:30 PM	<b>How to Succeed in a Clerkship (Student Track)</b> <i>Ava Stanczak, DO, FACOP – SHSU-COM</i>	<i>Walnut Room (1st Floor)</i>
	This session offers practical tips to enhance the clerkship learning experience, with guidance on setting expectations, navigating challenges and avoiding common problems.	

## SUNDAY, MARCH 1

8:00 AM - 9:00 AM

### Primary Care Updates: Vascular Disease Management

*Zuhair Afsar, DO; Adwoa Agyei, DO; Brooke Fitch, DO; Sanum Khan, DO;  
Yasemin Polat, DO – CHRISTUS Health*

This session reviews current guideline-based management of vascular disease, with emphasis on coronary artery disease and peripheral artery disease. Attendees will examine recent evidence on long-term beta blocker use and explore antiplatelet strategies including monotherapy, dual antiplatelet therapy and dual pathway inhibition across relevant comorbidities.

9:10 AM – 10:10 AM

### All About Adult ADHD

*Rohini Mehta, MD, FAPA – UIW-SOM*

This session addresses the evaluation and management of inattention in adult patients, with focus on the diagnostic challenges of adult ADHD. Attendees will review strategies to optimize assessment, differentiate ADHD from other conditions and approach treatment, including considerations for special populations where clinical decision-making is more complex.

10:20 AM – 11:20 AM

### #Health: The Physician's Guide to Social Media Medicine

*Janet Gregory, DO, FAAEM – SHSU*

This session explores the growing influence of social media on health information and clinical decision-making. Attendees will examine how algorithm-driven content and viral health claims shape patient beliefs, often outpacing scientific evidence. The discussion reviews selected high-visibility social media health trends, evaluates their clinical relevance and potential harms and addresses challenges physicians face when patients present with self-diagnoses formed online. Participants will develop practical communication strategies to counsel patients effectively, correct misinformation and support evidence-based care while maintaining trust and therapeutic rapport.

12:40 PM – 1:40 PM

### Using Bioethical Principles to Navigate the Texas Advance Directive Act

*Maria Botero, Ph.D – SHSU*

This session examines the bioethical principles underlying the Texas Advance Directives Act (TADA) and the changes introduced by HB 3162 in 2023. Attendees will explore the concept of medical futility, its role in medical decision-making and advance directives and the ethical challenges associated with its application. Practical guidance will be provided for evaluating cases involving medical futility and end-of-life care.

1:45 PM – 2:45 PM

### The Evolution of the Current Treatment for Open Neural Tube Defects and the Expanded Role for Primary Care

*Stephen A. Fletcher, DO – UTHealth Houston: McGovern Medical School*

This session provides a historical review of surgical management of open spina bifida in children over the past 50 years. Attendees will examine the evolution of treatment approaches, key research findings and the current state of care informed by long-term clinical experience.

## AT-A-GLANCE

### A.T. Still, Malaria, Medicine, Quinine and GOD

*Daryl J. Callahan, DO*

### Doctor's First Aid Kit & Lightening Injuries

*Robert C. Allen, DO, FACEP, Col (Ret) USAF MC CFS*

### Force of Habit: Approach to Thoughtful Discussions about Wellness in Children & Teens

*Lesley Gardiner, MD, PhD, FAAP; Natasha Shah, MD, FAAP*

### Getting Paid: Mastering Defensible Documentation

*Cynthia Penkala, CMM, FACMPE*

### High Reliability Medicine: What Healthcare Can Learn From TOPGUN

*Kris M. Belland, DO, MPH, MBA, MSS, CPE*

### How to Succeed in a Clerkship

*Ava Stanczak, DO, FACOP*

### Human Trafficking: Training for Healthcare Professionals (HUMAN TRAFFICKING)

*Muriel Lanford, MSN, RN, TCRN*

### Low Back Pain - Always Be More Specific

*Sujan Gogu, DO, FAAFP*

### Skin Cancer Detection and Office-Based Management: An Update for Busy Physicians

*Rick Lin, DO, MPH, FAOCD*

### The Osteopathic Elevator Pitch

*Carol Browne, DO, FACOP*

### To Code or Not to Code: That is the Question!

*Martha L. Danhof, DO, FACP*

### When Things Go Wrong: Handling Adverse Events and Navigating the Legal System (ETHICS/RISK)

*Mr. Jeffrey A. Woods, JD*

## Session Descriptions

### A.T. Still, Malaria, Medicine, Quinine and GOD

*Daryl J. Callahan, DO – KansasCOM*

This session examines the medical and philosophical journey of A.T. Still, founder of osteopathy, through his experiences with malaria and treatment with quinine during the mid-nineteenth century. Attendees will explore how limited understanding of parasitology and germ theory influenced Still's evolving views on medicine, spirituality and the musculoskeletal system, ultimately shaping the creation of osteopathy. The session also reviews current malaria epidemiology, pathophysiology, diagnosis, prevention and osteopathic treatment, highlighting Still's holistic legacy as a relevant and underutilized evidence-based model.

### Doctor's First Aid Kit & Lightening Injuries

*Robert C. Allen, DO, FACEP, Col (Ret) USAF MC CFS*

This two-part session addresses preparedness for medical emergencies in both clinical and community settings. The first portion focuses on essential physician first aid kits, emphasizing advanced bleeding control techniques such as tourniquets, wound packing and battle dressings, along with immediate access to medications for anaphylaxis. The second portion examines lightning injuries, covering the physics and physiology of lightning strikes, immediate treatment considerations and strategies to reduce risk and improve patient safety.

### Force of Habit: Approach to Thoughtful Discussions about Wellness in Children and Teens

*Lesley Gardiner, MD, PhD, FAAP; Natasha Shah, MD, FAAP – SHSU-COM*

This session addresses the challenges of discussing wellness with children, teens and families amid widespread misinformation and social media influence. Attendees will examine trends driving the rise in chronic conditions such as childhood obesity and eating disorders and review current wellness recommendations. The discussion focuses on practical techniques for thoughtful, preventive conversations about healthy habits and strategies to overcome common barriers, supporting long-term pediatric health and improved patient engagement.

### Getting Paid: Mastering Defensible Documentation

*Cynthia Penkala, CMM, FACMPE – American Osteopathic Association*

This session focuses on improving clinical documentation to support appropriate reimbursement. Attendees will learn how an enhanced SOAP note structure can strengthen defensibility, reduce payer denials and help ensure payment for services provided.

### High Reliability Medicine: What Healthcare Can Learn From TOPGUN

*Kris M. Belland, DO, MPH, MBA, MSS, CPE – Aerospace Medicine Strategic Consultation (AMSC), PLLC*

This session connects osteopathic philosophy with proven safety practices from high-reliability organizations such as naval aviation, where errors are anticipated, identified early and mitigated before harm occurs. Attendees will explore how principles of whole-person care, systems thinking and environment align with strategies including crew resource management, standardization and brief-debrief culture. Drawing on aviation safety models, the session examines why preventable harm persists in healthcare and how osteopathic physicians are uniquely positioned to lead high-reliability transformation that improves outcomes, strengthens teams and reduces burnout.

## Session Descriptions cont.

### How to Succeed in a Clerkship

*Ava Stanczak, DO, FACOP – SHSU-COM*

This session offers practical guidance to enhance the clerkship experience, with strategies for setting expectations, navigating challenges and avoiding common pitfalls.

### Human Trafficking: Training for Healthcare Professionals (HUMAN TRAFFICKING)

*Muriel Lanford, MSN, RN, TCRN – Ransomed Life of Texas*

This session provides healthcare professionals with essential knowledge about human trafficking (HT), including key facts and common misconceptions. Attendees will learn how to recognize indicators and deliver appropriate, patient-centered responses across practice settings. This presentation is a State of Texas-approved Human Trafficking course for healthcare practitioners.

### Low Back Pain - Always Be More Specific

*Sujan Gogu, DO, FAAFP – DHR Health*

This session equips clinicians with practical strategies to evaluate and treat low back pain using an anatomy-based, evidence-driven approach. Attendees will review accurate diagnosis, appropriate imaging and identification of red flags, along with effective conservative and interventional management options. Practical cases highlight the roles of physical therapy, osteopathic manipulative treatment and emerging therapies designed to improve patient outcomes.

### Skin Cancer Detection and Office-Based Management: An Update for Busy Physicians

*Rick Lin, DO, MPH, FAOCD – South Texas Dermatology*

This case-based session equips busy clinicians with practical strategies to recognize, biopsy and manage common skin cancers within typical clinic time constraints. Attendees will review key clinical patterns for melanoma, basal cell carcinoma, squamous cell carcinoma and actinic keratoses, along with guidance on when to biopsy, monitor or refer. The session also covers streamlined biopsy techniques, basic margin considerations and appropriate follow-up strategies suitable for office-based practice.

### The Osteopathic Elevator Pitch

*Carol Browne, DO, FACOP – UIW-SOM*

This session explores the history and evolution of osteopathic medicine through the lens of A.T. Still's original vision. Attendees will examine how osteopathy has developed into modern osteopathic medicine and reflect on what it means to be an osteopathic physician today. The session includes guided activities to help participants craft a clear and meaningful elevator pitch, followed by small-group and large-group discussions to share perspectives and strengthen professional identity.

### To Code or Not to Code: That is the Question!

*Martha L. Danhof, DO, FACP – Texas Health Resources: Hurst Euless Bedford*

This session reviews ethical considerations surrounding code status and advance directives, including common misconceptions about DNR orders and advance care planning. Attendees will examine decision-making related to limited and full code options, review survival outcomes and explore the principles of beneficence and non-maleficence in CPR. The session also covers the appropriate use and completion of MOST and DNR forms.

### When Things Go Wrong: Handling Adverse Events and Navigating the Legal System (ETHICS/RISK)

*Mr. Jeffrey A. Woods, JD – SVMIC*

The purpose of this session is to identify the most common risk issues presented following an adverse medical event that can lead to a claim or lawsuit. It will discuss the legal and ethical requirements as well as practical ways to decrease the likelihood of a claim or lawsuit. Finally, it will provide an overview of the litigation process including the elements of a medical malpractice lawsuit and each of the major phases.



# Thank You!

TOMA 70TH MIDWINTER CONFERENCE  
FEB. 27-MARCH 1, 2026

## MidWinter Conference Planning Committee

**Co-Chair:** Robert E. Suter, DO, MHA, FACOEP-D, BG, USA

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