



128th Spring Update – Virtual

AGENDA AND LEARNING OBJECTIVES

Friday, May 15

7:00 AM – 8:00 AM (1.0 credit)

Obstructive Sleep Apnea in the Primary Care Setting

Mark DeNardin, DO

Learning Objectives:

1. Apply evidence-based screening strategies to identify patients at high risk for obstructive sleep apnea in primary care settings.
2. Evaluate the cardiovascular and metabolic consequences of untreated obstructive sleep apnea to prioritize diagnosis and treatment.
3. Implement individualized treatment strategies for obstructive sleep apnea, including positive airway pressure therapy and alternative interventions.
4. Identify the ways that osteopathic principles can be applied for patients with obstructive sleep apnea.

8:00 AM – 9:00 AM (1.0 credit)

A General Approach to Anemia in Pediatrics

Kyle Davis, MD

Learning Objectives:

At the conclusion of this session, the participant will be able to:

1. Apply a systematic approach to diagnosing anemia using MCV and other essential laboratory findings
2. Recognize the common causes and clinical presentation of anemia in pediatric patients
3. Recognize iron deficiency anemia as the most common cause of anemia in pediatric patients

9:00 AM – 10:00 AM (1.0 credit)

Updates in Hormone Therapy

Sadaf Lodhi, DO

Learning Objectives:

By the end of the presentation participants will be able to:

1. Describe current evidence and guideline updates
2. Identify appropriate candidates for hormone therapy



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3. Develop evidence-based treatment plans for menopausal symptoms and osteopathic patient care.

10:00 AM – 10:15 AM

Break

10:15 AM – 11:15 AM (1.0 credit)

Overview of Hemophilia & Other Bleeding Disorders

David Hedrick, MD

Learning Objectives:

1. Discuss pathophysiology of hemophilia, von Willebrand disease and rare bleeding disorders
2. Delineate urgent evaluation and management of the bleeding adult or pediatric patient and female carriers
3. Educate healthcare providers on recent management changes and novel therapies in hemophilia

11:15 AM – 12:15 PM (1.0 credit)

Alzheimer Disease: A Review

Jessie Clark, DO

Learning Objectives:

1. Explain the pathophysiologic mechanisms of Alzheimer disease
2. Identify the core clinical manifestations of Alzheimer disease, including memory impairment, executive dysfunction, and neuropsychiatric symptoms.
3. Evaluate management strategies for Alzheimer disease, including pharmacologic treatments, disease progression, and caregiver considerations.

12:15 PM – 12:45 PM

Lunch Break

12:45 PM – 1:45 PM (1.0 Credit)

Overview of HIPAA

Evan Singleton, MD

Opioid Use Disorder: Special Considerations for Special Populations

Learning Objectives:

At the conclusion of this session, the participant will be able to:

1. Describe physiologic considerations in pregnant or older adult patients that may require changes in dosing of buprenorphine. This will improve osteopathic patient care by empowering physicians to make personalized, whole-patient care decisions.



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2. Explain the pharmacology of commonly used medications for opioid use disorder.
3. Describe social considerations that impact the care of pregnant or older patients with opioid use disorder.

1:45 PM – 2:45 PM (1.0 Credit)

Understanding and Applying Clinical Drug Testing in Addiction Treatment

Quinton Thompson, MD

Learning Objectives:

At the conclusion of the session, the participants will be able to:

1. Summarize the scientific basis behind clinical drug testing.
2. Compare the various matrices of drug testing and how they can be applied in practice.
3. Identify common pitfalls to lab interpretation and their pharmacological underpinnings. By avoiding common culprits of misinterpretation, physicians can foster better doctor-patient relations.

2:45 PM – 3:00 PM

Break

3:00 PM – 4:00 PM (1.0 credit)

Hernia for the Primary Care Provider

Stephen Spencer, MD

Learning Objectives:

1. Describe relevant abdominal wall anatomy
2. Review relevant testing and preoperative medical optimization
3. Describe basic strategies of hernia repair

4:00 PM – 5:00 PM (1.0 credit)

Management of Hip and Knee Osteoarthritis

Kevin Becker, MD

Learning Objectives:

At the conclusion of this session, the participant will be able to:

1. Diagnose hip and knee osteoarthritis clinically
2. Participate in the medical optimization of patients undergoing joint replacement
3. Describe the treatment options for hip and knee osteoarthritis.



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Saturday, May 16

7:00 AM – 8:00 AM (1.0 credit)

Childhood Asthma

Jeremy Jones, DO

Learning Objectives:

1. Describe the underlying pathophysiology of asthma.
2. Identify key clinical and diagnostic features of asthma in children and adolescents.
3. Recognize other conditions in the differential diagnosis of asthma.
4. Design acute and preventive treatment tool kits for childhood asthma.
5. Know the components of osteopathic manipulative therapy for a patient with childhood asthma.

8:00 AM – 9:00 AM (1.0 credit)

An Update on Diabetic Peripheral Neuropathy and Neuromodulation as a Treatment of Diabetic Peripheral Neuropathy

Kyle Mazellan, MD

Learning Objectives:

At the conclusion of this session the participant will be able to

1. Describe the scope, presentation, and current medical treatment options for diabetic peripheral neuropathy.
2. Recount the FDA approved uses for spinal cord stimulation and the utility of spinal cord stimulation for diabetic peripheral neuropathy.
3. Explain the patient selection process, contraindications, limitations, and complications of spinal cord stimulation in the treatment of diabetic peripheral neuropathy.

9:00 AM – 10:00 AM (1.0 credit)

Musculoskeletal Injuries and Exercise Prescription for the Mid-Life Woman

Jacklyn Kiefer, DO

Learning Objectives:

1. Describe how physical activity benefits the peri-menopausal/menopausal woman
2. Review current literature on evidence-based exercise and fitness recommendations for the mid-life woman
3. Recognize MSK injuries and conditions that may be influenced by peri-menopause/menopause.

10:00 AM – 10:15 AM

Break



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10:15 AM – 11:15 AM (1.0 credit)

To Cut or to Cortisone: Navigating the Spectrum of Rotator Cuff Disease

Cory Meixner, MD

Learning Objectives:

At the end of this activity, the participant should be able to:

1. Describe the anatomical and clinical spectrum of rotator cuff disease ranging from bursitis and tendinopathy to full-thickness rotator cuff tears and cuff tear arthropathy
2. Review the natural history of rotator cuff tears, especially those managed nonoperatively
3. Recognize the critical differences in clinical presentation and management between acute traumatic tears and chronic degenerative tears; additionally the features of cuff tear arthropathy.

11:15 AM – 12:15 PM (1.0 credit)

Asymptomatic Microscopic Hematuria (AMH) in the Primary Care Setting

Kylie Ranard, DO

Learning Objectives:

1. Define and identify asymptomatic hematuria in the clinic setting.
2. Prioritize differential diagnoses for asymptomatic hematuria.
3. Describe appropriate risk stratification, evaluation, and follow up for asymptomatic hematuria.

12:15 PM – 12:45 PM

Lunch

12:45 PM – 1:45 PM (1.0 credit)

The Shape of Dying: Four Illness Trajectories

Brian Black, DO

Learning Objectives:

At the conclusion of this session, the participant will be able to:

1. Describe the four common illness trajectories at the end of life—sudden death, terminal illness, organ failure, and frailty—and how each pattern influences functional decline and care planning.
2. List key clinical indicators and prognostic tools (e.g., functional status trends, hospitalization patterns, and performance scales) that help physicians recognize a patient's likely trajectory earlier in the course of serious illness.
3. Explain how recognizing illness trajectories can improve osteopathic patient care by guiding earlier hospice referral, improving interdisciplinary care planning, and aligning treatment decisions with the patient's functional status, comfort, and whole-person needs.



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1:45 PM – 2:45 PM (1.0 credit AOA only) ***

Pre-Op to Discharge: Planning Your Retirement Transition

David Koronkiewicz, DO

Learning Objectives:

At the conclusion of this activity, participants will be able to:

1. Identify key non-financial factors influencing retirement success, including identity, purpose, and social engagement
2. Describe health insurance options prior to Medicare eligibility, including COBRA and marketplace strategies
3. Explain medico-legal considerations when leaving practice, including malpractice tail coverage, statute of limitations, and medical record retention
4. Evaluate Social Security timing strategies and Medicare-related financial considerations, including IRMAA
5. Assess the impact of spousal and family alignment on retirement outcomes
6. Develop a holistic personalized retirement transition plan integrating financial, legal, and lifestyle elements

Does not qualify for AAFP credit

2:45 PM – 3:00 PM

Break

3:00 PM – 4:00 PM (1.0 credit)

Pelvic Floor Disorders in Primary Care: “Practical Evaluation and Management for Primary Care Physicians”

Hussein Warda, MD

Learning Objectives:

1. Identify common pelvic floor disorders
2. Perform a focused, clinically relevant evaluation of patients with pelvic floor symptoms
3. Initiate safe and effective first-line management strategies
4. Determine appropriate indications for referral to urogynecology

4:00 PM – 5:00 PM (1.0 credit)

A look back at the 2026 Session of the Indiana General Assembly

Lou Belch

Learning Objectives:

1. At the conclusion of this session, participants will be able to recognize significant state-level legislation relevant to osteopathic medicine in Indiana, highlighting its potential impact on patient care and the day-to-day practice of osteopathic physicians.



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2. By the end of this session, participants will understand how existing state legislation and policies influence the osteopathic profession, offering insights into implications for individual practitioners and the broader healthcare system.
3. Participants will also be equipped to describe various ways physicians can collaborate with state organizations to help shape and advance legislation that supports osteopathic medicine.



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Speaker Biographies

Kevin Becker, M.D.

Kevin M. Becker, MD, received his doctorate of medicine from University of Toledo College of medicine, and he completed his orthopedic surgery residency at Indiana University school of medicine. He is a member of American Association of hip and knee surgeons and American Academy of orthopedic surgeons. Dr. Becker's special interests include hip and knee conditions and joint replacements, including computer-navigated and minimally invasive joint replacements, outpatient total joint replacements, partial and total knee replacements, cementless total knee replacements and revision hip and knee joint replacements.

Lou Belch



Lou Belch is an experienced lobbyist. He has been representing various health care providers before the Indiana General Assembly for 36 years. He is well versed in legislative issues impacting the practice of Medicine

Brian Black, D.O.



Brian H. Black, D.O., is a hospice and palliative care physician, educator, and health system leader dedicated to improving how clinicians care for people near the end of life. He serves as a Regional Medical Director with Elara Caring Hospice and is board certified in Family Medicine, Hospice and Palliative Medicine, and Health Care Administration, Leadership, and Management. Dr. Black develops practical educational resources for physicians and interdisciplinary teams, including the Hospice Synopsis platform, which translates complex clinical, regulatory, and ethical challenges into clear, actionable guidance. His work focuses on prognostication, communication, quality metrics, and operational stewardship in hospice care. Through writing, teaching, and system design, he aims to strengthen hospice



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medicine, support care teams, and help patients and families experience care aligned with comfort, dignity.

Jesse Clark, DO



Jesse Clark, DO, FAAFP, is a family medicine physician and Assistant Professor at Marian University College of Osteopathic Medicine, where she serves as Chair of Clinical Skills and Course Director for third- and fourth-year clinical clerkships. She leads clinical curriculum development, assessment, and student advising, and directs professional identity formation for medical students. Her leadership extends nationally through work with the National Board of Osteopathic Medical Examiners, including the C3DO initiative. A fellow of the American Academy of Family Physicians, she is currently completing the AACOM Senior Leadership Development Program. Her scholarly interests include medical education, physician workforce development, and learner well-being.

Mark DeNardin, DO



Mark DeNardin, DO, is a board-certified family medicine physician who is an Associate Program Director at Franciscan Health Indianapolis Family Medicine Residency. Dr. DeNardin graduated from Marian University Wood College of Osteopathic Medicine in 2022. After graduating from medical school, he completed his family medicine residency at Franciscan Health Indianapolis. During his residency, he served as chief resident, achieved Distinction of Advanced Osteopathic Training in Family Medicine, and completed additional training in academics and addiction medicine. Upon completion of residency in 2025, he joined as a full-time faculty member at Franciscan where he is currently the Director of Osteopathic Education.



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David Hedrick, MS, MD



David Hedrick, MD, is an Adult Hematologist-Oncologist and Associate Medical Director at Innovative Hematology, home of the Indiana Hemophilia & Thrombosis Center (IHTC). IHTC is Indiana's only federally recognized hemophilia treatment center. Dr. Hedrick completed his Internal Medicine Residency and his Hematology/Oncology Fellowship at the Indiana University School of Medicine where he also attended medical school.

Jeremy Jones, DO



Jeremy Jones, DO, is a clinical professor in primary care at Marian University Tom and Julie Wood College of Osteopathic Medicine (MU-WCOM) in Indianapolis, Indiana. He is a member of the American College of Osteopathic Pediatricians, the American College of Pediatricians, the Catholic Medical Association, the American Osteopathic Association, and the Indiana and Oklahoma Osteopathic Associations. Dr. Jones received his Bachelor of Science in Chemical Engineering at the University of Oklahoma and his Doctorate in Osteopathic Medicine at the Oklahoma State University Center for Health Sciences (OSU-CHS). Dr. Jones is board certified in pediatrics. He has experience in teaching and mentoring medical students and resident physicians for fourteen years. Dr. Jones has clinical interests in osteopathic manipulative technique education; medical knowledge acquisition through illness scripts; and clinical decision-making through train-of-thought processes. His academic interests include integrated lecture design and game-based learning. Dr. Jones has personal interests in his Catholic faith, daily Mass, St. Thérèse of the Child Jesus, Carmelite spirituality, cooking, and chess. Dr. Jones enjoys spending time with his wife, Maria Kayla, and their three daughters: Gemma Rose, Mary Agnes, and Lucy Cecilia.



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Jacklyn Kiefer, DO, FAMSSM



Dr. Kiefer is a Primary Care Sports Medicine physician with Community Health Network in Indianapolis, Indiana. Dr. Kiefer's practice focuses primarily on non-operative management of musculoskeletal issues. She has a special interest in exercise medicine and exercise prescription especially in the mid-life woman.

David Koronkiewicz, DO, MS-HQSM, CHCQM, FAOAO



David C. Koronkiewicz, DO, MS-HQSM, CHCQM, FAOAO, is a retired, board-certified orthopedic surgeon with over 30 years of clinical and leadership experience at Goshen Health. He served in multiple leadership roles, including Chief of Staff and Medical Director of Quality, Utilization Review, and Care Management. Dr. Koronkiewicz is the immediate past President of the Indiana Osteopathic Association, completing his most recent term on December 15, 2025, and is a two-time recipient of the J.B. Kinsinger Plaque, the IOA's highest honor for outstanding service to the osteopathic profession and his community. He holds a Master of Science in Healthcare Quality and Safety Management from Thomas Jefferson University. Since retiring in 2023, he has focused on family, woodworking, and navigating the transition to retirement—experiences that inform his practical insights for physicians preparing for a successful and meaningful next chapter.



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Kyle Mazellan, MD



Kyle Mazellan, M.D. is a Board Certified Physical and Medicine Physician. His undergraduate degree is from Indiana Wesleyan University. He earned his medical degree from Indiana University School of Medicine. He completed his residency in Physical Medicine and Rehabilitation at The Ohio State University. Dr. Mazellan works at the Community Health Network North Spine Center, focusing on treating spine pathology, musculoskeletal injury, and neuropathic pain.

Cory Meixner, MD



Cory Meixner, MD, is an orthopaedic surgeon subspecializing in sports medicine. After earning his medical degree from Indiana University, he completed residency at the University of Minnesota and a sports medicine fellowship at The Ohio State University. Dr. Meixner has extensive experience treating athletes of all levels, including serving as assistant team physician for the Ohio State football, hockey, and baseball teams and the Columbus Clippers, Triple-A affiliate of the Cleveland Guardians. These experiences have helped shape his approach to caring for both elite athletes and active individuals alike. His clinical expertise includes arthroscopic surgery of the knee and shoulder, ligament reconstruction, cartilage restoration, and knee/shoulder joint replacement.

Kylie Ranard, DO



Dr. Ranard grew up in West Lafayette, IN, and earned her BA in Kinesiology and Integrative Physiology from Hanover College. She went on to receive her medical degree from Wood College of Osteopathic Medicine at Marian University in Indianapolis. In 2025, she completed her residency at Community South Osteopathic Family Medicine, where she served as chief resident for two years. After graduation, she joined the program as Assistant Director. Passionate about teaching, Dr. Ranard enjoys mentoring residents and medical students both in the classroom and the clinic. She values family medicine for its broad scope: caring for patients of all ages, managing both chronic and acute



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conditions, and incorporating Osteopathic Manipulative Medicine as part of comprehensive treatment plans. Dr. Ranard is board certified through the American Osteopathic Board of Family Physicians.

Sadaf Lodhi, DO, FACOOG, MSCP, IF



Dr. Lodhi is a board-certified OB-GYN with over 20 years of experience dedicated to empowering women through education, advocacy, and personalized care. She is the founder and CEO of Femme Vie Health, a concierge gynecology practice in New York, and also provides telehealth services for patients in Michigan. Her clinical focus spans the full spectrum of women’s health, with a specialization in menopause, sexual health, and intimacy coaching. Dr. Lodhi is a Menopause Society Certified Practitioner, an ISSWSH Fellow, and a sexual counselor and educator through the University of Michigan. She holds a B.S. in Biochemistry with honors from the University of Michigan–Dearborn and earned her Doctorate in Osteopathic Medicine at

Michigan State University.. Her impact extends beyond the clinic. In 2023, she delivered a TEDx talk, “Sexual Education for Physicians: Lessons from a Muslim Gynecologist.” In 2024, she was honored as Alumni of the Year by the University of Michigan–Dearborn for her pioneering advocacy through the globally recognized Muslim Sex Podcast, which has reached audiences worldwide with accessible conversations on menopause, intimacy, and sexual health. Recently in December 2025, she gave the Commencement address for her Alma Mater - University of Michigan Dearborn. She is also a contributing author in *Thriving After Burnout* and *Made for More 2*, further amplifying her mission to help women embrace midlife as a season of vitality and possibility.

Evan Singleton, M.D.



Dr Singleton is a proud family physician hailing from Rockcastle County, Kentucky. After studying Spanish at Eastern Kentucky University, he earned his medical degree at the University of Cincinnati College of Medicine. After moving to Indianapolis, he trained in family medicine at Ascension St Vincent, where he also served as chief resident in his final year. Dr Singleton is completing his medical training with the Community Health Network addiction medicine fellowship, after which he plans to return to Kentucky to practice

family and addiction medicine in his hometown.



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Stephen Spencer, MD, MS, FACS



Dr. Spencer has been proud to be a part of Community Health Network since 2018. He grew up in the central Indiana area and studied biochemistry and biology at Indiana University. His medical degree was also awarded through IU. It was during medical school where a love of the operating room saw its genesis. His surgical training was completed at Orlando Health in Florida, and he returned to Indiana to practice. Dr. Spencer has keen expertise and skill treating hernia of the abdominal wall, pilonidal disease, and emergency general surgery. He treats many other surgical issues with great intentionality as well. It has always been a gift to see a person with a life-limiting concern recover their quality of life. In addition to surgery, Dr. Spencer certainly enjoys a full life with his wife and three children. Moreover, he is always looking to be outside. There's just a lot out there!

Quinton Thompson, M.D.



Dr. Thompson, M.D. is a Board-certified Internal Medicine Physician currently completing his Addiction Medicine Fellowship at Community Health Network. As a dedicated Indiana native, he completed his medical education and internal medicine residency at Indiana University. His research backing has ranged from focuses on neurodegenerative disease to testing for potential molecular drug targets in osteosarcoma. Later clinic training in internal medicine focused heavily on laboratory methodology and Dr. Thompson took a particular interest in teaching other trainees on this topic, earning him the Dr. Michael P Ryan Memorial Teaching Award, presented to one senior resident each year who has gone above and beyond in their role as a resident-teacher. His skills have since been applied to educating larger audiences, with a co-authored chapter on Laboratory testing in addiction medicine pending publication. Dr. Thompson's ultimate desire is to provide better education to physicians so they are equipped to provide more and better medical care to patients with substance use disorders.



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Hussein Warda, M.D., FACOG, URPS



Dr. Hussein A. Warda is a highly accomplished medical professional with extensive expertise in Urogynecology and Reconstructive Pelvic Surgery. He is currently a member of a private urology group and previously served as an Associate Professor in the Department of Obstetrics and Gynecology at the University of California, Davis, from 2017 to 2025. Dr. Warda has been instrumental in advancing clinical care, research, and education in his field. Dr. Warda completed a prestigious fellowship in Female Pelvic Medicine and Reconstructive Surgery at Mount Auburn Hospital, Harvard Medical School, after completing his residency in Obstetrics and Gynecology at Michigan State University. His academic journey began with a Bachelor of Medicine and

Bachelor of Surgery (MBBCh), graduating with Excellence and Honors. He is double board-certified in Obstetrics and Gynecology and Urogynecology and Reconstructive Pelvis Surgery (URPS) (formerly known as Female Pelvic Medicine and Reconstructive Surgery). Recognized for his dedication to education and patient care, Dr. Warda has received numerous awards, including the Diamond Doc Award and the Physician Wellness Good Stuff Award from UC Davis Medical Center. His research contributions, published in esteemed journals and presented in national and international conferences, cover topics such as surgical innovations, patient safety, and minimally invasive gynecologic techniques. Dr. Warda is also an active journal and abstract reviewer, contributing to the advancement of medical literature in his specialty. Dr. Warda provides comprehensive care for patients with pelvic floor disorders. His expertise spans the diagnosis and management of benign gynecologic conditions, urinary and fecal incontinence, defecatory dysfunction, pelvic organ prolapse, pelvic pain, and mesh complications. Dr. Warda is skilled in advanced surgical techniques such as mid-urethral slings, vaginal surgery, operative laparoscopy, and prolapse surgeries, including sacrocolpopexy, uterosacral ligament suspension, and sacrospinous ligament suspension. He has a particular interest in minimally invasive procedures, robotic surgery, bladder botox injections, and InterStim therapy. In addition to his clinical and academic roles, Dr. Warda has a passion for mentoring future healthcare providers, as reflected in his recognition by Michigan State University, College of Human Medicine and UC Davis School of Nursing for his contributions to clinical education. His unwavering commitment to excellence continues to shape the future of urogynecology and improve the lives of his patients.