

# You are invited to attend the free one-day event Alpha-1 Antitrypsin Deficiency Patient Education Day

Saturday, December 8, 2018 at UC San Diego Health - La Jolla

## About

This event is co-sponsored by the American Thoracic Society (ATS), the Alpha-1 Foundation, and UC San Diego Health Sciences. This patient education day is being held in conjunction with the “Alpha-1 Week at the ATS” program — an educational activity designed to foster communications between clinicians, patients and patient advocates on lung and airway disorders such as Alpha-1 and COPD.

**Where:** UC San Diego Health - La Jolla  
East Campus Office Building ( ECOB)  
9444 Medical Center Drive  
La Jolla, CA 92037  
Complimentary Parking at the ECOB parking lot only.

**When:** Saturday, December 8, 2018  
9:00 am - 2:30 pm PT

**Who:** This event is free and open to Alpha-1 Antitrypsin Deficiency (A1AD) patients, family members and the interested general public. Light breakfast and complimentary lunch will be provided.

## Program

9:00–9:45am	Registration and continental breakfast
9:45–10:00am	Welcome from: the ATS (Mr. Courtney L. White), Alpha-1 Foundation (Ms. Kathleen Welch), UC San Diego Health (Dr. Kamyar Afshar)
10:00–10:20am	Management of Asthma (Praveen Akuthota, MD)
10:20–10:40am	Pharmacological Therapies for COPD (Jisha Joshua, MD)
10:40–11:00am	Strength and Endurance Training for COPD (Kathryn Leonard, DPT)
11:00–11:15am	Panel Discussion
11:15–11:35am	Functional Nutrition for COPD (Courtney Dunn, RD)
11:35–11:55am	Non-invasive Mechanical Ventilation in COPD (Atul Malhotra, MD)
11:55–12:15pm	Liver Disease in Individuals with Alpha 1-Antitrypsin Deficiency (David Brenner, MD)
12:15–12:30pm	Panel Discussion
12:30–1:30pm	LUNCH and Patient Networking
1:30–1:50pm	Psychosocial Strategies (Kayla Howard-Anderson, LCSW)
1:50–2:10pm	Lung Transplant for the Alpha 1-Antitrypsin Candidate (Kamyar Afshar, DO)
2:10–2:30pm	Q&A and wrap up

## Speakers

### UC San Diego Health

**Kamyar Afshar, DO**  
Pulmonologist  
Associate Professor of Medicine  
Director, Advanced Lung Disease Program  
Director, Quality Lung Transplant Program

**Praveen Akuthota, MD**  
Pulmonologist  
Associate Professor of Medicine

**David Brenner, MD**  
Gastroenterologist  
Professor of Medicine  
Dean, UCSD School of Medicine

**Courtney Dunn, RD**  
Registered Dietitian  
Lung Transplant Program

**Kayla Howard-Anderson, LCSW**  
Licensed Clinical Social Worker  
Lung Transplant Program

**Jisha Joshua, MD**  
Pulmonologist  
Fellow physician

**Kathryn Leonard, DPT**  
Physical Therapist  
Department of Rehabilitation Services

**Atul Malhotra, MD**  
Professor of Medicine  
Chief, Division of Pulmonary,  
Critical Care and Sleep Medicine  
Past President, ATS

## RSVP

If you'd like to attend the event please RSVP to Mr. Courtney L. White at [cwhite@thoracic.org](mailto:cwhite@thoracic.org) no later than Wed, Dec 5, 2018. Space is limited so please respond early. NOTE — for those of you unable to attend in person, the program will be simulcast live online as a webinar. Please contact Mr. Courtney L. White ([cwhite@thoracic.org](mailto:cwhite@thoracic.org)) for information on how to sign up for the webinar.

