



Winter CME Weekend

Saturday, December 8 -Sunday, December 9 Medical Academic Center, Carmel

Agenda

15.5 AAFP Live Prescribed Credits Available (7.75 credits per day) Early Bird Rate for IAFP Members: \$150 per day or \$200 for both days Early Bird Rate for Non-IAFP Members: \$200 per day or \$300 for both days After November 8, add \$100 to registration fees | Walk-in registrations, add \$50 to registration fees

Saturday, December 8

7:30am - 8:30am Registration and Hot Breakfast Buffet

8:30am - 12:45pm Morning CME Session topics:



Benign Paroxysmal Positional Vertigo (BPPV) Update Scott Sanders, MD

Learning Objectives:

- 1. Identify the type of nystagmus observed in patients suffering from BPPV of the posterior semicircular canal when placed in Hallpike position.
- 2. Identify how to differentiate horizontal canal canalithiasis from cupulolithiasis.
- 3. Perform a modified Epley maneuver in a patient suffering from posterior canal BPPV.

Speaker Biography:

Dr. Scott Sanders was raised in Lebanon, IN, and attended Purdue University, earning a degree in biomedical engineering before pursuing an MD degree and PhD degree in neurobiology from Indiana University. He completed a residency program in neurology in 1999 and fellowship program in neuro-ophthalmology in 2000 at IU Medical Center.

He has been in private practice since 2000, focusing his practice, BalanceMD, on the diagnosis and treatment of those suffering from dizziness and vertigo. He is now a Clinical Assistant Professor of Neurology at Indiana University School of Medicine and currently writing a book on the diagnosis and treatment of dizziness and vertigo, which he hopes to publish by the end of the year.



Improving the Diagnosis and Treatment of Lupus: Practical Guidance for the Primary Care Physician

Sung Sam Lim, MD | Emory University, Atlanta, GA

Learning Objectives:

On completion of this activity, participants will be able to:

- Diagnose systemic lupus erythematosus (SLE) based upon recognition of characteristic clinical manifestations in the setting of supportive serologic studies, after excluding alternative diagnoses
- 2. Outline nonpharmacologic measures and other medical interventions that are important in the comprehensive management of SLE
- 3. Describe current approaches to drug therapy in SLE, recognizing that treatment is highly individualized and depends on the predominant symptoms, organ involvement, response to previous therapy, and disease activity and severity
- 4. Collaborate with SLE patients and other care providers (eg. rheumatologists) to monitor disease activity and therapy, as well as improve treatment adherence, quality of life, and survival outcomes

Speaker Biography:

Dr. S. Sam Lim is Professor of Medicine in the Division of Rheumatology at Emory University School of Medicine and Professor of Epidemiology at the Rollins School of Public Health at Emory University. He is also the Chief of Rheumatology for Grady Health Systems, the only safety net hospital in Atlanta, where he founded and directs the Grady Lupus Clinic. His primary clinical interest is in the improvement in the diagnosis and management of lupus, particularly as it relates to racial health disparities.

His research interests are in the epidemiology and outcomes of lupus. Dr. Lim is a Principal Investigator for The Georgia Lupus Registry (GLR), one of the Centers for Disease Control and Prevention (CDC)-funded population-based lupus registries from which he helped create the Georgians Organized Against Lupus (GOAL) research cohort that now has over 1,000 consented individuals with a validated diagnosis of lupus from the Atlanta metropolitan area. He is currently funded by the NIH and the CDC to study the role of psychosocial stressors and other social determinants of health on racial health disparities in lupus. Dr. Lim has been involved in over 30 clinical trials since 2004 and is currently the site principal investigator for 9 clinical trials studying the safety and efficacy of new treatments for lupus. He is also part of the Lupus Clinical Investigators Network (LuCIN) and serves on its Steering Committee.

Dr. Lim is very active nationally and internationally in lupus. He is a member of the Systemic Lupus International Collaborating Clinics, an international lupus research group representing 43 centers from 16 different countries, and serves on its Executive Committee as Treasurer. He also serves on both the Georgia chapter and national Lupus Foundation of America Medical Advisory Boards and is currently a Governor appointed member of the Georgia Council on Lupus Education and Awareness. He is a past president of the Georgia Society of Rheumatology.

He was awarded the Distinguished Service Award and Clinical Investigator Fellowship Award by the American College of Rheumatology and has held multiple volunteer positions, including the current Chair of the Collaborative Initiatives Department that oversees The Lupus Initiative and past Chair of the clinical study section for the Rheumatology Research Foundation grants.

Satisfies the new Indiana 2 hour Opioid CME requirement Responsible Pain Management: Prescribing Opioids in Your Practice

Amy LaHood, MD, FAAFP | St. Vincent, Indianapolis

Learning Objectives:

On completion of this activity, participants will be able to:

- 1. Review current landscape of opioid epidemic
- 2. Summarize and critique evidence for opioids to treat pain
- 3. Identify current Indiana laws that pertain to opioid prescribing
- 4. Discuss the importance of self-care and non-opioid modalities in the whole person treatment of pain

Speaker Biography:

Dr. Amy LaHood graduated from Rush Medical College and completed her family medicine residency followed by a fellowship in Maternal Child Health. Following training, Dr. LaHood spent 5 years working at a community health center in Indianapolis and then joined St. Vincent Family Medicine Faculty in 2005. Dr. LaHood has a passion for population and public health and has served as a volunteer member of the Indiana Attorney General's Drug Abuse Prevention Task Force since 2012. In addition to teaching residents, Dr. LaHood continues working throughout Indiana to educate physicians about the benefits and risks of treating patients with opioids. Earlier this year, Dr. LaHood made public comments before SAMSHA and the FDA in Washington DC to advocate for decreasing barriers to integration of substance use treatment and to encourage the FDA to increase transparency to providers regarding the evidence for opioids.

Finding Ikigai: Integrative Approach to the Person in Pain

Palmer MacKie, MD | Indiana University Health, Indianapolis

This presentation will briefly highlight the disappointing results caused by a reliance on opioids in chronic pain. Participants will learn data demonstrating cost and efficacy



benefit to a more integrated or comprehensive care model. A number of modalities will be presented as well as an overarching approach to the person in chronic pain.

Learning Objectives:

On completion of this activity, participants will be able to:

- 1. Understand data demonstrating improved function with less opioid
- 2. With Chronic pain Approach the person, not the pain. Learn the importance of Three Es: Empathy, Education and Engagement
- 3. Learn data demonstrated pain and function improvements with yoga, CBT, Acupuncture, exercise and more

Speaker Biography:

Dr. MacKie is a Clinical Assistant Professor of Medicine at Indiana University School of Medicine and also serves as Director of the Integrative Pain Program at Eskenazi Health Services in Indianapolis. His largest clinical and educational focus over the last decade has been in chronic pain and recovery. The Integrative Pain Program (IPP) is a multi-disciplinary participation based pain management venue. Dr. MacKie's team has developed and implemented curricula for their patients. These include a 5-week Pain School where patients are exposed to and practice such modalities as relaxation response, cognitive-behavioral therapy, nutritional medicine, graduated exercise, guided imagery, mindfulness and knowledge critical to making healthier choices. The program's objective is to integrate healthy practices that enable patients to reduce the impact pain has on their lives and to better achieve their goals.

He has focused on research to improve chronic pain management and recovery, including patient recruitment and evaluation for fibromyalgia and dopamine research, and patient and provider recruitment to assess impact of new opioid rules and guidelines within primary care.

Over the past 10 years, Dr. MacKie has focused significant personal and professional energy on pain management and pain education, and most recently, substance use disorders (addictions). His work at the city, state legislative and national level lobbying to change pain assessment and treatment has been critical as we face an opioid epidemic that is and has been destroying so many lives. His service in creating protocols and guidelines, lecturing, advising legislatures and drafting state statutes has been recognized with local, state and national awards.

12:45pm - 1:30pm Lunch

1:30pm - 5:30pm Afternoon CME Session topics:



Stories from the Psoriasis CaseBook: Overcoming Challenges in Diagnosis and Treatment for Family Physicians Alan Menter, MD | Dallas, Texas

Learning Objectives: On completion of this activity, participants will be able to:

- 1. Apply evidence-based strategies to diagnose and classify patients with psoriasis
- 2. Identify novel treatments for psoriasis in terms of mechanism of action, efficacy, and safety
- 3. Employ comprehensive, multidisciplinary, patient-centered approaches to treating patients with psoriasis that include the management of comorbidities and systemic manifestations

Speaker Biography:

Alan Menter, MD, is Chief of Dermatology at Baylor University Medical Center; Director, Baylor Psoriasis Research Center; and Clinical Professor, University of Texas Southwestern Medical Center in Dallas, Texas. He received the Lifetime Achievement Award and was appointed chair of Dermatology and Residency Program at Baylor University Medical Center. He founded the international Psoriasis Council and was the Chair of the AAD Gridlines Committee for Psoriasis. Dr Menter's resume lists some 385 articles, 6 books, and several book chapters. He represented the South African National Rugby team (Springboks) in 1968.



Prenatal Care

Jacklyn Oakley, MD | Assistant Director of Family Medicine and Director of Women's Health, Deaconess Family Medicine Residency Program, Evansville, IN

Learning Objectives:

Upon completion of this activity, the participant should be able to:

- 1. Discuss elements of prenatal visits, depending on weeks of gestation
- 2. Discuss important screening labs needed throughout pregnancy
- 3. Discuss counseling topics, depending on weeks of gestation

Speaker Biography:

A native of Wadesville, Indiana, Dr. Jacklyn Oakley graduated from Indiana University School of Medicine in 2013. She completed residency training at the Fort Wayne Medical Education Program in 2016.

In August of 2016 she moved back to the greater Evansville area and began her family medicine practice at Deaconess Clinic on the Gateway campus. She was named the Assistant Director of Women's Health for the Deaconess Family Medicine Residency in September of 2017. Her special interests include OB/GYN, pediatrics, teaching and evidence-based medicine.



Psychiatry Refresher #1: Depression, Anxiety, & Benzos

Aimee Patel, MD | Indiana University, Indianapolis

Learning Objectives:

- 1. Identify evidence-based strategies for the diagnosis and management of depression in a primary care setting.
- 2. Identify evidence-based strategies for the diagnosis and management of anxiety in a primary care setting.

3. Describe appropriate use of benzodiazepines when managing mental health symptoms in a primary care setting.

Speaker Biography:

Aimee Patel, MD is a board-certified psychiatrist and originally from Indianapolis. After attending the University of Notre Dame, Dr. Patel completed both medical school and residency at the Indiana University School of Medicine. She is now an Associate Professor of Clinical Psychiatry at IU and has anywhere from 4-8 learners on her service at any given time.

Dr. Patel spends her clinical time seeing patients with acute mental health crises at the Mental Health Recovery Center at Eskenazi Hospital, a part of Midtown Community Mental Health Center. She also works at the Crisis Intervention Unit at Eskenazi Hospital, helping stabilize patients with acute mental health needs.

Outside of the hospital, Dr. Patel serves on the Mental Health Quality Advisory Committee for Indiana Medicaid. Her research interest is first episode schizophrenia, and she particularly enjoys working with patients experiencing affective and thought disorders.



Psychiatry Refresher #2:

Bipolar Disorder and All the New Psychiatric Medications Aimee Patel, MD | Indiana University, Indianapolis

Learning Objectives:

On completion of this activity, participants will be able to:

- 1. Describe the accurate diagnosis of bipolar disorder in a primary care setting.
- 2. Discuss evidence-based strategies for managing bipolar disorder in a primary care setting.
- 3. Review psychotropic medications that have recently joined the market.

Sunday, December 9

7:30am - 8:30am Registration and Hot Breakfast Buffet

8:30am - 12:45pm Morning CME Session topics:



Physician Leadership: How Your Time, Talents, & Treasures Can Transform Family Medicine Jason Marker, MD

Learning Objectives:

On completion of this activity, participants will be able to:

 Have a greater awareness of the work of FMAHealth, its core objectives, and key outcomes

- Leave with a global perspective on the work of the key family medicine membership organizations
- Better understand the policy-making work of the AAFP and its constituent chapters
- Learn the most effective ways to be sure that their opinions about our specialty are heard, and how giving of their "time, talents and treasures" can help realize that goal

Speaker Biography:

Dr. Marker is an Associate Program Director at the Memorial Hospital Family Medicine Residency Program in South Bend. He began in this position in 2017 following 15 years in a small rural family medicine and obstetrics private practice in Wyatt, IN. During his time in Wyatt he served as the Medical Director of Medical Staff Quality for St. Joseph Regional Medical Center, Mishawaka, and as the Medical Director of Medical Staff Affairs (CMO) of Community Hospital of Bremen where he also served as their Medical Staff President for many years. Dr. Marker is currently a member of the St. Joseph County Board of Health and serves as the Indiana Delegate to the American Academy of Family Physicians (AAFP). He is a past member of the AAFP Board of Directors and a Past President of the AAFP Foundation. He is a Past President of the Indiana Academy of Family Physicians (IAFP) and is the current Treasurer of the IAFP Foundation. Jason and his wife Kirsten have 3 daughters (Lauren - Valparaiso University Class of 2022 pursuing a Technical Meteorology degree; Hannah - University of Arizona Class of 2019 pursuing an Astrophysics degree with a Planetary Science concentration and planning to pursue graduate school; Ellen - IUPUI Graduate School of Public Health pursuing an MPH in Healthcare Administration while working in corporate compliance for Knowledge Services in Fishers, IN). Jason and Kirsten live on a small farm south of Mishawaka where he enjoys cooking, reading and backpacking. They are active in their church and in philanthropy and missions from local to international.



Improving the Recognition and Management of Migraine in an Era of Expanding Options for Acute Treatment and Prevention: How is the Role of the Primary Care Clinician Evolving? Rebecca Burch, MD

Learning Objectives:

- 1. Employ available tools and established criteria to accurately diagnose patients with episodic or chronic migraine
- 2. Use available therapies for the acute treatment and prevention of episodic and chronic migraine
- 3. Analyze available data on emerging therapies for the acute treatment of migraine
- 4. Recognize the potential impact of novel therapies may have on the acute treatment of migraine
- 5. Assess key data on the efficacy, safety, and tolerability of emerging therapies for episodic and chronic migraine prevention

6. Identify the potential implications of novel therapies on the future of episodic and chronic migraine prevention

Speaker Biography:

Dr. Burch is a board certified headache medicine specialist at the John R. Graham Headache Center at Brigham and Women's Hospital, an Associate Neurologist in the Department of Neurology at BWH, and an Assistant Professor of Neurology at Harvard Medical School. She is the director of the headache center's outpatient infusion center program and the incoming headache medicine fellowship director. Her research interests include headache epidemiology, pharmacosurveillance, and medical education. She is an associate editor for the journal Headache, where she serves as the journal's systematic reviews advisor.



The Role of Non-Statin Therapies for LPL-C Lowering for Management of ASCVD Risk

Michael Cobble, MD | Adjunct Faculty, University of Utah; Director, Canyons Medical, Salt Lake City, Utah

Learning Objectives:

At the completion of this activity, the participant will be able to:

- 1. Summarize the latest guidelines and recommendations on cholesterol management from major clinical organizations
- 2. Review potential cholesterol-lowering therapies beyond statins, and explain when these non-statin therapies should be considered
- 3. Describe in detail the indications for proprotein convertase subtilisin kexin type 9 inhibitor (PCSK9i) therapy

Speaker Biography:

Dr Michael E. Cobble, MD, is Director and a family medicine physician at Canyons Medical Center in Sandy, Utah. He received his medical degree from the University of Utah School of Medicine in Salt Lake City where he completed a residency in family medicine. Dr Cobble is a diplomat of the American Board of Clinical Lipidology and a certified specialist in clinical hypertension. He is the former medical officer for Atherotech Labs and VAP Diagnostics Labs and has helped direct research regarding diabetic dyslpidemia and cardiovascular risk from lipids. He also has a Master's in Psychopharmacology to help direct neuropsychiatric care in his practice. Dr Cobble's clinical focus is on dyslipidemia, diabetes, cardiovascular disease, hypertension, primary care medicine, and encouraging people to make healthy lifestyle changes. He has been featured on the Emmy Award-winning syndicated TV talk show "The Doctors," and the radio show "Green Tea and Honey."

Zika and Tick-Borne Diseases

Dr. Jennifer Brown, DVM, MPH, DACVPM | State Public Health Veterinarian, Indiana State Department of Health, Indianapolis

Taryn Stevens, MPH | Zoonotic & Vector-Borne Disease Epidemiologist Indiana State Department of Health, Indianapolis

Learning Objectives:

Upon completion of this activity, the participant should be able to:

- 1. Describe the epidemiology of tick-borne diseases endemic in Indiana.
 - 2. Describe the clinical approach to diagnosis and treatment of rickettsial diseases.
- 3. Identify the drug of choice for treatment of rickettsial diseases in children and adults.
- 4. Describe the indications for Zika virus testing in persons with recent potential exposure.
- 5. Identify the diagnostic tests that should be used to evaluate symptomatic pregnant women with recent potential exposure to Zika virus.

Speaker Biographies:

Jennifer Brown, DVM

Jen Brown is the Indiana State Public Health Veterinarian. She earned her DVM from Purdue University in 2000 and her MPH in infectious disease epidemiology from the University of North Carolina-Chapel Hill in 2003. She was board certified by the American College of Veterinary Preventive Medicine in 2009. Dr. Brown has three years of private practice experience at a small animal hospital and eleven years of public health experience at state, local, and federal agencies. Her interests include infectious disease epidemiology, zoonotic and vector-borne diseases, animal-related injuries, and the human-animal bond.

Taryn Stevens, MPH

Taryn Stevens is the Zoonotic and Vector-borne Epidemiologist at the Indiana State Department of Health. She earned her MPH with an epidemiology concentration from Indiana University-Purdue University in 2016. Ms. Stevens has over four years of experience working in health care systems and public health. Her interests include infectious disease epidemiology, One Health, and new and emerging zoonotic and vector-borne diseases.

12:45pm - 1:30pm Lunch

1:30pm - 5:30pm Afternoon CME Session topics:



Eating Patterns and Diabetes Prevention: Recommendations, Research, and Real World

Joanna Mitri, MD

Learning Objectives:

- Discuss food patterns associated with reduced risk of type 2 diabetes
- Identify groups of foods associated with reducing the risk of type 2 diabetes
- Understand the relationship between fat with diabetes and cardiovascular disease

• Discuss the recommendations from Joslin and ADA regarding eating patterns and diabetes prevention

Speaker Biography:

Dr. Joanna Mitri received her medical degree from Lebanon and completed her training in Advanced Endocrinology, Diabetes & Metabolism Fellowship at Tufts Medical Center and completed the Master's Program in Clinical and Translational Science at Tufts University.

During her career, she has published her research findings on vitamin D and cardiometabolic disease in high-impact peer-reviewed journals. Her clinical interest is cardiovascular disease prevention in patients with diabetes. She has a lipid clinic and a Latino clinic at Joslin diabetes Center and is a research Associate Research Associate, Section on Clinical, Behavioral, and Outcomes Research Center. She is an investigator on multiple clinical trials, including an NIH funded study looking at metabolic pathways of increased cardiovascular risk in type 2 diabetes, a trial looking at the effect of consumption of dairy products on body weight and cardiovascular risk factors in patients with type 2 diabetes as well as multi-institutional trial looking at the effect of pemafibrate on cardioavascular outcomes in patients with diabetes. She is currently working on the ADA nutrition consensus for diabetes and is chairing the clinical practice guidelines at Joslin Diabetes Center.

She has redesigned and currently leads the Joslin PRIME, a program based on other practice improvement models such as the IHI Learning Collaborative, created to support primary care providers to improve the care of their adult patients with diabetes. In this program, providers participate in a rapid cycle quality improvement process and clinical and office system measures data are assessed before and after training. She has also experience creating an inpatient diabetes program and has led the effort in creating a multidisciplinary inpatient diabetes clinical team focused on improving diabetes management in the inpatient setting.



Neurofibromatosis for the Family Physician Jason Marker, MD

Learning Objectives:

- 1. Discuss the various subtypes of Neurofibromatosis and the key characteristics of each.
- 2. Have increased knowledge of the key historical and physical exam findings of Neurofibromatosis Type 1 and be able to apply those to patients presenting with suggestive symptoms and signs.
- 3. Be able to have a robust patient conversation about treatment strategies for various Neurofibromatosis symptoms and about the current state of genetic evaluation as a part of individualized anticipatory guidance for NF patients of childbearing age.
- 4. Make the case that family physicians are in the best position of all specialties to manage Neurofibromatosis patients through the continuum of their life.



Primary Care of Sexual Minority Patients

Juan Carlos Venis, MD

Learning Objectives:

On completion of this activity, participants will be able to:

- 1. Summarize important LGB terminology.
- 2. Describe health disparities faced by LGB people.
- 3. Explain the importance of effective communication to provide affirming care for LGB patients.
- 4. Summarize CDC's guidelines on prescribing and monitoring PrEP.
- 5. Describe how to counsel patients about the use of PrEP.

Speaker Biography:

Dr. Venis is practicing family physician who sees patients at the Transgender Health and Wellness program at Eskenazi Hospital in Indianapolis, and at a general primary care clinic on Indianapolis' Westside. He is also a Visiting Assistant Professor of Clinical Family Medicine at IU School of Medicine in Indianapolis.

His areas of focus include cross sex hormone therapy, primary care for gender diverse patients, outpatient prenatal and gyn care, minor procedures, LGBQ primary care, PrEP/sexual health.

He attended Indiana University School of Medicine and completed residency at Ball Memorial in Muncie. He obtained his MPH from Harvard University School of Public Health.

He has been an active leader of the IAFP since residency, when he served on the board of directors, and also served as a resident member on the AAFP Commission on Quality and Practice. He is an active member of the World Professional Association for Transgender Health and the Gay and Lesbian Medical Association



Transgender Care Issues

Juan Carlos Venis, MD

Learning Objectives:

- 1. Define terms related to transgender identity and health.
- 2. Identify strategies for effective primary care with transgender patients.
- 3. Explain the basic approaches to transgender medical and surgical treatment.
- 4. Describe ways to create a welcoming environment for transgender patients.

	This Live activity, 2018 IAFP Winter CME Weekend, with a beginning date of 12/08/2018, has been reviewed and is acceptable for up to 13.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Following this CME activity, participants will have the opportunity to earn an additional two Prescribed credits for participation in each Translation to	This Live activity, 2018 IAFP Winter CME Weekend - Opioid Prescription and Abuse Training, with a beginning date of 12/08/2018, has been reviewed and is acceptable for up to 2.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Following this CME activity, participants will have the opportunity to earn an additional two Prescribed credits for participation in each Translation to
	Practice® exercise. Information on Translation to Practice® will be shared within the activity.	Practice® exercise. Information on Translation to Practice® will be shared within the activity.
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AMA/AAFP Equivalency: AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

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DESIGNATION STATEMENT: The Indiana Academy of Family Physicians designates this activity for a maximum of 15.5 AMA PRA Category 1 Credits[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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