

## The Third Chinese American Neurological Association Annual Meeting

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The 3<sup>rd</sup> Chinese American Neurological Association (CANA) Annual Meeting with CME credentials was successfully held in Houston, Texas on November 3, 2018. This CME meeting was combined with, and a part of, the Joint Annual Meeting of Alliance of North American Chinese Physicians (ANACP), CANA, and American Association of Chinese Rehabilitation Physicians (AACRP).

The Meeting was divided into the morning and afternoon sessions. In the morning, plenary conference was conducted by AANCP, CANA and AACRP with approximately 300 US licensed physicians and health professional attendees. To cater for the general health interests, hot topics were delivered including 1) stroke care in 2018 (David Wang, DO, Neurology, University of Illinois at Peoria); 2) when cutting-edge radiotherapy meets with novel biology in cancer (Joe Chang, MD, Nuclear Medicine, University of Texas MD Anderson Medical Center); and 3) Men's health: urological prospects (Run Wang, MD, Urology, University of Texas Medical School). The educational lectures benefited the audience on better understanding the topics and advances in basic and clinical research in their scopes of practice, and better serving their patients and communities.

In the afternoon, a dedicated session on neurology practice hot topics was conducted by CANA. Jin Li, MD, PhD (WMC, Valhalla, NY) delivered a talk on "Migraine, neurovascular model and beyond" elaborating the roles of human monoclonal antibodies and small molecules against CGRP receptors and research of agonists on 5-HT<sub>1F</sub> receptor and non-pharmaceutical development for migraine as well. Sarah Chen, MD, PhD, (RWJMS, NJ) presented two "Challenging neuromuscular cases: is it a nerve or muscle problem?" The first case discussed was a middle aged woman presented with asymmetric sensory motor polyneuropathy which was rapidly worsening and the diagnosis of Churg-Strauss Syndrome associated with vasculitis was finally confirmed by laboratory and histological studies. The second case discussed was a 28-years old woman presented after receiving a flu vaccination with subacute onset proximal and distal weakness with elevated CK and elevated protein on CSF. Muscle biopsy showed necrotizing myopathy without inflammation while blood work showed positive anti-single recognition particle which lead to the diagnosis of anti-SRP myositis. Those 2 Patients achieved clinically favorable improvement after receiving appropriate therapies based on the diagnoses. Huijuan Zhang, MD, PhD, (Richland, WA) discussed "Multiple sclerosis (MS): evolving diagnosis and therapies" by reviewing the current understanding of MS, by which tremendous changes have been consented over the past two decades. MS is no longer a pure white matter abnormality nor pure T-cell driven disease. Grey matter and B-cell involvement are components of pathogenesis, which suggest the goal of treatment for MS is shifted from simply reducing clinical relapses to treating no evidence of disease activity, no evidence of clinical relapses, disease progression, and no MRI changes. Lin Zhang, MD, PhD, (UC Davis, CA) talked on "Parkinson's

disease: can we unfreeze our patients? an update” stating that the management of PD is no longer only a theme surrounding levodopa therapy, but has become multifaceted and yet dynamic strategies on the fact that Parkinson therapeutics have gone through some major advancements both in medical and surgical arena over the past 20 years. Yi Pan, MD, PhD, (Saint Louis Univ, MO) shared her experience on “EEG in ICU, capture those subtle epileptic waves” by demonstrating the importance of immediate recognition of new or persistent seizures on EEG and initiation of early seizure detection and treatment. The EEG terminology recommended by American Clinical Neurophysiology Society (2012) was exercised. Finally, Qing Ni, MD, (Newnan, GA) chaired a debate session on two practice controversy topics: A) Can Aspirin be used for primary stroke and cardiovascular disease prevention? B) Should a patent foramen ovale (PFO) be closed for stroke prevention? The debating attracted much interests from the audience of neurologists, cardiologists, and general practitioners; and provoked stimulating discusses. Participants

included Cuie Qiu, Houston, TX; Dandan, Chen, Emory Univ Sch of Med, GA; David Wang, Peoria, IL; Huai Cheng, Univ of Virginia, VA; Huijuan Zhang, Richland, WA; James Wang, Memphis, TN; Jin Li, Valhalla, NY; Kevin Xie, Las Vegas, NV; Keyi Yang, University Place, WA; Lei Ding, New York, NY; Michael Xu, Peoria, IL; Qing Ni, Newnan, GA; William Tung, Atlanta, GA; Yonghua Zhang, Chicago, IL. Issues of advantages and disadvantages of using Aspirin for primary stroke and cardiovascular disease prevention and latest three randomized clinical trials published in NEJM; and the issues of “PFO: to close or not to close”, based on patient’s age, the size and location of PFO, and preexisting comorbidities were fervently debated.

### Conflict of Interest

Kevin Xie, MD, PhD, MBA and Jin Jun Luo, MD, PhD reported no conflict of interest.