

The Fourth Chinese American Neurological Association Annual Meeting (2019)

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The 4th Chinese American Neurological Association (CANA) Annual Meeting with CME was successfully held in Sheraton LaGuardia East Hotel, LaGuardia, NY on October 5, 2019, which was a Joint Annual Meeting with the 24th Annual Convention of the Association of Chinese American Physicians (ACAP), Chinese American Society of Anesthesiology and CANA. The Conference was sponsored and supported by ACAP. There were 200 licensed US health professional attendees. The Conference was divided into the morning and afternoon sessions in several meeting rooms on specific topics and conducted simultaneously.

In the morning plenary session of CANA program, Jin Li, MD, PhD (New York Med. Coll., West Chester, NY) provided a succinct review of “Migraine updates 2019” by reviewing non-pharmaceutical and pharmaceutical intervention for the treatment of migraine, including newly FDA approved human monoclonal antibodies against CGRP receptors (Erenumab [Aimovig], Fremanezumab [Ajovy] and Galcanezumab [Emgality]). Additionally, small molecules for CGRP receptor antagonists and serotonin receptor agonist as well as medical devices for transcranial magnetic stimulation and cranial nerve stimulation for episodic and chronic migraine prevention were also discussed. Shan Chen, MD PhD (Robert Wood Johnson Univ. Hosp., New Brunswick, NJ) delivered an informative lecture on “Neuropathic Pain and Treatment Pitfalls” including pearls and pitfalls of how to optimally manage patients with neuropathic pain.

In the afternoon session, Qingyan Zhu, MD (Carrollton, VA) narrated “multiple sclerosis updates: 2017 McDonald’s Criteria and overview of new generation of DMTs” emphasizing on the importance of earlier diagnosis and earlier therapy for patients with sclerosis updates. Lan Qin, MD, PhD (Univ. of Massachusetts, Boston, MA) talked on “Myasthenia Gravis (MG) management update” discussing newly FDA approved the medication for treating generalized type of MG, eculizumab (soliris), a recombinant humanized monoclonal IgG2/4 antibody that binds to human C5 complement protein to prevent breakdown of C5 to C5a and C5b, eventually prevent formation of membrane attack complex (MAC), which could cause damage of postsynaptic membranes. Kevin Xie, MD, PhD, MBA (Nevada Neurosci. Inst., Las Vegas, NV) exercised “Update of treatment options for medically refractory seizure” demonstrating the advantages of currently available medical and surgical interventions. Dongming Cai, MD, PhD (Mt. Sinai Med. Ctr., New York, NY) reviewed “Dementia: 2019 updates and future directions” indicating that therapeutic strategies for Alzheimer’s have been moved away from targeting amyloid to tau, neuro-inflammation and other novel molecules; and non-pharmacological prevention as well.

To encourage neurology residents in training and in their development, two young physicians were awarded with travel fellowship and presented their

cases in the conference. Qiang Zhang, MD (Movement fellow, Univ. of Iowa, IA) presented “Movement disorder: A Mystery Case” showing a senior man initially presented with Parkinson’s but evolving into progressive supranuclear palsy with predominant Parkinsonism. Sen Sheng, MD, PhD (PGY3, Univ. of Arkansas, AR) presented “a case of rapidly progressive dementia: a diagnostic challenge” in a patient with lymphomatosis cerebri causing dementia.

Additionally, experience in practice forum on starting and running a clinic and administrative issues were shared by Howard Kuo, MD, PhD (Newark, NJ), Yang Keyi, MD, PhD (Mt. Rainer Neurol., Seattle, WA), Wang Dong, MD, PhD (Neurodiagnos. & Treat. Ctr., Atlanta, GA), Williams Tung, MD, PhD (Advanced Neurol. Ctr., Atlanta, GA), James Wang, MD, PhD (Tri-State Neurol., Memphis, TN) and Ding Lei, MD (Flushing Hosp., New York, NY).