Updates in Family Medicine
Online CME

Activity Description
This Mayo Clinic and Kaiser Permanente collaboration offers a comprehensive family medicine update course designed for practicing primary care and family physicians. This course highlights the latest recommendations involving medical specialties important to the primary care setting that can be applied immediately into practice.

Course Highlights
- Up-to-date content focused on the needs of the primary care provider
- High-yield, clinical pearls presented with each talk
- Practical, cutting-edge information that can be applied immediately to your daily practice

Target Audience
This course is designed for family physicians, general internists, physician assistants, nurse practitioners, and nurses in primary care and family medicine.

Learning Objectives
Upon conclusion of this activity, participants should be able to:
- Discuss goals and treatment targets in diabetes management
- Describe the risks and benefits of common diets
- Identify patients that may benefit from weight loss medications

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

Accreditation Statement
In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Statement(s)
Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 10.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Summary
As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial
relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

Listed below are individuals with control of the content of this program who have disclosed...

**Relevant financial relationship(s) with industry:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Nature of Relationship</th>
<th>Company</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**No relevant financial relationship(s) with industry:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Manufacturer/Provider</th>
<th>Product/Device</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matthew E. Bernard, M.D.</td>
<td>Miguel A. Park, M.D.</td>
<td>Topiramate, gabapentin,</td>
</tr>
<tr>
<td>Christina Chen, M.D.</td>
<td>Sean T. Powell, M.D.</td>
<td>baclofen, odansetron</td>
</tr>
<tr>
<td>Adam G. Gilden, M.D.</td>
<td>Julie Reed</td>
<td></td>
</tr>
<tr>
<td>Margaret C. Gill, M.D.</td>
<td>Daniel B. Ryssman, M.D.</td>
<td></td>
</tr>
<tr>
<td>Nathan A. Jacobson, D.O.</td>
<td>Terry D. Schneekloth, M.D.</td>
<td></td>
</tr>
<tr>
<td>Sunil V. Mankad, M.D.</td>
<td>David B. Soma, M.D.</td>
<td></td>
</tr>
<tr>
<td>Rozalina G. McCoy, M.D., M.S.</td>
<td>Kristin S. Vickers, Ph.D., L.P.</td>
<td></td>
</tr>
<tr>
<td>Matthew J. Lutch, M.D.</td>
<td>Nathan P. Young, D.O.</td>
<td></td>
</tr>
<tr>
<td>Adrienne A. Nassar, M.D.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Manufacturer/Provider</th>
<th>Product/Device</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terry D. Schneekloth, M.D.</td>
<td>Generic drugs</td>
<td>Topiramate, gabapentin,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>baclofen, odansetron</td>
</tr>
</tbody>
</table>

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: [https://ce.mayo.edu/content/disclosures](https://ce.mayo.edu/content/disclosures).

**Disclaimer**

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

**Prerequisites for Participation**

There are no prerequisites needed prior to participating in this education activity.

**Method of Participation**

Participation in this activity consists of reviewing the educational material, completing the learner assessment and evaluation.

**How to Obtain Credit**

To obtain credit, learner must complete the assessment with a pass rate of 80% of higher.
Release and Expiration Dates

Release Date: August 10, 2021
Expiration Date: August 4, 2023

Acknowledgement of Commercial Support
No commercial support was received in the production of this activity.

Faculty and Course Director Listing and Credentials

Course Directors
Nathan A. Jacobson, D.O., Mayo Clinic
Sean T. Powell, M.D., Kaiser Permanente

Mayo Clinic Faculty
Matthew E. Bernard, M.D.
Christina Chen, M.D.
Margaret C. Gill, M.D.
Sunil V. Mankad, M.D.
Rozalina G. McCoy, M.D., M.S.
Miguel A. Park, M.D.

Daniel B. Ryssman, M.D.
Terry D. Schneekloth, M.D.
David B. Soma, M.D.
Kristin S. Vickers, Ph.D., L.P.
Nathan P. Young, D.O.

Kaiser Permanente Faculty
Adam G. Gilden, M.D.
Matthew J. Lutch, M.D.

Adrienne A. Nassar, M.D.

Bibliographic Resources


Copyright
Mayo Foundation for Medical Education and Research. All rights reserved. Copyright 2021