

A Systematic Approach to Medically Unexplained Symptoms 2025

Wednesday, August 13, 2025 – General Session

Note: Times are listed in Central time

7:15 – 7:50 AM	Breakfast and Registration Livestream begins at 7:35 am
7:50 - 8:00 AM	Introduction and Announcements
8:00 - 8:40 AM	Central Sensitization: A Pathophysiological Review Chris A. Aakre, MD
8:40 – 8:50 AM	Q & A
8:50 - 9:35 AM	Fibromyalgia LaSonya T. Natividad, APRN, CNP, MSN
9:35 – 9:45 AM	Q & A
9:45 – 10:30 AM	Chest Pain and Palpitations Michael W. Cullen, MD
10:30 – 10:40 AM	Q & A
10:40 – 11:10 AM	Break with the Experts Breakout room with the Central Sensitization, Fibromyalgia, and Chest Pain & Palpitations speakers will be available to answer additional questions by the learners. Learners are welcome to bring food/beverage into the breakout room Livestream audience will access Breakout rooms within Zoom to connect with presenters.
11:10 - 11:50M	Chronic Dizziness Elizabeth Westby, MD
11:50 AM - 12:00 PM	Q & A
12:00 – 12:35 PM	Approach to Breast Pain Sandhya Pruthi, MD
12:35 – 12:45 PM	Q & A
12:45 PM	Adjourn General Session Optional workshop following from 1:00-5:00 pm – see separate schedule.

Wednesday, August 13, 2025 – Optional Workshop: Burnout, Well-Being, and Resiliency: Tips to Care for You and Your Patients

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12:45 – 1:00 PM	Pick up lunches- Workshop (in-person) attendees only
1:00 – 1:05 PM	Welcome Course directors
1:05 – 1:55 PM	Lunch talk: Tackling Burnout and Related Syndromes in the Healthcare Team Greg P. Couser, MD, MPH
1:55 – 2:35 PM	Practical Aspects of Leading a Healthy Lifestyle Donald D. Hensrud, MD, MS
2:35 – 3:20 PM	Wellness Coaching for You and Your Patients Jamie L. Friend, NBC-HWC
3:20 – 3:35 PM	Break
3:35 – 4:25 PM	A SMART Approach to Resiliency Debbie L. Fuehrer, MA, LPCC
4:25 – 5:05 pm	Experiential Mindfulness LaSonya T. Natividad, ARNP, CNP, MSN
5:05 PM	Adjourn

Thursday, August 14, 2025 – General Session

Note: Times are listed in Central time

7:00 - 7:55 AM	<p>Breakfast with the Experts Livestream Begins: 7:00 am</p> <p>This time provides a structured opportunity to connect with Chronic Dizziness, Approach to Breast Pain, and Clinical Team members. Learners are welcome to bring food/beverage into the breakout room. Specific case, additional questions and unanswered questions from the Q&A can be answered at this time.</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with presenters.</p>
7:55 - 8:00 AM	<p>Introduction and Announcements Course Directors</p>
8:00 - 8:45 AM	<p>Chronic Fatigue Syndrome Stephanie L. Grach, MD, MS</p>
8:45 – 8:55 AM	Q & A
8:55 - 9:40 AM	<p>Approach to Chronic Headaches Nathan P. Young, DO</p>
9:40 – 9:50 AM	Q & A
9:50 – 10:35 AM	<p>Long COVID Syndrome Jay Szostek, MD</p>
10:35 – 10:45 AM	Q & A
10:45 – 11:15	<p>Break with Experts – Breakout room with the Chronic Fatigue Syndrome, Chronic Headaches, and Long COVID speakers will be available to answer additional questions by the learners. Learners are welcome to bring food/beverage into the breakout room.</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with presenters.</p>
11:15 AM – 12:00 PM	<p>Approach to Chronic Gastrointestinal Symptoms Amindra S. Arora, MBBChir</p>
12:00 – 12:10 PM	Q & A
12:10 – 12:40 PM	<p>Approach to the Patient with "Adrenal Fatigue" Neena Natt, MD</p>
12:40 PM – 12:50 PM	Q & A
12:50 PM – 1:25 PM	<p>Approach to Insomnia Mithri Junna, MD</p>
1:25 PM – 1:35 PM	Q & A
1:35 PM	Adjourn General Session

Friday, August 15, 2025 – General Session

Note: Times are listed in Central time

7:00 – 7:55 AM	<p>Breakfast with the Experts Livestream Begins: 7:00 am</p> <p>This time provides a structured opportunity to connect with Chronic GI Symptoms, Adrenal Fatigue, Insomnia, and Clinical Team Members. Learners are welcome to bring food/beverage into the breakout room. Specific case, additional questions and unanswered questions from the Q&A time can be answered at this time.</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with presenters.</p>
7:55-8:00 AM	<p>Introduction and announcements Course Directors</p>
8:00 - 8:45 AM	<p>Importance of Patient Stories and Medically Unexplained Symptoms Larry R. Bergstrom, MD</p>
8:45 – 8:55 AM	<p>Q & A</p>
8:55 - 9:40 AM	<p>Postural Tachycardia Syndrome Daniel V. Dudenkov, MD</p>
9:40 – 9:50 AM	<p>Q & A</p>
9:50 – 10:35 AM	<p>The Rheumatologist Will See You Now Ashima Makol, MBBS</p>
10:35 – 10:45 AM	<p>Q & A</p>
10:45 - 11:15 AM	<p>Break with the Experts Breakout room with Patient Stories, POTS, and Rheumatology speakers will be available to answer additional questions by the learners. Learners are welcome to bring food/beverage into the breakout room</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with presenters.</p>
11:15 AM - 12:00 PM	<p>Women’s Health in Medically Unexplained Symptoms Jean Marie McGowan, MD</p>
12:00 – 12:10 PM	<p>Q & A</p>
12:10 -12:55 PM	<p>Controversies in Allergy-Immunology Rohit D. Divekar, MBBS, PhD</p>
12:55 – 1:05 PM	<p>Q & A</p>
1:05 PM	<p>Adjourn General Session</p>

Saturday, August 16, 2025 – General Session

Note: Times are listed in Central time

7:00 - 7:55 AM	<p>Breakfast with the Experts Livestream Begins: 7:00 am</p> <p>This time provides a structured opportunity to connect with Women’s Health, Allergy-Immunology, and Clinical Team Members. Learners are welcome to bring food/beverage into the breakout room. Specific case, additional questions and unanswered questions from the Q&A time can be answered at this time.</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with presenters.</p>
7:55 - 8:00 AM	<p>Introduction and announcements Course Directors</p>
8:00 - 8:45 AM	<p>Evaluation of Thyroid Hormones: Myths, Truths, and In-Between Mabel Ryder, MD</p>
8:45 – 8:55 AM	Q & A
8:55 – 9:40 AM	<p>Unexplained Chronic Cough Vivek N. Iyer, MD, MPH</p>
9:40 – 9:50 AM	Q & A
9:50 - 10:35 AM	<p>Psychiatry in Medically Unexplained Symptoms Jeffrey P. Staab, MD, MS</p>
10:35 – 10:45 AM	Q & A
10:45 – 11:15 AM	<p>Break Breakout room with Thyroid, Chronic Cough, and Psychiatry speakers will be available to answer additional questions by the learners. Learners are welcome to bring food/beverage into the breakout room.</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with presenters.</p>
11:15 AM - 12:00 PM	<p>Approach to Pelvic Pain and Dysfunction Isabel C. Green, MD, and Iris Wang, MD</p>
12:00 - 12:10 PM	Q & A
12:10 AM - 12:55 PM	<p>Approach to Cognitive Rehabilitation Erica Bellamkonda, MD</p>
12:55 – 1:05 PM	Q & A
1:05 PM	<p>Adjourn A Systematic Approach to Medically Unexplained Symptoms 2025 – Thank you for joining us!</p>