

# A Systematic Approach to Medically Unexplained Symptoms 2025

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## Wednesday, August 13, 2025 – General Session

Note: Times are listed in Central time

Times are tentative and subject to possible minor changes.

7:15 – 7:50 AM	<b>Breakfast and Registration</b> Livestream begins at 7:35 am
7:50 - 8:00 AM	<b>Introduction and Announcements</b>
8:00 - 8:40 AM	<b>Central Sensitization: A Pathophysiological Review</b> Chris A. Aakre, MD
8:40 – 8:50 AM	Q & A
8:50 - 9:35 AM	<b>Fibromyalgia</b> LaSonya T. Natividad, APRN, CNP, MSN
9:35 – 9:45 AM	Q & A
9:45 – 10:30 AM	<b>Chest Pain and Palpitations</b> Michael W. Cullen, MD
10:30 – 10:40 AM	Q & A
10:40 – 11:10 AM	<b>Break with the Experts</b> Breakout room with the <b>Central Sensitization, Fibromyalgia, and Chest Pain &amp; Palpitations</b> 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	<b>Chronic Dizziness</b> Elizabeth Westby, MD
11:50 AM - 12:00 PM	Q & A
12:00 – 12:35 PM	<b>Approach to Breast Pain</b> Sandhya Pruthi, MD
12:35 – 12:45 PM	Q & A
12:45 PM	<b>Adjourn General Session</b> Optional workshop following from 1:00-5:00 pm – see separate schedule.

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

**Note:** Times are listed in Central time

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

## Thursday, August 14, 2025 – General Session

Note: Times are listed in Cental time

7:00 - 7:55 AM	<b>Breakfast with the Experts</b> Livestream Begins: 7:00 am This time provides a structured opportunity to connect with <b>Chronic Dizziness, Approach to Breast Pain, and Clinical Team members</b> . 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.  Livestream audience will access Breakout rooms within Zoom to connect with presenters.
7:55 - 8:00 AM	<b>Introduction and Announcements</b> Course Directors
8:00 - 8:45 AM	<b>Myalgic Encephalomyelitis/Chronic Fatigue Syndrome</b> Stephanie L. Grach, MD, MS
8:45 – 8:55 AM	Q & A
8:55 - 9:40 AM	<b>Approach to Chronic Headaches</b> Nathan P. Young, DO
9:40 – 9:50 AM	Q & A
9:50 – 10:35 AM	<b>Long COVID Syndrome</b> Jay Szostek, MD
10:35 – 10:45 AM	Q & A
10:45 – 11:15	<b>Break with Experts</b> Breakout room with the <b>Chronic Fatigue Syndrome, Chronic Headaches, and Long COVID speakers</b> 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.
11:15 AM – 12:00 PM	<b>Approach to Chronic Gastrointestinal Symptoms</b> Amindra S. Arora, MB, BChir
12:00 – 12:10 PM	Q & A
12:10 – 12:40 PM	<b>Approach to the Patient with "Adrenal Fatigue"</b> Neena Natt, MD
12:40 PM – 12:50 PM	Q & A
12:50 PM – 1:25 PM	<b>Approach to Insomnia</b> Mithri Junna, MD
1:25 PM – 1:35 PM	Q & A
1:35 PM	<b>Adjourn General Session</b>
2:05 – 2:45 PM	<b>Product Theatre: Lin Health</b> Optional, not for Continuing Medical Education (CME ) credit. This session is being provided in support of Mayo Clinic A Systematic Approach to Medically Unexplained Symptoms on behalf of Lin Health, a commercial interest entity.

## Friday, August 15, 2025 – General Session

Note: Times are listed in Central time

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

## Saturday, August 16, 2025 – General Session

Note: Times are listed in Central time

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