

A Systematic Approach to Medically Unexplained Symptoms 2025

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	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, & 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, MA, 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	Breakfast with the Experts Livestream Begins: 7:00 am 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. Livestream audience will access Breakout rooms within Zoom to connect with presenters.
7:55 - 8:00 AM	Introduction and Announcements Course Directors
8:00 - 8:45 AM	Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Stephanie L. Grach, MD, MS
8:45 – 8:55 AM	Q & A
8:55 - 9:40 AM	Approach to Chronic Headaches Nathan P. Young, DO
9:40 – 9:50 AM	Q & A
9:50 – 10:35 AM	Long COVID Syndrome Jay Szostek, MD
10:35 – 10:45 AM	Q & A
10:45 – 11:15	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. Livestream audience will access Breakout rooms within Zoom to connect with presenters.
11:15 AM – 12:00 PM	Approach to Chronic Gastrointestinal Symptoms Amindra S. Arora, MB, BChir
12:00 – 12:10 PM	Q & A
12:10 – 12:40 PM	Approach to the Patient with "Adrenal Fatigue" Neena Natt, MD
12:40 PM – 12:50 PM	Q & A
12:50 PM – 1:25 PM	Approach to Insomnia Mithri Junna, MD
1:25 PM – 1:35 PM	Q & A
1:35 PM	Adjourn General Session
2:05 – 2:45 PM	Product Theatre: Lin Health 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	Breakfast with the Experts Livestream Begins: 7:00 am 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. Livestream audience will access Breakout rooms within Zoom to connect with presenters.
7:55-8:00 AM	Introduction and announcements Course Directors
8:00 - 8:45 AM	Importance of Patient Stories and Medically Unexplained Symptoms Larry R. Bergstrom, MD
8:45 – 8:55 AM	Q & A
8:55 - 9:40 AM	Postural Tachycardia Syndrome Daniel V. Dudenkov, MD
9:40 – 9:50 AM	Q & A
9:50 – 10:35 AM	The Rheumatologist Will See You Now Ashima Makol, MBBS
10:35 – 10:45 AM	Q & A
10:45 - 11:15 AM	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 Livestream audience will access Breakout rooms within Zoom to connect with presenters.
11:15 AM - 12:00 PM	Women's Health in Medically Unexplained Symptoms Jean Marie McGowan, MD
12:00 – 12:10 PM	Q & A
12:10 -12:55 PM	Controversies in Allergy-Immunology Rohit D. Divekar, MBBS, PhD
12:55 – 1:05 PM	Q & A
1:05 PM	Adjourn General Session

Saturday, August 16, 2025 – General Session

Note: Times are listed in Central time

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