

Powering Up Your Practice
March 1-4, 2026
All times noted are Pacific Time

Sunday, March 1, 2026

Moderators: Dr. Sanjeev Nanda – Dr. Marcia Venegas Pont

1: 00p.m. Welcome and Course Overview

1:15 p.m. Nutrition, Exercise and Lifestyle

Laura D Rhaney., M.D

2:00 p.m. Question and Answer

2:05 p.m. Obesity management

Dr. Haitham S. Abu-Lebdeh

2:50 Question and Answer

2:55 p.m. Urogynecology tips for the PCP

Emanuel C. Trabuco, MD

3:40 p.m. Question and Answer

3:45 p.m. Transgender Medicine Update

Caroline J. Davidege-Pltts, MD

4:30p.m. Question and Answer

4:35 p.m. What does this mean for your practice: Summary of today's talks

Bright Thilagar, MD

4:45 p.m. Adjourn

Monday, March 2, 2026

6:00 a.m. Breakfast with the experts and Registration

Moderators: Dr. Sanjeev Nanda – Dr. Marcia Venegas Pont

7:15 a.m. Integrating AI into clinical practice: Evidence, Applications and Implications

Chris R. Stephenson, MD

8:00 a.m. Question and Answer

8:05 a.m. Airway Diseases in Adults: Diagnostic and Therapeutic Recommendations

Vivek Iyer, M.D.

8:50 a.m. Question and Answer

8:55 a.m. Break

9:10 a.m. Standard of Care in Cardiology: What Every Internist Should Know in 2026

Jeffrey B. Geske, M.D

9:55 a.m. Question and Answer

Moderators: Dr. Jennifer Lin, Dr. John P. Martin, Dr. Kim-Huong Tran

10:00 a.m. Updates in Vascular Medicine

Robert D. McBane, II, M.D.

10:45 a.m. Question and Answer

10:50 a.m. Sleep Medicine: Standard of care and updates in the management of OSA and Insomnia

Eric J. Olson, MD

11:35 a.m. Question and Answers

11:40 a.m. Break

12:00 p.m. From clues to cure: A clinical case deconstructed

John P. Martin, MD Timothy Hsieh, M.D.

12:45 a.m. Question and Answer

12:50 p.m. Protect, Prevent, Prepared: The role of vaccines in modern medicine

Mary Jo Kasten, MD

1:35 pm. Question and Answer

1:40-1:50 **What does this mean for your practice: Summary of today's talks**
Bright Thilagar, MD

1:50 **Adjourn**

Tuesday, March 3, 2026

6:00 a.m. **Breakfast with the experts**

Moderators: Dr. Sanjeev Nanda – Dr. Marcia Venegas Pont

7:00 a.m. **Updates that matter: Literature you can use in the clinic-Publications and Guidelines**
Jayson Szosteck, MD

7:45 a.m. **Question and Answer**

7:50 a.m. **Managing Rheumatologic Disease: Biologics and Standard of Care**
Steven Lee, M.D.

8:35 a.m. **Question and Answer**

8:40 a.m. **Updates in Hospital Medicine**
Deanne T. Kashiwagi, MD

9:25 a.m. **Question and Answer**

9:30 a.m. **Break**

9:45 a.m. **Movement disorder, Memory decline: Standard of Care and Pharmacologic Management**
Sarah E. Berini, M.D.

10:30 a.m. **Question and Answer**

Moderators: Dr. Jennifer Lin, Dr. John P. Martin, Dr. Kim-Huong Tran

10:35 a.m. **Standard of Care: MGUS and other common hematologic conditions**
Joselle M. Cook, M.B.B.S.

11:20 a.m. **Question and Answer**

11:25 p.m. **Break**

11:40 a.m. **Cancer survivorship: Management recommendations for the PCP**
Samantha Siegel, MD

12:25 p.m. Question and Answer

12:30 p.m. Breast Cancer in High-Risk populations: Identification, Risk reduction and Early Detection
Christine Klassen, MD

1:15 p.m. Question and Answer

1:20 p.m. What does this mean for your practice: Summary of today's talks
Bright Thilagar, MD

1:30 Adjourn

Wednesday, March 4, 2026

6:00 a.m. Breakfast with the experts

Moderators: Dr. Sanjeev Nanda – Dr. Marcia Venegas Pont

7:00 a.m. PMR/Regenerative Medicine perles
Robert J. Nied, M.D.

7:45 a.m. Question and Answer

7:50 a.m. Radiology tips for the PCP
Avinash K. Nehra, M.D.

8:35 a.m. Question and Answer

8:40 a.m. Break

8:55 a.m. GI Perles. Liver disease
Sahil Khanna, MBBS, MS

9:40 a.m. Question and Answer

9:45 a.m. Allergy Standard of Care: Rhinitis, Sinusitis
Gerald Volchek, Allergy

10:30 a.m. Question and Answer

Moderators: Dr. Jennifer Lin, Dr. John P. Martin, Dr. Kim-Huong Tran

10:35 a.m. Preventive Medicine
Jay Adusumalli, M.D.

11:20 a.m. Question and Answer

11:25 am Break

11:35 p.m. Geriatrics updates
Darryl S. Chutka, MD

12:20 p.m. Question and Answer

12:25 p.m. What does this mean for your practice: Summary of today's talks
Bright Thilagar, MD

Cross Cultural Communication

This module is being made available to you to support compliance of
[CALIFORNIA ASSEMBLY BILL 1195 - Cultural and Linguistic Competency.](#)

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