



Care of the Older Adult

Dana Point, CA and Livestream | November 20-22, 2025

Thursday, November 20, 2025	
6:45 – 7:20 a.m.	Registration, Breakfast and Exhibits Richard Henry Dana Ballroom Foyer
7:20 a.m.	Welcome and Conference Overview Richard Henry Dana Ballroom
Cognitive and Mental Health	
7:30 a.m.	Alzheimer's Disease Updates: What's on the Horizon? Gregg S. Day, M.D.
8:10 a.m.	Dementia Care Pearls: Making the Diagnosis and a Guide to Partnering with the Care Team Ericka E. Tung, M.D., M.P.H.
8:50 a.m.	Anxiety Management in the Older Adult: Beyond the Benzodiazepine Maureen Shelton, M.D.
9:30 a.m.	Updates in Parkinson's Disease Management and Living Well with the Disease Rodolfo Savica, M.D., Ph.D.
10:10 a.m.	Refreshment Break and Exhibits Richard Henry Dana Ballroom Foyer
Functional Health, Healthy Aging and Longevity	
10:30 a.m.	Management of Spine Care in Older Adults: Neck Pain, Back Pain, Radiculopathy Jennifer I. Stern, M.D.
11:10 a.m.	Introduction to Longevity and Anti-Aging for the Generalist Sara L. Bonnes, M.D., M.S. - <i>Presenting Virtually</i>
11:50 a.m.	Optimizing Functional Health & Strength Training as We Age: Tips from a Lifestyle and Health Coach Matthew Arnold, Certified Health Coach
12:30 p.m.	Adjourn for the day
12:45 – 4:45 p.m.	Diabetes ABFM-developed KSA Optional, in-person only, additional fee to attend. Lunch provided to KSA attendees. Facilitators: Sara M. Shu, D.O. and Rozalina G. McCoy, M.D., M.S. <i>The newly revised Diabetes ABFM-developed KSA activity focuses on preventing and diagnosing diabetes mellitus, recognizing the clinical implications of insulin-resistance syndromes, recognizing, and managing microvascular complications of diabetes mellitus, managing diabetic ketoacidosis and non-ketotic hyperosmolar coma, nonpharmacologic management of diabetes mellitus, and pharmacologic management of diabetes mellitus.</i>



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Friday, November 21, 2025	
6:15 - 6:45 a.m.	Fit to Function: Building Strength That Supports Healthy Joints and Functional Fitness Live only, Pre-registration required, No credit offered Del Mar Lawn
6:45 a.m.	Registration, Breakfast and Exhibits Richard Henry Dana Ballroom Foyer
7:25 a.m.	Overview of the Day Richard Henry Dana Ballroom
Selected Topics in Chronic Disease Management and Geriatric Syndromes	
7:30 a.m.	A Practical Approach Towards Navigating Geriatric Syndromes Sara T. Medina-Bielski, M.D.
8:10 a.m.	The Aging Valve: Optimizing Valvulopathy Management in Older Adults Jonathan M. Wong, M.D.
8:50 a.m.	Management of Joint Pain in Older Adults: When Osteoarthritis is NOT the Answer Vivek Nagaraja, M.B.B.S., M.D.
9:30 a.m.	The Aging Ear: Navigating Hearing Loss, Hearing Aids and Beyond Colton T. Clayton, Au.D., Ph.D.
10:10-10:30 a.m.	Refreshment Break and Exhibits Richard Henry Dana Ballroom Foyer
Special Topics and Case Studies in Geriatric Medicine	
10:30 a.m.	Women's Health - Case Studies in the Aging Female Richa Sood, M.D., M.S.
11:10 a.m.	Medical Cannabis and CBD Products in Older Adults Thomas P. Pittelkow, D.O., M.P.H.
11:50 a.m.	Cases and Geriatric Pearls from the Fellow's Clinic David L. Crawford, M.D., Libby E. Doll, M.D., Anne P. Nguyen, D.O.
12:45 p.m.	Adjourn for the day



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Saturday, November 22, 2025	
6:15 - 6:45 a.m.	Fit to Function: Building Strength That Supports Healthy Joints and Functional Fitness Live only, Pre-registration required, No credit offered Del Mar Lawn
6:45 a.m.	Registration, Breakfast and Exhibits Richard Henry Dana Ballroom Foyer
7:25 a.m.	Overview of the Day Richard Henry Dana Ballroom
Geriatric Pharmacology & Medication Management Topics	
7:30 a.m.	Implementing Antibiotic Stewardship in Long Term Care Brandon P. Verdoorn, M.D.
8:10 a.m.	Polypharmacy Management: The Art of Deprescribing Leslie R. Siegel, Pharm.D., R.Ph., Bonnie C. Sohn, M.D.
8:50 a.m.	Navigating Pharmacologic Aging Interventions Robert Pignolo, M.D., Ph.D.
9:30 a.m.	Making Sense of Medicare Part D and Drug Prescription Affordability Rosalina G. McCoy, M.D., M.S.
10:10 a.m.	Refreshment Break and Exhibits Richard Henry Dana Ballroom Foyer
Symptom Management, Communication and Palliative Care Topics	
10:30 a.m.	Narrative Medicine in Chronic Disease Management- Understanding the Patient Experience Denise M. Millstine, M.D.
11:10 a.m.	Practical Tips for Assessing Hospice Eligibility Suzanne S. Bundrick, APRN, C.N.P., M.S.N.
11:50 a.m.	Interventional Pain Management for the Older Adult Jillian A. Maloney, M.D.
12:30 p.m.	Conference Wrap-Up
12:35 p.m.	Conference Adjourn Thank you for attending!