

Powering Up Your Practice: The Latest Internal Medicine Updates 2026

San Diego, CA

All times noted are Pacific Time**Sunday, March 1, 2026**

Course Directors: Dr. Sanjeev Nanda and Dr. Marcia Venegas Pont

1:00 p.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 p.m.	Question and Answer
2:55 p.m.	The Bladder and Beyond: Evaluation and Management of Urinary Incontinence in Women John Occhino, M.D.
3:40 p.m.	Question and Answer
3:45 p.m.	Transgender Medicine Update Caroline J. Davidege-Pitts, MD
4:30 p.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
5:00-8:00 p.m.	Faculty Reception on the terrace

Monday, March 2, 2026

6:30 a.m.	Registration & Breakfast with the Experts Moderators: Dr. Sanjeev Nanda and 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: Heart Failure, Electrophysiology, and Hypertrophic Cardiomyopathy: 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 Mithri Junna, M.D
11:35 a.m.	Question and Answer
11:40 a.m. -12:30 pm	Lunch <i>Optional Industry Sponsored Non-CME Educational Session (onsite only)</i>
12:30 p.m.	From clues to cure: A clinical case deconstructed Moderators: Drs. William Tseng and Matthew Genovese Panelists: Dr John Martin, Dr. Bright Thilagar, and Dr Jennifer Lin
1:15 p.m.	Question and Answer
1:20 p.m.	Protect, Prevent, Prepared: The role of vaccines in modern medicine Priya Sampathkumar, M.D.
2:05 p.m.	Question and Answer
2:00 p.m.	What does this mean for your practice: Summary of today's talks Bright Thilagar, MD
2:35 p.m.	Adjourn

Tuesday, March 3, 2026

6:00 a.m.	Breakfast with the Experts Moderators: Dr. Sanjeev Nanda and 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.	Updates in Hospital Medicine Keir MacKay, M.B., B.Ch., B.A.O.
8:35 a.m.	Question and Answer
8:40 a.m.	Managing Rheumatologic Disease: Biologics and Standard of Care Steven Lee, DO FACP
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 Rodolfo Savica, M.D., Ph.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 a.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 p.m.	Adjourn

Wednesday, March 4, 2026

6:00 a.m.	Breakfast with the Experts Moderators: Dr. Sanjeev Nanda and Dr. Marcia Venegas Pont
7:00 a.m.	PMR/Regenerative Medicine 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 Pearls for the Internist Sahil Khanna, MBBS, MS
9:40 a.m.	Break
9:45 a.m.	Allergy Standard of Care: Rhinitis, Sinusitis and Urticaria 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 a.m.	Break
11:35 a.m.	Geriatrics updates Paul Takahashi, M.D.
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