

A Systematic Approach to Medically Unexplained Symptoms 2026

Wednesday, August 5, 2026 – General Session

Note: Times are listed in Pacific time

7:00 – 7:30 AM	Breakfast and Registration Livestream begins at 7:20 am
7:30 - 7:50 AM	Introduction and Brief Pathophysiologic Overview of Medically Unexplained Symptoms Michael R. Mueller, MD
7:50 - 8:25 AM	Fibromyalgia LaSonya T. Natividad, APRN, CNP, MSN
8:25 – 8:35 AM	Q & A
8:35 - 9:15 AM	Biofeedback and Wearable Devices Chris A. Aakre, MD
9:15 – 9:25 AM	Q&A
9:25 – 10:00 AM	Approach to Breast Pain Sandhya Pruthi, MD
10:00 – 10:10 AM	Q&A
10:10 – 10:40 AM	Break with the Experts Roundtable chats with speakers 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 speakers.
10:40 – 11:25 AM	Approach to Chronic Headaches Nathan P. Young, DO
11:25 – 11:35 AM	Q & A
11:35 AM – 12:20 PM	Evaluation of Thyroid Hormones: Myths, Truths, and In-Between Mabel Ryder, MD
12:20 – 12:30 PM	Q & A
12:30 - 12:45 PM	Rapid Fire Case Course Director Group exercise at each table to discuss specific case related to the talk of the day
12:45 PM	Adjourn General Session

Thursday, August 6, 2026 – General Session

Note: Times are listed in Pacific time

7:00 - 7:30 AM	Breakfast with the Experts Livestream Begins: 7:00 am Roundtable chats with speakers 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 speakers.
7:30 - 8:15 AM	Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Stephanie L. Grach, MD, MS
8:15 – 8:25 AM	Q & A
8:25 - 9:10 AM	Chronic Dizziness: A New Approach to an Old Problem Elizabeth Westby, MD
9:10 – 9:20 AM	Q & A
9:20 – 10:00 AM	Approach to Insomnia Mithri Junna, MD
10:00 – 10:10 AM	Q & A
10:10 – 10:40 AM	Break with Experts Roundtable chats with speakers 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 speakers.
10:40 – 11:25 AM	Chest Pain and Palpitations Michael W. Cullen, MD
11:25 – 11:35 AM	Q & A
11:35 AM – 12:20 PM	Postural Tachycardia Syndrome Daniel V. Dudenkov, MD
12:20 – 12:30 PM	Q & A
12:30 – 12:45 PM	Rapid Fire Case Course Director Group exercise at each table to discuss specific case related to the talk of the day
12:45 PM	Adjourn General Session

Friday, August 7, 2026 – General Session

Note: Times are listed in Pacific time

7:00 – 7:30 AM	Breakfast with the Experts Livestream Begins: 7:00 am Roundtable chats with speakers 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 speakers.
7:30 - 8:15 AM	Hypermobile Ehlers Danlos & Hypermobility Syndromes Shilpa Gajarawala, MSc, MPAS, P.A.-C. Q&A
8:25 - 9:10 AM	Approach to Chronic Gastrointestinal Symptoms Amindra S. Arora, MB, BChir
9:10 – 9:20 AM	Q & A
9:20 – 9:50 AM	Understanding Low Cortisol and Adrenal Fatigue: Clinical Insights for Primary Care Neena Natt, MD
9:50 – 10:00 AM	Q&A
10:00 - 10:30 AM	Break with the Experts Roundtable chats with speakers 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 speakers.
10:30 - 11:15 AM	Importance of Patient Stories and Medically Unexplained Symptoms (45 min) Denise M. Millstine, MD
11:15 – 11:25 AM	Q & A
11:25 - 11:55 AM	A Practical Approach to Pruritus of Unknown Origin Jenny L. Link, MD
11:55 AM – 12:05 PM	Q & A
12:05 - 12:35 PM	The Dreaded Disability Form Melanie D. Swift, MD, MPH
12:35 - 12:45 PM	Q & A
12:45 – 1:00 PM	Rapid Fire Case Course Director Group exercise at each table to discuss specific case related to the talk of the day
1:00 PM	Adjourn General Session

Saturday, August 8, 2026 – General Session

Note: Times are listed in Pacific time

7:00 - 7:30 AM	Breakfast with the Experts Livestream Begins: 7:00 am Roundtable chats with speakers 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 speakers.
7:30 - 8:15 AM	Psychiatric and Functional Disorders in General Medical Practice Jeffrey P. Staab, MD, MS
8:15 – 8:25 AM	Q & A
8:25 – 9:10 AM	Approach to Pelvic Pain and Dysfunction Isabel C. Green, MD, MHPE
9:10 – 9:20 AM	Q & A
9:20 - 10:05 AM	Hormone Supplementation, Do's and Don't Jean Marie McGowan, MD
10:05 – 10:15 AM	Q & A
10:15 – 10:45 AM	Break with the Experts Roundtable chats with speakers 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 speakers.
10:45 AM - 11:35 AM	Physician Burnout / Taking Care of Ourselves Greg Couser, MD, MPH
11:35 - 11:45 AM	Q & A
11:45 AM - 12:15 PM	Cross-Cultural Communication video Daryl Chutka, MD
12:15 – 12:30 PM	Rapid Fire Case Course Director Group exercise at each table to discuss specific case related to the talks of the day.
12:30 PM	Adjourn A Systematic Approach to Medically Unexplained Symptoms 2026 – Thank you for joining us!