

# A Systematic Approach to Medically Unexplained Symptoms 2026

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## Wednesday, August 5, 2026 – General Session

Note: Times are listed in Pacific time

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

## Thursday, August 6, 2026 – General Session

Note: Times are listed in Pacific time

7:00 - 7:30 AM	<p><b>Breakfast with the Experts</b>            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</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with speakers.</p>
7:30 - 8:15 AM	<p><b>Myalgic Encephalomyelitis/Chronic Fatigue Syndrome</b>            Stephanie L. Grach, MD, MS</p>
8:15 – 8:25 AM	Q & A
8:25 - 9:10 AM	<p><b>Chronic Dizziness: A New Approach to an Old Problem</b>            Elizabeth Westby, MD</p>
9:10 – 9:20 AM	Q & A
9:20 – 10:00 AM	<p><b>Approach to Insomnia</b>            Mithri Junna, MD</p>
10:00 – 10:10 AM	Q & A
10:10 – 10:40 AM	<p><b>Break with Experts</b>            Roundtable chats with speakers to answer additional questions by the learners.            Learners are welcome to bring food/beverage into the breakout room</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with speakers.</p>
10:40 – 11:25 AM	<p><b>Chest Pain and Palpitations</b>            Michael W. Cullen, MD</p>
11:25 – 11:35 AM	Q & A
11:35 AM – 12:20 PM	<p><b>Postural Tachycardia Syndrome</b>            Daniel V. Dudenkov, MD</p>
12:20 – 12:30 PM	Q & A
12:30 – 12:45 PM	<p><b>Rapid Fire Case</b>            Course Director            Group exercise at each table to discuss specific case related to the talk of the day</p>
12:45 PM	<b>Adjourn General Session</b>

## Friday, August 7, 2026 – General Session

Note: Times are listed in Pacific time

7:00 – 7:30 AM	<p><b>Breakfast with the Experts</b>  <b>Livestream Begins: 7:00 am</b></p> <p>Roundtable chats with speakers to answer additional questions by the learners. Learners are welcome to bring food/beverage into the breakout room</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with speakers.</p>
7:30 - 8:15 AM	<p><b>Hypermobile Ehlers Danlos &amp; Hypermobility Syndromes</b>            Shilpa Gajarawala, MSc, MPAS, P.A.-C.</p>
8:15 – 8:25 AM	Q&A
8:25 - 9:10 AM	<p><b>Approach to Chronic Gastrointestinal Symptoms</b>            Amindra S. Arora, MB, BChir</p>
9:10 – 9:20 AM	Q & A
9:20 – 9:50 AM	<p><b>Understanding Low Cortisol and Adrenal Fatigue: Clinical Insights for Primary Care</b>            Neena Natt, MD</p>
9:50 – 10:00 AM	Q&A
10:00 - 10:30 AM	<p><b>Break with the Experts</b>            Roundtable chats with speakers to answer additional questions by the learners. Learners are welcome to bring food/beverage into the breakout room</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with speakers.</p>
10:30 - 11:15 AM	<p><b>Importance of Patient Stories and Medically Unexplained Symptoms</b>            Denise M. Millstine, MD</p>
11:15 – 11:25 AM	Q & A
11:25 - 11:55 AM	<p><b>A Practical Approach to Pruritus of Unknown Origin</b>            Jenny L. Link, MD</p>
11:55 AM – 12:05 PM	Q & A
12:05 - 12:35 PM	<p><b>The Dreaded Disability Form</b>            Melanie D. Swift, MD, MPH</p>
12:35 - 12:45 PM	Q & A
12:45 – 1:00 PM	<p><b>Rapid Fire Case</b>            Course Director            Group exercise at each table to discuss specific case related to the talk of the day</p>
1:00 PM	<b>Adjourn General Session</b>

## Saturday, August 8, 2026 – General Session

Note: Times are listed in Pacific time

7:00 - 7:30 AM	<p><b>Breakfast with the Experts</b> Livestream Begins: 7:00 am</p> <p>Roundtable chats with speakers to answer additional questions by the learners. Learners are welcome to bring food/beverage into the breakout room</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with speakers.</p>
7:30 - 8:15 AM	<p><b>Psychiatric and Functional Disorders in General Medical Practice</b> Jeffrey P. Staab, MD, MS</p>
8:15 – 8:25 AM	Q & A
8:25 – 9:10 AM	<p><b>Approach to Pelvic Pain and Dysfunction</b> Isabel C. Green, MD, MHPE</p>
9:10 – 9:20 AM	Q & A
9:20 - 10:05 AM	<p><b>Does Menopausal Hormone Therapy Fix Everything? Reviewing Evidence and Setting Expectations</b></p>
10:05 – 10:15 AM	<p>Jean Marie McGowan, MD Q &amp; A</p>
10:15 – 10:45 AM	<p><b>Break with the Experts</b> Roundtable chats with speakers to answer additional questions by the learners. Learners are welcome to bring food/beverage into the breakout room</p> <p>Livestream audience will access Breakout rooms within Zoom to connect with speakers.</p>
10:45 AM - 11:35 AM	<p><b>Physician Burnout / Taking Care of Ourselves</b> Greg Couser, MD, MPH</p>
11:35 - 11:45 AM	Q & A
11:45 AM - 12:15 PM	<p><b>Cross-Cultural Communication</b> video Daryl Chutka, MD</p>
12:15 – 12:30 PM	<p><b>Rapid Fire Case</b> Course Director Group exercise at each table to discuss specific case related to the talks of the day.</p>
12:30 PM	<p><b>Adjourn</b> A Systematic Approach to Medically Unexplained Symptoms 2026 – Thank you for joining us!</p>