

**Mayo Clinic and Kaiser Permanente  
Updates in Family Medicine  
March 12-14, 2026**

\*All times listed in **PACIFIC** time zone.

Thursday, March 12, 2026	
6:30 a.m.	Registration / Breakfast and Exhibitors
7:20 a.m.	Welcome and Conference Overview Nathan A. Jacobson, D.O. and Sean T. Powell, M.D.
7:30 a.m.	Simplifying the Hip Exam: What Every Primary Care Physician Needs to Know Christopher L. Camp, M.D.
8:05 a.m.	Deescalating Weight Loss Medication: Fact, Fiction or Future Tamim I. Rajjo, M.D., M.P.H.
8:40 a.m.	Metabolic Dysfunction-Associated Steatotic Liver Disease Harmeet Malhi, M.B.B.S.
9:15 a.m.	Coffee Break and Exhibitors
9:35 a.m.	Continuous Glucose Monitors: A Picture is Worth a Thousand Words Sarah A. Reiland, APRN, C.N.P.
10:10 a.m.	Prostate Cancer Survivorship Hossein Mirheydar, M.D., F.A.C.S.
10:45 a.m.	COPD in 2026: New Frontiers in Treatment Megan M. Duloher Scrogin, M.D.
11:20 a.m.	Light Refreshments / Coffee Break and Exhibitors
11:40 a.m.	Basics of Valve Disease Katy F. Kopecky, M.D., M.S.
12:15 p.m.	Preventive Cardiology Stephen L. Kopecky, M.D.
12:50 p.m.	Off the Growth Curve Charu G. Soni, M.D.
1:25 p.m.	Day Wrap-up
1:30 p.m.	Adjourn General Session
<b>Health Counseling and Preventive Care ABFM-Approved KSA</b> <i>Optional, Pre-registration Required, In-Person Only</i>	
1:35 p.m.	Registration and Lunch
1:45 p.m.	Health Counseling and Preventive Care KSA John M. Wilkinson, M.D., Stephen L. Kopecky, M.D., Sara M. Shu, D.O.
3:45 p.m.	Break
3:55 p.m.	Health Counseling and Preventive Care KSA, Continued
5:55 p.m.	Adjourn

Friday, March 13, 2026

6:30 a.m.	Breakfast and Exhibitors
6:45 – 7:15 a.m.	Breakfast with the Experts ( <i>Optional, In-Person Only</i> ) Select Thursday Presenters
7:20 a.m.	Overview of Day
7:30 a.m.	Extra Intestinal Manifestations of IBD Navreet M. Chowla, M.B.B.S.
8:05 a.m.	Cerebral Vascular Updates Eugene L. Scharf, M.D.
8:40 a.m.	Hidden Pitfalls of ADHD in Kids Eric R. Pease, D.O., M.B.A.
9:15 a.m.	Coffee Break and Exhibitors
9:35 a.m.	Common Foot Problems Daniel B. Ryssman, M.D.
10:10 a.m.	Preventing and Managing Vaccine Hesitancy Successfully in the Office Setting Robert M. Jacobson, M.D.
10:45 a.m.	Common Hand and Wrist Pathologies: A Surgeon's Perspective Peter C. Rhee, D.O., M.S.
11:20 a.m.	Light Refreshments / Coffee Break and Exhibitors
11:40 a.m.	Pearls in Pediatric Dermatology Ki Young Yoo, M.D.
12:15 p.m.	Pulmonary Function Test Basics Miguel A. Park, M.D.
12:50 p.m.	Cyst Removal Techniques Michelle J. Duvall, M.D.
1:25 p.m.	Day Wrap-up
1:30 p.m.	Adjourn Day

Saturday, March 14, 2026	
6:30 a.m.	Breakfast and Exhibitors
6:45 – 7:15 a.m.	Breakfast with the Experts <i>(Optional, In-Person Only)</i> Select Friday Presenters
7:20 a.m.	Overview of Day
7:30 a.m.	AI in Family Medicine Jithin Edakkanambeth Varayil, M.D.
8:05 a.m.	When Back Pain is Surgical Meghan E. Murphy, M.D.
8:40 a.m.	Substance Use Disorder Payam P. Sazegar, M.D.
9:15 a.m.	Pharmacogenetics for the Busy Clinician Denise M. Dupras, M.D., Ph.D.
9:50 a.m.	Coffee Break and Exhibitors
10:10 a.m.	ENT Amar Miglani, M.D.
10:45 a.m.	Why Obstetrical Healthcare Matters Marla A. DeWitt, M.D.
11:20 a.m.	Lifestyle Medicine - Microbiome in Medicine Regina B. Ragasa, D.O.
11:55 a.m.	Conference Highlights and Wrap Up Sean T. Powell, M.D.
12:10 p.m.	Adjourn Conference

**PHARMACOLOGY CONTENT**

Some presentations will contain pharmacology content. It is the responsibility of the individual learner to determine the amount of pharmacology content.