



Men's Health Update: Engagement, Prevention and Performance 2026

December 4-5, 2026

Hilton Sedona Resort at Bell Rock – Sedona, AZ

Program is in Mountain Standard Time

Friday, December 4, 2026	
6:30am	Registration, Breakfast & Exhibits
6:30am	Non-CME Product Theater
6:55am	Welcome and Introduction
Characterizing Men's Health	
7:00am	Why Does Men's Health Matter? Evolving Men's Health Priorities
7:20am	The Men's Health Checklist: The Breadth Men's Health Needs
7:40am	Balancing Patient Autonomy and Evidence for Non-Traditional Interventions with Traditional Evidence Hierarchies
8:00am	Case Discussion Q&A
8:15am	Break & Exhibits
Advanced Preventative Medicine	
8:30am	Beyond Blood Work: Refining Health Care Screening Based on Family History and Genetics
8:50am	Cardiovascular Disease Screening and Management
9:10am	Identifying Self-Harm Behaviors and Addressing Addiction
9:30am	Case Discussion Q&A
9:45am	Break & Exhibits
Benign Prostatic Hyperplasia and Voiding	
10:00am	Best Practices in Voiding Dysfunction Assessment & Management
10:20am	Surgical Management of BPH: Which Therapy for Which Patient?
10:40am	Managing Incontinence
11:00am	Case Discussion Q&A
11:15am	Break & Exhibits
Prostate Cancer	
11:30am	Evidence-Based and Pragmatic Approaches to Prostate Cancer Screening and Active Surveillance
11:50am	Focal Ablative Strategies vs. Standard of Care for Prostate Cancer
12:10pm	Contemporary Imaging and Systemic Treatment Strategies in Advanced Prostate Cancer
12:30pm	Case Discussion Q&A
12:45pm	Adjourn

Saturday, December 5, 2026	
6:30am	Registration, Breakfast & Exhibits
6:30am	Non-CME Product Theater
6:55am	Course Announcements
Nutrition, Diet and Metabolic Optimization	
7:00am	Strategies for Metabolic Evaluation, Weight Loss and the Role of GLP-1 Inhibitors
7:20am	Dietary Optimization in the Aging Male
7:40am	Value of Integrative Medicine and Nutraceuticals
8:00am	Case Discussion Q&A
8:15am	Break & Exhibits
Sports Medicine	
8:30am	Physiology and Kinesiology to Reduce Back and Joint Pain
8:50am	Treating the Weekend Warrior
9:10am	When to Consider Replacing Those Joints: When and How to Optimize Timing
9:30am	Case Discussion Q&A
9:45am	Break & Exhibits
Hypogonadism and Testosterone	
10:00am	Evaluation and Diagnosis of Male Hypogonadism
10:20am	Practical Management of Testosterone Replacement
10:40am	Controversies in TRT
11:00am	Case Discussion Q&A
11:15am	Break & Exhibits
Sexual Health	
11:30am	Peyronies Disease: When and How to Offer Intervention
11:50am	Organic Erectile Dysfunction Interventions
12:10pm	The Mind Element of the Sexual Function Axis: Orgasmic and Ejaculatory Dysfunction, Anhedonia
12:30pm	Case Discussion Q&A
12:45pm	Course Adjourns