



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

December 4-5, 2026

Hilton Sedona Resort at Bell Rock – Sedona, AZ

Program is in Central 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 <i>Nahid Punjani, M.D., M.P.H.</i>
7:20am	The Men's Health Checklist: The Breadth Men's Health Needs <i>Jason Jameson, M.D.</i>
7:40am	Balancing Patient Autonomy and Evidence for Non-Traditional Interventions with Traditional Evidence Hierarchies <i>Jon C. Tilburt, M.D.</i>
8:00am	Case Discussion Q&A
8:15am	Break & Exhibits
Advanced Preventative Medicine	
8:30am	Value of Integrative Medicine and Nutraceuticals <i>Jyoti Patel, M.D.</i>
8:50am	Cardiovascular Disease Screening and Management <i>Satyajit T. Reddy, M.D.</i>
9:10am	Identifying Self-Harm Behaviors and Addressing Addiction <i>Tyler S. Oesterle, M.D., M.P.H.</i>
9:30am	Case Discussion Q&A
9:45am	Break & Exhibits
Benign Prostatic Hyperplasia and Voiding	
10:00am	Best Practices in Voiding Dysfunction Assessment & Management <i>MacKenzie M. Gibbs, M.D.</i>
10:20am	Surgical Management of BPH: Which Therapy for Which Patient? <i>Kevin M. Wymer, M.D.</i>
10:40am	Managing Incontinence <i>Bridget L. Findlay, M.D.</i>
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 <i>Daniel M. Frenzl, M.D., Ph.D.</i>
11:50am	Focal Ablative Strategies vs. Standard of Care for Prostate Cancer <i>Ram Pathak, M.D.</i>
12:10pm	Contemporary Imaging and Systemic Treatment Strategies in Advanced Prostate Cancer <i>Jack R. Andrews, M.D.</i>
12:30pm	Case Discussion Q&A
12:45pm	Adjourn
1:00pm	Non-CME Product Theater

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 <i>Rahul Pannala, M.D.</i>
7:20am	Dietary Optimization in the Aging Male <i>Tara M. Schmidt, RDN, LD</i>
7:40am	Beyond Blood Work: Refining Health Care Screening Based on Family History and Genetics <i>Jewel J. Samadder, M.D.</i>
8:00am	Case Discussion Q&A
8:15am	Break & Exhibits
Sports Medicine	
8:30am	Physiology and Kinesiology to Reduce Back and Joint Pain <i>Don L. Dulle III, P.A.-C.</i>
8:50am	Treating the Weekend Warrior <i>Karan A. Patel, M.D.</i>
9:10am	When to Consider Replacing Those Joints: When and How to Optimize Timing <i>Zachary K. Christopher, M.D.</i>
9:30am	Case Discussion Q&A
9:45am	Break & Exhibits
Hypogonadism and Testosterone	
10:00am	Evaluation and Diagnosis of Male Hypogonadism <i>C. Scott Collins, M.D.</i>
10:20am	Practical Management of Testosterone Replacement <i>Nicholas J. DeYoung, P.A.-C.</i>
10:40am	Controversies in TRT <i>Sevann Helo, M.D.</i>
11:00am	Case Discussion Q&A
11:15am	Break & Exhibits
Sexual Health	
11:30am	Peyronies Disease: When and How to Offer Intervention <i>David Y. Yang, M.D.</i>
11:50am	Organic Erectile Dysfunction Interventions <i>Bryce A. Baird, M.D.</i>
12:10pm	The Mind Element of the Sexual Function Axis: Orgasmic and Ejaculatory Dysfunction, Anhedonia <i>Elijah Bedrosian, LPC</i>
12:30pm	Case Discussion Q&A
12:45pm	Course Adjourns