

Clinical Reviews: 38th Annual Family and Internal Medicine Update

Monday, February 15th, 2027 – Optional Workshop

12:00 p.m.	Registration Core Office Procedures in Primary Care- a hands-on skills workshop
1:00 p.m.	Intro Didactic Gretchen Anderson, APRN, F.N.P., M.S.N.
1:45 p.m.	Transfer to the lab
2:00 p.m.	IUD Insertion & Removal (Clean Skill) Nicola Nicholson, P.A.-C., M.S.
2:30 p.m.	Cryotherapy, Wart, & Skin Tag Removal (Clean Skill) Jesse Bracamonte, D.O., Michael Underhill, D.O.
3:00 p.m.	Punch & Shave Biopsies (Biohazard) Jesse Bracamonte, D.O., Michael Underhill, D.O.
3:30 p.m.	Toenail Removal Kevin Benson, M.D.
4:00 p.m.	Abscess Incision & Drainage Jesse Bracamonte, D.O., Michael Underhill, D.O.
4:30 p.m.	Muscular Skeletal Injections – Shoulder, Trochanter Bursa, Knee David Patchett, D.O., Kevin Benson, M.D.
5:00 p.m.	Adjourn

TUESDAY, FEBRUARY 16, 2027

7:00 a.m.	Registration and Breakfast
7:55 a.m.	Welcome Announcements
8:00 a.m.	Atrial Fibrillation in 2027: Rhythm Control, Anticoagulation, and Emerging Therapies Komandoor Srivathsan
8:45 a.m.	Cardiac Stress Testing and Cardiovascular Imaging: Choosing the Right Test Regis I. Fernandes, M.D.
9:30 a.m.	Peripheral Artery Disease: Contemporary Management Strategies Fadi E. Shamoun, M.D.
10:15 a.m.	Break
10:30 a.m.	2027 Diabetes Management Updates and Integrating Continuous Glucose Monitoring Into Your Practice Aditi Kumar, M.B.B.S.
12:00 p.m.	Sickle Cell Trait Screening and Counseling and When to Re-assess Anticoagulation in Patients with a Remote History of DVT/PE Donald W. Northfelt, M.D.
12:45 p.m.	Lunch
12:50 p.m. – 1:25 p.m.	Optional: Product Theatre Luncheon (non-CME) Sponsoring Company:

1:30 p.m.	Rheumatology Updates: Clinical Pearls to the Primary Care Physician Vivek Nagaraja, M.B.B.S., M.D.
2:15 p.m.	Musculoskeletal Health: Preserving Bone and Muscle as Patients Age Krupa B. Doshi, M.D.
3:00 p.m.	Thyroid Disease in Primary Care: When and What to Test, When to Treat and When to Monitor Osamah A. Al Ali, M.B., Ch.B.
3:45 p.m.	Adjourn
4:00 p.m.	Welcome Reception

WEDNESDAY, FEBRUARY 17, 2027

7:25 a.m.	Breakfast
7:55 a.m.	Announcements
8:00 a.m.	2027 Updates in MASLD/MASH Prevention, Surveillance and Treatment Blanca C. Lizaola-Mayo, M.D.
8:45 a.m.	The Transition from PCOS to Polyendocrine Metabolic Ovarian Syndrome Ramona Sharma, M.D.
9:30 a.m.	Practical Updates for the Clinical Management of CKD Mira T. Keddis, M.D.
10:15 a.m.	Break
10:30 a.m.	Updates in Hypertension Management Musab S. Hommos, M.B.B.S.
12:00 p.m.	Nutrition Recommendations in Primary Care: Separating Fact from Common Dietary Myths Sherry M. Tarleton, RDN and Michelle F. Sharpe, RDN
12:45 p.m.	Lunch
12:50 p.m. – 1:25 p.m.	Optional: Product Theatre Luncheon (non-CME) Sponsoring Company:
1:30 p.m.	Sexually Transmitted Infections: Diagnosis, Treatment, and Prevention Amy L. Van Abel, Pharm.D., R.Ph., BCPS
2:15 p.m.	Skin Cancer: Prevention, Early Detection, and Overview of When and How to Biopsy if Indicated David L. Swanson, M.D.
3:00 p.m.	Evaluating Dermatitis in a Primary Care Practice: Diagnostic Pearls and Treatment Strategies David L. Swanson, M.D.
3:45 p.m.	Adjourn

THURSDAY, FEBRUARY 18, 2027

7:25 a.m.	Breakfast
7:55 a.m.	Announcements
8:00 a.m.	Evaluation of Common Eye Conditions in Primary Care: When to Treat and When to Refer Joanne F. Shen, M.D.
8:45 a.m.	Prostate Cancer Screening: Navigating the Current Evidence and Clinical Controversies Jack R. Andrews, M.D.
9:30 a.m.	Evaluation of Abnormal Uterine Bleeding Megan C. Cheney, M.D.
10:15 a.m.	Break
10:30 a.m.	Stroke Prevention and Acute Management Cumara B. O'Carroll, M.D., M.P.H.
12:00 p.m.	Exercise Recommendations for Middle Aged to Elderly Adults and How to Prevent and Evaluate Injuries Matthew B. Anastasi, M.D.
12:45 p.m.	Adjourn
12:50 p.m. – 1:25 p.m.	Optional: Product Theatre Luncheon (non-CME) Sponsoring Company:

FRIDAY, FEBRUARY 19, 2027

7:25 a.m.	Breakfast
7:55 a.m.	Announcements
8:00 a.m.	Memory Loss and Dementia: Recent Updates in Screening, Prevention and Treatment Bryan K. Woodruff, M.D.
8:45 a.m.	GLP1/GIPs: Expanding Roles in Diabetes and Chronic Disease and Treatment Considerations Michael A. Campbell JR, Pharm.D., BCACP, R.Ph. and Lesley L. Williams, M.D.
9:30 a.m.	Evaluation & Treatment of Low Back Pain in Primary Care Min Yoo, M.D.
10:15 a.m.	Break
10:30 a.m.	Physical Therapy Strategies for PCPs Michele L. Gist, P.T., D.P.T.
11:15 a.m.	Beyond SSRIs: Managing Anxiety and Depression in Primary Care when SSRIs are not Adequately Effective Neeta Jain, M.D.
12:00 p.m.	Primary Care Practice Changing Literature from 2026: Key Update Andrea Darby-Stewart, M.D.
12:45 p.m.	Adjourn

Friday, February 19, 2027 – BONUS SESSION

12:45 p.m.	Grab & Go Lunches
1:00 p.m.	Welcome, Practice Gap & Pre-Assessment
1:10 p.m.	The Gut-Brain-Eating Connection: Clinical Overlap and Diagnostic Framework Lesley Williams, M.D.
1:35 p.m.	Nutrition interventions in patients with GI and Eating Issues Janelle Smith, MS, RD, CEDS
2:00 p.m.	GI Psychology: Supporting Symptom Management Without Reinforcing Restriction Brian Arizmendi, PhD
2:25 p.m.	Break
2:35 p.m.	When Endoscopy Helps—and When It Does Not: Avoiding Missed Disease and Unnecessary Procedures Kevin Ruff, MD
3:00 p.m.	Nutritional GI Care in Restrictive Intake: Assessment, Enteral Support, and Longitudinal Management Jamie Bering, MD
3:25 p.m.	Multidisciplinary Case Workshop: Adolescent With Chronic Nausea, Weight Loss, and Food Avoidance Terez Yohan, MD, Liz Lees, RD

3:50 p.m.	Building an Integrated Care Pathway in Primary and Specialty Care Sherry Tarelton RD, Elizabeth Gray, RN & Emily Lahtinen, RN
4:15 p.m.	Delivering CBT-AR in Dietetic Practice: Transitioning ARFID Patients From Tube Feeding to Oral Nutrition Copeland Winten, Ph.D. Dietitian
4:40 p.m.	Post-Assessment review Commitment to Change, and Closing Questions Lesley Williams, MD
4:55 p.m.	Adjourn