

28th Annual Mayo Clinic Internal Medicine Update Session 1		
Hilton Sedona Resort		
October 8-11, 2026		
Mountain Standard Time <i>Tentative Schedule – Subject to Change</i>		
UAN: JA0000238-0000-26-101-L01-P		

Day 1		Thursday, October 8, 2026
6:00 AM	7:15 AM	Registration, Breakfast and Exhibits
7:15 AM	7:30 AM	Welcome & Introductions
7:30 AM	8:00 AM	Screening and Prevention for GYN Cancers in Primary Care Kristina Butler, M.D.
8:00 AM	8:30 AM	Assessment of Unexplained Dyspnea: Expanding Your Differential Diagnosis Jan Stepanek, M.D., M.P.H.
8:30 AM	9:00 AM	GLP1 Update - Tips and Tricks Angela Coulter, Pharm.D., R.Ph.
9:00 AM	9:30 AM	Q & A Session - Session Faculty Moderator: Nathan L. Delafield, M.D.
9:30 AM	10:00 AM	Refreshment Break and Exhibits
10:00 AM	10:30 AM	CGM Products - OTC, Implant, How to Analyze Jennie Dong, P.A.-C. Rosie Moses, M.S.N., R.N., CDCES Jamie Zalkus, R.N., CDCES
10:30 AM	11:00 AM	Updates in Prostate Cancer- Screening, Evaluation and Management Cassandra Moore, M.D.

Thursday, October 8, 2026 (Continued)		
11:00 AM	11:30 AM	Updates in 2026 Guidelines for Lipid-Lowering Therapy in Primary Care Regis Fernandes, M.D.
11:30 AM	12:00 PM	Q & A Session - Session Faculty Moderator: Nathan L. Delafield, M.D.
12:00 PM	12:00 PM	Adjourn
12:15 PM	1:30 PM	Optional: Non-CME Product Theater Lunch – Novo Nordisk Location: Dry Creek Canyon
5:30 PM	7:00 PM	Welcome Reception

Day 2		Friday, October 9, 2026
6:00 AM	7:25 AM	Breakfast and Exhibits
7:25 AM	7:30 AM	Announcements & Introductions
7:30 AM	8:00 AM	Management of GERD and Barrett's Esophagus Allon Kahn, M.D.
8:00 AM	8:30 AM	Managing Common Musculoskeletal Injuries in Primary Care Steven Poon, M.D.
8:30 AM	9:00 AM	Updates in Afib Dan Sorajja, M.D.
9:00 AM	9:30 AM	Q & A Session - Session Faculty Moderator: Nathan L. Delafield, M.D.
9:30 AM	10:00 AM	Refreshment Break and Exhibits

Friday, October 9, 2026 (Continued)		
10:00 AM	10:30 AM	Pelvic Floor PT Pauline Lucas, P.T., D.P.T.
10:30 AM	11:00 AM	Updates in Geriatrics Amit Shah, M.D.
11:00 AM	11:30 AM	Colorectal Cancer Screening and Latest Updates Suryakanth Gurudu, M.D.
11:30 AM	12:00 PM	Managing Chronic Pain Without Pain Meds Cynthia Townsend, Ph.D., L.P.
12:00 PM	12:30 PM	Q & A Session - Session Faculty Moderator: Nathan L. Delafield, M.D.
12:30 PM	12:30 PM	Adjourn
12:30 PM	1:25 PM	Optional: Non-CME Product Theater Lunch – Bayer Healthcare Location: Dry Creek Canyon

Day 3		Saturday, October 10, 2026
6:00 AM	7:25 AM	Breakfast and Exhibits
7:25 AM	7:30 AM	Announcements
7:30 AM	8:00 AM	Management of the Post-Liver Transplant Patient for Primary Care Michele Barnhill, M.D.
8:00 AM	8:30 AM	Updates in Breast Imaging Jessica Fraker, M.D.
8:30 AM	9:00 AM	Practical Approach to Cervical and Lumbar Radiculopathy Lester Duplechan, M.D.

Saturday, October 10, 2026 (Continued)		
9:00 AM	9:30 AM	Q & A Session - Session Faculty Moderator: Nathan L. Delafield, M.D.
9:30 AM	10:00 AM	Refreshment Break and Exhibits
10:00 AM	10:30 AM	Integrative Medicine Update Jyoti Patel, M.D.
10:30 AM	11:00 AM	Respiratory Medicine Update Richard Helmers, M.D.
11:00 AM	11:30 AM	Radiation therapy 101 for the Primary Care Clinician Sarah James, M.D., Ph.D.
11:30 AM	12:00 PM	Managing Crystalline Arthropathies in Primary Care Nolan McBride, M.D.
12:00 PM	12:30 PM	Managing Hidradenitis Suppurativa in Primary Care Stella Chen, M.D.
12:30 PM	1:00 PM	Q & A Session - Session Faculty Moderator: Nathan L. Delafield, M.D.
1:00 PM	1:00 PM	Adjourn
Day 4		Sunday, October 11, 2026
6:00 AM	7:25 AM	Breakfast and Exhibits
7:25 AM	7:30 AM	Announcements
7:30 AM	8:00 AM	Updates in Addiction Psychiatry Shirshendu Sinha, M.D.
8:00 AM	8:30 AM	Treatment Resistant Depression Eric Noble, M.D.
8:30 AM	9:00 AM	Measles and Vaccine-Preventable Illnesses for Primary Care Jamilah Shubeilat, M.D.

Sunday, October 11, 2026 (Continued)		
9:00 AM	9:30 AM	Q & A Session - Session Faculty Moderator: Nathan L. Delafield, M.D.
9:30 AM	10:00 AM	Refreshment Break and Exhibits
10:00 AM	10:30 AM	Updates in CKD Management- Slowing the Progression Evamaria Anvari, M.D.
10:30 AM	11:00 AM	Updates in Palliative Medicine Mark Edwin, M.D.
11:00 AM	11:30 AM	Procedural Interventions for Chronic Low Back Pain Jillian Maloney, M.D.
11:30 AM	12:00 PM	Q & A Session - Session Faculty Moderator: Nathan L. Delafield, M.D.
12:00 PM	12:00 PM	Adjourn