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.
11:15 a.m.	**GLP1/GIPs: Expanding Roles in Diabetes and Chronic Disease and Treatment Considerations** Michael A. Campbell JR, Pharm.D., BCACP, R.Ph.
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: Practical Clinical Tools and Treatment Considerations** 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**