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	
6:20am	**Registration, Breakfast & Exhibits**
6:25am	**Non-CME Product Theater – Sumitomo Pharma America**
6:55am	**Welcome and Introduction**
Characterizing Men's Health	
7:00am	**Why Does Men's Health Matter? Evolving Men's Health Priorities** *Nahid Punjani, M.D., M.P.H.*
7:20am	**The Men's Health Checklist: The Breadth Men's Health Needs** *Jason Jameson, M.D.*
7:40am	**Balancing Patient Autonomy and Evidence for Non-Traditional Interventions with Traditional Evidence Hierarchies** *Jon C. Tilburt, M.D.*
8:00am	Case Discussion Q&A
8:15am	Break & Exhibits
Advanced Preventative Medicine	
8:30am	**Value of Integrative Medicine and Nutraceuticals** *Jyoti Patel, M.D.*
8:50am	**Cardiovascular Disease Screening and Management** *Satyajit T. Reddy, M.D.*
9:10am	**Identifying Self-Harm Behaviors and Addressing Addiction** *Tyler S. Oesterle, M.D., M.P.H.*
9:30am	Case Discussion Q&A
9:45am	Break & Exhibits
Benign Prostatic Hyperplasia and Voiding	
10:00am	**Best Practices in Voiding Dysfunction Assessment & Management** *MacKenzie M. Gibbs, M.D.*
10:20am	**Surgical Management of BPH: Which Therapy for Which Patient?** *Kevin M. Wymer, M.D.*
10:40am	**Managing Incontinence** *Bridget L. Findlay, M.D.*
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** *Daniel M. Frendl, M.D., Ph.D.*
11:50am	**Focal Ablative Strategies vs. Standard of Care for Prostate Cancer** *Ram Pathak, M.D.*
12:10pm	**Contemporary Imaging and Systemic Treatment Strategies in Advanced Prostate Cancer** *Jack R. Andrews, M.D.*
12:30pm	Case Discussion Q&A
12:45pm	Adjourn
1:00pm	**Non-CME Product Theater - Keenova**
4:30pm	**Course Reception –** Canyon Patio

Saturday, December 5, 2026	
6:20am	**Registration, Breakfast & Exhibits**
6:25am	**Non-CME Product Theater – Tolmar Inc.**
6:55am	**Course Announcements**
Nutrition, Diet and Metabolic Optimization	
7:00am	**GLP-1 Therapies in Men: Beyond the Scale to Testosterone, and Prostate Health** *Eleanna De Filippis, M.D., Ph.D.*
7:20am	**Dietary Optimization in the Aging Male** *Tara M. Schmidt, RDN, LD*
7:40am	**Beyond Blood Work: Refining Health Care Screening Based on Family History and Genetics** *Jewel J. Samadder, M.D.*
8:00am	Case Discussion Q&A
8:15am	Break & Exhibits
Sports Medicine	
8:30am	**Physiology and Kinesiology to Reduce Back and Joint Pain** *Don L. Dulle III, P.A.-C.*
8:50am	**Treating the Weekend Warrior** *Karan A. Patel, M.D.*
9:10am	**When to Consider Replacing Those Joints: When and How to Optimize Timing** *Zachary K. Christopher, M.D.*
9:30am	Case Discussion Q&A
9:45am	Break & Exhibits
Hypogonadism and Testosterone	
10:00am	**Evaluation and Diagnosis of Male Hypogonadism** *C. Scott Collins, M.D.*
10:20am	**Practical Management of Testosterone Replacement** *Nicholas J. DeYoung, P.A.-C.*
10:40am	**Controversies in TRT** *Sevann Helo, M.D.*
11:00am	Case Discussion Q&A
11:15am	Break & Exhibits
Sexual Health	
11:30am	**Peyronies Disease: When and How to Offer Intervention** *Christopher Wolter, M.D.*
11:50am	**Organic Erectile Dysfunction Interventions** *Bryce A. Baird, M.D.*
12:10pm	**The Mind Element of the Sexual Function Axis: Orgasmic and Ejaculatory Dysfunction, Anhedonia** *Elijah Bedrosian, LPC*
12:30pm	Case Discussion Q&A
12:45pm	Course Adjourns