



A NON-PROFIT ORGANIZATION

PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
BARIATRICS/DERMATOLOGY/ENDOCRINOLOGY/GERIATRICS/
NUTRITION**

**Disneyland Resort, California – Disneyland Resort, California
November 18-21, 2021**

Thursday, November 18th:

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:30 am – Geriatrics

Approach to the Geriatric Patient

Poly-pharmacy and dosing problems; functional assessment; quality-of-life issues; abuse; interacting with the patient and the family

8:30 am – 9:30 am – Geriatrics

Diagnosis and Management of the Patient with Dementia or Alzheimer's Disease

Assessing mild cognitive impairment, dementia and Alzheimer's Disease; therapeutic options

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Geriatrics

Assessing and Managing Urological Disorders

Incontinence and two of the following: BPH, prostate cancer, prostatitis or sexual dysfunction

10:40 am – 11:15 am – Bariatrics

Non-Surgical Treatment Options for Obesity

Overview of obesity as a disease state; costs to the individual of being obese; use of appetite suppressant medications, lifestyle modifications

11:15 am – 11:55 am – Bariatrics

Surgical Treatment Options for Obesity

An overview of risks and effectiveness of bariatric surgery; Overview of potential surgical options; potential complications



11:55 am – 12:40 pm – Nutrition

Nutrition Trends—Myths vs. Science: A Rational Approach for the Medical Professional

Session will discuss how to scientifically navigate the nutritional maze of popular diet programs and trends; Potential nutrition benefits and pitfalls of various diet preferences and related patient concerns; Strategies to educate patients regarding critical dietary challenges (such as diabetes, weight loss, digestive health, food allergies, and lipids)

12:40 pm

Session Adjourns

Friday, November 19th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:10 am – Bariatrics

Bariatric Surgery and Co-Morbid Conditions Associated with Obesity

Who qualifies for obesity surgery; restrictive, malabsorptive and combination surgical options

8:10 am – 8:45 am – Bariatrics

Patient Management Post Bariatric Surgery

The role of the clinician for support and behavior modification; nutrition; the stages of patient management post-surgery

8:45 am – 9:30 am – Nutrition

Cutting Edge Nutrition Innovation: A Personalized Approach

Session will cover how to critically evaluate nutrition tools that patients can use to promote optimal health; Review the “latest and greatest” nutrition applications and technologies that can be used to greatly improve patients’ nutrition and health pursuits; Creation of personalized health plans based on unique, patient-specific plans, tests, and analyses

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Geriatrics

Vascular Problems

Peripheral vascular disease; DVT/thromboembolic disease; abdominal aortic aneurysm and related disorders

10:40 am – 11:40 am – Dermatitis

Skin Manifestations of Systemic Disease

Diagnosis of internal disease based on cutaneous findings



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11:40 am – 12:40 pm – Dermatitis

Benign Skin Tumors

Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; diagnosis and management

12:40 pm

Session Adjourns

Saturday, November 20th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Dermatitis

Premalignant and Malignant Skin Tumors

Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; recognition, diagnosis and management

8:30 am – 9:30 am – Dermatitis

Skin Surgery for Primary Care

Techniques and procedures to perform common dermatology procedures in the office setting; Procedures will include biopsies (shave, punch, excision), excisions and cryotherapy; Discussions to include anatomy, local anesthesia, surgical instruments, sutures and wound dressings

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Endocrinology

Type 2 Diabetes Mellitus

Diagnosis and treatment; lessons from the DCCT; managing diabetic emergencies; screening; pre-diabetes

10:40 am – 11:40 am – Endocrinology

Management of Dyslipidemia

Guidelines for the management of cholesterol from AHA and ACC; Further LDL-cholesterol reduction with non-statin therapies for those with ASCVD; Risk stratification and reduction for those without ASCVD, diabetes or severe hypercholesterolemia; Recommendations for special populations

11:40 am

Session Adjourns

Sunday, November 21st:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 am – Endocrinology

Osteoporosis Management and Vitamin D Update for Primary Care

Screening and diagnosis; ACP Guidelines; Vertebral compression fractures; The role of vitamin D and calcium supplementation; Duration of bisphosphonate therapy; Osteoporosis in men

8:30 am – 9:30 am – Endocrinology

Disorders of Thyroid Function

Prevalence, diagnosis and treatment

9:30 am

Conference Adjourns

Target Audience

This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

Learning Objectives

Upon completion of this program, participants should be better able to:

- Discuss obesity treatment including both surgical and non-surgical options
- Describe the approach to patient management after bariatric surgery
- Identify cutaneous findings that serve as surrogates of internal diseases
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Utilize a comprehensive geriatric assessment to identify potential issues
- Assess and manage vascular and urologic disorders
- Differentiate between cognitive impairment, dementias, and Alzheimer's Disease, and formulate appropriate treatment options
- Diagnose and tailor treatment strategies for Type 2 diabetes
- Review the diagnostic criteria and therapeutic approaches to calcium related disorders
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Discuss current diagnostic and treatment approaches to thyroid disorders

Learning Outcome

To provide updates in primary care medicine to office based providers

Disclosure of Conflicts of Interest

Medical Education Resources insures balance, independence, objectivity, and scientific rigor in all our educational programs. In accordance with this policy, MER identifies conflicts of interest with its instructors, content managers, and other individuals who are in a position to control the content of an activity. Conflicts are resolved by MER to ensure that all scientific research referred to, reported, or used in a CME activity conforms to the generally accepted standards of experimental design, data collection, and analysis. MER is committed to providing its learners with high-quality CME activities that promote improvements or quality in health care and not the business interest of a commercial interest.

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Accreditation Statements

Joint Accreditation for Interprofessional Continuing Education



In support of improving patient care, Medical Education Resources is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This activity was planned by and for the healthcare team, and learners will receive 16 Interprofessional Continuing Education (IPCE) credits for learning and change.

Physician Credit Designation

AMA PRA Category 1 Credits™

Medical Education Resources designates this live activity for a maximum of 16 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Board of Internal Medicine MOC Recognition (ABIM)

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16 (part II) MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.



American Academy of Family Physicians (AAFP)



This Live activity, *Internal Medicine for Primary Care*, with a beginning date of November 18, 2021 has been reviewed and is acceptable for up to 16 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

American Osteopathic Association (AOA)

This activity is approved for 16 hours in Category 2-A by the American Osteopathic Association.

American College of Emergency Physicians (ACEP)

This program is approved by the American College of Emergency Physicians for a maximum of 16 hours of ACEP Category I credit.

Canadian Physicians

The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

Nursing Credit Designation

American Nurses Credentialing Center (ANCC)

Medical Education Resources designates this live activity for a maximum of 16 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 5.0 ANCC pharmacotherapeutic contact hours.

American Academy of Nurse Practitioners (AANP)

The American Academy of Nurse Practitioners (AANP) Certification Board recognizes and accepts continuing education (CE) contact hours from activities approved by AMA, ACCME, ANCC, AANP, AAFP and AACN.

California Board of Registered Nursing

Medical Education Resources is approved by the California Board of Registered Nursing, Provider Number 12299, for 16 contact hours.

Physician Assistant Credit Designation

American Academy of Physician Assistants (AAPA)



Medical Education Resources has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 16 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Pharmacy Accreditation

Accreditation Council for Pharmacy Education (ACPE)



Medical Education Resources (MER) designates this live continuing education activity for 16 contact hours (1.6 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-21-207-L01-P

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Participants will be required to sign in at the start of the program and/or complete a program evaluation form.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.