



**PRIMARY CARE CONFERENCES**  
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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## **INTERNAL MEDICINE FOR PRIMARY CARE: BARIATRICS/ENDOCRINOLOGY/NUTRITION**

**San Diego, CA - Hotel del Coronado  
March 3 - 5, 2023**

Friday, March 3, 2023

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Bariatrics**

**Non-surgical Management of Obesity**

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

**8:30 am - 9:30 am - Bariatrics**

**Bariatric Surgery and Co-Morbid Conditions Associated with Obesity**

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

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Bariatrics**

**Patient Management Post-bariatric Surgery**

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

**10:40 am - 11:40 am - Nutrition**

**Myths vs. Science in Nutritional Trends: Approach for the Medical Professional**

Discussion of how to scientifically navigate the nutritional maze of popular diets and nutritional trends; The potential nutrition benefits and pitfalls of various dietary preferences and related patient concerns; Ways nutrition affects healthy lifestyles

**11:40 am - 12:40 pm - Nutrition**

**Cutting Edge Nutrition Innovation: A Personalized Approach**

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

**12:40 pm**

**Session Adjourns**

**Saturday, March 4, 2023**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Nutrition**

**Medical Nutrition Therapy: A Practical Approach to Diet and Disease**

Science-based Nutrition and Behavioral Guide to Treating “The Big” Medical Problems that are taking over your practice; Essential (and proven) strategies to help guide patients' diet and behaviors in the treatment of diabetes, cardiovascular disease, and GI health; Travel through the google-mess of what patients hear and why they turn to these as resources; The science-based strategies and resources that can be implemented to help patients take rational control of their health

**8:30 am - 9:30 am - Nutrition**

**Nutrition Through the Ages: Prevention and Potential Pitfalls**

A working guide for a nutritional and behavioral rubric to understand what is expected (and what may undermine) optimal health from infancy through the elderly; Barriers patients face in implementing and sticking with nutritional strategies

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Bariatrics**

**Guiding Patients Toward Bariatric Surgical Options**

Discussion of the differences in treating obesity from other medical problems and procedures; overcoming inherent prejudices and understanding the perspective of the patient; creating a physician/patient partnership

**10:40 am - 11:40 am - Endocrinology**

**Top Questions in the Diagnosis and Management of Hypothyroidism**

Diagnosis of both primary and secondary hypothyroidism; Advantages and disadvantages of treatment options; Effective monitoring plans

**11:40 am - 12:40 pm - Endocrinology**

**Top Questions in the Diagnosis and Management of Hyperthyroidism**

Prevalence, diagnosis and treatment

**12:40 pm**

**Session Adjourns**



**Sunday, March 5, 2023**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Endocrinology**

**Top Questions in the Diagnosis and Management of Thyroid Nodules and Cancer**

Diagnosis and treatment

**8:30 am - 9:30 am - Endocrinology**

**Case Examples of Challenging Thyroid Function Tests**

Challenging case presentations in thyroid dysfunction

**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:

- Utilize case-based learning to develop treatment plans for patients with thyroid nodules
- Identify the risks of abnormal thyroid function
- Describe the diagnostic evaluation of thyroid nodules with a focus on the utilization of ultrasound and cytology
- Utilize case-based learning to develop treatment plans for thyroid disorders
- Discuss non-surgical obesity treatment options
- Identify co-morbid conditions associated with obesity
- Describe the approach to patient management after bariatric surgery
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies, including patient selection criteria for surgery
- Discuss how popular diets and nutritional science can lead to healthier lifestyles
- Describe options for personalizing a patient-specific nutrition plan to each patient
- List strategies to modify diet and behaviors in patients with a range of health issues
- Identify expectations for optimal nutrition across the patient's expected life span

### **Disclosure of Conflicts of Interest**

Medical Education Resources insures balance, independence, objectivity, and scientific rigor in all our educational activities. 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. Reported conflicts of interest are mitigated by MER to ensure that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of experimental design, data collection, and analysis. MER is committed to providing learners with high-quality CE 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



JOINTLY ACCREDITED PROVIDER™  
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 12 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 12 *AMA PRA Category 1 Credits™*. 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 12 (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: Bariatrics/Endo/Nutrition*, with a beginning date of March 3, 2023 has been reviewed and is acceptable for up to 12 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)

These programs are approved for 12 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 12 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 12 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 5.5 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 12 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 12 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 12 contact hours (1.2 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-23-017-L01-P

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

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

This activity is certified as Knowledge-based CPE.