



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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WOMEN'S HEALTH FOR PRIMARY CARE: CARDIOLOGY/ENDOCRINOLOGY/GYNECOLOGY

**New York, NY - New York Marriott Marquis
December 15 - 17, 2023**

Friday, December 15, 2023

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Gynecology

The New Annual Exam for Women

Best practices in offering annual pelvic examinations in asymptomatic non-pregnant women; Determination of who should be offered a clinical breast exam as a routine part of the annual women's health exam; The principal elements of the annual women's health visit: screening, vaccinations, evaluation of health risks and needs, counseling; Evidence-based tools to guide components of the annual women's health visit based on age and health needs

8:30 am - 9:30 am - Gynecology

Abnormal Uterine Bleeding

Overview of normal/abnormal menstrual physiology/profile; Menstrual disturbances; Ovulatory and anovulatory uterine bleeding; Other menstrual abnormalities; Diagnosis and appropriate treatment options

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gynecology

Menopause Transition and Hormone Replacement Therapy

Symptoms of menopause, including hot flashes, night sweats, and atrophy; Menopause syndromes, including osteoporosis, breast cancer, cardiac disease, and colon cancer; Estrogen analogs; Counseling patients in options and alternatives to hormone therapy; Designer estrogens; SERMs; HRTs; Discussion of risks and benefits, especially in breast cancer and CHD

10:40 am - 11:40 am - Endocrinology

Osteoporosis

Review the epidemiology and pathophysiology of osteoporosis along with interpretation of DEXA scans and FRAX risk assessment; up-to-date therapeutic options

11:40 am - 12:40 pm - Endocrinology

Thyroid Disorders in Women

Management of thyroid disorders; postpartum thyroiditis

12:40 pm

Session Adjourns

Saturday, December 16, 2023

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Endocrinology

Type 2 Diabetes Mellitus

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

8:30 am - 9:30 am - Endocrinology

Polycystic Ovary Syndrome (PCOS) Overview for Primary Care

Discussion of the normal balance of hormones (estrogen, progesterone and androgens) in the ovaries; Treatment of cysts and the regulation of menstrual cycles; Acne and hair growth; Treatment options

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gynecology

Breast Cancer Screening and Recent USPSTF Guidelines Update

Comparison of recent breast cancer screening recommendations from U.S. Preventive Services Task Force, ACOG/ACS/NCCN, including a discussion of risks and benefits of screening at various ages; Review of the new USPSTF guideline on BRCA-related cancer: risk assessment, genetic counseling, and genetic testing, including risk assessment tools for women with a personal or family history of breast, ovarian and related cancers

10:40 am - 11:40 am - Cardiology

Work-up of Patients with Suspected CAD

Risk factor evaluation and risk assessment models; Test selection including ECG, echo, nuclear and newer imaging modalities (including discussion of appropriate use criteria--AUC); The usefulness of CT scanning; The role of bio markers and EBCT; Suspected CAD in special populations (women, diabetics, the elderly)

11:40 am - 12:40 pm - Cardiology

Acute Coronary Syndromes: The Patient with Acute Chest Pain

Diagnosis and initial evaluation in the primary care setting, urgent care clinic and emergency department; Initial workup, treatment, and follow-up; Diagnosing and treating ST segment elevation and non-ST segment elevation MIs; The role of drug therapy--primary vs adjunctive to PCI; Follow up after acute coronary syndromome

12:40 pm

Session Adjourns

Sunday, December 17, 2023

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Cardiology

Arrhythmias

Types and symptoms of arrhythmias; Approach to the patient: when to treat, when to refer, when to admit; Evaluation of the patient with palpitations; Atrial fibrillation: the use of anticoagulants indications, CVA risk scores, warfarin vs newer oral anticoagulants, controlling heart rate vs rhythm; Ventricular and other arrhythmias: when are they serious

8:30 am - 9:30 am - Cardiology

Hypertension

The latest 2017 Multisociety Hypertension Guidelines; Updates after the guidelines; Approaches to treatment-thresholds and goals; Choices for initial and combination therapy; Resistant hypertension; Treating special populations: diabetics, the elderly, patients with renal failure

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:

- Identify evidence-based tools to determine best practices in incorporating all necessary elements in the annual women's health visit
- Assess and manage abnormal uterine bleeding
- Discuss menopausal transition and the risks/benefits of treatment options
- Discuss the current evidence and recommendations regarding breast cancer screening
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Distinguish sex-based differences in the pathophysiology, presentation, and diagnosis of thyroid disorder
- Develop patient-specific treatment plans for the management of type 2 diabetes
- Describe treatment options for abnormal balance of hormones in the ovaries
- Describe the work-up, risk assessment and test selection of patients with suspected CAD
- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Explain current concepts in the diagnosis and treatment of hypertension

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, *Women's Health for Primary Care: Cardio/Endo/Gyn*, with a beginning date of December 15, 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: JA0003680-0000-23-130-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.