



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

WWW.MER.ORG

**MEN'S & WOMEN'S HEALTH FOR PRIMARY CARE:**  
CARDIOLOGY/GYNECOLOGY/MEN'S UROLOGY

**Walt Disney World® Resort, FL - Disney's Yacht & Beach Club Resorts**  
**February 23 - 25, 2024**

Friday, February 23, 2024

**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 - 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

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

**12:40 pm**

**Session Adjourns**

**Saturday, February 24, 2024**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Cardiology**

**Primary & Secondary Prevention of CAD**

AHA/ACC and other lipid guidelines updates; HDL Cholesterol: The good cholesterol?; The role of triglycerides in ASCVD--who to treat; Metabolic syndrome and/or obesity; Who needs treatment and how much; The role of lifestyle changes, exercise and cardiac rehabilitation; The use of vitamin D and supplements for cardiology patients; Drug therapy updates

**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 - 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 - Men's Urology**

**Androgen Replacement and Sexual Function**

Treatment algorithm and safety profiles for the treatment of erectile dysfunction; testosterone supplementation for the treatment of ED or hypogonadism

**11:40 am - 12:40 pm - Men's Urology**

**Prostate Cancer Screening and Treatment**

Review and clarification of the often confusing and political literature regarding prostate cancer screening, risks, and benefits of screening for prostate cancer and strategies for decreasing the risk of over treatment

**12:40 pm**

**Session Adjourns**



**Sunday, February 25, 2024**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Men's Urology**

**Benign Male Genitourinary Conditions**

Appropriate primary medical management of lower urinary tract symptoms (LUTS) (also known as BPH) as well as identification of patients with complex or refractory cases that warrant referral; diagnosis and treatment of epididymitis, testicular pain, prostatitis and other benign findings

**8:30 am - 9:30 am - Men's Urology**

**Male Malignancies (Prostate & Testicular)**

Biology and treatment options using current medical technology of prostate cancer; evaluation and treatment of testicular cancer and long-term ramifications after cure

**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
- 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
- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- Explain current concepts in the diagnosis and treatment of hypertension
- Discuss medical management of male sexual health
- Discuss the biology, screening, and treatment options of prostate cancer
- Differentiate between benign prostate conditions and prostate cancers
- Discuss the biology and screening, and treatment options of prostate and testicular cancer

### **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.

### **Disclaimer**

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

## 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, *Men's & Women's Health for Primary Care: Cardio/Gyn/Men's Uro*, with a beginning date of February 23, 2024 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 4.5 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: JA0003680-0000-24-XXX-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.