



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**PEDIATRIC MEDICINE FOR PRIMARY CARE:
ENDOCRINOLOGY/EAR, NOSE, AND THROAT/
GYNECOLOGY**

**Yosemite, CA - Tenaya Lodge at Yosemite
July 4 - 6, 2025**

Friday, July 4, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Endocrinology

Metabolic Syndrome in Children

With the increased incidence of obesity in the US, children and adolescents are now at increased risk for the development of metabolic syndrome and frank type 2 diabetes. What used to be considered an adult condition is now unfortunately becoming more prevalent in younger age categories. The purpose of this talk is to define metabolic syndrome, identify screening methodology, and discuss potential treatment strategies.

8:30 am - 9:30 am - Endocrinology

Type 1 Diabetes

T1DM has an overall incidence of 1:300 in the US. While it primarily affects young children, it is an autoimmune disease that can affect young adults as well. The purpose of this talk is to define type 1 diabetes, describe the pathophysiology of diabetic ketoacidosis, and discuss the various insulin regimens available.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Endocrinology

Pediatric Thyroid Disorders

The purpose of this talk is to gain an understanding of the physiology of thyroid hormone. Specific conditions include congenital hypothyroidism, acquired hypothyroidism, hyperthyroidism, as well as distinguishing between central and primary hypothyroidism. Finally, session will cover how to interpret thyroid lab values and determine whether they represent true or a pseudo-disease state.

10:40 am - 11:40 am - ENT

Initial Evaluation of Facial Trauma/Fracture

Review the basic anatomy, clinical manifestations, and acute management of facial trauma in adults.

11:40 am - 12:40 pm - ENT

The Inflammation Tripod: Environment, Lifestyle, and Biologic Triggers

Many, if not all disease processes in the head and neck region (and the whole body) result from inflammation. Session will include discussion of a simple approach for evaluating and treating the inflammatory mechanism, based on elimination of the inciting triggers and strengthening the body's immune system.

12:40 pm

Session Adjourns

Saturday, July 5, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - ENT

Tonsillitis: When is Tonsilectomy Indicated?

A general review will be given of the different forms of tonsillitis (chronic vs. acute), modes of anti-microbial therapy based on common pathogens, with emphasis on the different disease mechanisms that form the indications for tonsillectomy (obstruction, abscess, chronic and recurrent infections, etc.).

8:30 am - 9:30 am - ENT

Identifying Pathology in the Ear by Otoscopy

Examination of the Tympanic membrane requires understanding of the normal anatomy, common pathologic findings, and recognition of serious conditions requiring referral to a surgeon. A rapid and thorough method for performing this exam and discussion of the worrisome conditions is discussed with many examples allowing every participant to feel confident in identifying these pathologic conditions.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Endocrinology

Short Stature and Poor Growth: A Primary Care Perspective

Growth in pediatrics is a key indicator of general health, and early identification of abnormal growth patterns is critical. Growth disorders can have both non-endocrine and endocrine etiologies. The purpose of this talk is to define abnormal growth patterns, discuss the differential diagnosis and initial evaluation from the PCP perspective, and then focus on the common endocrine disorders leading to poor growth.

10:40 am - 11:40 am - Gynecology

A Primary Care Approach to Delayed and Precocious Puberty

Review of normal pubertal development; Differential diagnosis and understanding of a focused evaluation for precocious puberty; Underlying causes of delayed puberty

11:40 am - 12:40 pm - Gynecology

Abnormal Bleeding in the Adolescent

Review normal and abnormal uterine bleeding (UAB) in teens and adolescents; Discuss the diagnostic criteria and treatment options for UAB and PCOS in the adolescent patient

12:40 pm

Session Adjourns

Sunday, July 6, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Gynecology

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 and referral guidelines

8:30 am - 9:30 am - Gynecology

Pediatric Gynecologic Emergencies

Evaluation and management of vaginal bleeding; Straddle injuries and trauma; Identification and treatment of ovarian cysts and torsion; Imperforate hymen and outlet obstruction

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 an approach to the evaluation of the obese child
- Discuss symptoms and treatment options for metabolic syndrome and type 1 diabetes in adolescents
- Interpret thyroid lab values and their relationship to true or pseudo-disease state
- Identify indications for growth hormone therapy
- Describe the initial evaluation for patients presenting with facial trauma/fracture
- Identify environmental, lifestyle, and biologic triggers of the inflammation triad
- List treatment options for tonsillitis
- Identify and describe treatment options for disorders of the ear canal and tympanic membrane
- Identify the underlying causes of delayed puberty
- Evaluate abnormal uterine bleeding, including PCOS, in the adolescent patient
- Describe the current diagnostic criteria for PCOS in adolescents
- Evaluate gynecologic emergencies as well as reproductive anomalies in the adolescent patient



Disclosure of Conflicts of 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)



AAFP has reviewed Pediatric & Adolescent Medicine for Primary Care: Endo/ENT/Gyn and deemed it acceptable for up to 12.00 Live AAFP Prescribed credits. Term of Approval is from 7/4/2025 to 7/6/2025. Physicians should claim only 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: JA0003680-0000-25-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.