



**INTERNAL MEDICINE FOR PRIMARY CARE:
ENDOCRINOLOGY/INFECTIOUS DISEASES/
NUTRITION/OBESITY**

**Costa Rica - Four Seasons Resort Costa Rica at Peninsula Papagayo
December 10 - 13, 2024**



Tuesday, December 10, 2024

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

Disorders of Thyroid Function

Prevalence, diagnosis and treatment

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Endocrinology

Thyroid Nodules and Cancer

Diagnosis and treatment

10:40 am - 11:40 am - Infectious Diseases

Skin & Soft Tissue Infections

Presentation on important skin and soft-tissue infections and their prompt recognition, emphasizing evaluation and management strategies

11:40 am - 12:40 pm - Infectious Diseases

Respiratory Tract Infections

Discussion highlighting critical points regarding the diagnosis and management of pneumonia and bronchitis – with a focus on the impact of multidrug resistant pathogens

12:40 pm

Session Adjourns



Wednesday, December 11, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Infectious Diseases

Gastrointestinal Infections & Clostridioides Difficile

Presentation on important enteric pathogens and their recognition, diagnosis and management; special emphasis on clostridioides difficile colitis and related updates from the ID and infection control literature

8:30 am - 9:30 am - Infectious Diseases

Genitourinary Infections

Presentation on a relevant and clinically practical approach to the patient with genitourinary complaints focusing on the latest guidelines for the range of urinary tract infections and highlights of selected and important sexually-transmitted disease syndromes.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 am - Obesity

Pathophysiology of Obesity

A guide to understanding practice demographics and considerations; The what and why of epigenetics; A practical guide to behavioral and medication management

11:40 am - 12:40 pm - Obesity

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

12:40 pm

Session Adjourns



Thursday, December 12, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Obesity

Guiding Patients in the Medical and Surgical Care of Obesity

Differences in treating obesity vs. other medical conditions, treatments, and procedures; Strategies for better engagement and understanding of patient pathways, perspectives, and team partnership

8:30 am - 9:30 am - Obesity

Bariatric Surgery and Post-Surgery Management

An overview of risks and effectiveness of bariatric surgery; Overview of potential surgical options; Potential complications; The role of support and behavior modification, nutrition, and the stages of patient management post-surgery

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 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

11:40 am

Session Adjourns



Friday, December 13, 2024

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

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

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:

- Develop patient-specific treatment plans for the management of type 2 diabetes
- Identify the risks of abnormal thyroid function
- Describe the diagnostic evaluation of thyroid nodules with a focus on the utilization of ultrasound and cytology
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Review epidemiology and microbiology of skin and soft tissue infections (SSTI)
- List common causative pathogens for various respiratory tract infections
- Evaluate the severity of diarrhea and evaluate the need for treatment
- Diagnose and manage genitourinary infections
- Explain the underlying mechanisms and physiological processes that contribute to the development and progression of obesity, including the roles of genetics, hormones, metabolism, and environmental factors
- Discuss non-surgical obesity treatment options
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies, including patient selection criteria for surgery
- List the advantages and disadvantages of surgical options and the post-surgery care of patients
- Discuss how popular diets and nutritional science can lead to healthier lifestyles
- Identify expectations for optimal nutrition across the patient's expected life span
- List strategies to modify diet and behaviors in patients with a range of health issues
- Describe options for personalizing a patient-specific nutrition plan to each 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 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 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 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)



AAFP has reviewed Internal Medicine for Primary Care: Endo/ID/Nutrition/Obesity and deemed it acceptable for up to 16.00 Live AAFP Prescribed credits. Term of Approval is from 12/10/2024 to 12/13/2024. 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 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 6.0 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: JA0003680-0000-24-132-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.