



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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

**Disneyland® Resort, CA - Disney's Grand Californian Hotel® & Spa
March 21 - 23, 2025**

Friday, March 21, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Gynecology

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

Type 2 Diabetes Mellitus

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

11:40 am - 12:40 pm - Endocrinology

Insulin Therapy for Diabetes

Treating T2DM with insulin; T1DM

12:40 pm

Session Adjourns

Saturday, March 22, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Endocrinology

Obesity Management

Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

8:30 am - 9:30 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gynecology

Cervical Cancer Screening Including HPV Management

Current recommendations for cervical cancer screening; incorporating the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into practice; Algorithm for the appropriate use of HPV testing and managing results; Determining appropriate candidates for the use of the HPV vaccine

10:40 am - 11:40 am - Cardiology

Cardiovascular Disease in Women

Focus on the sex-based differences in the pathophysiology, presentation, and diagnosis of cardiovascular disease

11:40 am - 12:40 pm - Cardiology

Heart Failure

Etiologies and stages of heart failure; ACC/AHA Heart Failure guidelines; Heart failure with reduced EF (LVrEF) and heart failure with preserved EF (HFpEF); Determining patients for referral using biomarkers; Treatment options: ACE inhibitors, ARBs, beta blockers, mineralocorticoid receptor antagonists; The role of devices in treatment and Anticoagulation and antiplatelet drugs; Issues related to the hospitalized patient with acute decompensated heart failure

12:40 pm

Session Adjourns

Sunday, March 23, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 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

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
- Describe the management of HPV infection and abnormal pap smear results
- Develop patient-specific treatment plans for the management of type 2 diabetes
- Diagnose and tailor treatment strategies for type 1 and type 2 diabetes
- Describe the pathophysiology surrounding obesity and the risks and benefits of the various weight management options
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Distinguish sex-based differences in the pathophysiology, presentation, and diagnosis of cardiovascular disease
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Explain current concepts in the diagnosis and treatment of hypertension
- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD



Disclosure of Conflicts of Interest

Medical Education Resources ensures balance, independence, objective, and scientific rigor in all our educational activities. In accordance with this policy, MER identifies relevant financial relationships with its instructors, content managers, and other individuals who are in a position to control the content of an activity. Reported relevant financial relationships 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 healthcare, and not the business interests of an ineligible company.

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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 Women's Health for Primary Care: Cardio/Endo/Gyn and deemed it acceptable for up to 12.00 Live AAFP Prescribed credits. Term of Approval is from 3/21/2025 to 3/23/2025. 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 5.0 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 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.