



**INTERNAL MEDICINE FOR PRIMARY CARE:
ENDOCRINOLOGY/GYNECOLOGY/
RHEUMATOLOGY/SLEEP MEDICINE**

**Nassau, Bahamas - Atlantis Paradise Island Resort
January 30 - February 2, 2025**

Thursday, January 30, 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

Obesity: Diagnosis and a Multi-Pronged Approach to Management

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

11:40 am - 12:40 pm - Endocrinology

Top 10 Questions About Hypothyroidism

Prevalence, diagnosis and treatment options of hypothyroidism

12:40 pm

Session Adjourns

Friday, January 31, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Endocrinology

Top 10 Questions About Hyperthyroidism

Prevalence, diagnosis and treatment options of hyperthyroidism

8:30 am - 9:30 am - Endocrinology

Thyroid Nodules and Thyroid Cancer

Diagnosis and treatment

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gynecology

Contraception: A Primary Care Review of Best Practice

Coverage of the effectiveness, side effects and non-contraceptive benefits of available contraceptive options in the U.S.; Discussion of contraceptive counseling that is patient-centric including communicating without coercion; Management strategies for medically complex contraceptive decisions (patients with a history of VTE, breast cancer, hypertension)

10:40 am - 11:40 am - Sleep Medicine

How Sleep Works

The drivers of sleep and integration of how these drivers can be used to improve sleep; Basic principles of sleep drive, circadian rhythm and sleep associations will be discussed; Related to cases to highlight these principles.

11:40 am - 12:40 pm - Sleep Medicine

Approach to the Patient Who Can't Sleep

Discussion of Insomnia, one of the most common complaints related to sleep; Determination of the underlying contributors; Review of a straight forward way to approach the complaint of inability to sleep and construction of therapeutic plans directed at the underlying issues; Common presentations of insomnia and the approach to restless legs syndrome.

12:40 pm

Session Adjourns

Saturday, February 1, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Sleep Medicine

Evaluation and Treatment of the Excessively Sleepy Patient

Daytime sleepiness impairs approximately 15% of adults from getting the most out of their day; Review of the common and less common causes of daytime sleepiness including, behavioral insufficient sleep, narcolepsy, idiopathic hypersomnia and sleep related breathing disorders; The approach and therapeutic options for each disorder.

8:30 am - 9:30 am - Sleep Medicine

Twitch, Rattle, and Roll: Restless Legs Syndrome and Other Nocturnal Events

This lecture will review the recent changes in our understanding and approach to Restless Legs Syndrome and Periodic Limb Movements of Sleep including newer treatment paradigms. In addition, the lecture will review the approach to evaluating and treating other nocturnal events.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Rheumatology

Evaluating the Patient with Joint Pain

Differentiating between inflammatory and non-inflammatory joint pain; The utility of joint aspiration and lab work-up with interpretation of synovial fluid analysis; Differential diagnosis of joint pain and inflammatory arthritis

10:40 am - 11:40 am - Rheumatology

Update in Pharmacology for Arthritis

Review risks and benefits of traditional NSAIDs and cox-2 inhibitors; Analgesics (narcotics and tramadol), acetaminophen, conventional-synthetic DMARDs, and bDMARDs

11:40 am

Session Adjourns



Sunday, February 2, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Rheumatology

Osteoporosis

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

8:30 am - 9:30 am - Rheumatology

Crystal Disease: Gout & Pseudogout

Properly diagnosing and treating crystal diseases such as gout and pseudogout

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 approaches to counseling patients for making complex contraceptive decisions
- Describe the pathophysiology surrounding obesity and the risks and benefits of the various weight management options
- Identify the risks of abnormal thyroid function
- Utilize case-based learning to develop treatment plans for thyroid disorders
- Describe the diagnostic evaluation of thyroid nodules with a focus on the utilization of ultrasound and cytology
- Discuss the basic mechanisms of sleep and circadian rhythm disorders
- Develop a therapeutic plan related to common complaints surrounding insomnia and restless legs syndrome
- Review therapeutic options for excessive sleepiness and obstructive sleep apnea
- Describe medical issues surrounding RLS, parasomnias and other special sleep issues
- Compare and contrast inflammatory & non-inflammatory joint pain and their differential diagnoses
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Diagnose and treat gout and pseudogout



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/Gyn/Rheum/Sleep and deemed it acceptable for up to 16.00 Live AAFP Prescribed credits. Term of Approval is from 1/30/2025 to 2/2/2025. 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 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 Associate Credit Designation

American Academy of Physician Associates (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: JA0003680-0000-25-005-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.