



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

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
GERIATRICS/GYNECOLOGY/MEN'S UROLOGY/  
ORTHOPEDICS**

**San Diego, CA - Hotel del Coronado  
June 5 - 8, 2025**



Thursday, June 5, 2025

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Geriatrics**

**Approach to the Geriatric Patient**

The demographics of aging and the physiologic changes in the elderly patient; Medication use in the elderly including changes in age-related pharmacokinetics and pharmacodynamics and medication adherence; Review of risky medications often used in elderly patients

**8:30 am - 9:30 am - Geriatrics**

**Urological Disorders in the Older Adult**

Review of two very common conditions seen in the elderly population: benign prostatic hyperplasia (BPH), and urinary incontinence; Pathogenesis, clinical symptoms, recommended evaluation and management options for BPH; Review of the anatomy and mechanism of normal urinary function, causes of incontinence, the evaluation and management

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Geriatrics**

**Heart Failure in Older Adults**

Recognition of the high mortality associated with heart failure; Understanding how to diagnose heart failure and the difference between reduced ejection fraction and preserved ejection fraction heart failure; Evidence based treatments available for heart failure

**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**

**Sexually Transmitted Infections in Men**

Presenting symptoms, lesions, latencies, diagnostic work-ups and therapies of the common sexually transmitted diseases

**12:40 pm**

**Session Adjourns**

**Friday, June 6, 2025**

**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 - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Geriatrics**

**Pain Management in the Older Adult**

Assessment and management of pain in the older adult

**10:40 am - 11:40 am - Orthopedics**

**The Shoulder: Anatomy, Common Injuries, and Exam Techniques**

Rotator cuff syndrome; impingement, frozen shoulder; subacromial bursitis; bicipital tendonitis; A-C joint disease

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

**The Shoulder (Continued)**

Anatomy, common injuries, and exam techniques

**12:40 pm**

**Session Adjourns**

**Saturday, June 7, 2025**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Orthopedics**

**Hip and Pelvis**

Emphasizing the tools, physical diagnostic techniques and basic investigations available to the primary care practitioner, a practical approach to the undifferentiated hip problem will be reviewed. Diagnostic triage, historical clues and physical examination pearls pertaining to hip conditions will be covered, and evidence-based management

**8:30 am - 9:30 am - Orthopedics**

**The Knee: Anatomy, Common Injuries, and Exam Techniques**

ACL, meniscus, MRI; common sports injuries; osteoarthritis and hyaluronan; bursitis: prepatellar, pesanserine; baker's cyst; joint injection/X-ray interpretation; pediatrics

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 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

**10:40 am - 11:40 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

**11:40 am**

**Session Adjourns**



**Sunday, June 8, 2025**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 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

**8:30 am - 9:30 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)

**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:

- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Describe the primary care work-up of incontinence in older adults
- Describe the assessment and management of heart failure in older adults
- Describe assessment and management of pain in the older adult
- Discuss medical management of male sexual health
- Evaluate and manage sexually-transmitted infections in men
- Differentiate between benign prostate conditions and prostate cancers
- Discuss the biology and screening, and treatment options of prostate and testicular cancer
- Diagnose and treat shoulder injuries
- Diagnose and treat shoulder injuries
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- Describe the anatomy and function of the knee joint
- Identify evidence-based tools to determine best practices in incorporating all necessary elements in the annual women's health visit
- Describe the management of HPV infection and abnormal pap smear results
- Discuss menopausal transition and the risks/benefits of treatment options
- Describe approaches to counseling patients for making complex contraceptive decisions



### **Disclosure of Relevant Financial Relationships**

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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)

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

### 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 American Academy of Family Physicians (AAFP) and the College of Family Physicians of Canada (CFPC) have a bilateral reciprocal certification agreement whereby: CME/CPD activities held across the Canada - U.S. border are certified according to the nationality of the primary target audiences regardless of where the providers are located. The activities will be reviewed according to the criteria of the certifying organization.



### **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 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 16 contact hours.

### **Physician Associates 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-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.