



**INTERNAL MEDICINE FOR PRIMARY CARE:  
DERMATOLOGY/NUTRITION/OBESITY/  
RHEUMATOLOGY**

**Kauai, HI - Grand Hyatt Kauai Resort & Spa  
July 12 - 16, 2026**

**Sunday, July 12, 2026**

**2:30 pm**

**Check-In**

**3:00 pm - 4:00 pm - Dermatology**

**Dermatitis**

Overview of the causes and forms of skin irritants; Contact, atopic, irritant, nummular, seborrheic and exfoliative; Treatment of blistering, oozing, crusting and flaking; Diagnostic principles and management strategies

**4:00 pm - 5:00 pm - Dermatology**

**Papulosquamous Diseases**

Diagnostic principles of skin lesions consisting of red or purple papules; Psoriasis, lichen planus, pityriasis rosea, lupus erythematosus; Discussion of how to tell one scaly rash from another

**5:00 pm - 6:00 pm - Dermatology**

**Acne and Acneiform Eruptions**

Identification of noninflammatory open or closed comedones and inflammatory lesions; Determination of treatment therapies based on acne grading scale; Bacterial folliculitis, drug-induced acne, hidradenitis suppurativa, miliaria, perioral dermatitis, pseudofolliculitis barbae, rosacea, seborrheic dermatitis; Topical and systemic therapy

**6:00 pm**

**Session Adjourns**



**Monday, July 13, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 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

**8:30 am - 9:30 am - Obesity**

**Medical 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

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

**Coffee Break**

**9:40 am - 10:40 am - Obesity**

**Complications and Considerations of Bariatric Surgery**

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

**10:40 am - 11:40 am - Dermatology**

**Benign Skin Tumors**

Proper diagnosis and treatment of common benign tumors; Biopsies and histopathologic examination; Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; When to refer

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

**Premalignant and Malignant Skin Tumors**

Recognition of precursors of malignancies; Excisional and punch biopsies; Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; Risk reduction education

**12:40 pm**

**Session Adjourns**

**Tuesday, July 14, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 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

**8:30 am - 9:30 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

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

**Coffee Break**

**9:40 am - 10:40 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

**10:40 am - 11:40 am - Obesity**

**Patient Management Post-bariatric Surgery**

The role of the clinician for support and behavior modification, nutrition, and the stages of patient management post-surgery

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

**12:40 pm**

**Session Adjourns**

**Wednesday, July 15, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 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

**8:30 am - 9:30 am - Rheumatology**  
**Osteoarthritis**

Pathogenesis, diagnosis and treatment

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

**Coffee Break**

**9:40 am - 10:40 am - Rheumatology**  
**Differential Diagnosis of Inflammatory Arthritis**

Clinical presentation and laboratory work-up and treatment for rheumatoid arthritis, systemic lupus erythematosus, spondyloarthropathies (SPA), infectious arthritis and systemic sclerosis; Treatment of RA with DMARDs; Treatment principles of SLE, Sjogren's, SPA and PMR

**10:40 am - 11:40 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

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

**Performance Nutrition: Bridging the Spectrum**

Sports nutrition is an evolving field and aims to improve nutrition guidelines for both active adults and competitive athletes; Concepts for how adequate nutrition enhances athletic performance; Discussion of disordered eating and eating disorders; Overview of dietary guidelines and guidance

**12:40 pm**

**Session Adjourns**



**Thursday, July 16, 2026**

**7:00 am**

**Arrival**

**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:

- Differentiate between the presentations and causes of atopic, contact (irritant and allergic), and nummular dermatitis
- Discriminate the diagnostic principles and treatment options for papulosquamous diseases with red, raised bumps
- Describe the step-wise approach for the diagnosis and treatment of acne and acneiform eruptions
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- 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
- List the advantages and disadvantages of surgical options and the post-surgery care of patients
- Describe the approach to patient management after bariatric surgery
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies, including patient selection criteria for surgery
- 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
- Discuss factors in adequate nutrition that enhance athletic performance
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Utilize current evidence to design treatment strategies for osteoarthritis
- Describe the differential diagnoses of inflammatory arthritis based on clinical presentation and laboratory workup
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Diagnose and treat gout and pseudogout



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

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## Accreditation Statements

### Joint Accreditation for 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 20 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 20 *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 20 (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: Derm/Nutrition/Obesity/Rheum and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 7/12/2026 to 7/16/2026. Physicians should claim only the credit commensurate with the extent of the their participation in the activity.

### American Osteopathic Association (AOA)

These programs are approved for 20 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 20 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 20 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 7.5 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 20 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 20 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 20 contact hours (2.0 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-26-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.