



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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

**Maui, HI - The Westin Maui Resort & Spa, Kaanapali
August 2 - 6, 2026**



Sunday, August 2, 2026

2:30 pm

Check-In

3:00 pm - 4:00 pm - Endocrinology

Type 2 Diabetes Mellitus

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

4:00 pm - 5:00 pm - Endocrinology

Insulin Therapy for Diabetes

Treating T2DM with insulin; T1DM

5:00 pm - 6:00 pm - Endocrinology

Osteoporosis

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

6:00 pm

Session Adjourns



Monday, August 3, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Psychiatry

The Complexity of Adult ADHD

ADHD in adults with an emphasis on symptom identification; Co-occurring conditions; Psychiatric and medical differential diagnosis; evidence-based and FDA approved pharmacological treatments

8:30 am - 9:30 am - Psychiatry

Bipolar Spectrum Disorders

Bipolar spectrum disorders in adults as compared to youth; Comprehensive history-taking; Differential diagnosis; Co-occurring psychiatric and medical conditions; Phase specific treatment considerations and interventions

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Psychiatry

Anxiety Disorders

The nature of anxiety; Generalized anxiety disorder, panic disorder, social anxiety disorder and post-traumatic stress disorder; etiology and diagnosis; Co-occurring conditions; Treatment options for these disabling conditions

10:40 am - 11:40 am - Endocrinology

Disorders of Thyroid Function

Prevalence, diagnosis and treatment options of hypothyroidism and hyperthyroidism

11:40 am - 12:40 pm - Endocrinology

Evaluation and Management of Pituitary Disease

Diagnosis and treatment of pituitary disorders

12:40 pm

Session Adjourns

Tuesday, August 4, 2026

7:00 am

Arrival

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

Abnormal Pap Smears and High Risk HPV

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 your practice; Algorithm for the appropriate use of HPV testing; History of HPV and effectiveness of its use; Recommendations for missed doses; Storage and administration of HPV vaccines

10:40 am - 11:40 am - Psychiatry

Substance Use Disorders

Substance abuse history-taking to encourage patient honesty; Accurate diagnosis; Use of screening tools; Brief intervention; Recovery and treatment options; Motivational interviewing; Family symptoms and codependency

11:40 am - 12:40 pm - Psychiatry

Suicide and Violence

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

12:40 pm

Session Adjourns

Wednesday, August 5, 2026

7:00 am

Arrival

7:30 am - 8:30 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

8:30 am - 9:30 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

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 - 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

11:40 am - 12:40 pm - Gynecology

Breast Cancer Screening

Comparison of recent breast cancer screening recommendations from U.S. Preventive Services Task Force, ACOG/ACS/NCCN, including a discussion of risks and benefits of screening at various ages; Review of the new USPSTF guideline on BRCA-related cancer: risk assessment, genetic counseling, and genetic testing, including risk assessment tools for women with a personal or family history of breast, ovarian and related cancers

12:40 pm

Session Adjourns



Thursday, August 6, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Rheumatology

Osteoarthritis

Pathogenesis, diagnosis and treatment

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:

- Develop patient-specific treatment plans for the management of type 2 diabetes
- Diagnose and tailor treatment strategies for type 1 and type 2 diabetes
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Identify the risks of abnormal thyroid function
- Describe treatment options for pituitary disorders
- Compare the benefits and side effect profiles of pharmacologic treatment options for ADHD
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Review current evidence for the treatment of anxiety disorders
- Describe strategies for identifying and treating substance use disorders
- Assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness
- 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
- Describe the management of abnormal pap smears and HPV
- Discuss menopausal transition and the risks/benefits of treatment options
- Discuss the current evidence and recommendations regarding breast cancer screening
- 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)
- Describe the differential diagnoses of inflammatory arthritis based on clinical presentation and laboratory workup
- Utilize current evidence to design treatment strategies for osteoarthritis
- Diagnose and treat gout and pseudogout



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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: Endo/Gyn/Psych/Rheum and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 8/2/2026 to 8/6/2026. 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 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 10 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.