



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

**INTERNAL MEDICINE FOR PRIMARY CARE:
CARDIOLOGY/NUTRITION/OBESITY/
PULMONOLOGY**

**Nassau, Bahamas - Atlantis Paradise Island Resort
March 5 - 8, 2026**



Thursday, March 5, 2026

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - Cardiology

Acute Coronary Syndromes: The Patient with Acute Chest Pain

Diagnosis and initial evaluation in the primary care setting, urgent care clinic and emergency department; Initial workup, treatment, and follow-up; Diagnosing and treating ST segment elevation and non-ST segment elevation MIs; The role of drug therapy--primary vs adjunctive to PCI; Follow up after acute coronary syndromome

8:30 am - 9:30 am - Cardiology

Hypertension

The 2025 AHA/ACC Hypertension Guidelines; The 2024 ESC Guidelines for hypertension; Approaches to treatment thresholds and goals; Choices for initial and combination therapy; Resistant hypertension; Treating special populations: diabetics, the elderly, patients with renal failure; Risk factors by new pooled equations

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Cardiology

Heart Failure

Etiologies and stages of heart failure; ACC/AHA Heart Failure Guidelines; Heart failure with reduced EF (HFrEF) and heart failure with preserved EF (HFpEF); Determining patients for referral using biomarkers, eg NT Pro BNP; Treatment options: ACE inhibitors, ARBs, ARNI, beta blockers, mineralocorticoid receptor antagonists, SGLT2i; The role of devices (ICD and/or CRT) in treatment and antiplatelet drugs; Issues related to the hospitalized patient with acute decompensated heart failure and readmissions

10:40 am - 11:40 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

11:40 am - 12:40 pm - 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

12:40 pm

Session Adjourns

Friday, March 6, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Cardiology

Primary Prevention of Cardiometabolic CVD

Definitions; AHA/ACC and other lipid guidelines updates; HDL Cholesterol: The good cholesterol?; Metabolic syndrome and/or obesity; Who needs treatment and how much; The role of lifestyle changes, exercise and cardiac rehabilitation; Drug therapy updates; Risk calculation; Role of pooled equations for risk estimates

10:40 am - 11:40 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

11:40 am - 12:40 pm - 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

12:40 pm

Session Adjourns



Saturday, March 7, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - 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

8:30 am - 9:30 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Pulmonology

Asthma

The medical impact of asthma; fundamental role of inflammation, with possible scarring and irreversible loss of lung function; practical points of diagnosis; goal setting management based on levels of severity; risk factors for mortality and treatment in the acute setting; management options for the difficult to control asthmatic patient

10:40 am - 11:40 am - Pulmonology

Controversies in the Treatment of Common Respiratory Infections

Acute and chronic bronchitis; pneumonia (community versus hospital-acquired); role of the Pneumonia Severity Index score in determining indication for hospitalization; cost-effective use of antibiotics; clinical significance of drug resistance; guidelines for management

11:40 am

Session Adjourns



Sunday, March 8, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Pulmonology

COPD

Definition; pathophysiology; early detection and intervention; risk reduction; management update including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen

8:30 am - 9:30 am - Pulmonology

Lung Cancer Screening & Pulmonary Nodules

Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines; approach to definitive evaluation and management strategies

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:

- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Explain current concepts in the diagnosis and treatment of hypertension
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- 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
- 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
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies, including patient selection criteria for surgery
- List the advantages and disadvantages of surgical options and the post-surgery care of patients
- Diagnose and manage patients with asthma
- Design treatment strategies reflective of current evidence-based medicine for common respiratory infections
- Describe the current therapeutic management of COPD
- Discuss diagnosis and screening strategies as well as treatment plans for lung nodules and lung cancer



Disclosure of Relevant Financial Relationships

Medical Education Resources ensures balance, independence, objectivity, and scientific rigor in all our educational activities. In accordance with this policy, MER identifies financial relationships with its instructors, content managers, and other individuals who are in a position to control the content of an activity. All relevant financial relationships have been 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.

Disclaimer

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

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: Cardio/Nutrition/Obesity/Pulm and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 3/5/2026 to 3/8/2026. 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 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 5.75 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: JA0003680-0000-26-026-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.