



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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INTERNAL MEDICINE FOR PRIMARY CARE: GERIATRICS/NEUROLOGY/OBESITY

**Santa Barbara, CA - Mar Monte Hotel
October 2 - 4, 2026**

Friday, October 2, 2026

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - Geriatrics

Update in Pharmacology for Arthritis in the Older Adult

Review risks and benefits of traditional NSAIDs and cox-2 inhibitors; analgesics (narcotics and tramadol) and acetaminophen

8:30 am - 9:30 am - Geriatrics

Osteoporosis in the Older Adult

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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Geriatrics

Geriatric Gait Disorders & Falls

Diagnosing problems associated with gait abnormalities; considering causes and prevention of falls; exercise training, aerobics, balance training, resistance

10:40 am - 11:40 am - Neurology

Evaluating Weakness

Using the history and physical examination to distinguish weakness from non-specific symptoms; characteristics of neurological diseases that produce weakness; presentations of representative diseases of the nervous system

11:40 am - 12:40 pm - Neurology

Headaches & Migraines

Basic headache mechanisms; headache history: characteristics, precipitating factors, medical conditions; migraine: common tension, classic, treatment, complicated, cluster, sinus; trigeminal neuralgia; Giant Cell Arteritis; brain tumor; subarachnoid hemorrhage; emergency room treatment

12:40 pm

Session Adjourns

Saturday, October 3, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Neurology

Alzheimer's & Other Dementias

Definition; statistics; neurological changes of normal aging; pathology; etiological theories; vascular dementias; investigations; social issues; symptomatic treatment; research therapies

8:30 am - 9:30 am - Neurology

Parkinson's Disease & Other Movement Disorders

Epidemiology; cardinal features; secondary features; pathology; neurochemistry; differential diagnosis; treatment; complication; other movement disorders; neuroleptic- induced movement disorders; chorea

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Geriatrics

Crystal Disease: Gout and Pseudogout in the Older Adult

Properly diagnosing and treating crystal diseases such as gout and pseudogout

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



Sunday, October 4, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 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

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 risks and benefits of traditional pharmacologic agents for treating arthritis
- Discuss interpretation of bone scans and identify risk assessment
- Assess and manage gait disorders to prevent falls
- Utilize current evidence to design treatment strategies for gout

- Utilize history and physical examination to distinguish weakness from non-specific symptoms
- Describe the differential diagnosis of headaches and migraines
- Discuss evidence-based management options for Alzheimer's disease
- Evaluate weakness and recognize cardinal features of Parkinson's disease as well as other movement disorders
- 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 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



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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 12 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 12 *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 12 (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: Geri/Neuro/Obesity and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 10/2/2026 to 10/04/2026. 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 12 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 12 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 12 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 12 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 12 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 12 contact hours (1.2 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-21-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.