



**INTERNAL MEDICINE FOR PRIMARY CARE:
CARDIOLOGY/GERIATRICS/GYNECOLOGY/
TOXICOLOGY**

**Maui, HI - Andaz Maui at Wailea
November 1 - 5, 2026**

Sunday, November 1, 2026

2:30 pm

Check-In

3:00 pm - 4:00 pm - 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

4:00 pm - 5:00 pm - Cardiology

Work-up of Patients with Suspected CAD

Risk factor evaluation and risk assessment models; 2021 ACC/AHA Chest Pain Guidelines; Test selection including ECG, echo, nuclear and newer imaging modalities (including discussion of appropriate use criteria--AUC); The usefulness of CT scanning; The role of bio markers and EBCT; Suspected CAD in special populations (women, diabetics, the elderly)

5:00 pm - 6:00 pm - 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

6:00 pm

Session Adjourns

Monday, November 2, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Toxicology

An Office-Based Toxicology Overview

Introduction to the workup of the toxic patient; Obtaining an adequate history and physical exam prior to calling poison control; Review of the classic five toxidromes including: cholinergic, anticholinergic, opiate, hypnotosedative, and sympathomimetic; The more common toxic ingestions seen in the ED

8:30 am - 9:30 am - Toxicology

Cocaine and Heroin Abuse from an ER Provider's Perspective

The basics of cocaine and heroin intoxication in the acute care setting; The mechanisms of action and signs and symptoms of acute intoxication; The acute phenomena of cocaine induced chest pain, hypertensive emergency, aortic dissection, pneumonitis and placental abruption; Review of the history of heroin abuse in the US, the cutting agents and adulterants being added to heroin and some of the more esoteric sequelae of chronic opiate abuse

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Toxicology

The Danger of "Legal Highs" in Both Adolescents and Adults

Inhalant abuse and legal highs and drugs of abuse not yet scheduled by the DEA; Intoxicating inhalants that are ubiquitous in many households and easily accessed by adolescents; Dextromethorphan abuse and the unique psychoactive plants salvia divinorum, kratom, morning glory (LSA) and Jimsonweed; Mechanisms of action, signs and symptoms of intoxication and treatment

10:40 am - 11:40 am - Cardiology

Arrhythmias

Types and symptoms of arrhythmias; Approach to the patient: when to treat, when to refer, when to admit; Evaluation of the patient with palpitations; Atrial fibrillation: the use of anticoagulants indications, CVA risk scores, warfarin vs newer oral anticoagulants, controlling heart rate vs rhythm; Ventricular and other arrhythmias: when are they serious

11:40 am - 12:40 pm - 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

12:40 pm

Session Adjourns

Tuesday, November 3, 2026

7:00 am

Arrival and Breakfast

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 - Toxicology

Primary Care Update on Synthetic Drugs

History of synthetic drugs of abuse in the US and EU; Synthetic drugs that mimic the effects of marijuana, stimulants, opiates, and hallucinogens; Synthetic cannabinoids (K2-Spice), novel stimulants (Bath Salts, Flakka), and novel hallucinogens (Molly, Benzofury)

11:40 am - 12:40 pm - Toxicology

The Hidden Dangers of E-cigarettes

Surveys show that approximately 20% of high school students smoke E-cigarettes; Older research shows that E-cigs do not decrease the use of traditional cigarettes and are a gateway to traditional combustible cigarettes; Lecture will include a review of the literature as well as visual aids designed to aid in content retention and patient counseling methods

12:40 pm

Session Adjourns

Wednesday, November 4, 2026

7:00 am

Arrival 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

Alzheimer's & Other Dementias

Review of normal age-related changes in cognitive function as well as disorders of memory and cognition as part of dementing illness; Mental status exams, including their limitations in evaluating memory; Various types of dementia and the importance of an accurate diagnosis; Current treatment options for various kinds of dementia; Potentially reversible dementias; The responsibilities of healthcare providers in managing patients with dementia

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Geriatrics

Managing Behavior Problems in Dementia Patients

Review of common behavior disorders often seen in patients with dementia; Behavioral techniques which have shown to be effective in managing some of the behavior disorders in patients with Alzheimer's and other dementias, focusing on the management of these patients without the use of psychotropic medications; Examples of behavior disturbances along with the behavior management technique which was effective in managing the patient with the behavior problem; Review of the potential adverse effects of the psychotropic medications usually used to manage behavior

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, November 5, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Geriatrics

Depression: Considerations in Older Adults

Overview of depression as a common condition often seen in primary care; The many ways depression negatively impacts other healthcare issues; Simple methods of recognition and managing depression in the primary care setting that can greatly improve the comfort, function, and the quality of life for older adults

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

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:

- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- Describe the work-up, risk assessment and test selection of patients with suspected CAD
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Explain current concepts in the diagnosis and treatment of hypertension
- List the classic 5 toxidromes and describe how to approach the poisoned patient
- Describe presentations of cocaine and heroin abuse
- List non-regulated agents of abuse in adolescents and adults and discuss their consequences
- Identify the key characteristics and effects of synthetic drugs, most notably synthetic cannabinoids and synthetic cathinones
- Discuss potential dangers of e-cigarette use and strategies for patient education counseling
- 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
- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Diagnose and treat cognitive impairment, dementias, and Alzheimer's disease
- Discuss strategies for the management of difficult behaviors in patients with dementia without the use of psychotropic medications
- Recognize and manage geriatric depression
- Review common lower urinary tract symptoms (LUTS) that may progress to urinary incontinence, and initiate treatment options

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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: Cardio/Geri/Gyn/Tox and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 11/1/2026 to 11/5/2026. 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 8.25 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

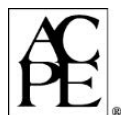
American Academy of Physician Associates (AAPA)



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: JA0003680-0000-26-234-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.