



**INTERNAL MEDICINE FOR PRIMARY CARE:
CARDIOLOGY/GASTROENTEROLOGY/
INFECTIOUS DISEASES/SLEEP MEDICINE**

**Maui, HI - The Westin Maui Resort & Spa, Kaanapali
May 23 - 27, 2027**

Sunday, May 23, 2027

2:30 pm

Check-In

3:00 pm - 4:00 pm - Gastroenterology

Management of Lower GI Bleeding- From Occult to Massive

The correct use and interpretation of tests for occult blood in the stool will be discussed in relation to lower GI bleeding; focus on the utility of different diagnostic and management approaches to the spectrum of patients presenting with hematochezia

4:00 pm - 5:00 pm - Gastroenterology

Colorectal Cancer Screening and Surveillance

Reviews the most recent recommendations for CRC screening in the general population at average risk for CRC.

5:00 pm - 6:00 pm - Gastroenterology

Celiac Disease and Chronic Diarrhea

Millions of Americans are now on a gluten free diet. Only some of them actually have Celiac disease. We will review the workup of diarrhea and malabsorption with a focus on celiac disease; We will discuss how to diagnose celiac disease when a patient is already on a gluten free diet and an appropriate differential diagnosis

6:00 pm

Session Adjourns

Monday, May 24, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Sleep Medicine

Approach to the Patient Who Can't Sleep

Discussion of Insomnia, one of the most common complaints related to sleep; Determination of the underlying contributors; Review of a straight forward way to approach the complaint of inability to sleep and construction of therapeutic plans directed at the underlying issues; Common presentations of insomnia and the approach to restless legs syndrome.

8:30 am - 9:30 am - Sleep Medicine

Breaking the Apnea Cycle: Next-Generation Diagnostics and Therapies for OSA

Obstructive sleep apnea (OSA) affects 60-80 million of US adults, yet it remains heavily underdiagnosed. This presentation provides a clinical update on the expanding diagnostic and therapeutic landscape for OSA, exploring the role of home sleep testing (HST) and telehealth care to accelerate diagnosis. The session reviews the recent inclusion of FDA approval of GLP-1 therapies, and how these weight loss agents are reshaping obesity-driven OSA management.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Sleep Medicine

Sleepwalking And Dream Enactment In The Early Detection of Neurological Disease

Distinguishing between Non-REM arousal disorders (such as sleepwalking) and REM sleep parasomnias (such as dream enactment) is essential for triaging the practical clinical evaluation and management of sleepwalking, sleep terrors, and dream enactment behaviors. This session highlights the pivotal role of REM sleep behavior disorder (RBD) as an established, highly specific prodromal marker for alpha - synucleinopathies.

10:40 am - 11:40 am - Gastroenterology

Fatty Liver Disease

Definitions; epidemiology and natural history; diagnostic tests; when to refer for liver biopsy; treatments and interventions; and, prognosis and risk for cirrhosis, hepatocellular cancer, and need for liver transplantation

11:40 am - 12:40 pm - Gastroenterology

Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

A primary care approach to evaluating and managing mildly abnormal hepatocellular liver chemistry in the asymptomatic patient; review of MASLD, its implications and management

12:40 pm

Session Adjourns

Tuesday, May 25, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 am - Cardiology

Type 2 Diabetes and Cardiovascular Disease

Epidemiology of risk for cardiovascular complications associated with type 2 diabetes; Review of the accumulated data with regard to the cardiovascular safety and efficacy of newer antihyperglycemic medications; Overview of most recent endocrinology and cardiology society recommendations and guidelines for their use

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 - Sleep Medicine

Sleep and Aging: Dementia, Alzheimer's and Parkinson's

Age-related sleep disruption is a core driver of neurodegeneration. This presentation examines how the natural degradation of sleep during aging directly impairs the glymphatic system, the brain's vital waste-clearance network. This session highlights current evidence suggesting that optimizing sleep offers a non-invasive frontier for disease-modifying therapies to preserve cognitive longevity in aging patients.

11:40 am - 12:40 pm - Sleep Medicine

The Sleep Edge: Sports Science and Clinical Strategies for High-Performance Athletes

This presentation dives deep into the physiological impacts of sleep deprivation on the body, cognitive function, and athletic outcomes. This presentation will explore the evidence-based science of sleep optimization, learning how clinical sleep screening, behavioral coaching, and circadian training can be seamlessly integrated into athletic care programs.

12:40 pm

Session Adjourns

Wednesday, May 26, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Infectious Diseases

Skin & Soft Tissue Infections

Presentation on important skin and soft-tissue infections and their prompt recognition, emphasizing evaluation and management strategies

8:30 am - 9:30 am - Infectious Diseases

Respiratory Tract Infections

A case-based interactive discussion highlighting critical points regarding the diagnosis and management of pneumonia and bronchitis – with a focus on the impact of multidrug resistant pathogens

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Infectious Diseases

Genitourinary Infections

Presentation on a relevant and clinically practical approach to the patient with genitourinary complaints focusing on the latest guidelines for the range of urinary tract infections and highlights of selected and important sexually-transmitted disease syndromes.

10:40 am - 11:40 am - 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)

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

Thursday, May 27, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Infectious Diseases

Antimicrobial Stewardship and Multidrug Resistance

Definition of an antimicrobial stewardship program (ASP); Concepts of the antimicrobial stewardship program; Four goals of antimicrobial stewardship; Most recent additions to the antimicrobial armamentarium

8:30 am - 9:30 am - Infectious Diseases

Infectious Diseases in the Special Host

Case-based interactive discussion involving important infectious disease syndromes in three special hosts: the diabetic patient, the HIV/AIDS patient and the pregnant woman

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:

- List current treatment recommendations for the management of lower GI bleeding
- Discuss the guidelines for colonoscopic colorectal cancer screening and surveillance
- Recommend appropriate testing for the workup of celiac disease
- Recognize when to refer a patient for liver biopsy
- Identify risk factors for the development of MASLD
- Develop a therapeutic plan related to common complaints surrounding insomnia and restless legs syndrome
- Describe recent advances in strategies for CPAP compliance
- Review evidence showing how the loss of muscle atonia during dreaming contribute to dementia and Parkinson's
- Identify how sleep fragmentation contributes in the screening for dementia
- Discuss strategies for utilizing well-timed sleep into optimized human performance
- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- Identify and treat cardiovascular complications associated with T2DM
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Describe the work-up, risk assessment and test selection of patients with suspected CAD
- Explain current concepts in the diagnosis and treatment of hypertension
- Review epidemiology and microbiology of skin and soft tissue infections (SSTI)
- Utilize case-based learning to develop treatment plans for various respiratory tract infections
- Diagnose and manage genitourinary infections
- List goals of an antimicrobial stewardship program and strategies for antimicrobial treatment
- Describe evaluation strategies for infections in immunocompromised hosts

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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/Gastro/ID/Sleep and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 5/23/2027 to 5/27/2027. 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 8.75 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 20 contact hours.

Physician Associates Credit Designation

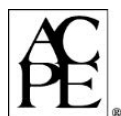
American Academy of Physician Associates (AAPA)



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: JA0003680-0000-21-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.