



**INTERNAL MEDICINE FOR PRIMARY CARE:  
ENDOCRINOLOGY/GASTROENTEROLOGY/  
GYNECOLOGY/PAIN MANAGEMENT**

**Key West, FL - Opal Key Resort & Marina  
December 4 - 7, 2025**

Thursday, December 4, 2025

7:00 am

**Check-In**

7:30 am - 8:30 am - **Endocrinology**

**Type 2 Diabetes Mellitus**

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

8:30 am - 9:30 am - **Endocrinology**

**Insulin Therapy for Diabetes**

Treating T2DM with insulin; T1DM

9:30 am - 9:40 am

**Coffee Break**

9:40 am - 10:40 am - **Endocrinology**

**Obesity Management**

Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

10:40 am - 11:40 am - **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

11:40 am - 12:40 pm - **Gastroenterology**

**Colorectal Cancer Screening and Surveillance**

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

12:40 pm

**Session Adjourns**

**Friday, December 5, 2025**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - 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

**8:30 am - 9:30 am - Gastroenterology**

**Hepatitis B and C Management**

HBV screening: whom to screen, whom to vaccinate; management of patients with decompensated hepatitis B related liver disease; treatment in special populations

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Endocrinology**

**Disorders of Thyroid Function**

Prevalence, diagnosis and treatment options of hypothyroidism and hyperthyroidism

**10:40 am - 11:40 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

**11:40 am - 12:40 pm - 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

**12:40 pm**

**Session Adjourns**

**Saturday, December 6, 2025**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Gynecology**

**Contraception: A Primary Care Review of Best Practice**

Coverage of the effectiveness, side effects and non-contraceptive benefits of available contraceptive options in the U.S.; Discussion of contraceptive counseling that is patient-centric including communicating without coercion; Management strategies for medically complex contraceptive decisions (patients with a history of VTE, breast cancer, hypertension)

**8:30 am - 9:30 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

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Pain**

**Non-Opioid Pharmacologic Options in Pain Management**

NSAID's, acetaminophen, topicals, injections, antidepressants, anticonvulsants, medical marijuana

**10:40 am - 11:40 am - Pain**

**Office Procedures for Pain for Primary Care**

Behavioral and lifestyle modifications; Medications overview; Interventional therapies; Opioids and cannabinoids overview

**11:40 am**

**Session Adjourns**



**Sunday, December 7, 2025**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Pain**

**Managing Headaches in Primary Care**

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

**8:30 am - 9:30 am - Pain**

**Opioid Pharmacologic Options in Pain Management**

Overall safety and efficacy; Selecting and monitoring patients; Pain contracts; Regulatory issues; Urine drug testing

**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
- Describe the pathophysiology surrounding obesity and the risks and benefits of the various weight management options
- Identify the risks of abnormal thyroid function
- 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
- List current treatment recommendations for HBV and HCV
- Assess and manage abnormal uterine bleeding
- Describe the management of abnormal pap smears and HPV
- Describe approaches to counseling patients for making complex contraceptive decisions
- Discuss menopausal transition and the risks/benefits of treatment options
- Design non-opioid pain management strategies
- Identify pharmacologic and non-pharmacologic options for the management of pain
- Describe the differential diagnosis of headaches and migraines
- Design opioid pain management strategies

### **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 or 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



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)

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

### 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 5.5 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 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: JA0003680-0000-25-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.