

INTERNAL MEDICINE FOR PRIMARY CARE: ENDOCRINOLOGY/LIFESTYLE MEDICINE/ NEUROLOGY

**Washington DC - JW Marriott Washington, DC
March 27 - 29, 2026**

Friday, March 27, 2026

7:00 am

Check-In

7:30 am - 8:30 am - Endocrinology

Insulin Therapy for Diabetes

Treating T2DM with insulin; T1DM

8:30 am - 9:30 am - Endocrinology

Lipid Metabolism and Treatment

Review of the most recent American Heart Association Dietary and Lipid Guidelines; Discussion of the most recent ADA guidelines for lipid management for both primary and secondary CV prevention; Detail of treatments for elevated triglycerides and the lack of cardiovascular benefit from fish oil

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Endocrinology

Osteoporosis

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

10:40 am - 11:40 am - Lifestyle Medicine

Nutrition for Optimal Health

The core principles of whole food and plant-based nutrition and its role in chronic disease prevention and reversal; Dietary patterns and their associations with non-communicable diseases (NCDs); Strategies for personalized, practical dietary interventions using evidence-based guidelines

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

Sleep Health: The Role of Restorative Sleep in Chronic Disease Prevention

12:40 pm

Session Adjourns

Saturday, March 28, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Lifestyle Medicine

Physical Activity: Prescribing Exercise as Medicine

Overview of the role of physical activity in health promotion and disease prevention; Differences between exercise types (aerobic, strength, flexibility) and their specific health benefits; Strategies for formulation of exercise prescriptions tailored to individual patients' needs, capacities, and goals

8:30 am - 9:30 am - Lifestyle Medicine

Stress Management & Mental Well-being

The physiological and psychological impact of chronic stress on health; Assessing stress in patients using validated tools and techniques; Stress management interventions, including mindfulness and relaxation techniques; Economic benefits of stress reduction

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Endocrinology

Evaluation and Management of Pituitary Disease

Diagnosis and treatment of pituitary disorders

10:40 am - 11:40 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

11:40 am - 12:40 pm - 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

12:40 pm

Session Adjourns

Sunday, March 29, 2026

7:00 am

Arrival

7:30 am - 8:30 am - 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

8:30 am - 9:30 am - Neurology

Cerebrovascular Disorders

Epidemiology; identifying the high-risk patient; treatment effects; transient neurological deficit: carotid, vertebrobasilar; non-specific cerebral symptoms; migraines vs. TIA; treatment options

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:

- Diagnose and tailor treatment strategies for type 1 and type 2 diabetes
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Describe treatment options for pituitary disorders
- Discuss strategies for using whole-food, plant-based nutrition to prevent chronic and non-communicable diseases
- Develop patient-centered strategies for improving sleep quality
- Incorporate strategies for patients to integrate physical activity into daily routines
- Discuss optimal daily mindfulness exercises and relaxation techniques to manage stress and improve resilience
- 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
- Describe the differential diagnosis of headaches and migraines
- Utilize prevention and treatment strategies for cerebrovascular disorders

Disclosure of Relevant Financial Relationships

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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)

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 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 5.0 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

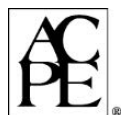
American Academy of Physician Associates (AAPA)



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.