



**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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## **INTERNAL MEDICINE FOR PRIMARY CARE: GERIATRICS/GYNECOLOGY/SPORTS MEDICINE**

**Breckenridge, CO - Hotel Alpenrock  
January 30 - February 1, 2026**

**Friday, January 30, 2026**

**7:00 am**

**Check-In**

**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**

**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

**10:40 am - 11:40 am - Sports Med**

**The Pre-participation Sports Physical**

The American Academy of Pediatrics, in conjunction with the American Academy of Family Physicians and American Medical Society for Sports Medicine published the 1st edition of the Preparticipation Sports Physical Examination monograph nearly 30 years ago. Currently in its 5th edition, the monograph contains the most recent evidence and consensus-based recommendations pertaining to the history, physical exam and clearance to play guidelines for practitioners caring for active youth.

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

**Concussion in Sports: Recognition, Office Evaluation and Management for Primary Care**

Severity and consequences of concussion for those 18 and younger; Current definition, signs and symptoms, their significance; Up-to-date return to sport guidelines and decision making and provide concussion management tools; Discussion the 6th International Conference on Concussion in Sports in Amsterdam 2022 as well as CRT6, SCAT6, SCOAT6

**12:40 pm**

**Session Adjourns**

**Saturday, January 31, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Sports Med**

**Nutritional Considerations for the Young Athlete: Relative Energy Deficiency in Sports (RED-S)**

The growing popularity of organized youth sports is well documented. Young men and women are now participating in organized sports at historic levels. However, many active young athletes are often either misinformed on the proper dietary habits necessary for optimal health or willingly undermine their performance in the short term and adversely impact their health in the long term through destructive eating and exercise behaviors. RED-S (Relative Energy Deficiency in Sports) is an increasingly recognized disorder in which aberrant eating behaviors coupled with excessive exercise leads to early bone demineralization at a crucial developmental period

**8:30 am - 9:30 am - Sports Med**

**Commonly Missed Orthopedic Injuries in Primary Care**

Discussion of a variety of acute and chronic injuries seen in the primary care practice; Recognition of these injuries is critical in the care of the injured patient; Objectives of this session include providing clinicians with an enhanced differential diagnosis of common and commonly missed musculoskeletal injuries and which injuries can be treated by the primary care clinician

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

**Coffee Break**

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

**10:40 am - 11:40 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

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

**Vascular Disorders in the Older Adult**

Peripheral vascular disease; DVT/thromboembolic disease; abdominal aortic aneurysm and related disorders

**12:40 pm**

**Session Adjourns**

**Sunday, February 1, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 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

**8:30 am - 9:30 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

**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:

- 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
- Discuss menopausal transition and the risks/benefits of treatment options
- Discuss the current evidence and recommendations regarding breast cancer screening
- Discuss the components of a pre-participation sports physical
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Identify risk factors for Relative Energy Deficiency in Sports and discuss the importance of nutrition and work out programs for athletes
- List the current recommendations, controversies and medicolegal considerations surrounding treating the adolescent athlete
- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Recognize and screen elderly patients for CVD risk factors
- Describe the primary care work-up of incontinence in older adults
- Recognize and manage geriatric depression

### **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.

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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/Gyn/Sports Med and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 1/30/2026 to 2/1/2026. 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 4.5 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: JA0003680-0000-26-008-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.