



CONTINUING EDUCATION
COMPANY

14th Annual Essentials in Primary Care Winter Conference

Naples, Florida

Peer-reviewed Literature References

DAY 1 (Original Recording Date: Monday, February 9, 2026)

Jan Basile, MD - What's New in Outpatient Hypertension: Clinical Pearls from the New Hypertension Guideline

- References provided within slide presentation

Jan Basile, MD - Aldosterone: The Forgotten Hormone in Hypertension

- References provided within slide presentation

Margaret Mueller, MD - Pelvic Floor Disorders - First Line Evaluation and Management

- Norton, P A et al. Distress and Delay Associated With Urinary Incontinence. *BMJ*, 297(5), November 1988.
- Swift, S., Am J Obstet Gynecol, 2000, 183:2
- Cundiff GW1, Amundsen CL, Bent AE, Coates KW, Schaffer JI, Strohbehn K, Handa VL. The PESSRI study: symptom relief outcomes of a randomized crossover trial of the ring and Gellhorn pessaries. *Am J Obstet Gynecol*. 2007 Apr;196(4):405.e1-8.
- *Obstet Gynecol*. 2009 Dec;114(6):1278-83. doi: 10.1097/AOG.0b013e3181c2ce96.
- Wu JM1, Hundley AF, Fulton RG, Myers ER. Forecasting the prevalence of pelvic floor disorders in U.S. Women: 2010 to 2050. *Obstet Gynecol*. 2009 Dec;114(6):1278-83. doi: 10.1097/AOG.0b013e3181c2ce96.
- Additional references provided within slide presentation.

Margaret Mueller, MD - Urinary Incontinence - First Line Evaluation and Management

- Hampton et al. *Urology* 1997
- Diagnostic and Treatment Algorithm, AUA/SUFU Guideline on non-Neurogenic Overactive Bladder
- Visco et al. Anticholinergic Versus Botulinum Toxin A Comparison Trial for the Treatment of Bothersome Urge Urinary Incontinence: ABC Trial. *NEJM* 2012.
- Amundson et al. OnabotulinumtoxinA vs Sacral Neuromodulation on Refractory Urgency Urinary Incontinence in Women
- A Randomized Clinical Trial. *JAMA* 2016.
- Nager et al. A Randomized Trial of Urodynamic Testing before Stress-Incontinence Surgery. *NEJM* 2012.
- Richter et al. Retropubic versus Transobturator Midurethral slings for stress incontinence. *NEJM*
- Additional references provided within slide presentation.

DAY 2 (Original Recording Date: Tuesday, February 10, 2026)

John Post, MD - Office Orthopedics in Primary Care

- *Journal of Bone and Joint Surgery*
- AAOS Now
- *Journal of the American Academy of Orthopedic Surgery*
- Additional references provided within slide presentation.

Matthew Weir, MD - Integrating CKD into Primary Care: Bridging the Knowledge and Implementation Gaps

- References provided within slide presentation

Matthew Weir, MD - What's New in the Treatment of Diabetic Kidney Disease

- References provided within slide presentation

DAY 3 (Original Recording Date: Wednesday, February 11, 2026)

Jennifer Green, MD - Updates in Diabetes Management: Improving Outcomes

- Standards of Medical Care in Diabetes—2026. American Diabetes Association. *Diabetes Care* 2026 Jan; Volume 49, Issue Supplement 1
- Standards of Care in Diabetes—2025 Abridged for Primary Care. American Diabetes Association Primary Care Advisory Group. <https://diabetesjournals.org/collection/2720/2025-Abridged-Standards-of-Care>
- Centers for Disease Control and Prevention. Chronic Kidney Disease (CKD) Surveillance System: CKD Risk Calculators <https://www.cdc.gov/kdss/>. Accessed 5 January 2026.
- Additional references provided within slide presentation.

Jennifer Green, MD - Use of Technology in Diabetes Treatment

- Boughton CK, Hovorka R. New closed-loop insulin systems. *Diabetologia*. 2021 May;64(5):1007-1015. doi: 10.1007/s00125-021-05391-w. Epub 2021 Feb 6. Erratum in: *Diabetologia*. 2021 Mar 22;: PMID: 33550442; PMCID: PMC8012332.

- Jeyam A, Gibb FW, McKnight JA, Kennon B, O'Reilly JE, Caparrotta TM, Höhn A, McGurnaghan SJ, Blackbourn LAK, Hatam S, McCrimmon RJ, Leese G, Lindsay RS, Petrie J, Chalmers J, Philip S, Wild SH, Sattar N, McKeigue PM, Colhoun HM; Scottish Diabetes Research Network (SDRN) Epidemiology Group. Marked improvements in glycaemic outcomes following insulin pump therapy initiation in people with type 1 diabetes: a nationwide observational study in Scotland. *Diabetologia*. 2021 Jun;64(6):1320-1331. doi: 10.1007/s00125-021-05413-7. Epub 2021 Mar 8. PMID: 33686483; PMCID: PMC8099793.
- Roussel R, Riveline JP, Vicaut E, de Pouvourville G, Detournay B, Emery C, Levrat-Guillen F, Guerci B. Important Drop Rate of Acute Diabetes Complications in People With Type 1 or Type 2 Diabetes After Initiation of Flash Glucose Monitoring in France: The RELIEF Study. *Diabetes Care*. 2021 Apr 20:dc201690. doi: 10.2337/dc20-1690. Epub ahead of print. PMID: 33879536.
- Additional references provided within slide presentation.

Heidi Combs, MD - Detection and Management of Anxiety and Depressive Disorders in the Primary Care Setting

- Love A., Love R., Anxiety Disorders in Primary Care Settings. *Nurs Clin North Am*. 2019 Dec;54(4):473-493. doi: 10.1016/j.cnur.2019.07.002. Epub 2019 Oct 10. PMID: 31703774 Review.
- Park LT, Zarate CA. Depression in the Primary Care Setting. *N Engl J Med*. 2019. 380;6:559-568.
- Mulvaney-Day N, Marshall T, Downey Piscopo K, Korsen N, Lynch S, Karnell LH, Moran GE, Daniels AS, Ghose SS. Screening for Behavioral Health Conditions in Primary Care Settings: A Systematic Review of the Literature. *J Gen Intern Med*. 2018 Mar;33(3):335-346. doi: 10.1007/s11606-017-4181-0. Epub 2017 Sep 25. PMID: 28948432
- Rafeyan R, Papakostas GI, Jackson WC, et al. Inadequate response to treatment in major depressive disorder: augmentation and adjunctive strategies. *J Clin Psychiatry*. 2020;81(3):OT19037BR3.
- Additional references provided within slide presentation.

Heidi Combs, MD - Mental Health Issues in Women Across the Reproductive Cycle

- Becker M, Weinberger T, Chandy A, Schmukler S. Depression During Pregnancy and Postpartum. *Curr Psychiatry Rep* (2016) 18:32.
- Ross LE, Grigoriadis S, Mamisashvili L, et al. Selected pregnancy and delivery outcomes after exposure to antidepressant medication: a systemic review and meta-analysis. *JAMA Psychiatry* 2013;70:436-43.
- Thorsness KR, Watson C, LaRusso EM. Perinatal anxiety: approach to diagnosis and management in the obstetric setting. *American Journal of Obstetrics & Gynecology*. (2018); October: 326-345.
- Zhao XH, Zhang ZH. Risk factors for postpartum depression: An evidence-based systemic review of systematic reviews and meta-analyses. *Asian Journal of Psychiatry* 53 (2020) 102353.
- Maki PM et. al. Guidelines for the Evaluation and Treatment of Perimenopausal Depression: Summary and Recommendations. *J of Women's Health*. 2019. 28;2:117-134.
- Additional references provided within slide presentation.

DAY 4 (Original Recording Date: Thursday, February 12, 2026)

Christopher Still, DO - OBESITY: Blame it on the Brain - Supporting the Need for Pharmacologic or Surgical Treatments

- Mechanick. *Endocr Pract*. 2019;25(12):1346
- Müller. *Nat Rev Drug Discov*. 2022;21:201
- Juan Salazar et al. *J Clin Med* 2024
- Additional references provided within slide presentation.

Christopher Still, DO - Is Bariatric Surgery Still Relevant in the Era of GLP-1's

- Maite Aguas-Ayesa et al. *Reviews in Endocrine and Metabolic disorders* March 2023
- American Diabetes Association. *Diabetes Care*. 2022;45(suppl 1)
- Aminian A, et al. *JAMA*. 2022;327(24):2423-2433
- Additional references provided within slide presentation.

Albert Hicks, MD - Heart Failure with Preserved Ejection Fraction

- Bozkurt B, Coats AJ, Tsutsui H, et al. Universal Definition and Classification of Heart Failure: A Report of the Heart Failure Society of America, Heart Failure Association of the European Society of Cardiology, Japanese Heart Failure Society and Writing Committee of the Universal Definition of Heart Failure [published online ahead of print, 2021 Mar 1]. *J Card Fail*. 2021;S1071-9164(21)00050-6. doi:10.1016/j.cardfail.2021.01.022
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Ejection Fraction. *N Engl J Med.* 2019 Oct 24;381(17):1609-1620. doi: 10.1056/NEJMoa1908655. Epub 2019 Sep 1. PMID: 31475794.

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- Additional references provided within slide presentation.

Albert Hicks, MD - Is It Time to Treat Heart Failure Like Cancer

- Benjamin EJ, Muntner P, Alonso A, Bittencourt MS, Callaway CW, Carson AP, et al. Heart disease and stroke statistics—2019 update: a report from the American Heart Association. *Circulation.* 2019;139(10):e56–528.
- Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death, 1999–2017. Accessed January 7, 2019.
- Sidney S, Go A, Jaffe M, Solomon M, Ambrosy A, Rana J. Association between aging of the US population and heart disease mortality from 2011 to 2017. *JAMA Cardiol.* 2019 Oct 30. doi: 10.1001/jamacardio.2019.4187
- Additional references provided within slide presentation.

DAY 5 (Original Recording Date: Friday, February 13, 2026)

Wayne Weart, PharmD - New Drug Update

- References provided within slide presentation

Martin Quan, MD - Top Questions in Contraception

- ACOG Practice Bulletin. Use of Hormonal Contraception in Women With Coexisting Medical Conditions, *Obstet Gynecol* 2019;133(2):e128-49
- Teal S, Edelman A: Contraception Selection, Effectiveness, and Adverse Effects: A Review. *JAMA* 2021;326(24):2507-2518
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- Additional references provided within slide presentation.

Martin Quan, MD - Menopause Hormone Rx: Where Are We Now?

- Benjamin EJ, Muntner P, Alonso A, Bittencourt MS, Callaway CW, Carson AP, et al. Heart disease and stroke statistics—2019 update: a report from the American Heart Association. *Circulation.* 2019;139(10):e56–528.
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