

**DAY 1 (Original Recording Date: Monday, February 23, 2026)**

**Lisa Rogo-Gupta, MD - How to Address Overactive Bladder in Primary Care**

- Nygaard et al NHANES 2005-2006
- Coupland et al Anticholinergic Drug Exposure JAMA internal medicine 2019
- Welk Nat Rev Urol 2021
- Additional references provided within slide presentation.

**Lisa Rogo-Gupta, MD - How to Address Pelvic Symptoms in Postpartum Patients Transitioning Back to Primary Care**

- Ducey et al, Pelvic floor symptoms 4 years after elective labor induction, Urogyn 2024, Cochrane Database of Systematic Reviews. "How effective are pelvic floor muscle exercises undertaken during pregnancy or after birth for preventing or treating incontinence?" 2017.
- Fonti Y, et al. "Post partum pelvic floor changes." J Prenat Med. 2009; 3(4) 57-59.
- Additional references provided within slide presentation.

**John Pandolfino, MD - Personalized Management of GERD and the Risk/Benefits of PPI and PCABs**

- Spechler et al. Randomized Trial of medical versus Surgical Treatment for Refractory heartburn. NEJM October 17 2019 Vol 381 (16)
- Graham et al. Clin Gastroenterol Hepatol. 2018 Jun;16(6):800-808
- Yadlapati, Gastroenterology. 2020 Sep 16:S0016-5085(20)35161-1
- Additional references provided within slide presentation.

**John Pandolfino, MD - GI Bleeding and Peptic Ulcer Disease**

- Spechler et al. Randomized Trial of medical versus Surgical Treatment for Refractory heartburn. NEJM October 17 2019 Vol 381 (16)
- Graham et al. Clin Gastroenterol Hepatol. 2018 Jun;16(6):800-808
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**DAY 2 (Original Recording Date: Tuesday, February 24, 2026)**

**Lisa VanWagner MD - Navigating MASLD: Clinical Updates for Frontline Providers**

- Younossi Z et al. The global epidemiology of nonalcoholic fatty liver disease (NAFLD) and nonalcoholic steatohepatitis (NASH): a systematic review. Hepatology. 2023;77:1335-1347
- Sanyal A et al. Phase 3 Trial of Semaglutide in Metabolic Dysfunction-Associated Steatohepatitis. N Engl J Med 2025 Apr 30. doi: 10.1056/NEJMoa2413258
- Harrison S et al. A Phase 3, Randomized, Controlled Trial of Resmetirom in NASH with Liver Fibrosis. N Engl J Med 2024;390:497-509
- Kanwal F, Neuschwander-Tetri BA, Loomba R, Rinella ME. Metabolic dysfunction-associated steatotic liver disease: Update and impact of new nomenclature on the American Association for the Study of Liver Diseases practice guidance on nonalcoholic fatty liver disease Hepatology. 2024 May 1;79(5):1212-1219. doi: 10.1097/HEP.0000000000000670. Epub 2023 Nov 9.
- Additional references provided within slide presentation.

**Lisa VanWagner MD - Liver Logic: Case-Based Approaches for the Busy PCP**

- Kwo et al. ACG Clinical Guideline: Evaluation of Abnormal Liver Chemistries. Am J Gastroenterol. 2017 Jan;112(1):18-35. doi: 10.1038/ajg.2016.517. Epub 2016 Dec 20.
- Kanwal F, Neuschwander-Tetri BA, Loomba R, Rinella ME.. Metabolic dysfunction-associated steatotic liver disease: Update and impact of new nomenclature on the American Association for the Study of Liver Diseases practice guidance on nonalcoholic fatty liver disease. Hepatology. 2024 May 1;79(5):1212-1219. doi: 10.1097/HEP.0000000000000670. Epub 2023 Nov 9.
- Vannier AGL et al. Psychotherapy for Alcohol Use Disorder Is Associated With Reduced Risk of Incident Alcohol-Associated Liver Disease. Clin Gastroenterol Hepatol. 2023 Jun;21(6):1571-1580.e7. doi: 10.1016/j.cgh.2022.08.001. Epub 2022 Aug 11
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**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.

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- 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, Schumker 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 systematic 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 3 (Original Recording Date: Wednesday, February 25, 2026)**

#### **Danielle Campagne, MD - Common Procedures for Primary Care**

- Jason G Lake, Loren G Miller, Stephanie A Fritz, Antibiotic Duration, but Not Abscess Size, Impacts Clinical Cure of Limited Skin and Soft Tissue Infection After Incision and Drainage, *Clinical Infectious Diseases*, Volume 71, Issue 3, 1 August 2020, Pages 661–663, <https://doi.org/10.1093/cid/ciz1129>
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- Sutton D, Spry C. One Dose of Doxycycline for the Prevention of Lyme Disease: A Review of Clinical Effectiveness and Guidelines [Internet]. Ottawa (ON): Canadian Agency for Drugs and Technologies in Health; 2019 May 21. PMID: 31449366
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#### **Danielle Campagne, MD - Trauma Patients in the Primary Care Setting**

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- Additional references provided within slide presentation.

#### **Roger Seheult, MD - Obstructive Sleep Apnea**

- Cardiovascular Manifestations Seen in Obstructive Sleep Apnea Comprehensive Therapy Volume 33, Number 2 / June, 2007 82-86
- Barbé F, Durán-Cantolla J, Capote F, de la Peña M, Chiner E, Masa JF, Gonzalez M, Marín JM, Garcia-Rio F, de Atauri JD, Terán J, Mayos M, Monasterio C, del Campo F, Gomez S, de la Torre MS, Martinez M, Montserrat JM; Spanish Sleep and Breathing Group. Long-term effect of continuous positive airway pressure in hypertensive patients with sleep apnea. *Am J Respir Crit Care Med.* 2010 Apr 1;181(7):718-26. doi: 10.1164/rccm.200901-0050OC. Epub 2009 Dec 10. PMID: 20007932.
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- Soudorn C1, Muntham D2, Reutrakul S3, Chirakalwasan N4.
- Additional references provided within slide presentation.

#### **Roger Seheult, MD - Insomnia: When You Just Can't Sleep on It**

- Practice parameters for the evaluation of chronic insomnia. An American Academy of Sleep Medicine report. Standards of Practice Committee of the American Academy of Sleep Medicine, *Sleep.* 2000 Mar 15;23(2):237-41.
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#### **DAY 4 (Original Recording Date: Thursday, February 26, 2026)**

##### **Timothy Garvey, MD - Update on the Standards of Diabetes Care**

- References provided within slide presentation.

##### **Timothy Garvey, MD - Treatment to Improve Cardiometabolic Disease Outcomes: A Focus on HFpEF and Metabolic Dysfunction-Associated Steatohepatitis**

- References provided within slide presentation.

##### **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.
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#### **DAY 5 (Original Recording Date: Friday, February 27, 2026)**

##### **Pam Taub, MD - Updates in Dyslipidemia Management: LDL Management Across the Spectrum of Primary and Secondary Prevention**

- Wilkinson MJ, Lepor NE, Michos ED. Evolving Management of Low-Density Lipoprotein Cholesterol: A Personalized Approach to Preventing Atherosclerotic Cardiovascular Disease Across the Risk Continuum. J Am Heart Assoc. 2023 Jun 6;12(11):e028892. doi: 10.1161/JAHA.122.028892. Epub 2023 Jun 1. PMID: 37260036; PMCID: PMC10381990.
- Additional references provided within slide presentation.

##### **Pam Taub, MD - Going Beyond LDL in Assessing and Managing Residual Risk: Lp(a), HDL and Triglycerides**

- Libby P. The changing landscape of atherosclerosis. Nature. 2021 Apr;592(7855):524-533. doi: 10.1038/s41586-021-03392-8. Epub 2021 Apr 21. PMID: 33883728.
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##### **Michelle Look, MD - New Era of Anti-Obesity Medications**

- Global BMI Mortality Collaboration. Lancet. 2016;388(10046):776-786 under Creative Commons License CC BY 4.0. <https://creativecommons.org/licenses/by/4.0/legalcode>
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- Additional references provided within slide presentation.

##### **Michelle Look, MD - Beyond BMI: Losing Fat, Preserving Muscle**

- Almandoz, J et al. Obesity (Silver Spring). 2024 Sep;32(9):1613-1631. doi: 10.1002/oby.24067.
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  - Diabetes Care. 2024;47(10):1718-1730. doi:10.2337/dci23-0100
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