

Peer-Reviewed Literature References

DAY 1 (Original Recording Date: Monday, October 19, 2026)

Donna Ryan, MD - New Medications for Obesity – The Future is NOW!

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- Lincoff AM, Brown-Frandsen K, Colhoun HM, et al. Semaglutide and cardiovascular outcomes in obesity without diabetes. *N Engl J Med* 2023; 389:2221-2232.

Donna Ryan, MD - Too Much of a Good Thing (How to Manage GLP-1 Side Effects and What to Do When They Don't Work!)

- Ania M Jastreboff, Jamy D Ard, Kevin D Hall, Lee M Kaplan, Harlan M Krumholz, Michelle Van Name, Donna H Ryan, Daniel J Drucker, Obesity science, research gaps, and opportunities in the new era of obesity medicines: an Endocrine Society scientific statement, *Endocrine Reviews*, 2026; , bnag025, <https://doi.org/10.1210/endrev/bnag025>
- Asghar F, Shamim N, Farooque U, Sheikh H, Aqeel R. Telogen Effluvium: A Review of the Literature. *Cureus*. 2020 May 27;12(5):e8320. doi: 10.7759/cureus.8320. PMID: 32607303; PMCID: PMC7320655.
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Stephanie Nahas, MD - Migraine Matters: What Every Primary Care Clinician Should Know

- Potrebic S, Tanveer S, Becker WJ, et al. Pharmacologic Treatment for Migraine Prevention in Adults Practice Guideline Recommendations. *Headache*. 2026; 00: 1-12. doi:10.1111/head.70199
- Goadsby et al. *Physiol Revs* 2017;97:553-622
- Edvinsson L et al. *Neurotherapeutics*. 2010;7:164–175
- Additional references provided within slide presentation.

Stephanie Nahas, MD - Case Studies in Headache

- Robbins MS. Diagnosis and Management of Headache: A Review. *JAMA*. 2021;325(18):1874–1885. doi:10.1001/jama.2021.1640
- Goadsby et al. *Physiol Revs* 2017;97:553-622
- Edvinsson L et al. *Neurotherapeutics*. 2010;7:164–175
- Additional references provided within slide presentation.

DAY 2 (Original Recording Date: Tuesday, October 20, 2026)

Andrew Urban, MD - Sexually Transmitted Infections: An Update on Some Old Friends

- References provided within slide presentation.

Andrew Urban, MD - Cellulitis in Adults: Acute, Recurrent, and Masqueraders

- References provided within slide presentation.

Laurence Sperling, MD - Focus on Lipid-Related Risk as a Component of Comprehensive Cardio-Kidney-Metabolic Health

- Ndumele CE, et al. CKMH: Presidential Advisory from the AHA. *Circulation* 2003. 148(20)
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- Blumenthal RS, et al. ACC/ AHA Guideline on the Management of Dyslipidemia. *JACC* 2026; 87(19): 2624-2757
- Additional references provided within slide presentation.

Laurence Sperling, MD - Heart Healthy Dietary Patterns: A Recipe for Life

- Lichtenstein AH, et al. 2026 Dietary Guidance to Improve CV Health: Scientific Statement from AHA. *Circulation* 2026; 153
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DAY 3 (Original Recording Date: Wednesday, October 21, 2026)

Jennifer Fernandez Woodward, MD - Updates in Geriatric Medicine: The 4M Framework

- AGS. Expert Panel. American Geriatrics Society 2023 updated AGS Beers Criteria® for potentially inappropriate medication use in older adults. July 2023. JAGS 71; 7. 2052-2081
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- Guirguis-Blake JM, Perdue LA, Coppola EL, Bean SI. Interventions to Prevent Falls in Older Adults: Updated Evidence Report and Systematic Review for the US Preventive Services Task Force. JAMA. 2024 Jul 2;332(1):58-69. doi: 10.1001/jama.2024.4166. PMID: 38833257.
- Hospice Alzheimer's Disease & Related Disorders. Center for Medicare & Medicaid Services .<https://www.cms.gov/medicare-coverage-database/view/lcd.aspx?LCDId=34567> Accessed 12/27/24.

Jennifer Fernandez Woodward, MD - Evaluation and Management of Behavioral and Psychological Symptoms of Dementia

- Yin Z, Li Y, Bao Q, Zhang X, Xia M, Zhong W, Wu K, Yao J, Chen Z, Sun M, Zhao L, Liang F. Comparative efficacy of multiple non-pharmacological interventions for behavioural and psychological symptoms of dementia: A network meta-analysis of randomised controlled trials. Int J Ment Health Nurs. 2024 Jun;33(3):487-504. doi: 10.1111/inm.13254. Epub 2023 Nov 27. PMID: 38012101.
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Matthew Cavender, MD - Evaluation and Management of Coronary Artery Disease - A Practical Guide for Primary Care Providers

- Gulati M, et al. 2021 AHA/ACC Chest Pain Guideline. Circulation. 2021;144:e368-e454.
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Matthew Cavender, MD - Valvular Heart Disease for the Primary Care Provider

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DAY 4 (Original Recording Date: Thursday, October 22, 2026)

Jennifer Green, MD - Update in Incretin-Based Therapies

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Jennifer Green, MD - Endocrinology and Diabetes Cases

- JAMA June 15, 2021 Vol 325, No 23.
- Thyroid Vol 31 No 5, 2021
- Pharmacologic Approaches to Glycemic Management: Standards of Medical Care in Diabetes - 2022. Diabetes Care 2022;45(Suppl. 1):S125-S143

Thomas Heinrich, MD - Updates in Behavioral Health: Hot Topics and Articles of Relevance to Primary Care

- Baum ML, Widge AS, Carpenter LL, et al; APA Workgroup on Biomarkers and Novel Treatments. Pharmacogenomic clinical support tools for the treatment of depression. Am J Psychiatry. 2024;181(7):591-607.
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- Pierret ACS, Mizuno Y, Saunders P, et al. Glucagon-Like Peptide 1 Receptor Agonists and Mental Health: A Systematic Review and Meta-Analysis. JAMA Psychiatry. 2025 Jul 1;82(7):643-653.
- Additional references provided within slide presentation.

Thomas Heinrich, MD - Major Depression in Primary Care - Diagnosis and Treatment: What the Current Guidelines Tell Us

- Baum ML, Widge AS, Carpenter LL, et al; APA Workgroup on Biomarkers and Novel Treatments. Pharmacogenomic clinical support tools for the treatment of depression. Am J Psychiatry. 2024;181(7):591-607.
- Jacobs E, Zahid Z, Hinkle J, et al. Psychedelic medicine: mechanisms, evidence, and translation to practice. BMJ. 2026 Feb 23;392:e081723.
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- Additional references provided within slide presentation.

DAY 5 (Original Recording Date: Friday, October 23, 2026)

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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Roger Seheult, MD - COPD: Beyond Inhalers

- References provided within slide presentation.

David Glenn Weismiller, MD - Contraception (Beyond Birth Control Pills, Female Sterilization, and Male Condoms)

- Nguyen AT, Curtis KM, Tepper NK, et al. U.S. Medical Eligibility Criteria for Contraceptive Use, 2024. MMWR Recomm Rep 2024;73(No. RR-4):1–126. DOI: <http://dx.doi.org/10.15585/mmwr.rr7304a1>
- Practice Bulletin No. 186: Long-Acting Reversible Contraception: Implants and Intrauterine Devices, Obstetrics & Gynecology: November 2017 - Volume 130 - Issue 5 - p e251-e269 doi: 10.1097/AOG.0000000000002400 Description:
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(<https://www.sciencedirect.com/science/article/pii/S0010782423000112>)4.

David Glenn Weismiller, MD - Goodbye Pap, Hello Primary HPV Testing: Navigating the New Era of Cervical Cancer

- Schiffman, Mark MD1; Wentzensen, Nicolas MD1; Perkins, Rebecca B. MD2; Guido, Richard S. MD3. An Introduction to the 2019 ASCCP Risk-Based Management Consensus Guidelines. Journal of Lower Genital Tract Disease 24(2):p 87-89, April 2020. | DOI: 10.1097/LGT.0000000000000531
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