

Update in Internal Medicine 2026

Saturday, May 2 • 8 a.m. – 4 p.m.

UT Southwestern Medical Center, T. Boone Pickens Medical Education & Conference Center



OVERVIEW

The annual Update in Internal Medicine CME Conference seeks to assist clinicians in meeting the growing challenge of keeping abreast of the latest advances across the spectrum of internal medicine. Our 2026 conference features didactic lectures, panel discussion, and interactive Q&A sessions, presented as a hybrid learning approach, offering the combination of a one-day live in-person presentation and pre-recorded on-demand presentations. The overall goal is to provide primary care physicians and internists with state-of-the-art practical advice on issues identified as frequent items for consultation and second opinions, as well as latest advances in applying new scientific techniques and technologies in translational medicine.

EDUCATIONAL OBJECTIVES

Upon completion of this activity, participants should be able to:

- Describe the differential diagnosis for hypertrophic cardiomyopathy based on clinical history and cardiac imaging findings.
- Identify and discuss evidence-based approaches to the diagnosis and management of kidney stones in the primary care setting.
- Explain and apply evidence-based, risk-stratified approaches to screening and prevention strategies for sexually transmitted infections (STIs).
- Describe at least two recently approved pharmacologic therapies targeting metabolic dysfunction-associated steatotic liver disease (MASLD).
- Identify clinical features and apply a systematic, evidence-based approach to the recognition and diagnosis of giant cell arteritis, with or without polymyalgia rheumatica, in older patients presenting with compatible symptoms.
- Identify the most common clinical presentations of sarcoidosis in clinical practice.
- Apply the 5M Framework to the care of common internal medical problems faced by geriatric patients.
- Describe the current trends of increasing colon cancer among younger adults and possible lifestyle factors contributing to this change.
- List at least two pregnancy-related complications associated with acute or chronic renal disease.
- Identify the appropriate indications for polysomnography to diagnose obstructive sleep apnea.

HOW TO ACCESS CONFERENCE RESOURCES

- **Go to conference website:** <https://cme.utsouthwestern.edu/rp2605a>
 - **AGENDA/CME HANDOUT** – Click on “PROGRAM” tab and then click on “CME Handout”
 - **PRESENTATION SLIDES** - Click on the "PROGRAM" tab and then click on the presentation title to view a handout of the presentation slides.
 - **ADDITIONAL CONTENT (ON-DEMAND VIDEO PRESENTATIONS)** - You will receive an email from the CME Office next week with instructions to access these pre-recorded presentations.

TARGET AUDIENCE

This CME conference is designed for primary care providers, nurse practitioners, physician assistants, and specialists in internal medicine and family practice seeking updates in practical knowledge relating to patient care.

ACCREDITATION AND CREDIT DESIGNATION

The University of Texas Southwestern Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians

The University of Texas Southwestern Medical Center designates this live educational activity for a maximum of 17.5 *AMA PRA Category 1 Credit*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

ABIM MAINTENANCE OF CERTIFICATION (MOC)



Successful completion of this CME activity enables the participant to earn up to 17.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program.

Participants will earn MOC points 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 points.

REQUIREMENTS FOR COMPLETING COURSE AND OBTAINING CREDITS

- Attend today's live session.
- View additional educational content (on-demand pre-recorded video presentations).
- Successfully pass the Post-Test/Quiz.
- Complete the Course Evaluation.
- Provide required ABIM participant information (for MOC Credit)
- Content/Credit will be available as follows:
 - ABIM-MOC Credit – must be completed by December 10, 2026
 - CME Credit – must be completed by March 31, 2027

EXHIBITOR ACKNOWLEDGMENT

UT Southwestern Medical Center gratefully acknowledges support received from the following company exhibiting at today's conference:

Insmmed Incorporated

Plan to stop by and visit with this exhibitor during today's breaks and lunch.

DISCLOSURE OF FINANCIAL RELATIONSHIPS

As an organization accredited by the Accreditation Council for Continuing Medical Education (ACCME), The University of Texas Southwestern Medical Center, Office of Continuing Medical Education (UTSW CME) requires that the content of CME activities and related materials provide balance, independence, objectivity, and scientific rigor. Planning must be free of the influence or control of any ineligible company, and promote improvements or quality in healthcare. In accordance with ACCME’s Standards for Integrity and Independence in Accredited Continuing Education, all persons in the position to control the content of an education activity are required to disclose all financial relationships in any amount occurring within the past 24 months with any ineligible company producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on patients. UT Southwestern also considers those companies producing, marketing, selling, reselling, or distributing healthcare products in development for future use on patients, such as healthcare product research companies.

All reported financial relationships with ineligible companies are reviewed for relevancy and then mitigated through a content review process prior to the activity (where applicable).

The following is a listing of all individuals that contributed to the educational content of this activity:

These persons reported having financial relationships within the last 24 months:

Hayden Andrews, MD	<u>Grant or Contract</u> Gilead Sciences (Research Support)
Taha Bat, MD	<u>Financial Support</u> Hemehub, Clinedpulse LLC <u>Independent Contractor</u> Argenx, Novartis, Sanofi (Advisory Boards)
Victoria Chung, DO	<u>Professional Services</u> Caris Medical Services, Exelixis
Connie Hsia, MD	<u>Professional Services</u> Signify Bio <u>Financial Stake</u> EPOK Pharmaceutical <u>Independent Contractors</u> Kinevant biosciences, ATyr Pharma (clinical trials)
Syed Kazmi, MD	<u>Financial Stake</u> Johnson & Johnson (Stock)
Naim Maalouf, MD	<u>Grant or Contract</u> Structure Therapeutics (Consulting)
Heather McArthur, MD, MPH	<u>Independent contractor (Advisory Boards)</u> Moderna, Pfizer, Merck, Seattle Genetics, Daiichi Sankyo, AstraZeneca
Bethany Roehm, MD, MS	<u>Professional Services</u> Otsuka
Lisa VanWagner, MD	<u>Grant or Contract</u> W.L. Gore & Associates, Akero <u>Professional Services</u> Mercaldo Law Firm, Wapner Newman Law Firm <u>Independent contractor</u> Gerson Lehrman Group, Slinghot Insights, Madrigal Pharmaceuticals
Wanpen Vongpatanasin, MD	<u>Independent Contractors</u> Clinical Education Alliance (Speaker) <u>Professional Services</u> AstraZeneca (Advisory Board)
Brittany Weber, MD, PhD	<u>Grant Or Contract</u> Kiniksa, Novo Nordisk <u>Professional Services (Travel)</u> BMS

These persons reported having no financial relationships within the last 24 months:

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|-------------------------------|------------------------|--------------------------------|
| Amisha Ahuja, M.D. | Shifa Kanjwal, M.D. | Stephanie Torres, M.D. |
| Luigino Bernabela, M.D. | Margaret Kyperos, M.D. | Katie Tran, M.D. |
| Indira Bhavsar-Burke, M.D. | Kaveh Nezafati, M.D. | Jessica Voit, M.D. |
| Rafael Cires-Drouet, M.D. | Cassidy Onukwuli, M.D. | Mitchell von Itzstein, M.D. |
| James Colbert, M.D. | Jiten Patel, M.D. | Emily Zhang, M.D. |
| Hanine El Haddad, M.D. | Anna Rosenblatt, M.D. | Cynthia May (CME Planner) |
| Fatemeh Ezzati, M.D. | Amil Shah, M.D. | Mark Vinciguerra (CME Planner) |
| Sravanya Gavini, M.D., M.P.H. | Kyaw Soe, M.D. | |
| Parag Joshi, M.D. | Natalie Tapaskar, M.D. | |

UPDATE IN INTERNAL MEDICINE 2026

**PRE-RECORDED PRESENTATIONS
(30 Minutes Each; Available On Demand)**

SPEAKER

Cardiology

Bridging Disciplines: Cardio-Rheumatology and Cardio-Dermatology	Dr. Brittany Weber
Calcium Score and Cardiovascular Prevention	Dr. Parag Joshi
New Hypertension Guidelines 2025	Dr. Wanpen Vongpatanasin
Updates in Electrophysiology Therapies	Dr. Anna Rosenblatt

Digestive and Liver Diseases

2026 Update on MASLD	Dr. Lisa VanWagner
Approach to Dysphagia	Dr. Sravanya Gavini
Constipation: Diagnosis and Management	Dr. Amisha Ahuja
Non-invasive assessment of liver fibrosis and portal HTN	Dr. Indira Bhavsar-Burke

Endocrinology

Diabetes Updates for the Internist	Dr. Emily Zhang
Diagnostic Caveats for Low Testosterone in Men	Dr. Kyaw Soe

Hematology/Oncology

Bone Marrow Failure Syndromes	Dr. Taha Bat
Colon Cancer in Younger Adults	Dr. Syed Kazmi
Triple Negative Breast Cancer	Dr. Heather McArthur
Annual Updates in Pancreatic Cancer Management	Dr. Victoria Chung

Infectious Diseases and Geographic Medicine

Infection Prevention Strategies to Prevent HAIs	Dr. Hanine El Haddad
What's New in Sepsis and Bacteremia Rx	Dr. James Colbert

Nephrology

Cardio-Renal-Metabolic Medicine: Overcoming Practical Barriers	Dr. Bethany Roehm
Metabolic Acidosis	Dr. Jiten Patel
Pregnancy, Women's Health and Kidney Disease	Dr. Cassidy Onukwuli

Pulmonology

Updates in Sarcoidosis	Dr. Connie Hsia
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Rheumatology

Sjogren's Disease	Dr. Fatemeh Ezzati
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Vascular Medicine

Post-PE Care	Dr. Rafael Cires-Drouet
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UPDATE IN INTERNAL MEDICINE 2026

UT SOUTHWESTERN MEDICAL CENTER – DALLAS, TEXAS

LIVE SESSION – SATURDAY, MAY 2, 2026

TIME	TOPIC	SPEAKER(S)
7:45-8:00 AM	Welcome	Dr. James “Brad” Cutrell and Dr. Vlad Zaha
8:00-8:30 AM	Hypertrophic Cardiomyopathy	Dr. Natalie Tapaskar
8:30-9:00 AM	Clinical Approach to ILD	Dr. Margaret (Megan) Kypreos
9:00-9:30 AM	Outpatient Dermatology for the Internist	Dr. Kaveh Nezafati
9:30-9:45 AM	Q&A/Break	
9:45-10:15 AM	Updates on Nephrolithiasis	Dr. Naim Maalouf
10:15-10:45 AM	Complications of Immunotherapy	Dr. Mitchell von Itzstein
10:45-11:15 AM	Navigating Glomerulonephritis for the Internist	Dr. Stephanie Torres
11:15-12:00 PM	Lunch Break/Exhibitors	
12:00-1:30 PM	Holistic Care to Support Aging Well: A Multidisciplinary Perspective	Dr. Jessica Voit Dr. Amil Shah Dr. Shifa Kanjwal Dr. Luigino Bernabela
1:30-1:45 PM	Q&A/Break	
1:45-2:15 PM	Updates in HIV and STI Prevention	Dr. Hayden Andrews
2:15-2:45 PM	Updates in Sleep Medicine	Dr. Katie Tran
2:45-3:00 PM	Q&A and Wrap-Up	Dr. Cutrell and Dr. Zaha