

**National Medical Association**  
2026 Annual Convention and Scientific Assembly

Internal Medicine Section  
Puerto Rico Convention Center, 100 Convention Blvd, San Juan, PR 00907

**NMA's 124th 2026 Annual Convention and Scientific Assembly**

San Juan, Puerto Rico  
July 25<sup>th</sup> – 29<sup>th</sup> 2026

The Internal Medicine Meeting Room will be in the Convention Center, Room 209. All IM Meetings will take place here, unless otherwise noted.

**INTERNAL MEDICINE SECTION PROGRAM**

**Chair:**

**Hakeem Ayinde, M.D., MS, FACC, FHRS**  
Cardiology Associates of Fredericksburg  
Fredericksburg, VA

**Immediate Past Chair:**

Marie L. Borum M.D., EdD, MPH  
Professor of Medicine and Professor of Prevention and Community Health  
Director, Division of Gastroenterology and Liver Diseases  
George Washington University, Washington, D.C.  
Chair, NMA Internal Medicine Section  
Chair, NMA Gastroenterology Section

**Past Chairs:**

Rasheed A. Balogun, M.D.  
Charles U. Gbadouwey, M.D.  
Ayotunde Dokun, M.D., Ph.D.  
Wallace Johnson, M.D.  
Virginia A. Caine, M. D.  
Sadye Curry, M.D.  
\*Ray Henderson, M.D.  
Wendell Jones, M.D., MBA  
Kwame Osei, M.D.  
Stephen A.C. Parnell, M.D.  
M. Keith Rawlings M.D.  
Jackson T. Wright, Jr., M.D., Ph.D.  
\*Deceased

**Section Administrator:**

Chanda Nicole Holsey, Ph.D., MPH, AE-C

**Intended Audience:**

This educational activity is designed for physicians, any related health professionals, trainees and residents, representing a variety of medical specialties and health professions.

**Format:**

Educational activities will include lectures and panel discussions, followed by question and answer sessions.

**NMA Scientific Section on Internal Medicine 2026  
Program Agenda**

**Continuing Medical Education:**

The National Medical Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The National Medical Association designates this educational activity for a maximum of XX *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The National Medical Association has been reviewed and approved as an Authorized Provider by the International Association for Continuing Medical Education and Training (IACET), 8405 Greensboro Drive, Suite 800, McLean, VA 22102-5120. The National Medical Association has awarded 2.5 of CEUs to participants who successfully complete this program.

**Statement of Disclosure:**

Faculty for the National Medical Association seminars are expected to disclose at the beginning of their educational presentation any relevant financial relationships with a commercial entity.

**Disclaimer:**

The National Medical Association (NMA) and its staff are not responsible for injury or illness resulting from the use of medications or modalities discussed during this educational activity. The NMA does not endorse the use of off-labeled medications. All speakers must acknowledge the status of drugs discussed and not approved by the FDA for patient care.

**ACKNOWLEDGEMENTS**

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Alnylam Pharmaceuticals, W.B. Montague Cobb/NMA Health Institute, Exact Sciences, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH), Regeneron, ViiV Healthcare, and ZOLL Medical.

*We are grateful for their support.*

**NATIONAL MEDICAL ASSOCIATION  
SCIENTIFIC ASSEMBLY**

**Internal Medicine Section Program**

**Friday, July 24<sup>th</sup>, 2026**

**1:00 PM – 4:00 PM**

**Grant Planning Meeting with interested IM Subspecialty Section leaders and Regions – invitation only**

**Room 209**

Saturday, July 25<sup>th</sup>, 2026  
 Room 202A  
 Basic Life Support (BLS) Course

**BLS Renewal Course Agenda**

<b>Time</b>	<b>Lesson</b>
8:00-8:05	<b>Lesson 1: Course Introduction</b>
8:05-8:30	<b>Lesson 5: High-Performance Teams</b> Team Dynamics High-Performance Teams High-Performance Teams Activity
8:30-9:30	<b>Lesson 2: 1-Rescuer Adult BLS; Lesson 3: Bag-Mask Device and AED</b> <b>Lesson 4: 2-Rescuer Adult BLS</b> Chain of Survival Practice While Watching: 1-Rescuer Adult BLS Bag-Mask Device AED
9:30-9:45	<b>Break</b>
9:45-10:00	<b>Lesson 6: Special Considerations</b> Mouth-to-Mouth Breaths Breaths and Ventilations Practice While Watching: Breaths and Ventilations Breaths With an Advanced Airway Opioid-Associated Emergency Maternal Cardiac Arrest Drowning
10:00-10:15	<b>Lesson 7: Child BLS</b> Child BLS 2-Rescuer Child BLS Practice While Watching: 2-Rescuer Child BLS
10:15-10:30	<b>Lesson 8: Infant BLS</b> Infant Compressions Practice While Watching: Infant Compressions Bag-Mask Device for Infants Practice While Watching: Bag-Mask Device for Infants 2-Rescuer Infant BLS Practice While Watching: 2-Rescuer Infant BLS
10:30-10:40	<b>Lesson 10: Relief of Choking</b> Adult and Child Choking Infant Choking Practice While Watching: Infant Choking

Time	Lesson
10:40-10:45	<b>Lesson 11: Conclusion</b>
10:45-10:55	<b>Lesson 12: Skills Test</b> Adult CPR and AED Skills Test Infant CPR Skills Test
10:55-11:30	<b>Lesson 13: Exam</b>
11:30-12:00	<b>Lesson 14: Remediation</b> Skills Testing Remediation Exam Remediation

**Fast Track BLS (Participants have Completed Online Portion First)**

Time	Lesson
8:00-8:05	<b>Lesson 1: Course Introduction</b>
8:05-8:30	<b>Lesson 5: High-Performance Teams</b> Team Dynamics High-Performance Teams High-Performance Teams Activity
8:30-9:30	<b>Lesson 2: 1-Rescuer Adult BLS; Lesson 3: Bag-Mask Device and AED</b> <b>Lesson 4: 2-Rescuer Adult BLS</b> Chain of Survival Practice While Watching: 1-Rescuer Adult BLS Bag-Mask Device AED
9:30-9:45	<b>Break</b>
9:45-10:00	<b>Lesson 6: Special Considerations</b> Mouth-to-Mouth Breaths Breaths and Ventilations Practice While Watching: Breaths and Ventilations Breaths With an Advanced Airway Opioid-Associated Emergency Maternal Cardiac Arrest Drowning
10:00-10:20	<b>Lesson 7: Child BLS</b> <b>Lesson 8: Infant BLS</b> Child BLS 2-Rescuer Child BLS  Infant Compressions Practice While Watching: Infant Compressions Bag-Mask Device for Infants Practice While Watching: Bag-Mask Device for Infants 2-Rescuer Infant BLS Practice While Watching: 2-Rescuer Infant BLS

Time	Lesson
	Students Practice: Infant High-Performance Teams Activity (Optional)
10:20-10:30	<b>Lesson 10: Relief of Choking</b> Adult and Child Choking Infant Choking Practice While Watching: Infant Choking
10:30-10:40	<b>Lesson 11: Conclusion</b>
10:40-11:00	<b>Lesson 12: Skills Test</b> Adult CPR and AED Skills Test Infant CPR Skills Test

**Saturday, July 25<sup>th</sup>, 2026**  
**1 PM – 5 PM**  
**ACLS, Room 202A**

### Agenda Renewal for ACLS Course

Day 1-Saturday, July 25, 2026	
1:00-1:10	<b>Lesson START:</b> Welcome, Introductions, and Course Administration
1:10-1:20	<b>Lesson 1:</b> ACLS Course Overview, Organization, and the Science of Resuscitation
1:20-1:40	<b>Lesson SA:</b> Systematic Approach
1:40-3:00	Learning Stations: Preventing Arrest: Bradycardia; Preventing Arrest: Tachycardia (Stable and Unstable); : High-Performance Teams: Cardiac Arrest and Post-Cardiac Arrest Care; Acute Coronary Syndromes; Acute Stroke
3:00-3:15	Break
3:15-4:00	<b>Lesson 3</b> Learning/Testing Station: Airway Management; Technology Review; High-Performance Teams
4:00-5:00	High-Performance Teams: Megacode Testing and Megacode Testing Details
Day 2-Sunday, July 26, 2026	
9:00-11:30	Exam / Remediation

**Fast Track Agenda Renewal for ACLS Course  
(Participants have Completed the Online Portion First)**

Day 1-Saturday, July 25, 2026		
1:15 – 2:15	High-Performance Teams: Megacode Testing and Megacode Testing Details	

**Pulmonology Subspecialty Section**

**Morning  
Saturday, July 25<sup>th</sup>  
7:45 AM – 10:45 AM**

Multidisciplinary Session on COPD – Pulmonary, AAI and ENT

**Co-Course Directors**

**Aaron Baugh, M.D., MS**

Pulmonology Subspecialty Section Chair and Moderator  
Assistant Professor; Pulmonary and Critical Care Medicine  
University of California, San Francisco  
San Francisco, CA

**Cheryl McGill-Walker, M.D., MBA, FAAAAI**

Chair, Allergy, Asthma and Immunology Section  
Past Chair, Federation of State Medical Boards  
President, iThinc  
Raleigh, NC

**Needs Assessment**

The syndemic nature of COPD is under-recognized but represents a major barrier to high-quality care. Even among those physicians who are aware, there is a lack of expert guidance or structural support for multidisciplinary care. Further complicating this picture, both primary and advanced therapies have potentially deleterious interactions with commonly comorbid diseases. Similarly, guideline reserve several treatment interventions for those who are already optimally managed in other ways. Patients from under-served communities, who have worse overall outcomes, face all these issues more acutely while being less likely to receive specialty care.

**Gap Analysis**

1. As a disease of senescence, most patients who are diagnosed have multiple other comorbidities.
2. Uncontrolled comorbidities worsen the prognosis of COPD and increase the likelihood of COPD exacerbations
3. Effective control of comorbidities in COPD requires integrative knowledge of multiple subspecialties

**Learning Objectives**

At the conclusion of this multi-disciplinary educational seminar, patients will be able to:

1. Summarize areas how uncontrolled disease in other organ systems can negatively impact COPD control
2. Distinguish areas of conflicting sub-specialty recommendation that could adversely impact the COPD care

3. Assess the impact of COPD exacerbations and comorbidity on racially disparate health outcomes
4. Develop multi-disciplinary care plans that seek to simultaneously optimize COPD and other important co-morbid chronic diseases

## Agenda

### First Hour: Understanding Comorbidities

7:30-7:35 AM	Introduction	Aaron Baugh, MD MS
7:35-7:42 AM	Case Report	Trainee TBD
7:42-7:57 AM	Managing Sinusitis in COPD	ENT Section, TBD
7:57- 8:13 AM	Upper & Lower Airway Disease	Anne Maitland, MD
8:13-8:23 AM	Discussion/Question& Answer	Anne Maitland, MD

### Second Hour: Expert Management for COPD

8:23-8:38 AM	"Frequent Exacerbator" Phenotype	Aaron Taylor, MD
8:38-8:53 AM	Advanced Interventions in COPD	Leslie Seijo, MD
8:53-9:18 AM	Biologics for Type 2 Inflammation	Cleavon Covington, MD
9:18-9:28 AM	Discussion/Question & Answer	Aaron Baugh, MD MS

### Third Hour: Social, Behavioral & Environmental Determinants of Care

9:28-9:43 AM	Air Pollution & Climate Change	Michael Lenoir, MD
9:43-9:58 AM	Depression & COPD	Napoleon Higgins, MD
9:58-10:13 AM	Neighborhood Quality	Matthew Simpson, MD
10:13-10:23 AM	Discussion/Question & Answer	Aaron Baugh, MD MS
10:23-10:30 AM	Take Home Messages/Post Test	Cheryl Walker-McGill, MD MBA

## Additional Programming

Cardiology	The Evolving Role of Beta Blockers	Nora Tolbert, MD
Endocrine	SGLT-2 Inhibitors and COPD Exacerbation Risk	Amie Ogunsakin, MD

## Topic Descriptions

Introduction: Pre-test and session premise (5 min)

Case Report: Trainee presents a case (7 min) (Present a case with both ENT and Allergy comorbidities)

**ENT:** Focused on sinusitis or LPR/GERD (15 min)

**AAI:** Focused on asthma and other allergic conditions that can lead to/exacerbate COPD (15 min). *I think I would prefer the other allergic conditions? The idea of asthma-COPD "overlap" is pretty well-known already and they are already going to get the T2-high talk as part of the second hour.*

**Q&A/Discussion: 10 minutes**

### Hour 2: Pharmacologic Interventions in Exacerbation Management

**Understanding the Frequent Exacerbator Phenotype:** Pulmonary Speaker (15)

**Advanced Management of Exacerbations:** Azithromycin therapy, Pulmonary rehab, etc. *I wonder if we should broaden this out to advanced therapies of all types for COPD? We have a new combined PDE3/4 agent that is the first approved in a long time.* (15 min)

**Biologics, Bench to Bedside:** Start with mechanism, trial evidence for use in COPD, access issues, monitoring etc. *Should this be a combined presentation with one AAI and one Pulm speaker?* (25 min)

**Panel Discussion (with all 3 speakers): 10 min**

### Hour 3: Social, Environmental, Economic, and Behavioral Health Determinants and COPD

**Air Pollution & Climate Change:** 15 min.

**Psych:** Likely focused on depression/anxiety management (15 min)

**Neighborhood Quality & Access to Care:** 15 min

**Q&A/Discussion: 10 minutes**

**Closing:** Take Home messages and Post-Test review (8 min)

## **Gastroenterology Subspecialty Program**

**Saturday, July 25, 2026  
11-12:45 PM ET**

### **Strategies to Improve Colon Cancer Screening and Outcomes and Understanding Multi-Cancer Early Detection Tests in Clinical Practice**

#### **LEARNING OBJECTIVES**

- Improve knowledge of colon cancer prevalence and outcome in the United States
- Improve of knowledge of screening options and advances in technology
- Improve strategies to decrease disparities in colon cancer

#### **Moderator**

- Marie L. Borum, MD, EdD, MPH  
Director, Division of Gastroenterology and Liver Diseases  
George Washington University Medical Center, Washington, D.C.

#### **Colon Cancer Prevalence in the United States: Geographic, Racial and Gender Disparities**

- Linda Richardson, MD, MPH  
Previous Director of the CDC Division of Cancer Prevention and Control

#### **Overview of Colon Cancer Screening: Incorporating New Technology and into Clinical Practice**

- Lanla Conteh, MD, MPH, MBA  
Chief, Division of Digestive Diseases, Nutrition and Hepatology  
University of Kentucky, Lexington, Kentucky

#### **Strategies to Improve Screening Strategies**

- Marie L. Borum, MD, EdD, MPH  
Director, Division of Gastroenterology and Liver Diseases  
George Washington University Medical Center, Washington, D.C.

#### **Surgical Treatment and Outcome of Colon Cancer**

- Jonathan Laryea MD  
Chief, Division of Colon & Rectal Surgery  
University of Arkansas for Medical Sciences, Little Rock, Arkansas

#### **Case Presentations and Panel Discussion**

- Moderator: Angela Nunnery, MD  
Baylor St. Luke's Medical Group  
Baylor College of Medicine, Kingwood, Texas

**HIV Subspecialty Program**  
**Increasing HIV Testing: To Achieve Prevention and Treatment Goals**

**Afternoon**  
**Saturday, July 25, 2026**  
**3:30 pm - 6:00 pm**

**NMA National Meeting Therapeutic Sub-Specialty Stakeholders**

Internal Medicine Section: (HIV, Infectious Disease, General Internal Medicine, Oncology, and Gastroenterology) Other Sections (OB/GYN and Community Medicine)

**A. Program Rationale: Increasing HIV Testing is Needed to Meet Precision Prevention and Treatment Goals in the United States (US)**

Improving uptake of HIV testing is essential for identification of HIV status. Knowing one's HIV status is necessary for the initiation of both biomedical HIV prevention (PrEP) services and HIV treatment with evidence-based therapies (ART). For over 2 decades the US has experienced decreases in annual rates of new HIV infections, disease progression and severity, and AIDS related mortality. It is projected that by 2030, 70% of people living with HIV (PLWH) will be aged 50 or older. Despite these advances substantial racial and geographic inequities persist. Black and Hispanic populations are disproportionately represented among new HIV diagnoses, are more likely to be diagnosed with advanced disease, and have the highest morbidity and mortality rates. The Federal "Ending the HIV Epidemic in the US" (EHE) initiative has highlighted the geographical concentration; with 48 counties, 3 cities, and 7 mostly Southern states accounting for half of new infections annually.

Along with up-dates on HIV prevention and treatment, reducing the gap between awareness and implementation of routine HIV testing by providers remains. Strategies to reduce those barriers are essential for effective, patient-centric, evidence-based prevention and treatment across various sub-specialties.

**Course Director:**           **M. Keith Rawlings, M.D.**  
National Medical Association  
Internal Medicine Section Co-Chair, HIV Section  
Silver Springs, MD

**Co-Course Director:**   **Nada Fadul, M.D.**  
Professor, UNMC Division of Infectious Disease  
Associate Dean, Faculty Affairs, Department of Internal Medicine  
University of Nebraska College of Medicine  
Omaha, NE

**3:30 pm - 3:40 pm**       **Nada Fadul, M.D. (Moderator)**  
***Welcome & Pre-Test***

**3:40 pm - 4:10 pm**   ***Highlights from National/International HIV Conferences (Part 1)***  
**Roger Bedimo, M.D., FACP, FIDSA (Confirmed)**  
Professor, Department of Internal Medicine  
Division of Infectious Diseases & Geographic Medicine  
UT Southwestern Medical Center  
Chief, Infectious Diseases Section  
VA North Texas Health Care System  
Dallas, TX

**4:10 pm - 4:40 pm**   ***HIV Prevention and Treatment Goals and Update***  
**Nada Fadul, M.D. (Invited)**  
Professor, Division of Infectious Diseases

Assistant Dean, Inclusive Education, College of Medicine  
Medical Director, Specialty Care Center  
University of Nebraska Medical Center (UNMC)  
Omaha, NE

**4:40 pm – 5:10 pm      *Implication of Recent Policies on HIV Treatment & Prevention***

**M. Keith Rawlings, M.D.**  
Internal Medicine, HIV/AIDS Section Chair  
National Medical Association  
Silver Springs, MD

**5:10 pm - 5:30 pm      *Case Review Questions & Post Test Discussion Panel***

**Panelists**

Nada Fadul, M.D.  
Roger Bedimo, M.D., FACP, FIDSA  
M. Keith Rawlings, M.D.

***Additional HIV Collaborative Sessions***

Therapeutic sub-specialties will examine the role of HIV testing in risk management, prevention, and treatment for their patients. Programs include lectures, evaluations, and questions/answers.

**B. Infectious Disease**

***Wednesday, July 28, 2026***

**9:15 am - 9:35 pm      *Highlights from National/International HIV Conferences (Part 2)***

**Roger Bedimo, M.D., FACP, FIDSA**  
Professor, Department of Internal Medicine  
Division of Infectious Diseases & Geographic Medicine  
UT Southwestern Medical Center  
Chief, Infectious Diseases Section  
VA North Texas Health Care System  
Dallas, TX

***C. Oncology***

***Tuesday, July 27, 2026 3:45 pm – 6:00 pm***

***Important Role of HIV Testing for Oncology Management***

**4:00 pm - 4:20 pm**

**HIV and Gynecological Cancer**  
**Rodney L. Wright, M.D., MSc (Invited)**  
Interim Director, Maternal Fetal Medicine  
Vice Chair, Obstetrics  
Professor, Department of Obstetrics and Gynecology and Women's Health  
Montefiore Einstein  
Bronx, NY

***D. Gastroenterology***

***July 25, 2026 11:00 am - 12:45 pm***

**11:00 am - 11:15 am**

**Marie L. Borum, M.D., (Moderator)**  
***Welcome & Pre-Test***

**11:15 am - 11:35 am**

***Colorectal Cancer and HIV: Treatment, Prevention, and Outcome***  
**Marie L. Borum, M.D., EdD, MPH, MACP, FACG, AGAF, FRCP**  
**(Invited)**

Director of the Division of Gastroenterology and Liver Diseases  
Professor, The George Washington University School of Medicine &  
Health Sciences  
Director of the Gastroenterology Fellowship  
Associate Professor of Public Health  
The George Washington University School of Public Health & Health  
Services  
Washington, DC

**11:35 am - 12:20 pm**

**TBA (Faculty Talks)**

**12:20 pm – 12:45 pm**

***Case Review Questions & Post Test***  
***Discussion Panel***

**Moderator (To Be Announced)**

**Panelists**

**Marie L. Borum, M.D., EdD, MPH, MACP, FACG, AGAF, FRCP**  
**(Invited)**

Director of the Division of Gastroenterology and Liver Diseases  
Professor, The George Washington University School of Medicine &  
Health Sciences  
Director of the Gastroenterology Fellowship  
Associate Professor of Public Health  
The George Washington University School of Public Health & Health  
Services  
Washington, DC

**OB/GYN**

**July 27, 2026**

**Time (TBD)**

**Cassandra Henderson, M.D., MSc, CDCES**  
Chair, NMA OB/GYN

***Oncological Cancer and HIV: Is there a correlation?***

**Panelists**

***Implication of Recent Policies on HIV Treatment & Prevention***

**M. Keith Rawlings, M.D.**

Internal Medicine, HIV/AIDS Section Chair  
National Medical Association  
Silver Springs, MD

**Saturday July 25<sup>th</sup> 6:00 – 7:00 PM – IM Section Dinner to be held in Room 208 BC**

**Sunday, July 26<sup>th</sup>**  
**ACLS**

<b>Day 2-Sunday, July 26, 2026</b>		
9:00-11:30	Exam / Remediation	

**Sunday, July 26<sup>th</sup>, 2026**  
**7:15 – 8:35 AM**  
**Breakfast, R13 Program**  
**Room 208C**

**Complimentary Health Screening for Health Care Providers**

**8am – 6pm Sunday, July 26<sup>th</sup>**  
**Room 211**

As part of the ABC's Cardiology Deserts initiative, the NMA and ABC are pleased to offer complimentary health screenings in partnership with Care Access during this year's conference. These screenings are designed to support physician wellness by providing a convenient opportunity to gain insight into your cardiovascular and metabolic health. Attendees are invited to participate in a simple blood draw, which will assess key biomarkers such as cholesterol levels, Lp(a), blood sugar, and other indicators of heart and overall health. We encourage you to take a moment during the meeting to invest in your own well-being—stop by, get screened, and learn more about your health.

**Endocrinology: Diabetes Subspecialty Program**

**Sunday, July 26<sup>th</sup>, 2026**  
**1:45 – 3:45 PM**

Advancing Diabetes Care in 2026: Evidence-Based Updates in Diagnosis, Technology, and Therapeutic Management

**Needs Assessment**

Modern diabetes care demands up-to-date knowledge of evolving guidelines, technologies, and patient-centered strategies. By integrating the 2026 ADA updates, from incretin-based therapies to CGM/AID adoption, to updated DKA/HHS criteria; clinicians can significantly improve outcomes across glycemic, cardiovascular, renal, and metabolic domains

The ADA Standards of Care 2025/2026 emphasize person-centered, comorbidity-driven therapy and broader recommendations for early adoption of continuous glucose monitoring (CGM) and automated insulin delivery (AID). However, implementation remains uneven in routine practice.

**Learning Objectives**

1. Describe updated 2026 diabetes pathophysiology and apply classification frameworks (including autoantibody-based approaches) to improve diagnostic accuracy.
2. Apply ADA 2025/2026 treatment algorithms to select therapies based on comorbidity profiles (ASCVD/HF/CKD, MASLD/MASH) and patient goals.

3. Integrate CGM and AID per ADA technology guidance, including device selection, onboarding, and time-in-range–guided titration.
4. Implement updated DKA/HHS diagnostic and treatment pathways, including quantitative ketone use and resolution criteria.
5. Communicate using person-first, stigma-free language and address psychosocial/SDOH factors to improve adherence and outcomes.
6. Increase knowledge regarding emerging procedures and therapies in diabetes care

Moderator  
Amie Ogunsakin, M.D.  
Co-Course Director, Endocrinology, Diabetes, and  
Metabolism Subspecialty Section  
Clinical Associate Professor of Internal Medicine-  
Endocrinology and Diabetes  
University of Iowa  
Iowa City, IA

Welcome & Disclosures (5 min)

2026 ADA Standards of Care: Key Updates Impacting Clinical Practice- 25 minutes

Dr. Margarita Ramírez Vick. Professor:  
University of Puerto Rico, Medical Sciences Campus  
PO BOX 365067  
San Juan, PR 00936-5067  
Margarita.RamírezVick@upr.edu

James W. Reed, M.D. Memorial Lecture- 25 minutes  
Dr Monica Peek Monica E. Peek, MD, MPH, MSc Ellen H. Block Professor for Health Justice of  
Medicine  
Associate Director, Chicago Center for Diabetes Translational Research

Continuous Glucose Monitoring and Automated Insulin Delivery: Practical Integration into Clinical  
Care- 25 Minutes

McKinney, Kevin H. Professor of Internal Medicine  
Chief of the Division of Endocrinology and Stark Diabetes Clinic at the University of Texas Medical  
Branch at Galveston  
Precision Use of Incretin-Based and Cardiorenal Therapies in Type 2 Diabetes- 25 min

Myriam Z. Allende-Vigo, MD- Professor:  
University of Puerto Rico  
Myriam.Allende-Vigo@upr.edu

Sunday, July 26<sup>th</sup>, 2026  
R13 Small Conference Program Continued  
4 – 5:30 PM ET

Rheumatology Subspecialty Section Program

Monday, July 27<sup>th</sup>, 2026  
6:45 – 8:45 AM

**AMYLOIDOSIS ACROSS SPECIALTIES: EARLY RECOGNITION, COORDINATED CARE, BETTER OUTCOMES**

*Course Director*

**Hakeem Ayinde, MD, MS, FACC, FHRS**  
NMA Internal Medicine Section Chair,  
Cardiology Subsection Co-Chair  
Cardiology Associates of Fredericksburg  
Fredericksburg, VA

*Course Director*

**Onyedika Ilonze, MD, MPH, FACC, FHFSA**  
NMA Cardiology Subsection Co-Chair  
Associate Professor of Medicine  
Indiana University  
Indianapolis, IA

*Program Moderator*

**Edward Treadwell, MD**  
NMA Rheumatology Subsection Chair  
Professor of Medicine  
East Carolina University  
Greenville, NC

*Program Moderator*

**Ashira Blazer, MD**  
Associate Professor of Medicine  
University of Maryland School of Medicine  
Baltimore, MD

Learning Objectives

1. **Identify key clinical “red flags” across organ systems**—including musculoskeletal, neurologic, cardiac, and renal manifestations—that should prompt primary care physicians to suspect amyloidosis in everyday practice.
2. **Differentiate between AL and ATTR amyloidosis** and outline the appropriate initial diagnostic workup in primary care, including essential laboratory tests, imaging modalities, and referral pathways.
3. **Recognize the major cardiac, renal, neurologic, and rheumatologic complications of amyloidosis** and describe when urgent specialty referral is warranted to prevent irreversible organ damage.
4. **Describe current and emerging treatment options for AL and ATTR amyloidosis** and explain how early detection and coordinated multidisciplinary care improve patient outcomes.

## Agenda

- 6:45am – 6:55am Welcome and Introductory Comments  
**Edward Treadwell, MD**
- 6:55am – 7:05am The Many Faces of Amyloidosis; A Multi-Specialty Overview  
**Ashira Blazer, MD**  
Associate Professor of Medicine  
University of Maryland  
Baltimore, MD
- 7:05am – 7:20am Recognizing Cardiac Amyloidosis in Primary Care: The Missed Diagnosis  
**Kevin Alexander, MD**  
Assistant Professor of Medicine  
Stanford University School of Medicine  
Stanford, CA
- 7:20am – 7:30am Dual AL and ATTR Amyloidosis in a Patient with Non-Ischemic Cardiomyopathy  
**Akila Bislao, BS, MD Candidate 2029**  
University of California at San Francisco  
San Francisco, CA
- 7:30am – 7:45am AL Amyloidosis: A Hematologic Emergency  
**Oluwatoyosi Onwuemene, MD**  
Associate Professor of Medicine  
Duke University School of Medicine  
Durham, NC
- 7:45am – 8:00am Renal Amyloidosis and Multisystem Disease: What the PCP Must Know  
**Rasheed Balogun, MD**  
Professor of Medicine and Pathology  
University of Virginia  
Charlottesville, VA
- 8:00am - 8:15am Amyloid Neuropathy and Hereditary ATTRv: A Neurologic Perspective  
**Brenda L. Deliz Roldan MD**  
Associate Professor of Medicine  
University of Puerto Rico School of Medicine  
San Juan, PR
- 8:15am – 8:30am Current and Emerging Therapies in ATTR Amyloidosis  
**Kevin Alexander, MD**  
Assistant Professor of Medicine  
Stanford University School of Medicine  
Stanford, CA
- 8:30 – 8:45am Panel Discussion

All Faculty

### **Complimentary Health Screening for Health Care Providers**

**8am – 6pm Monday, July 27<sup>th</sup>  
Room 211**

As part of the ABC's Cardiology Deserts initiative, the NMA and ABC are pleased to offer complimentary health screenings in partnership with Care Access during this year's conference. These screenings are designed to support physician wellness by providing a convenient opportunity to gain insight into your cardiovascular and metabolic health. Attendees are invited to participate in a simple blood draw, which will assess key biomarkers such as cholesterol levels, Lp(a), blood sugar, and other indicators of heart and overall health. We encourage you to take a moment during the meeting to invest in your own well-being—stop by, get screened, and learn more about your health.

### **The Dr. Richard Allen Williams Cardiology I Subspecialty Section Symposium**

#### **Hidden Burdens, Shared Pathways: Addressing Cardiovascular Disparities Across Disease States**

*A joint session among the NMA IM Cardiology Subspecialty Section and the Association of Black Cardiologists (ABC)*

Location: TBD

Monday, July 27<sup>th</sup>, 2026  
9:00 – 11:00 AM ET

#### **IM Cardiology Subspecialty Section Chairs:**

Dr. Hakeem Ayinde  
Dr. Wallace Johnson

#### **Association of Black Cardiologists Chairs:**

Dr. Marietta Ambrose  
Dr. Pelbreton Balfour

#### **Description:**

*Cardiovascular disease continues to disproportionately impact Black communities, driven by a complex interplay of biological, structural, and systemic factors. This program highlights key cardiovascular conditions—including cardiac amyloidosis, hypertrophic cardiomyopathy (HCM), and heart failure across phenotypes (HFpEF and HFrEF)—to examine how disparities manifest across the care continuum.*

*Through focused presentations, faculty will explore challenges in early recognition, diagnostic accuracy, and evidence-based management, with particular attention to conditions that are frequently underdiagnosed or misclassified in high-risk populations. By connecting these disease states through shared clinical pathways and health system gaps, this program aims to equip clinicians with strategies to improve diagnosis, optimize management, and advance equitable cardiovascular care.*

## Agenda

9:00 – 9:10 AM	<p><b>Welcome and Introductory Comments</b></p> <p>Dr. Pelbretton Balfour, ABC Co-Chair (Welcome and Introduce Dr. Kwaku) Dr. Kevin Kwaku, ABC President (Remarks on Behalf of ABC) Dr. Marietta Ambrose, ABC Co-Chair (Set the stage and introduce first speaker)</p> <p><b>Set the stage example:</b> “From rare and underrecognized diseases like amyloidosis to common but complex conditions like heart failure, this session highlights where diagnostic and management gaps continue to drive disparities—and how we can close them.”</p>
9:10 – 9:35 AM	<p><b>Dr. Richard Allen Williams Lecture</b> Unmasking the Silent Burden: Advancing Equity in the Diagnosis and Management of Cardiac Amyloidosis</p> <p><b>Speaker:</b> Dr. Kevin Alexander <b>Learning Objective:</b> Identify key clinical and systemic barriers contributing to delayed diagnosis of cardiac amyloidosis in Black patients and apply strategies to improve early recognition and referral.</p>
9:35 – 9:45 AM	<p><b>Title:</b> Beyond the Echo: Equity Gaps in Detection, Genetics, and Management of HCM</p> <p><b>Potential Speaker(s):</b> Dr. Melissa Burroughs (declined); Dr. Onyedika Ilonze; (backup) <b>Learning Objective:</b> Identify and evaluate disparities in screening, genetic testing, and management of HCM and implement approaches to improve equitable identification and care. *Dr. Belfour introduces this speaker*</p>
9:45 – 9:55 AM	<p><b>Title:</b> Optimizing HFREF Care: From Guideline-Directed Therapy to Equitable Implementation</p> <p><b>Speaker:</b> Dr. Jeffrey Alexis <b>Learning Objective:</b> Implement guideline-directed medical therapy (GDMT) for HFREF and identify strategies to overcome disparities in treatment access and adherence. *Dr. Ambrose introduces this speaker*</p>
9:55 – 10:05 AM	<p><b>Title:</b> The Other Heart Failure: Recognizing and Managing HFpEF in High-Risk Populations</p> <p><b>Speaker:</b> Dr. Selma Mohammed <b>Learning Objective:</b> Differentiate HFpEF phenotypes and apply evidence-based management strategies to improve diagnosis and outcomes in underserved populations.</p>
10:05 – 10:50 AM	<p>Interactive Panel Discussion: Panelists: All speakers plus Dr. Richard Allen Williams Moderators: Chairpersons</p>
10:50 – 11:00 AM	<p>Closing Remarks and Call to Action</p>

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Monday, July 27<sup>th</sup> 2026  
American College of Physicians President Address  
1:15 PM – 1:45 PM ET

**The Dr. Elijah B. Saunders Memorial Cardiology II Subspecialty Section Symposium**

**From Guidelines to Practice: Empowering Primary Care to Reduce Cardiovascular Disparities**

*A joint session among the NMA IM Cardiology Subspecialty Section and the Association of Black Cardiologists (ABC)*

Monday, July 27<sup>th</sup>, 2026  
1:45 – 3:15 PM

Location: Room 209

**IM Cardiology Subspecialty Section Chairs:**

Dr. Wallace Johnson

Dr. Hakeem Ayinde

**Association of Black Cardiologists Chairs:**

Dr. Marietta Ambrose

Dr. Pelbreton Balfour

**Description :**

Primary care providers play a critical role in the prevention, early identification, and management of cardiovascular disease—yet persistent gaps in guideline implementation and access continue to drive disparities in outcomes, particularly in Black communities.

This session focuses on translating evidence into action through practical, guideline-based approaches to hypertension and lipid management, alongside an integrated view of cardiometabolic (CKM) risk and inflammation. Faculty will highlight strategies to improve risk assessment, treatment adherence, and long-term prevention in real-world settings. The program will also feature oral abstract presentations from fellows, showcasing emerging research and innovations that contribute to advancing equitable cardiovascular care.

1:45 PM – 1:55 PM

**Welcome and Introduction**

Dr. Wallace Johnson, NMA Co-Chair (Remarks on Behalf of NMA)

Dr. Hakeem Ayinde, NMA Co-Chair (Introduces first speaker)

**Transition notes/talking points:** If earlier sessions focus on complex disease, this session highlights where we have the greatest opportunity to change outcomes—through prevention, early intervention, and primary care.

1:55 - 2:10 PM

**Dr. Elijah B. Saunders Memorial Lecture**

Lower Is Better: Implementing Updated Lipid Guidelines to Reduce ASCVD Risk

OR Cholesterol Made Practical: What Primary Care Needs to Know Now

**Speaker:** Dr. Ijeoma Isiadinso (CONFIRMED)

Ijeoma Isiadinso MD, MPH, FACC, FASNC

Associate Professor of Medicine

Division of Cardiology

Medical Director, Emory Center for Heart Disease Prevention

[ijeoma.isiadinso@emory.edu](mailto:ijeoma.isiadinso@emory.edu)

**Learning Objective:** Integrate current lipid management guidelines into primary care practice to optimize ASCVD risk reduction, particularly in underserved populations.

2:10 – 2:30 PM

**Title:** Getting Blood Pressure Control Right: Applying the Latest Hypertension Guidelines in Real-World Practice

**Speaker:** Dr. Modele Ogunniyi (CONFIRMED)

[modele.ogunniyi@emory.edu](mailto:modele.ogunniyi@emory.edu)

**Learning Objective:** Apply updated hypertension guideline recommendations to improve blood pressure control and reduce disparities in high-risk populations.

2:30 – 2:50 PM	<p><b>Title:</b> Connecting the Dots: Managing Cardiometabolic Risk and Inflammation in Primary Care</p> <p><b>Potential Speaker(s):</b> Dr. Eldrin Lewis (declined); <a href="mailto:eflewis1@stanford.edu">eflewis1@stanford.edu</a> Dr. Tiffany Powell-Wiley (invited) &lt;<a href="mailto:tiffany.powell-wiley@nih.gov">tiffany.powell-wiley@nih.gov</a>&gt;</p> <p><b>Learning Objective:</b> Integrate cardiometabolic and inflammatory risk factors into comprehensive ASCVD prevention strategies in primary care settings.</p>
2:50 – 3:15 PM	<p><b>Topic 4 (10 minutes) - oral abstracts - NMA to confirm</b></p> <p><b>Potential Topic:</b> TBD</p> <p><b>Potential Learning Objective:</b> TBD</p> <p><b>Potential Sponsor(s):</b> TBD</p> <p><b>Potential Speaker(s):</b> TBD</p>
3:15 – 3:30 PM	Break
3:30 -3:40 PM	<p>Interactive Panel Discussion</p> <p>Panelists: All speakers</p> <p>Moderators: Chairpersons</p> <p>Note: Potentially add local cardiologist in PR - what does CVD look like in that region</p>
3:40 – 3:45 PM	Closing Remarks and Call to Action

Monday, July 27, 2026  
3:45 - 5:30 PM

Jane Cooke Wright, MD Oncology Symposium  
**" Screening and Early Cancer Detection to Advance Care and Improve Outcomes"**  
 Puerto Rico Convention Center - Room 209

**AGENDA**

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|-----------------|---|
| 3:45 PM         | <p>Introduction/Welcome</p> <ul style="list-style-type: none"> <li>● Doris Browne, MD, MPH<br/>Chair, Oncology Subspecialty/Internal Medicine Section<br/>Medical Oncologist and 118<sup>th</sup> NMA President</li> </ul>  |
| 3:50 - 4:55 PM. | <p>Roundtable Discussion: Innovations in Cancer Care</p> <ul style="list-style-type: none"> <li>● Moderator - Marie L. Borum, MD, EdD, Professor, Medicine, Prevention and Community Health, Division Director, Gastroenterology and Liver Diseases, George Washington University, Washington. DC</li> <li>● Multi-Cancer Early Detection Tools -- Travelle Franklin-Ford Ellis, MD, PhD, Senior Medical Officer, Exact Sciences</li> </ul> |

- American Cancer Society, Our Voices: Patient Perspective -Rev. Richard Lockette, Pancreatic Cancer Survivor
- Pancreatic Cancer, Darwin Conwell. MD, MSc., Chair, Internal Medicine Department, University of Kentucky, Professor and Clinical Practice in Medical Pancreatology (invited)
- HIV-Related Malignancies - Amanda Blair Spence, MD Attending Physician, Division of Infectious Diseases and Tropical Medicine, Assistant Professor, Department of Medicine, Georgetown University Hospital, Washington, DC

4:55- 5:10 PM

Questions and Answers

5:10 - 5:30 PM. Update in Multiple Myeloma

- Joseph Mikhael, MD, MEd  
Chief Medical Officer  
International Myeloma Foundation

5:30 - 5:35 PM

Closing Remarks

- Randall Morgan, MD, MBA  
President and CEO, W. Montague Cobb/NMA Health Institute  
109<sup>th</sup> NMA President

5:35- 6:30 PM

Myeloma Research Poster Walk and Reception

## Hematology Subspecialty Program

Tuesday, July 28<sup>th</sup>

7:00 – 8:45 AM

TBD

### Complimentary Health Screening for Health Care Providers

**8am – 6pm Tuesday, July 28<sup>th</sup>**

**Room 211**

As part of the ABC's Cardiology Deserts initiative, the NMA and ABC are pleased to offer complimentary health screenings in partnership with Care Access during this year's conference.

These screenings are designed to support physician wellness by providing a convenient opportunity to gain insight into your cardiovascular and metabolic health. Attendees are invited to participate in a simple blood draw, which will assess key biomarkers such as cholesterol levels, Lp(a), blood sugar, and other indicators of heart and overall health. We encourage you to take a moment during the meeting to invest in your own well-being—stop by, get screened, and learn more about your health.

## Infectious Diseases Symposium

Tuesday, July 28<sup>th</sup>, 2026

9 AM – 11 AM

TBD

## General Internal Medicine Subspecialty Section Program

Tuesday, July 28<sup>th</sup>, 2026

1:15 PM – 3:15 PM

### Food is Medicine: Translating Nutrition Science into Equitable Cardiometabolic Care

Tuesday, July 28<sup>th</sup>, 2026

1:15 PM – 3:15 PM ET

IM General Internal Medicine Subspecialty Section Chair

**Michael G. Knight, M.D., MSHP, FACP**

Internal Medicine and Obesity Medicine Physician

Senior Medical Director for Population Health at Oak Street Health

IM General Internal Medicine Subspecialty Section Co-Chair and Course Director

**Natasha Travis, M.D.**

Internist

Emory Healthcare

Atlanta, GA

Agenda	
1:15 – 1:20 PM	Welcome <b>Michael Knight, M.D., MSHP, FACP</b>
1:20 – 1:45 PM	Cardiometabolic Health Disparities and Equity Across the Lifespan <b>Yolanda Lawson, M.D.</b> <b>[Need credentials, organization, city and state]</b>
1:45 – 2:10 PM	Clinical applications: Case reviews <b>Fatima Cody Stanford, MD, MPH, MPA, MBA, MACP, FAAP, FAHA, FAMWA, FTOS</b> <b>[Need credentials, organization, city and state]</b>
2:10 – 2:30 PM	Food is Medicine: Practical Strategies for Real-Life Nutrition Solutions <b>Kuda Lamin-Bangura, MPH, MS, RD</b> <b>[Need credentials, organization, city and state]</b>
2:30 – 2:55 PM	Bridging the Access Gaps: Policy, Programs, and Community Impact <b>Congresswoman Robin Kelly</b> <b>[Need credentials, organization, city and state]</b>
2:55 – 3:05 PM	Audience Interaction/Questions and Answers
3:05 – 3:15 PM	Post survey and Session Adjournment

## **NEPHROLOGY I: Novel Pharmacologic Advances in Kidney Disease for Primary Physicians**

**Tuesday July 28<sup>th</sup> 3:30-5:30 PM**

### **Introduction**

Chronic kidney disease remains a global health burden, affecting over 850 million people worldwide. It contributes to cardiovascular morbidity, premature mortality, and rising healthcare resource utilization. Higher prevalence, faster progression, and increased risk of kidney disease occur in African Americans compared to Whites, driven by genetic, clinical, socioeconomic, and structural factors. Recent consensus and guidelines (KDIGO 2024, ADA 2025) recommend using race-free eGFR equations, as race is a social construct and its inclusion perpetuates inequities in care. The CKD-EPI 2021 equation and newer creatinine–cystatin C equations omit race and should be used for all patients.

There are new opportunities to treat kidney diseases attributed to diabetes and hypertension and most importantly, other causes of kidney disease and kidney failure have received more attention in recent years. Novel medications now exist to treat ADPKD, IgA nephropathy, lupus nephritis etc.

### **Practice Gaps**

- Primary care providers often rely on outdated CKD management strategies.
- Limited awareness of new FDA-approved therapies for CKD and glomerular diseases.
- Inconsistent adoption of race-free eGFR equations.
- Underutilization of SGLT2 inhibitors and nsMRAs despite strong evidence.

### Needs Assessment & Gap Analysis

Black Americans experience rates of end-stage kidney disease (ESKD) 3.5–4 times higher than Whites. Hypertension and diabetes accelerate CKD progression. Primary care providers play a critical role in early detection and initiation of guideline-based therapy. However, gaps exist in knowledge of recent FDA-approved drugs (e.g., sparsentan, nefecon, iptacopan), biologics (eg belimumab) and practical integration of therapies into workflows, and management of adverse effects.

### Learning Objectives

- Understand the need for race-free eGFR equations.
- Summarize evidence and indications for newer pharmacologic therapies.
- Discuss practical approaches to prescribing and combining medications.
- Outline strategies to mitigate adverse effects.
- Review emerging therapies and renal replacement options.

### Program Design

Annual Convention

Round table expert and patient advocate discussions

Regional meetings will expand on the topics above.

### Agenda

3:30 – 3:45:	Welcome and Introductory Comments. Pre test <b>Adetokunbo Odunaiya MD, MS</b> Clinical Assistant Professor Division of Nephrology Stanford University Palo Alto, California
3:45 – 4:10: pm	Race Free eGFR equations for all- the past, present and future Prospects. <b>Cynthia Delgado MD</b> Professor of Medicine University of California San Francisco
4:10 – 4:35pm	Kidney Disease in Minorities in USA and Around the Globe; Beyond Diabetes and Hypertension. Contributions of IgA Nephropathy, Lupus Nephritis, ADPKD <b>Rasheed A Balogun, MD, FACP, FASN, HP(ASCP)</b> Harrison Distinguished Teaching Professor of Medicine University of Virginia School of Medicine Regional Medical Director, UVA Dialysis Program Medical Director, Apheresis Unit & Extracorporeal Therapies Division of Nephrology University of Virginia Charlottesville, Virginia

- 4:35 – 5:00pm Novel Therapeutics in the management of Glomerular disease  
**Latonya Hickson**  
Professor of Medicine  
Mayo Clinic  
Jacksonville, Florida
- 5:00 – 5:30 pm General Q/A Session: Post test Questions.  
Panel Discussions, Case Review and Round  
with patient advocate, expert panel and moderators

## **NEPHROLOGY II:**

### **Breakfast Program: APOL1, African Ancestry and Kidney Disease: Implications for Providers and Patient Outcomes**

**Wednesday July 28<sup>th</sup> 7:00 – 8:45 AM**

#### **Introduction**

Chronic kidney disease disproportionately affects African Americans and other minority populations in the United States. These disparities persist even after accounting for clinical, socioeconomic, and environmental contributors, indicating that additional underlying risk factors must be involved. Over the past decade, research has identified key genetic contributors such as high-risk variants in the apolipoprotein L1 (APOL1) gene that help explain the excess burden of kidney disease in individuals of African ancestry.

APOL1-mediated kidney disease (AMKD) encompasses a group of nephropathies that occur in individuals who inherit two APOL1 risk variants (G1 or G2). These variants are prevalent among people with recent sub-Saharan African ancestry. Although originally selected for their protective effect against trypanosome infection, they substantially increase susceptibility to several progressive forms of CKD, including focal segmental glomerulosclerosis (FSGS), hypertensive kidney disease, HIV-associated nephropathy, and lupus-related nephritis.

Evidence shows that individuals with two APOL1 risk alleles face dramatically higher disease risk, approximately 10- to 17-fold for FSGS and 29- to 89-fold for HIV-associated nephropathy. Current findings suggest that these variants produce a toxic gain-of-function effect in glomerular podocytes, promoting abnormal cation channel activity, cellular damage, and inflammation.

#### **Practice Gaps**

- Limited clinician awareness of APOL1 and its clinical implications among primary providers
- Lack of unified approach to determine need for APOL1 genetic testing
- Existing knowledge gaps regarding the clinical spectrum of AMDK
- Gaps in recruiting strategies for clinical trials for AMDK

## Needs Assessment & Gap Analysis

Despite advances in understanding APOL1 genetics, major gaps remain in translating this knowledge into earlier diagnosis, targeted therapies, and equitable care.

Clinician awareness of APOL1 genetic risk and its relevance to patients of African ancestry remains limited, particularly in primary care settings. Because health care providers are central to recognizing APOL1-mediated kidney disease, improving their understanding is essential for appropriate screening, early identification of AMKD, and effective patient education using evidence-based resources.

**Learning Objectives:** At the end of this session, participants will be able to,

1. Discuss the history and cause of AMKD in people of Sub-Saharan African Descent
2. Identify risk factors associated with AMKD
3. List best practices for screening, diagnosing and managing AMKD

7:00 am- 7:05am	<b>Welcome and Introductory Comments.</b> <b>Itunu Owoyemi MD</b> Assistant Professor of Medicine Cleveland Clinic Lerner College of Medicine Cleveland Clinic Cleveland, Ohio
7:05am – 7:25am	<b>APOL1 Mediated Kidney Disease – The discoveries, progress with diagnosis and drug innovations.</b> <b>Adetokunbo Odunaiya</b> Clinical Assistant Professor of Medicine Division of Nephrology Stanford University Palo Alto, California
7:25am – 7:45am	<b>APOL1 Mediated Kidney Disease – Updates and Challenges with ongoing Clinical Trials</b> <b>Robert Hoover Jnr MD</b> Professor of Medicine Tulane University School of Medicine New Orleans, Louisiana
7:45am – 8:00am	<b>APOL1 mediated kidney disease – Implications in Kidney Transplantation</b> <b>Winifred W. Williams MD</b> Associate Professor of Medicine Massachusetts General Hospital Boston, MA
8:00am – 8:20 am	<b>The role of primary providers in AMKD management – Updates on EMBARK Initiative</b> <b>Gentzon Hall MD, PhD, FASN</b> Duke University School of Medicine Assistant Professor of Medicine, Division of Nephrology

Duke University  
Durham, NC

8:20 am – 8:45 am

**Panel discussions, Case Review and Round Table Discussions**

Moderator: Rasheed A Balogun, MD

Panelists: Adetokunbo Taiwo, MD and Itunu Owoyemi, MD , Deedee or

**Endocrinology – Obesity Subspecialty Program**

**Wednesday, July 28<sup>th</sup> 2026**

**9 – 10:45 AM; 11 – 12:15 PM**

Change the Trajectory: Advanced Obesity Care for Today and the Future

**Needs Assessment**

Clinical framing has shifted from a weight-centric model to a complication-centric, person-centered approach. The 2025 AACE ABCD algorithm emphasizes diagnostic precision using BMI plus waist measures and disease staging by the presence and severity of obesity-related complications. Despite this evolution, adoption in primary care remains inconsistent, with variable use of anthropometrics (e.g., waist-to-height ratio), under-recognition of cardiometabolic risk, and limited integration of shared decision-making workflows.

Recent regulatory milestones have created immediate opportunities for improved outcomes: semaglutide now carries a cardiovascular risk-reduction indication in adults with established CVD and overweight/obesity, and tirzepatide carries an indication for moderate-to-severe OSA in adults with obesity. These indications align anti-obesity medications (AOMs) to high-value, complication-driven use cases in primary care. However, many clinicians are unfamiliar with patient selection, safety contraindications, titration strategies, documentation language, and payer pathways. Modern surgical criteria from ASMBS/IFSO recommend metabolic/bariatric surgery at BMI  $\geq 35$  regardless of comorbidities and consideration at BMI 30–34.9 with metabolic disease. Referral timing and shared decision-making remain inconsistent, and outdated NIH thresholds are still commonly referenced. Liver disease nomenclature has transitioned from NAFLD/NASH to MASLD/MASH, with implications for coding, counseling, and multi-disciplinary care. Primary care teams need concise algorithms to integrate liver risk, cardiorenal risk (CKM), and obesity care.

**Learning Objectives**

1. Apply 2025/2026 ABCD frameworks using BMI plus waist metrics and complication-centric staging to improve diagnostic precision and risk stratification.
2. Select anti-obesity medications (AOMs) by clinical indication, including ASCVD risk reduction, OSA and MASLD while individualizing therapy based on efficacy, safety, and patient goals.
3. Review AOM use in select population pediatric to adults transitional are, period-conception and advanced age
4. Review metabolic/bariatric surgery, and indications, status and hypoglycemia management.
6. Integrate MASLD/MASH nomenclature and coordinate obesity–liver co-management in primary care.
7. Use person-first, stigma-free language and deploy environment checklists and SDOH tools to improve engagement and adherence.
8. Navigate 2026 coverage realities for AOMs (e.g., CV and OSA indications) and implement documentation strategies to improve access.
9. Review medications and therapies in the pipeline

## Agenda

### Moderator

Ayotunde O. Dokun, M.D., Ph.D., FACE  
Chair and Course Director, Endocrinology, Diabetes, and  
Metabolism Sub-Specialty Section, NMA  
FOEDRC Verna Funke Chair in Diabetes Research  
Director, Division of Endocrinology and Metabolism  
Professor of Medicine and Endocrinology  
University of Iowa, Carver College of Medicine  
Iowa City, Iowa

### Welcome & Disclosures (5 min)

Contemporary Approaches to Obesity Diagnosis and Treatment: Applying the ABCD Framework in  
Primary Care (2026 Update) – 25 minutes

Dr. Milliette Alvarado Santiago  
Assistant Professor  
University of Puerto Rico  
Endocrinology Section

Emerging Anti-Obesity Medications: Pipeline Therapies, Novel Mechanisms, and Future Clinical  
Applications – 25 minutes

Michael G. Knight, M.D., MSHP, FACP, DABOM  
Clinical Associate Professor of Medicine  
School of Medicine and Health Sciences  
George Washington University  
Washington, DC

Weight Reduction and Cardiometabolic Outcomes: Effects on Cardiovascular Disease, Sleep Apnea,  
CKM Syndrome, and MASLD – 20 minutes

Daniel Okorodudu, M.D., MHS, FEAA  
Assistant Professor, Endocrinology and Metabolism; UT Southwestern Medical Center  
Medical Director, Parkland Global Diabetes Program  
Dallas, TX

Precision Obesity Medicine in Primary Care: Personalized Therapeutics and Surgical Referral Pathways –  
20 minutes

Dr. Melba Feliciano Emmanuelli  
Professor- University of Puerto Rico  
Endocrinology Section

University District Hospital  
Endocrinology Section