



50th Annual Internal Medicine Conference

March 11-13, 2026 | 8 AM–6 PM

Friday Conference Center at UNC
Chapel Hill, NC

Celebrate 50 Years of Excellence in Primary Care Education!

Join us for the **50th Annual Internal Medicine Conference**, a landmark event hosted by the **Department of Medicine at the UNC School of Medicine**. For five decades, this conference has been the trusted source for advancing clinical excellence in primary care and this year, we are raising the bar even higher.

What to Expect:

- **Cutting-Edge Updates:** Explore the latest evidence-based guidelines and research on health promotion and disease management for conditions commonly encountered in primary care.
- **Expert-Led Sessions:** Each of the Department's 11 clinical divisions will present dynamic sessions, complemented by free-standing presentations from UNC faculty across multiple specialties.
- **Special Focus:** A dedicated two-hour session on the use of controlled substances—critical knowledge for today's practice.
- **Action-Oriented Learning:** Move beyond knowledge gain. Analyze, evaluate, and apply new evidence to real-world scenarios. Create care plans that reduce variability and improve patient outcomes. Synthesize insights for collaborative decision-making.



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This milestone year is more than a celebration—it's an opportunity to **transform your practice**. Walk away with practical strategies to integrate evidence into your daily workflow, enhance confidence in clinical decision-making, and deliver the highest standard of care.

Be part of history. Shape the future of primary care.

Wednesday, March 11, 2026

8:00 AM - 8:15 AM **Welcome and Call to Purpose**

Thomas C. Keyserling, MD, MPH, Marco A. Alemán, MD, Katherine N. Gill, MD

8:15 AM - 8:20 AM **GASTROENTEROLOGY AND HEPATOLOGY: Introduction**

Joshua Hudson, MD, MSc

8:20 AM - 8:40 AM **Is it Dyspepsia, GERD, Biliary Colic? Work-up & Management of Common Upper GI Concerns**

Walker Redd, MD, MSCR

8:40 AM - 9:00 AM **Common Findings on Open Access Endoscopy & How to Manage (*H pylori*, Gastritis, EoE, Microscopic Colitis)**

John Haydek, MD, MSCS

9:00 AM - 9:20 AM **Screening, Treatment, and Follow-Up of MASLD/MASH**

Sasha Deutsch-Link, MD, MSCR

9:20 AM - 9:40 AM **Quick Cases (Constipation, MASLD, HP Treatment)**

Joshua Hudson, MD, MSc

9:40 AM - 9:55 AM **Panel Discussion: Gastroenterology and Hepatology**

Moderator: *Joshua Hudson, MD, MSc*

Panelists: *Sasha Deutsch-Link, MD, John Haydek, MD, MSCS, Walker Redd, MD, MSCR*

9:55 AM - 10:15 AM **Break & Visit Exhibits**

10:15 AM - 10:20 AM **RHEUMATOLOGY, ALLERGY, AND IMMUNOLOGY: Introduction**

Beth Jonas, MD

10:20 AM - 10:50 AM **From Clinical Suspicion to Targeted Therapy: A Modern Update on PMR and GCA**

Michael Cunningham, MD

10:50 AM - 11:15 AM **Next-Generation Allergy Therapies: A Clinical Update for Internists**

Mildred Kwan, MD, PhD

11:15 AM - 11:40 AM **Collaborative Management of Common Rheumatic Diseases: Strengthening the Interface Between Rheumatology and Primary Care**

50th Annual Internal Medicine Conference

Friday Conference Center at UNC

Nicole Orzechowski, DO

11:40 AM - 12:00 PM **Panel Discussion: Rheumatology, Allergy, and Immunology**

Moderator: Beth Jonas, MD

Panelists: Michael Cunningham, MD, Mildred Kwan, MD, PhD, Nicole Orzechowski, DO

12:00 PM - 1:30 PM **Lunch**

12:45 PM - 1:30 PM **Optional: 2026 Clinical Coagulation Updates for the Non-Hematologist**

Stephan Moll, MD

1:30 PM - 1:35 PM **INFECTIOUS DISEASES: Introduction**

Arlene C. Seña, MD, MPH

1:35 PM - 2:05 PM **Vaccine Update: Focus on CDC/ACIP Actions, Alternative Vaccine Recommendations, and New/Improved Vaccines**

David Weber, MD, MPH

2:05 PM - 2:35 PM **Common Infections and Updates in Antimicrobial Regimens**

Nick Mavrogiorgos, MD

2:35 PM - 3:05 PM **West Nile and other Arboviral Infections in the US**

Natalie Bowman, MD, MPH, MPhil

3:05 PM - 3:20 PM **Panel Discussion: Infectious Diseases**

Moderator: Arlene C. Seña, MD, MPH

Panelists: Natalie Bowman, MD, MPH, MPhil, Nikolaos Mavrogiorgos, MD, David Weber, MD, MPH

3:20 PM - 3:40 PM **Break & Visit Exhibits**

3:40 PM - 4:15 PM **Polycystic Ovary Syndrome: Applying New Guidelines, Listening to Patients and Providing Comprehensive Care**

Narges Farahi, MD and Rachel Urruita, MD, MS

4:15 PM - 4:20 PM **NEPHROLOGY AND HYPERTENSION: Introduction**

Cynthia Denu-Ciocca, MD

4:20 PM - 4:45 PM **Nephrotoxins/Medications in CKD**

Gerald Hladik, MD

4:45 PM - 5:10 PM **CKD Evaluation for Primary Care Provider**

Stephanie Pavlovich, MD, PhD



50th Annual Internal Medicine Conference

Friday Conference Center at UNC

5:10 PM - 5:40 PM **Glomerulonephritis for the Internist**

Shannon Murphy, MD

5:40 PM - 6:00 PM **Panel Discussion: Nephrology and Hypertension**

Moderator: Cynthia Denu-Ciocca, MD

Panelists: Gerald Hladik, MD, Shannon Murphy, MD, Stephanie Pavlovich, MD, PhD

Thursday, March 12, 2026

8:00 AM - 8:05 AM **CARDIOLOGY: Introduction**

Cody Deen, MD

8:05 AM - 8:30 AM **Treating POTS/Dysautonomia in the Primary Care Clinic**

Anil Gehi, MD

8:30 AM - 8:55 AM **Insights into Preventative Cardiology Care**

Susan Gilchrist, MD

8:55 AM - 9:15 AM **Advanced Evaluation of the Patient with Dyspnea – The Role of CPET and Invasive CPET Testing**

Barbara LeVarge, MD

9:15 AM - 9:35 AM **Three Most Important Cardiovascular Trials for the PCP, 2025**

Cody Deen, MD

9:35 AM - 9:55 AM **Panel Discussion: Cardiology**

Moderator: Cody Deen, MD

Panelists: Anil Gehi, MD, Susan Gilchrist, MD, MS, Barbara LeVarge, MD

9:55 AM - 10:15 AM **Break & Visit Exhibitors**

10:15 AM - 10:20 AM **GENERAL MEDICINE AND CLINICAL EPIDEMIOLOGY: Introduction**
Mini Symposium on Preventing Chronic Disease
Division Presentation and Colindres Lecture

Shana Ratner, MD and Thomas Keyserling, MD, MPH

10:20 AM - 10:55 AM **Romulo E. Colindres Lecture: Preventing Chronic Disease with Physical Activity and Tips for Promoting Physical Activity During Office Visits and Beyond**

Laurie Whitsel, PhD

50th Annual Internal Medicine Conference

Friday Conference Center at UNC

10:55 AM	11:20 AM	Preventing Chronic Diseases with Healthful Dietary Patterns and Tips for Brief Dietary Counseling During Office Visit <i>Thomas Keyserling, MD, MPH</i>
11:20 AM	11:45 AM	To Immunity and Beyond: The Broader Clinical Impact of Routine Vaccination <i>Alfred Rabinovich, MD, MS</i>
11:45 AM	12:00 PM	Panel Discussion: General Medicine and Clinical Epidemiology Moderator: Shana Ratner, MD Panelists: Thomas Keyserling, MD, MPH, Alfred Rabinovich, MD, MS, Laurie Whitsel, PhD
12:00 PM	1:30 PM	Lunch & Visit Exhibits
12:45 PM	1:10 PM	Optional: HIV Pre-Exposure Prophylaxis (PrEP), Post-Exposure Prophylaxis (DoxyPEP) <i>De-Vaughn "Monty" Williams, MD</i>
1:10 PM	1:30 PM	Optional: Identification and Management of Alcohol Use Disorder in Primary Care <i>Gabriela Reed, MD</i>
1:30 PM	1:35 PM	GERIATRICS: Introduction <i>Maureen Dale, MD</i>
1:35 PM	2:05 PM	Dementia Diagnostics in Primary Care <i>Brianna Harder, MD</i>
2:05 PM	2:35 PM	Dementia Therapeutics Update <i>Hannah Noah, MD, MPH</i>
2:35 PM	3:05 PM	Buprenorphine for Chronic Pain in Primary Care <i>Rachel Eliach, MD</i>
3:05 PM	3:20 PM	Panel Discussion: Geriatrics Moderator: Maureen Dale, MD Panelist: Rachel Eliach, MD, Brianna Harder, MD, Kimberly Mournighan, MD
3:20 PM	3:55 PM	Refining Microhematuria Management: The Updated 2025 Guidelines for Evaluation and Management <i>Mary Beth Westerman, MD</i>
3:55 PM	4:10 PM	Break & Visit Exhibitors
4:10 PM	4:15 PM	ENDOCRINOLOGY: Introduction

50th Annual Internal Medicine Conference

Friday Conference Center at UNC

Deepa Kirk, MD

4:15 PM	4:45 PM	Hypogonadism Management
		<i>Donald Caraccio, MD</i>
4:45 PM	5:15 PM	Approach to Hypercalcemia/Hyperparathyroidism
		<i>Joshua Evron, MD</i>
5:15 PM	5:45 PM	Practical Tips for Managing GLP-1s for Obesity
		<i>Andrea Coviello, MD, MSc</i>
5:45 PM	6:00 PM	Panel Discussion: Endocrinology
		Moderator: <i>Deepa Kirk, MD</i>
		Panelist: <i>Donald Caraccio, MD, Andrea Coviello, MD, MSc, Joshua Evron, MD</i>

Friday, March 13, 2026

8:00 AM	8:05 AM	PULMONARY DISEASES AND CRITICAL CARE MEDICINE: Introduction
		<i>Shannon Carson, MD</i>
8:05 AM	8:35 AM	Update on Sarcoidosis
		<i>Stephen Tilley, MD</i>
8:35 AM	9:05 AM	Complications and Follow up After Acute Pulmonary Embolus
		<i>W. Cameron McGuire, MD, MPH</i>
9:05 AM	9:30 AM	New Approaches to Diagnosing the Pulmonary Nodule
		<i>Tyler Smith, MD</i>
9:30 AM	9:45 AM	Panel Discussion: Pulmonary Diseases and Critical Care Medicine
		Moderator: <i>Shannon Carson, MD</i>
		Panelist: <i>W. Cameron McGuire, MD, MPH, Tyler Smith, MD, Stephen Tilley, MD</i>
9:45 AM	10:05 AM	Break & Visit Exhibits
10:05 AM	10:10 AM	HEMATOLOGY: Introduction
		<i>Deborah Stephens, DO</i>
10:10 AM	10:35 AM	From Monoclonal to Malignant: The Spectrum of B-Cell Lymphocytosis
		<i>Deborah Stephens, DO</i>
10:35 AM	11:00 AM	Hemochromatosis: Too Much of a Good Thing: Clinical Pearls in the Diagnosis and Management

50th Annual Internal Medicine Conference

Friday Conference Center at UNC

Mofiyinfoluwa Obadina, MD, MSCR

11:00 AM	11:25 AM	Macrocytic Anemias – Beyond B12: The Spectrum of Macrocytic Processes
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Callie Berkowitz, MD

11:25 AM	11:40 AM	Panel Discussion: Hematology
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Moderator: *Deborah Stephens, DO*

Panelist: *Callie Berkowitz, MD, Mofiyinfoluwa Obadina, MD, MSCR*

11:40 AM	12:15 PM	Making Headway: Frontiers in Migraine Treatment
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Ana Felix, MBBCh, FAAN

12:15 PM	1:00 PM	Lunch & Visit Exhibits
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1:00 PM	1:30 PM	Late-Breaking Presentation: (Will address timely medical topic/research findings reported or published in early 2026)
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TBD

1:30 PM	1:35 PM	HOSPITAL MEDICINE: Introduction
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David Hemsey, MD

1:35 PM	2:00 PM	Perioperative Management
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Ejaz Janjua, DO

2:00 PM	2:25 PM	Approach to Challenging Patients
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Jennifer McEntee, MD, MPH, MA.Ed and Paul Ossman, MD, MPH

2:25 PM	2:50 PM	Inpatient Management of Delirium
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Christina Kahl, MD, PhD and Rimma Osipov, MD, PhD

2:50 PM	3:05 PM	Panel Discussion: Hospital Medicine
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Moderator: *David Hemsey, MD*

Panelist: *Ejaz Janjua, DO, Christina Kahl, MD, PhD, Jennifer McEntee, MD, MPH, MA.Ed, Rimma Osipov, MD, PhD, Paul Ossman, MD, MPH*

3:05 PM	3:25 PM	Break & Visit Exhibits
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3:25 PM	3:30 PM	CONTROLLED SUBSTANCE CME MINI-SYMPOSIUM: Introduction
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H. Claire West, MD

3:30 PM	3:55 PM	Stimulant Use Disorder
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Shonali Saha, MD

3:55 PM	4:20 PM	Outpatient Management of Alcohol Withdrawal
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Alexis Vien, MD

50th Annual Internal Medicine Conference Friday Conference Center at UNC

4:20 PM 4:45 PM **Cannabis and Cannabinoids in Primary Care**

Justin Riederer, MD

4:45 PM 5:00 PM **Panel Discussion:** Controlled Substance Mini-Symposium

Moderator: *H. Claire West, MD*

Panelist: *Justin Riederer, MD, Shonali Saha, MD, Alexis Vien, MD*

Participation in this section will provide 1.5 hour(s) of NC Medical Board mandated controlled substance prescriber education.

5:00 PM Conference Adjourns until Mid-March 2027

More information and details:

<https://www.southpiedmontahec.org/event/76339>:

or use the QR Code

