



## 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**



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*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*



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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*



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



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*Deepa Kirk, MD*

4:15 PM      4:45 PM    **Hypogonadism Management**

*Donald Caraccio, MD*

4:45 PM      5:15 PM    **Approach to Hypercalcemia/Hyperparathyroidism**

*Joshua Evron, MD*

5:15 PM      5:45 PM    **Practical Tips for Managing GLP-1s for Obesity**

*Andrea Coviello, MD, MSc*

5:45 PM      6:00 PM    **Panel Discussion: Endocrinology**

*Moderator: Deepa Kirk, MD*

*Panelist: Donald Caraccio, MD, Andrea Coviello, MD, MSc, Joshua Evron, MD*

### Friday, March 13, 2026

8:00 AM      8:05 AM    **PULMONARY DISEASES AND CRITICAL CARE MEDICINE: Introduction**

*Shannon Carson, MD*

8:05 AM      8:35 AM    **Update on Sarcoidosis**

*Stephen Tilley, MD*

8:35 AM      9:05 AM    **Complications and Follow up After Acute Pulmonary Embolus**

*W. Cameron McGuire, MD, MPH*

9:05 AM      9:30 AM    **New Approaches to Diagnosing the Pulmonary Nodule**

*Tyler Smith, MD*

9:30 AM      9:45 AM    **Panel Discussion: Pulmonary Diseases and Critical Care Medicine**

*Moderator: Shannon Carson, MD*

*Panelist: W. Cameron McGuire, MD, MPH, Tyler Smith, MD, Stephen Tilley, MD*

9:45 AM      10:05 AM    **Break & Visit Exhibits**

10:05 AM      10:10 AM    **HEMATOLOGY: Introduction**

*Deborah Stephens, DO*

10:10 AM      10:35 AM    **From Monoclonal to Malignant: The Spectrum of B-Cell Lymphocytosis**

*Deborah Stephens, DO*

10:35 AM      11:00 AM    **Hemochromatosis: Too Much of a Good Thing: Clinical Pearls in the Diagnosis and Management**



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*Mofiyinfooluwa Obadina, MD, MSCR*

11:00 AM	11:25 AM	<b>Macrocytic Anemias – Beyond B12: The Spectrum of Macrocytic Processes</b>
		<i>Callie Berkowitz, MD</i>

11:25 AM	11:40 AM	<b>Panel Discussion: Hematology</b>
		<i>Moderator: Deborah Stephens, DO</i>

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

11:40 AM	12:15 PM	<b>Making Headway: Frontiers in Migraine Treatment</b>
		<i>Ana Felix, MBBCh, FAAN</i>

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

*TBD*

1:30 PM	1:35 PM	<b>HOSPITAL MEDICINE: Introduction</b>
		<i>David Hemsey, MD</i>

1:35 PM	2:00 PM	<b>Perioperative Management</b>
		<i>Ejaz Janjua, DO</i>

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

2:25 PM	2:50 PM	<b>Inpatient Management of Delirium</b>
		<i>Christina Kahl, MD, PhD and Rimma Osipov, MD, PhD</i>

2:50 PM	3:05 PM	<b>Panel Discussion: Hospital Medicine</b>
		<i>Moderator: David Hemsey, MD</i>

*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	<b>Break &amp; Visit Exhibits</b>
3:25 PM	3:30 PM	<b>CONTROLLED SUBSTANCE CME MINI-SYMPOSIUM: Introduction</b>

*H. Claire West, MD*

3:30 PM	3:55 PM	<b>Stimulant Use Disorder</b>
		<i>Shonali Saha, MD</i>

3:55 PM	4:20 PM	<b>Outpatient Management of Alcohol Withdrawal</b>
		<i>Alexis Vien, MD</i>



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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**

