

DEPARTMENT OF MEDICINE  
PRESENTS

# Topics in Internal Medicine

October 5 – October 7, 2025

Mill Falls at the Lake  
Lake Winnepesaukee  
Meredith, NH

Beth Israel Lahey Health



Lahey Hospital & Medical Center

# Topics in Internal Medicine

October 5 – October 7, 2025

Chair, Department of Medicine, Sheri A. Keitz, M.D., Ph.D.

Course Director: Dinamarie C. Garcia-Banigan, M.D., M.P.H., F.A.C.E.

Associate Course Directors: Robert Faust, M.D., F.A.C.P.

Polly Fraga, M.D.

Timothy Oman, M.D.

## COURSE DESCRIPTION

This program will emphasize new disease management guidelines in various subspecialties; discuss practical issues for primary care providers; provide updates on current trends in internal medicine; and introduce new therapies and information relative to the treatment of patients. The course format will include lectures, panel discussions, and interactive workshops.

## TARGET AUDIENCE

This continuing medical education activity is appropriate for healthcare providers including physicians, physician associates, and nurse practitioners in the areas of Family Practice and Internal Medicine.

## EDUCATIONAL OBJECTIVES

**This activity addresses the Medical Knowledge and Patient Care ACGME/ABMS competencies.**

Upon conclusion of this program participants should be able to:

**Evaluate and manage:** COPD, pulmonary hypertension, nephrolithiasis, spondyloarthritis, pelvic organ prolapse, obesity, seizures and epilepsy, and gut microbiome

**Review:** updates in lipid management, pain management, strategies to address insomnia, impact of biologics on asthma and skin disorders, role of mood stabilizers, and advances in breast and prostate cancer management

**Identify:** when to refer for interventional cardiology and vascular medicine evaluation, and infectious and insect associated illnesses

**Utilize:** technology in primary care and diabetes management, strategies to manage medication addiction, and risk management in palliative care

**Lead:** tough conversations with patients

## ACCREDITATION

Lahey Clinic Hospital, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



## CREDIT DESIGNATION

Lahey Clinic Hospital, Inc. designates this live activity for a maximum of 15.75 AMA PRA Category 1 credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## AMERICAN BOARD OF INTERNAL MEDICINE (ABIM) – MAINTENANCE OF CERTIFICATION

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 15.75 MOC in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits 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.



## AMERICAN ASSOCIATION OF NURSE PRACTITIONERS™

This program is pending approval by the American Association of Nurse Practitioners (AANP), and the American Academy of Family Physicians (AAFP).

# Mill Falls at the Lake, Meredith, NH

## SUNDAY, October 5, 2025

10:15 a.m. **Registration and Refreshments**

11:15 a.m. **Welcome and Introduction**

Dinamarie Garcia-Banigan, M.D., M.P.H., F.A.C.E.  
Sheri Keitz, M.D., Ph.D.

11:30 a.m. **When Patients Won't Budge: Linguistic Tools for Tough Conversations**  
Erica Edsell

12:30 p.m. **Lunch Break**

*Moderator: Dinamarie C. Garcia-Banigan, M.D., M.P.H., F.A.C.E.*

1:15 p.m. **COPD: Principles of Diagnosis and Treatment**  
Victor Pinto-Plata, M.D.

1:45 p.m. **The Other Hypertension: Pulmonary Hypertension Updates 2025**  
Ioana Preston, M.D.

2:15 p.m. **Advances in Interventional Cardiology and Vascular Medicine**  
Michael Levy, M.D., M.P.H., F.S.V.M., F.S.C.A.I., F.A.C.C.

2:45 p.m. **Update in Lipid Management: Old, New, and Future Therapies**  
Jason Grossman, M.D.

3:15 p.m. **Q&A**

3:30 p.m. **Break**

3:45 p.m. **Temporal Lobe Epilepsy**  
Joanna Suski, M.D.

4:15 p.m. **The pain is worse than giving birth! – Doing what you can to prevent kidney stones!**  
Adam Segal, M.D.

4:45 p.m. **A Spondyloarthritis Primer for the Primary Care Provider: Early Identification and Diagnosis of Axial Spondylarthritis**  
Richard Zamore, M.D., M.P.H.

5:15 p.m. **Gut Microbione**  
Faculty TBD –  
Department of Gastroenterology

5:45 p.m. **Q&A**

6:00 p.m. **Adjourn and Welcome Reception**

## MONDAY, October 6, 2025

7:00 a.m. **Registration and Continental Breakfast for Registrants**

7:30 a.m. **Interesting Case Presentations**  
Lahey Internal Medicine Resident

*Moderator: Polly Fraga, M.D.*

8:15 a.m. **Insomnia**  
Hannah Hollander, M.D.

8:45 a.m. **\*Pain Management and Risk Mitigation Strategies in Palliative Care**  
Cindy Ottaviani, Pharm.D., B.C.P.S.

*\*This activity meets the criteria of the Massachusetts Board of Registration in Medicine for risk management credit, including .50 credits in effective pain management and prescribing of controlled substances end of life care.*

9:15 a.m. **\*Updates in Addiction Medicine in the Primary Care Setting**  
David Van Norstrand, M.D., Ph.D.  
*\*This activity meets the criteria of the Massachusetts Board of Registration in Medicine for risk management credit, including 1.00 credits in effective pain management and prescribing of controlled substances.*

10:15 a.m. **Q&A**

10:30 a.m. **Break**

10:45 a.m. **Biologics for the Treatment of Asthma**  
Ellen Dutta, M.D.

11:15 a.m. **Biologic Therapy in Dermatology**  
Zachary Schwager, M.D.

11:45 a.m. **Recognizing the Past: How to "spot" Measles, Mumps, Rubella, Chicken Pox, Polio**  
Daniel McQuillen, M.D., F.I.D.S.A., F.A.C.P.

12:15 a.m. **The Insects are Coming: Lyme, Malaria, Powassan, Alpha Gal, West Nile, Etc.**  
Daniel McQuillen, M.D., F.I.D.S.A., F.A.C.P.

12:45 p.m. **Q&A**

1:00 p.m. **Adjourn**

TUESDAY, October 7, 2025

7:00 a.m. Registration and Continental Breakfast for Registrants

Moderator: Robert Faust, M.D.

7:30 a.m. Mood Stabilizers: Their Role in Bipolar Disorder and Treatment Resistant Depression  
Laura Safar, M.D.

8:00 a.m. Pelvic Organ Prolapse: A Framework for Diagnosis and Treatment  
Sonia Adams, M.D.

8:30 a.m. Advances in Breast Cancer  
Corrine Zarwan, M.D.

9:00 a.m. Prostate Cancer  
Eric Green, M.D.

9:30 a.m. Update on USPSTF Guidelines  
Polly Fraga, M.D.

10:00 a.m. Q&A

10:15 a.m. Break — Hotel Check Out

10:45 a.m. What's New in Obesity Medicine?  
Sathyavani Prabhakar, M.D.

11:15 a.m. Artificial Intelligence in Primary Care: Practical Tools and Emerging Frontiers  
Vandan Panchal, M.D., M.P.H.

11:45 p.m. Data to Decisions: Using Continuous Glucose Monitoring to Optimize Diabetes Care in Primary Care Setting  
Igra Javeed, M.D.  
Rebecca Rick Longo, D.N.P., A.C.N.P.-B.C., C.D.C.E.S.

12:45 a.m. Q&A

1:00 p.m. Adjourn



# Registration

## TOPICS IN INTERNAL MEDICINE

October 5 – October 7, 2025

Registration Fees: ☐ Physicians \$750  
☐ Advanced Care Practitioners \$650

### REGISTER ONLINE

<https://cmetracker.net/LAHEY>

— or —

### MAIL OR FAX THIS FORM WITH PAYMENT TO:

Lahey Clinic Hospital, Inc.  
Continuing Medical Education  
41 Mall Road, Burlington, MA 01805  
Fax: 781-744-2930

*Please print clearly or type all information. (Email confirmations will be sent.)*

Name: \_\_\_\_\_ Degree: \_\_\_\_\_

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Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email (required): \_\_\_\_\_

ABIM# (required for MOC Points): \_\_\_\_\_

### ☐ PAYMENT BY CHECK:

Must be in U.S. funds payable to: Lahey Clinic Hospital, Inc.

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*Please contact the Continuing Medical Education Office if you have any special needs that require additional assistance.*

*THERE WILL BE A \$50 FEE FOR CANCELLATION.*

## LAHEY HOSPITAL & MEDICAL CENTER FACULTY

### **Sonia Adama, M.D.**

Gynecology Residency Site Director,  
Division of Gynecology

### **Ellen Dutta, M.D.**

Chair, Allergy and Immunology  
Assistant Professor of Medicine at  
UMass Chan-Lahey School of Medicine

### **Erica Edsell**

Sr. Leadership Development Specialist  
Beth Israel Lahey Health

### **Robert R. Faust, III, M.D., F.A.C.P.**

Program Director,  
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Adjunct Assistant Professor of Medicine,  
Tufts University School of Medicine

### **Polly D. Fraga M.D.**

Vice Chair, Academics,  
General Internal Medicine  
Chair, Pharmacy and  
Therapeutics Committee  
Assistant Professor of Medicine at  
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Adjunct Assistant Professor of Medicine,  
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### **Dinamarie C. Garcia-Banigan, M.D., M.P.H., F.A.C.E.**

Chair, Division of Endocrinology,  
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Co-Director, Center for Sexual and  
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Adjunct Assistant Professor of Medicine,  
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### **Eric Green, M.D., M.Sc., F.A.C.P.**

The Guy Napolitana Endowed Chair  
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Professor of Medicine at UMass  
Chan-Lahey School of Medicine

### **Jason Grossman, M.D.**

Vice Chair, Clinical Cardiology  
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### **Hannah Hollander,, M.D.**

Associate Program Director,  
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Assistant Professor of Psychiatry,  
UMass Chan-Lahey School of Medicine

### **Igra Javeed, M.D.**

Lead Physician, Diabetes in  
Pregnancy Program  
Assistant Professor of Medicine at  
UMass Chan-Lahey School of Medicine

### **Sheri Keitz, M.D., Ph.D.**

Chair, Department of Medicine  
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Adjunct Professor of Medicine, Tufts  
University School of Medicine

### **Michael Levy, M.D., M.P.H., F.S.V.M., F.S.C.A.I., F.A.C.C.**

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Program Director, Interventional  
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### **Rebecca Rick Longo, D.N.P., A.C.N.P.-B.C., C.D.C.E.S.**

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Division of Palliative Care

### **Timothy Oman, M.D.**

Clinical Assistant Professor  
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Tufts University School of Medicine

### **Vandan Panchal, M.D., M.P.H.**

Division of General Internal Medicine

### **Faculty TBD – Department of Gastroenterology**

Division of Gastroenterology  
Lahey Hospital & Medical Center

### **Victor Pinto-Plata, M.D., M.A.**

Chair, Pulmonology and Critical Care  
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### **Sathyavani Prabhakar, M.D.**

Lifestyle Health Program

### **Ioana Preston, M.D., B.C.P.S.**

Director, Pulmonary Hypertension Clinic  
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### **Laura Safar, M.D.**

Vice Chair, Psychiatry and  
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Program Director, Psychiatry  
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### **Adam Segal, M.D.**

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### **Joanna Suski, M.D.**

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Assistant Professor of Neurology at  
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### **David Van Norstrand, M.D., Ph.D.**

Director, Consult Psychiatry  
Assistant Professor of Psychiatry at  
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### **Richard Zamore, M.D., M.P.H.**

Vice Chair for Quality and Education,  
Rheumatology  
Assistant Professor of Medicine at  
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### **Corrine Zarwan, M.D.**

Chair, Hematology/Oncology  
Associate Director,  
Lahey Health Cancer Institute  
Associate Professor of Medicine at  
UMass Chan-Lahey School of Medicine  
Adjunct Associate Professor of Medicine,  
Tufts University School of Medicine



## LOCATION/ACCOMMODATIONS/ATTRACTIONS



The timeless all-seasons Resort on Lake Winnepesaukee, Mill Falls offers 4 unique lakeside Hotels and Inns — Church Landing, Bay Point, Chase House, and The Inn at Mill Falls. All of the inns are within a short walking distance from each other. Situated in the heart of the Lakes Region, Mill Falls is the ideal headquarters for year round sports and recreational enjoyment. Take a short walk to the lake for swimming, boating, fishing or water-skiing, or head for the mountains to hike, snow ski or snowmobile. At Mill Falls you will find yourself in the center of a four-seasoned playground. Aspiring to be the premier hospitality destination in Northern New England, Mill Falls is committed to providing exceptional service in a clean, well-maintained, unique environment that enhances its community, while ensuring our staff and customers enjoy everything the region has to offer.

A limited number of rooms are reserved at Mill Falls at the Lake until September 2nd at a special group rate for meeting registrants. When making a reservation, attendees must identify themselves as participants of the Lahey Hospital & Medical Center's Topics in Internal Medicine course to ensure they receive the correct rate and group placement. Rates cannot be changed upon arrival for any guests who did not identify themselves when making their reservation.

For reservations, please contact Mill Falls directly via phone at (844) 745-2931, or online at <https://millfalls.reztrip.com/ext/promoRate?property=2139&mode=b&pm=true&sr=858932&vr=3>

## DIRECTIONS TO MILL FALLS AT THE LAKE

**281 Daniel Webster Highway, Meredith, NH 03253**

Use the below physical addresses to bring you to the doorstep of each individual hotel.

**Church Landing** | 281 Daniel Webster Highway, Meredith, NH 03253

**The Inn at Mill Falls** | 312 Daniel Webster Highway, Meredith, NH 03253

**Chase House** | 300 Daniel Webster Highway, Meredith, NH 03253

**Bay Point** | 1 Route 25, Meredith, NH 03253

## COURSE INFORMATION

<https://cmetracker.net/LAHEY>

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