

DEPARTMENT OF MEDICINE
PRESENTS

Topics in Internal Medicine

October 4 – October 6, 2026

Mill Falls at the Lake
Lake Winnepesaukee
Meredith, NH

Beth Israel Lahey Health 
Lahey Hospital & Medical Center

Topics in Internal Medicine

October 4 – October 6, 2026

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., F.A.C.P.

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 and panel discussions.

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: menopause, testosterone deficiency, arthritis, gout, cardiac monitoring data, thyroid disorders, wound care, and eye changes

Review: significant medical literature of the past year, updates in molecular diagnostics, immunotherapy, and gut microbiome

Identify: foot pathologies, movement disorders, intracerebral hemorrhage, and allergy testing

Utilize: screening programs for lung nodules and breast cancer and strategies to manage substance abuse disorders

Lead: quality improvement to address community infections and difficult patient situations

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 educational activity will be submitted to the American Association of Nurse Practitioners® for approval of up to 15.75 contact hours of accredited education.

Mill Falls at the Lake, Meredith, NH

SUNDAY, October 4, 2026

- 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. and Sheri Keitz, M.D., Ph.D.
- 11:30 a.m. **Can't Miss Articles from 2025-2026**
Sheri Keitz, M.D., Ph.D. and Eric Green, M.D., M.S.C., F.A.C.P.
- 12:30 p.m. **Lunch Break**
Moderator: Dinamarie C. Garcia-Banigan, M.D., M.P.H., F.A.C.E.
- 1:15 p.m. **Making Strides: Minimally Invasive Approaches to Common Foot Pathologies for PCPs**
Naveen Pattisapu, M.D.
- 1:45 p.m. **Non-Operative Management of Hip and Knee Arthritis**
Stephanie Clegg, M.D.
- 2:15 p.m. **Gout: Everything You Wanted to Know and More**
Matthew Axelrod, M.D.
- 2:45 p.m. **Ophthalmology for Internists**
Fina Barouch, M.D.
- 3:15 p.m. **Q&A**
- 3:30 p.m. **Break**
- 3:45 p.m. **Movement Disorders: Identifying Early Signs, Clinical Evaluation, and Imaging**
Diana Apetauerova, M.D. and Juan Small, M.D.
- 4:45 p.m. **Intracerebral Hemorrhage Management Update — Historical Perspectives and the Timely Deep Dive into the Future: MINUTE and SCUBA!**
Jonathan Pace, M.D., M.B.A.
- 5:15 p.m. **Management of Lung Nodules**
Carla Lamb, M.D.
- 5:45 p.m. **Q&A**
- 6:00 p.m. **Adjourn and Welcome Reception**

MONDAY, October 5, 2026

- 7:00 a.m. **Registration and Continental Breakfast for Registrants**
Moderator: Polly Fraga, M.D., F.A.C.P.
- 7:45 a.m. **Initial Approach to Wound Care in the Primary Care Setting**
Brian Freniere, M.D.
- 8:15 a.m. **Advances in Targeted Cancer Therapies and the Evolving Role of Molecular Diagnostics**
Sheida Sharifi, M.D., Ph.D.; Paul Hesketh, M.D., F.A.S.C.O., F.M.A.S.C.C.; Parth Shah, M.D.
- 9:15 a.m. **Supercharging the Immune System: Navigating Modern Immune Effector Cell Therapy Landscape**
Samer Ibrahim, D.O.
- 10:15 a.m. **Q&A**
- 10:30 a.m. **Break**
- 10:45 a.m. **Hormones in Flux: Understanding Menopause from the Inside Out**
Dinamarie Garcia-Banigan, M.D., M.P.H., F.A.C.E.
- 11:45 a.m. **Beyond Mammography: Integrating Risk Assessment and Dense Breast Management into Practice**
Shwetha Sequeira, M.D.
- 12:15 p.m. **Testosterone Deficiency: Latest Guidelines**
M. James Lenhard, M.D.
- 12:45 p.m. **Q&A**
- 1:00 p.m. **Adjourn**

TUESDAY, October 6, 2026

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

Moderator: Robert Faust, M.D., F.A.C.P.

7:30 a.m. **You've Ordered the Heart Monitor, You Have the Results, Now What?**

G. Muqtada Chaudhry, M.D.,
F.A.C.C., F.H.R.S.

8:00 a.m. **Common Thyroid Disorders**
Kate Cappetta, D.O.

8:30 a.m. **Community C. difficile**
Daniel Caroff, M.D., M.P.H.

9:00 a.m. **Gut Microbiome**
Anna Leszczynski, M.D.

9:30 a.m. **Allergy: Fact or Fiction?**
Ellen Dutta, M.D.

10:00 a.m. **Q&A**

10:15 a.m. **Break — Hotel Check-out**

10:45 a.m. ***Pain and Substance Abuse Disorder**

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.*

11:45 a.m. **Providing Care in Difficult Patient Situations: Maintaining Excellence and Preventing Burnout When Facing High Emotion**
Michael Soule, M.D.

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

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



Registration

TOPICS IN INTERNAL MEDICINE

October 4 - October 6, 2026

Registration Fees: Physicians \$750
 Advanced Practice Providers \$650

REGISTER ONLINE

<https://lahey.cloud-cme.com/default.aspx>

— 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: _____

Address: _____

City: _____ State: _____ Zip: _____

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Email (required): _____

ABIM# (required for MOC Points): _____

PAYMENT BY CHECK:

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

FILL OUT BELOW FOR PAYMENT BY CREDIT CARD ONLY.

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Name as it appears on credit card: _____

Account #: _____

Expiration Date: _____

Amount to be charged: _____

Signature: _____

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

Diana Apetauerova, M.D.

Director, Movement Disorders Clinic
Associate Professor of Neurology,
UMass Chan-Lahey School of Medicine

Fina Barouch, M.D.

Director, Ophthalmology Trauma
Assistant Professor of Surgery,
UMass Chan-Lahey School of Medicine

Kate Cappetta, D.O.

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and Metabolism

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Director, Cardiac Electrophysiology
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Director, Sophia Gordon Cancer Center,
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UMass Chan-Lahey 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 accommodations are within walking distance. 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 3rd 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://lahey.cloud-cme.com/default.aspx>

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41 Mall Road, Burlington, MA 01805

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