

Summer SEA-M-E Conference
June 7 – 11, 2026
Hyatt Place Dewey Beach

Faculty Disclosure - All faculty participating in this continuing medical education activity are expected to disclose any real or apparent conflict(s) of interest related to the content of their presentation(s). Full disclosure of faculty relationships will be made at the activity. Any reported conflicts of interest were cleared prior to this event.

CME	Workshops	Social	Practice Management	Wellness 	Symposium	Ⓡ Recorded
SUNDAY, JUNE 7						
Prefunction – Lighthouse Cove Event Center (rear of hotel)						
10 am	Registration opens - Prefunction Space at the Event Center					
11 am – 11:45 am All sessions this day are in the Ballroom	Opening lunch session (Please, only main registrants only) Pa. Primary Care Spend Study Results Mary Jo Condon, MPPA and Julia Sledzik, Freedman Healthcare Reporting on new Pennsylvania-specific findings comparing commercial and Medicare fee-for-service reimbursement rates for a focused set of primary care services.					
11:45 am – 12:45 pm	The Culture and Leadership Shift – How Culture and Leadership Impact Well-Being PS Caitlin Matthis, DO, FAAFP, UPMC Washington Ⓡ					
12:45 – 1:15 pm EXHIBIT AND REFRESHMENT BREAK A red ticket is in your envelope. Drop that at your favorite decorated exhibit table. Prize to the exhibitor with the favorite.						
1:15 – 2 pm	Female Factor Infertility PS Ⓡ Nyasha George, MD, FAAFP, AAHIVS, Jefferson Health, Philadelphia, PA					
2- 3 pm	Trauma-Informed Care PS Ⓡ Ramnarine Boodoo, MBBS, Penn State Health, Hershey PA					
3 – 3:30 pm Exhibit and Refreshment Break						
3:30 – 4:15 pm	Medical Ingredient Detective: Helping Patients Navigate Ultra-Processed Foods and Deceptive Marketing PS Ⓡ Kenneth M. Lankin, MD, MBA, MPH, Jefferson Health, Philadelphia, PA					
4:15 – 5 pm	What Can You Still Do With Aspirin? PS Ⓡ Joshua Steinberg, MD, UHS Wilson Family Medicine Residency, Johnson City, NY					
5:15 pm Welcome Party on the Beach! (outside on the deck) Contests, Photo Booth and more! Attendees and Guests/Family Members welcome!						



MONDAY, JUNE 8

6:30 – 7:30 am

Sunrise ‘all levels’ yoga on the beach (n/c)
Featuring Renah Scudlark, Soulfire Collective Yoga



What can be more relaxing than yoga in the early morning on the beach. No experience necessary. If you have a yoga mat, please bring it, otherwise, bring a towel. Water bottle of some sort is optional.

7:30 am

Registration Opens

7:30 am

Independent Practice Physicians Breakfast (Sunset South 1)

7:30 – 8 am

Exhibitor Meet and Greet Breakfast

Enjoy light breakfast with our corporate colleagues and Academy supporters.

Ballroom	8 – 9 am	Pneumonia Update PS Joshua Steinberg, MD, UHS Wilson Family Medicine Residency, Johnson City, NY
Ballroom	9 - 10 am	Practical Strategies to Navigate Obesity Management in Primary Care PS Nicholas Pennings, DO, DABOM, MFOMA, FACOFP, FAAFP, Buies Creek, NC
Clinical Didactic Ballroom	Workshops Sunset 1 and 2	Practice Management Tent on the deck
10 – 10:45 am Avoiding Fault Lines – Clinical Skills to Promote Firearm Safety PS Melissa Clark, MD, Eating Recovery Center and Caitlin Matthis, DO, UPMC Washington	10 – 11:15 am (w/ break at 10:30) POCUS Workshop PS Donald Lee Ours, II, DO and Nicholas Debiec, DO UPMC Washington Family Medicine Residency	
10 – 10:45 am Whole-Person Care in the Age of Precision Medicine PS Timothy Switaj, MD, MBA, MHS Wellspan Health	Attendance is limited. Sign-up sheet at PAFP Registration desk	

10:45 – 11:15 am

WELLNESS/ EXHIBIT/REFRESHMENT BREAK



Doug Lentz, MS, CSCS, Certified Exercise Specialist is back!

11:15 – 11:45 am Osteoporosis Update PS Anupriya Grover-Wenk, DO, FAAFP, Jefferson Abington Health, Philadelphia	11:15 am – 12:30 pm POCUS Workshop Repeated PS Donald Lee Ours, II, DO and Nicholas Debiec DO UPMC Washington Family Medicine Residency	11:15 am – 12 pm Proactive Panel Management PS Utilizing Patient Segmentation Timothy Switaj, MD, MBA, MHA, Wellspan Health
	Sign-up sheet at PAFP Registration desk	12 – 12:45 pm RVUs Du Jour: Maximizing Your Coding Skills Andrew Lutzkanin, MD, FAAFP Penn State Hershey

12:50 pm
Lunch w/ Exhibitors
Prefunction space

1:30 – 6:30 pm
Sip, Shop and Stroll – A Coastal Adventure
Beer/Wine/Antiques Trail

Discover the charm of the region with our exclusive five-hour Winery, Brewery & Antique Trail! This relaxing experience takes you to three unique stops: a boutique winery for elegant tastings, a craft brewery for bold flavors, and a delightful antique shop brimming with treasures. Enjoy complimentary snacks, bottled water, and a flight of tastings at the winery and brewery. Whether you're savoring a glass of local wine, sampling artisanal brews, or hunting for vintage finds, this tour blends relaxation, flavor, and discovery into one unforgettable afternoon.

Shuttle will pick up from in front of the Hyatt. Plan to be outside by 1:20 pm.

6 – 8 pm
Sunset Cruise

Sunset Tiki Boat Cruise – Let the Good Times Float! (SOLD OUT)
Located over at the marina next to the hotel – Good Vibes Tiki Boat Cruises
Walk over to be there a few minutes before 6 pm. Remember your wristband.

TUESDAY, JUNE 9

6:45 – 7:30 am
DAYBREAK WITH DOUG



Doug Lentz, MS, CSCS, Certified Exercise Specialist

Learning Body Weight Exercises PS

Come ready to have some fun with Doug. **Want More Wellness?** – During the breaks on Tuesday and Wednesday, Doug is going to cover a whole range of movements and exercises that can be done anytime. These will include balance, core training, dynamic mobility, simple hip work, range of motion, etc. perfect for you and your patients. No experience necessary, very informal and fun.

These exercises will happen in the ballroom after sessions during the breaks. Early AM Exercises may be on the beach.

7:30 am
EXHIBITORS (light breakfast)


Ballroom

7:35 – 8 am

Agility Movement Skills – Doug Lentz PS
Doug Lentz MS, CSCS, Certified Exercise Specialist


Ballroom


8 – 8:45 am


Prescribing with Confidence: Buprenorphine and Naltrexone in Everyday Family Practice PS 
Bradley Miller, DO, Meritus Health



Ballroom

8:45 – 9:45 am

From Resistance to Response: Evolving Strategies in MDD Management PS 
Joseph F. Goldberg, MD, Mt. Sinai School of Medicine, New York, NY

Clinical Didactic Ballroom	Workshop Sunset 1	Practice Management Tent
9:45 – 10:30 am Biologics - Miracle Drugs for Dermatologic Conditions PS  Cameron Glagola, DO, UPMC Williamsport	9:45 – 11 am OMT for Overuse Injuries PS Aaron George, DO and Brad Miller, DO, Meritus Health	9:45 – 10:30 am Case-Based Coding Juan Perez, DO, Penn State St. Joseph Family Residency Program

10:45 – 11:15 am
Prefunction Event Center
Exhibit And Refreshment Break -Wellness Too (Quick Core) 
 Doug Lentz, MS, CSCS, Certified Exercise Specialist

Clinical Didactic Ballroom	Workshop Derm – Sunset South 1 Trigger Point – Sunset South 2	This session is planned to be out on the beach – backup will be the tent
11 – 11:45 am Cardiomyopathy Update PS  Jeff Zlotnick, MD, FAAFP, Tower Health, Reading, PA 11:45 am – 12:30 pm Hormonal Treatment for Post-Menopausal Women PS  Anupriya Grover-Wenk, DO, Sidney Kimmel Medical College at Thomas Jefferson University, Philadelphia, PA	11:15 am – 12:30 pm Dermoscopy Workshop PS Cameron Glagola, DO, UPMC Williamsport Trigger Point Injection Workshop PS Abby Rhoades, DO, St. Luke’s University Health Network (Attendance is limited for both workshops) Sign-up sheet at PAFP Reg.	11:30 – 12:15 pm 10 Things I wish I Knew After Residency PS Andrew Lutzkanin, MD, FAAFP Penn State Hershey

12:30 – 1:30 pm (Ballroom)
All registrants are invited to a Lunch Symposium

Enhancing Cancer Detection in Primary Care with The Cologuard Plus™ test and Cancerguard®
Durado Brooks, MD, MPH, FACP


This event is not a part of the official Pennsylvania Academy of Family Physician (PAFP) CME Conference. The content of this event and opinions expressed by the presenters are those of the sponsor/presenter and not that of the PAFP.


This event is brought to you by Exact Sciences, now Abbott Cancer Diagnostics

1:45 – 3:45 pm (Sunset South 1 and 2)

Battlefield Acupuncture Training - Add a Rapid, Highly Effective Pain Management Skill to Your Practice PS


 Songxuan (Song) Zhou-Niemtzow, MD, LAc – Director, The Niemtzw Institute for Battlefield & Rapid Acupuncture
 Arnyce Pock, MD, MHPE, MACP – Professor of Medicine / Medical Acupuncturist


 2 – 3:30 pm
Paddle Into Adventure - Kayak And Stand Up Paddleboard Lessons And Excursion! Full
 Launch area is a short walk away...about 1000 steps.
A PAFP staff person will lead the way at 2:10 pm. Meet out front.


 6:30 pm **(Ballroom)**
Tuesday Trivia Challenge (No charge)
 Test Your Skill! Get a team together, or just wing it. Enjoy great company, light bites and refreshing drinks while you put your knowledge to the test.
 All ages and everyone welcome! **Prizes!!**

(Tent)	8 – 8:45 pm	Update on the Effects of Climate Change on Health PS (Snacks and beverages provided) D. Scott McCracken, MD, FAAFP, FAWM, WellSpan Health, York, PA
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WEDNESDAY, JUNE 10

<p>7:15 – 8 am (Ballroom or Beach) Posture and Mobility Exercises PS Douglas Lentz, MS, CSCS, Certified Exercise Specialist</p>	
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7:30 – 8:30 am
EXHIBITORS and light breakfast

Clinical Didactic Ballroom East	Workshop Sunset South 1 and 2	Interactive Ballroom West
<p>8:30 – 9:15 am To Clear, or Not to Clear? The Preparticipation Physical Exam Not Just Rehab: The Role of Physical Therapy in Sports Medicine PS ® Jason Loeffert, DO, Penn State Health, Hershey, PA</p>	<p>8:45 – 10 am Pelvic and Sacral Dysfunction (OMT) PS Juan Perez, DO, Penn State St. Joseph</p>	<p>9:15 – 10:15 am Situation Room Join us for interactive, small-group discussions tackling real-world challenges in atrial fibrillation and venous thromboembolism anticoagulation management (AF/VTE). This unbranded, non-promotional session is designed for open, peer-to-peer dialogue. These are interactive, practical, case-based discussions led by experienced medical professionals.</p>

<p>10:15 – 11 am (Ballroom East) What Every Family Medicine Physician Should Know About Hepatic Encephalopathy PS Recognition, Differential Diagnosis, Diagnostic Testing, and Appropriate Referral David M. Sass, MD, Jefferson Health, Philadelphia, PA Supported by an independent educational grant from Bausch Health</p>
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11 – 11:30 am  **PS**
Exhibit/Refreshment and Wellness Break
(Wellness exercises will happen in a section of the ballroom)

Clinical Didactic Ballroom East	Workshops Sunset South 1 – Derm Sunset South 2 – Trigger Point	
<p>11:30 – 12:15 pm Empowering Conversations: Reducing Shame and Blame in Pediatric Behavioral Health PS Stephanie Harvison, LPC, Penn State Health, Hershey, PA</p>	<p>11:30 am – 12:45 pm Trigger Point Injections Workshop (Repeated) PS Abby Rhoades, DO, St. Luke’s University Health Network</p>	

12:20 pm – 1:00 pm
Updates in Postural Tachycardia Syndrome and Dysautonomia for the Primary Care Provider PS
Abby Rhoades, DO, St. Luke's University Health Network

11:30 – 12:45 pm
Dermoscopy Workshop (Repeated) PS
Cameron Glagola, DO, UPMC Williamsport

1:05 – 1:45 pm (Ballroom East and West)
LUNCH and The Lila Stein Kroser, MD Memorial Lecture (1:15 – 1:45 pm) CME
“The Science of the Scroll: Navigating Social Media Trends and the Supplement Surge in Primary Care”
Maria D. Gioia, DO
Medical Director, Forbes Family Medicine
Associate Program Director, Forbes Family Medicine Residency Program
Associate Professor of Clinical Family, Community, and Preventative Medicine, Drexel University College of Medicine

1:45 – 2:15 pm	Afternoon CME (Tent) Hepatitis C Update PS D. Scott McCracken, MD, FAAFP, FAWM, WellSpan Health, York, PA
2:15 – 3:15 pm	Pain Management Assessment and Informed Clinical Decision-Making for Opioid and Nonopioid Medication PS (Meets State mandate) Live Webinar Here is the required pre-test link: https://padsmp.qualtrics.com/jfe/form/SV_9z8ZxBHx9CWO3Xg
3:15 – 4:15 pm	Strategies to Enhance Patient-Clinician Communication for Pain Management Care (Meets State mandate) Live Webinar PS Here is the required pre-test link: https://padsmp.qualtrics.com/jfe/form/SV_0ezCIUIZzVFKVue Gary Stoner, MD, Clinical Champion for Quality Insights/ Pa Dept of Health

5:30 – 6:30 pm (Sunset South 1)

All registrants are invited to a Reception Symposium
(No Charge – food and beverages included)



If you'd like to pre-register to ensure a spot, use the QR code above. The Program ID is 30485

CRYSVITA® (burosumab-twza): Targeted Treatment for Adults With X-Linked Hypophosphatemia (XLH)

Focus: Patient Cases

Mark E. Nunes, MD

Director of Genetics, Genomics, and Metabolism,
Cure 4 the Kids Foundation, Las Vegas, NV

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This event is brought to you by KyowaKirin

Paint & Sip – Unleash Your Inner Artist! - 7 pm

Grab a brush, pour a glass (alcohol or non-alcohol), and let your creativity flow! At this no-stress painting session, you'll create your own masterpiece while enjoying refreshments and fun. No experience? No problem! This event's friendly instructor will guide you step-by-step, so you can sip, laugh, and paint the time away and all materials are provided. You will leave with a finished "work of art" to take home. **A few spots remain.** \$45 If interested, stop by the PAFP desk.

THURSDAY, JUNE 11
(All sessions today will be held in the Ballroom)

7 – 8:15 am	<p>Breakfast on your own</p> <p>Power Walk Dewey – Energize your morning! – No charge </p> <p>Step outside with a refreshing power walk through beautiful Dewey! This guided stroll is the perfect way to stretch your legs and breathe in the salty air while connecting with fellow attendees. Whether you're looking to boost your energy, clear your mind, or simply enjoy the outdoors, this invigorating walk is a great way to balance learning with movement.</p> <p style="text-align: center;">(Meet at the Event Center at 6:45 am)</p>
8:30 – 9:30 am	<p>A Primary Care Perspective on the Diagnosis and Treatment of Irritable Bowel Syndrome PS</p> <p>Amy Clouse, MD, Sydney Kimmel Medical College of Thomas Jefferson University, Philadelphia, PA</p> <p><small>Supported by independent educational grants from Salix Pharmaceuticals and Ironwood</small></p>
9:30 – 10:15 am	<p>The State of Generative AI: An Essential Briefing for Family Physicians PS</p> <p>Jim Spellos, Meeting U, New York</p>
Refreshment and Check-out Break	
10:30 – 11:15 am	<p>Sports Medicine and Physical Therapy....Options and More Options PS </p> <p>Jason Loeffert, DO, Penn State Hershey</p>
11:15 – 12 pm	<p>Generative AI: Evaluating the Good, the Bad and the Ugly...and Putting the Right Tools to Work</p> <p>Jim Spellos. Meeting U, New York PS</p>
12 – 12:45 pm	<p>Lifestyle Medicine – Shared Medical Appointments PS </p> <p>Daniel Chen, MD, FACP, DipABLM, Esperanza Health, Philadelphia, PA</p>
1:15 pm	
Closing Remarks and Drawings	

Credit Statements:

Application has been filed with the American Academy of Family Physicians. Determination of credit is pending.

The Philadelphia College of Osteopathic Medicine is accredited by the American Osteopathic Association of medical education for physicians. The Philadelphia College of Osteopathic Medicine designates this program for a maximum of **26.75 hours** of AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Mark your calendar for these upcoming events

- June 26 @ 12 noon – Lunch and Learn Live Webinar - A View From the Other Side: Lessons from Child Welfare for Physicians, Rachel Berger, MD, Pennsylvania Department of Human Services| Office of Children, Youth and Families**
- April 9 – 10, 2027, Spring CONNECT Conference, Annual Business Meeting, Research Day, The Landing Hotel, Pittsburgh**
- June 6 – 10, 2027, Summer SEA-M-E Conference, Hyatt Place Dewey Beach**

Thank you for attending! Safe travels everyone.