

5 8 <sup>t h</sup> A N N U A L



# NAFP

NEVADA ACADEMY OF FAMILY PHYSICIANS

**January 25–29, 2026**  
(Pre-Conference January 24)

**"The Original and Still the Best"**

**Celebrating 57 years in beautiful Lake Tahoe!**



**Winter CME Meeting  
Harrah's Lake Tahoe  
Stateline, Nevada**

**Join us for up to 57 CME credits including  
Opioid and Ethics CME Requirements; KSA Group Sessions; Workshops for  
Joint Injections, Sports Med, Women's Health and much more!**

**World-class Skiing/Snowboarding • Nightly Receptions/Silent Auction  
Exhibits • Wine and Beer Tasting • Round-the-Clock Fun!!**

n v a f p . c o m

## COME CELEBRATE WITH US!

On behalf of the Nevada AFP, we invite you to join us for up to **57 credits of CME in 6 days**, world-class downhill and cross-country skiing, snowboarding, sledding and nightly activities. Please join us for a package unequalled anywhere, and see why we can say it is "The Original and Still The Best" Winter CME Meeting in the West.

The word "Tahoe" says it all...located in the heart of the Sierra Nevada, this exquisite alpine lake sits at 6,225 feet above sea level and is surrounded by several of the finest ski resorts in the World. Lake Tahoe has a ski season that runs from mid-November to mid-April, an average of 40 feet of ski-level snow per season and more than 300 sunny days per year make Tahoe skiing legendary. More than 20 ski areas are within an hour's drive and Heavenly Mountain Resort is just steps away from Harrah's Lake Tahoe. With 4,800 acres, 97 trails, and 28 lifts, there is something for every level of skier at Heavenly.

We are excited about returning to Harrah's Lake Tahoe. Located near crystal clear waters and majestic mountains, Harrah's Lake Tahoe is a AAA Four-Diamond Award winning hotel that is as impressive as the lake itself. With award-winning guestrooms, seven exceptional restaurants, a magnificent swimming pool and a luxurious spa, Harrah's Lake Tahoe is the perfect getaway.

We hope you can join us for great CME and a wonderful vacation!

Catherine McCarthy, MD, FAAFP - NAFP CME Chair

## HOTEL REGISTRATION

Harrah's Lake Tahoe, 15 Hwy 50 Stateline, NV 89449

Book your room online at [nvaafp.com](http://nvaafp.com) or call 800-455-4770. All reservations made by phone will be subject to a \$15 fee. Be sure to identify yourself with the Group Code: Harrah's Lake Tahoe or Caesars Republic Lake Tahoe, **S01NVA6** to receive the special group rate. Standard/run-of-the house rooms, single/double occupancy. Harrah's: Sun-Thu \$69, Fri \$159, Sat \$199; Caesars Republic: Sun-Thu \$65, Fri \$149, Sat \$189. Call for availability. RESERVATIONS MUST BE MADE NO LATER THAN January 9, 2026. Rates do not include daily resort fee, plus tax.

Reservations made after January 9, 2026 will be confirmed on a space-available basis at the prevailing rate available. First night's deposit is required to make a reservation. Any individual cancellation or early departure within 72 hours from the date of arrival will be billed for the entire stay, room and tax.

**Please make your hotel reservations early!**

## TRANSPORTATION

Ground transportation from the Reno/Tahoe International Airport is provided by car rental or by the South Tahoe Airporter shuttle service. For additional information call 866-898-2463 or make reservations online at [southtahoeairporter.com](http://southtahoeairporter.com).

# VISIT NVAFP.COM FOR PROGRAM CHANGES AND REGULAR FACULTY UPDATES

## EXHIBITS

Over 30 technical and scientific exhibits will be open Sunday and Monday evenings from 6:30–8:30pm. Please show your appreciation by visiting each booth during our nightly receptions. If you complete the exhibitor signature card you will be eligible to win a pair of skis or snowshoes. Refreshments will be served in the exhibit hall each evening and wonderful ski prizes will be given away each night at 7:00pm.

### Friday, January 23, 2026

6:30–9:30pm General Registration - *Convention Center*

### Saturday, January 24, 2026

8:00am–6:30pm General Registration - *Convention Center*  
8:00am–5:30pm Student/Resident Conference  
8:30am–12:30pm Palliative Care KSA Workshop  
MUST SIGN UP TO ATTEND (additional fee)  
1:30–5:30pm Hypertension KSA Workshop  
MUST SIGN UP TO ATTEND (additional fee)

### Sunday, January 25, 2026

6:30am–6:30pm General Registration - *Convention Center*  
7:45–9:00am Partnering for Change: Effective Strategies in Obesity Management for Primary Care Professionals  
9:00–10:00am Chronic Kidney Disease  
10:15–11:15am Role of Family Medicine in Alzheimer's Disease  
11:15am–12:15pm Overactive Bladder: Treatment Overview and Updates  
12:15–1:30pm Luncheon Lecture - Colorectal Cancer  
1:30–2:30pm Student/Resident Poster Presentations  
2:30–3:30pm Cardio-Renal Metabolic Conditions  
3:45–4:30pm General Surgery Updates in Primary Care: Gallstones, Appendicitis, Hernias and Diverticulitis  
4:30–6:30pm Trends in Cardiovascular Medicine for the Family Physician  
6:30–8:30pm Welcome Wine Tasting Reception & Silent Auction and Exhibits - *Exhibit Hall*  
8:30pm Après Ski Party - *Hospitality Suite*

### Monday, January 26, 2026

6:00am–6:30pm General Registration - *Convention Center*  
7:00–8:00am Elevated PSA & the Diagnosis of Prostate Cancer  
8:00–9:00am The Wake-Up Workshop Initiative: Your Practical, Comprehensive Guide to Obstructive Sleep Apnea  
9:15–11:15am Joint Injection Workshop  
12:15–2:15pm Sports Med Ankle and Foot Ultrasound Workshop  
2:30–4:00pm Musculoskeletal Workshop  
4:15–5:15pm Neurosurgery Review: Traumatic Injuries, Neurovascular Disease, Neurological Malignancy and Flow and Pressure  
5:15–6:30pm Journal & Family Medicine Board Exam Jeopardy!  
6:30–8:30pm Beer & Margarita Tasting Reception and Exhibits - *Exhibit Hall*  
8:30pm Fiesta Party - *Hospitality Suite*

### Tuesday, January 27, 2026

6:00am–6:30pm General Registration - *Convention Center*  
7:00–8:00am Endometriosis and Pelvic Pain  
8:00–9:00am Recurrent UTI and Bladder Pain  
9:15–11:15am Sexual Health Workshop: STI Treatment and LGBTQIA+ Care  
12:30–2:30pm Integrating Substance Use Disorder Treatment into Your Practice Workshop  
2:45–4:15pm End of Life Planning Workshop: POLST and Advanced Directives  
4:30–5:30pm The Path to Viral Hepatitis Elimination: Enhancing Screening, Vaccination, Treatment, and Care  
5:30–6:30pm Rebuilding Primary Care: The Family Medicine Workforce Crisis and the Expanding Landscape of Practice Opportunities  
6:30–8:30pm Hospitality Suite Final Night



Wednesday, January 28, 2026

6:00am–6:30pm	General Registration - <i>Convention Center</i>
7:00–8:00am	Eating Disorders
8:00–9:00am	Drug-Enabled Assault
9:15–11:15am	Thriving Through the Turmoil: Wellness Tools for the Modern Family Doctor
12:30–2:00pm	Wilderness Medicine Workshop
2:15–4:15pm	Procedures Workshop
4:30–5:00pm	Travel Medicine
5:00–6:30pm	Top Articles in Family Medicine
7:00–7:30pm	Cocktail Reception - <i>South Shore Room</i>
7:30–10:30pm	Join us for our Farewell 70s Party! We'll provide dinner and groovy cocktails—you bring the FUN! Drawing for two pairs of skis and one pair of snowshoes (must be present to win)

Thursday, January 29, 2026

8:00–9:00am	The Healthy Nevada Project: Genetic Screening and Research Initiative
9:00–10:00am	Medical Emergencies in the Sky and Beyond
10:00–11:30am	Hot Topics in Family Medicine Panel
11:45am	Drawing for last pair of snowshoes! (must be present to win)

## ADJOURNMENT OF THE 2026 WINTER CME MEETING

We would like to thank the following sponsors for their support of our program:

Community Health Alliance • Exact Sciences

HCA/Sunrise Health GME Consortium Family Medicine

Kirk Kerkorian School of Medicine, University of Nevada, Las Vegas

Medical Learning Institute • Medscape

Nevada Advanced Pain Specialists • Northern Nevada Health System

Peerview Institute for Medical Education • Renown Health

Touro University of Nevada, College of Osteopathic Medicine

University of Nevada Reno School of Medicine

The Valley Health System • Valley Hospital Medical Center

## DISCOUNT SKI LIFT TICKETS — ONLINE ONLY

Discount ski lift tickets for Heavenly Mountain Resort, Northstar-at-Tahoe, and Kirkwood will be available for sale online ONLY. Please check the NAFP website for the link to purchase lift tickets, lessons and more. **Tickets will go on sale from mid-November through January 16, 2026. Tickets must be purchased in advance and WILL NOT be available for sale at the registration desk.**

## KSA GROUP LEARNING SESSION (formerly SAM Session)

Please join us for our KSA Group Learning Sessions on **Palliative Care** and **Hypertension**.

The Clinical Self-Assessment (formerly Clinical Simulation) is no longer required and is an optional activity. All results from the KSA will be automatically transmitted to the ABFM.

At the completion of the self-assessment module, participants will receive 8 CME and 10 points for each KSA from the ABFM. Additional per-session fee of \$150 for Meeting Attendees and \$200 for Non-Meeting Attendees.

## ACCREDITATION

CONTINUING MEDICAL EDUCATION CREDIT: This program has been submitted to the American Academy of Family Physicians for up to **41 Prescribed Credits** (plus an additional 8.0 Prescribed Credits for each KSA session).

Physician Credit: AAFP Prescribed Credit is accepted by the AMA as equivalent to AMA PRA Category 1 for the AMA Physicians Recognition Award. When applying for AMA PRA, prescribed credits earned must be reported as Prescribed Credits, not as Category 1. Each physician should claim only those credits that he/she actually spent in the educational activity. One hour of lecture equals one credit. Program evaluation must be completed and turned in to receive credit.

AAFP adheres to ACCME Standards regarding industry support of continuing medical education, and disclosure of faculty and commercial sponsor relationships (if any) will be made known at the activity. Speakers are also expected to openly disclose inclusion of discussion of any off-label, experimental, or investigational use of drugs, devices, or equipment in their presentations.

## OBJECTIVES

Physicians attending this program will receive current information on a diversity of medical topics pertinent to patient care in daily practice. Topics were chosen from suggestions submitted on evaluation forms completed by 2025 Winter CME Meeting attendees, as well as future trends and the relevance to quality patient care. At the conclusion of the program, registrants will have a working and applicable understanding of these topics. Objectives for each individual presentation will be included in the meeting syllabus and speaker handouts. This meeting also allows an opportunity for students, residents, practicing physicians, educators, and faculty to interact academically, professionally, and socially.