

Summer SEA-M-E Conference June 8 – 12, 2025 -- 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.

Credit Statement:

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 **25.5 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.

The AAFP has reviewed 2025 Summer SEA-M-E Conference and deemed it acceptable for up to **25.5 AAFP Prescribed credit(s)**.

***(Total of 35.5 if you participate in the t2p® sessions.)** Term of Approval is from 06/08/2025 to 06/12/2025. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*Look for this symbol (**t2p®**) on select sessions. These sessions are good for 2 extra Prescribed credits each once follow-up paperwork is received. [Translation to Practice® \(t2p®\) | AAFP](#)

CME	Workshops	Social	Practice Management	Wellness 	 Recorded
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SUNDAY, JUNE 8

All of today's sessions will be in the BALLROOM

10 am	Registration opens – PREFUNCTION
11 am – 12 pm	Keynote: Cybersecurity for Healthcare (Former FBI and Intelligence) PS John Iannarelli (FBI Ret.) CSP eeds code 86KITH
12 – 12:45 pm	Lipid Management Beyond Statins PS Seamus Paul Whelton, MD, MPH, Johns Hopkins Medicine
12:45 – 1:15 pm PREFUNCTION 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 – 2:15 pm	Once Weekly Insulin – What You Need to Know PS Jay Shubrook, DO, Touro University, CA (CME credit instructions will be given in the room.)
2:15 – 3:15 pm	Engaging Families in Behavioral Health Services PS  (t2p®) James Waxmonsky, MD, Penn State Health eeds code 04DIPS
3:15 – 3:30 pm PREFUNCTION EXHIBIT AND REFRESHMENT BREAK	
3:30 – 4:15 pm	Name that Lesion PS  Cameron Glagola, DO, UPMC Williamsport eeds code 04FALL
4:15 – 5:30 pm	Leadership Lessons Learned Through the FBI PS John Iannarelli (FBI Ret.) CSP
	6 – 7:30 pm WELCOME PARTY ON THE BEACH! Contests, Photo Booth and more! Attendees and Guests/Family Members welcome! Main registrant no charge, Guests - Adults \$25, children under 14 years old \$10. Tickets, if ordered, are in your envelope.

MONDAY, JUNE 9

6:30– 7:30 am
BEACH

Sunrise ‘all levels’ yoga on the beach

What can be more relaxing than yoga in the early morning on the beach. No experience necessary. Join us with Saltwater Yoga’s Margot Antonelli for a great start to your day. Bring a towel from your room.

7 am
PREFUNCTION

Registration Opens

7:30 – 8:15 am **PREFUNCTION**

Exhibitor Meet and Greet Breakfast

Enjoy light breakfast with our corporate colleagues and Academy supporters in the meeting foyer.

7:15 am
SUNSET 1

Independent Practice Physician’s Breakfast

8 –8:45 am
BALLROOM

Identifying Barriers to Care and Safety for Victims of Domestic Violence **PS**

Michelle Hoadley, DO, York PA eeds code **21DREW**

8:45 – 9:45 am
BALLROOM

Early Recognition + Earlier Intervention = Slowing the Progression in Mild Cognitive Impairment/Early Alzheimer’s **PS**

Raymond Scott Turner, PhD, MD, FANA, FAAN
(CME credit instructions for this session will be given in the room.)

Clinical Didactic - **BALLROOM**

Workshop - **SUNSET 1 & 2**

Practice Management - **TENT**

9:45 – 10:45 am
Coping Techniques and Resources for Secondary Trauma and Compassion Fatigue **PS  (t2p[®]) **
Caitlin Matthis, DO, FAAFP, UPMC Washington and Melissa Clark, MD, Eating Recovery Center
eeds code **89FIFE**

9:45 – 11:30 am (w/ break at 10:30)
Dermoscopy Workshop **PS**
Cameron Glagola, DO, UPMC Williamsport
eeds code **76HELP**

10:30 – 11:15 am
Optimizing Population Health and Quality Metrics
Juan Perez, DO, Penn State – St. Joseph Family Medicine Residency
eeds code **98SHES**

10:45 – 11:15 am **PREFUNCTION**
WELLNESS/ EXHIBIT/REFRESHMENT BREAK



Clinical Didactic - **BALLROOM**

Workshop – **SUNSET 1 & 2**

Practice Management - **TENT**

11:15 am – 12 pm
Future Stars Session **PS**
Acute Pain Crisis in Sickle Cell Disease - Cases
Ilham Umar, MD, Sukhjeet Kamboj, MD and Jason Assalita, DO, Wellspan Lebanon eeds code **15FACT**

11:45 am – 12:30 pm
OMT – To Go! **PS**
Tu Le, DO, St. Luke's Bethlehem Family Medicine
eeds code **24JESS**

11:15 – 12:15 pm
How to be Successful in Value-Based Care, Timothy Switaj, MD, Wellspan Health eeds code **74WYLE**

12 – 1 pm
Getting Back to Our “Why”: Reclaiming the Joy in Medicine **PS  (t2p[®]) **
Caitlin Matthis, DO, FAAFP, UPMC Washington and Melissa Clark, MD, Eating Recovery Center
eeds code **82KILO**

1 pm **PREFUNCTION**
Lunch w/ Exhibitors



2 – 3:30 pm

KAYAK AND STAND UP PADDLEBOARD LESSONS AND EXCURSION!**(offered Monday only)**No experience necessary. Launch area is only 3 blocks away. **125 McKinley Street – left on Coastal Highway**

A great, relaxing way to spend the afternoon while enjoying the beautiful sights and nature the area has to offer.

(Pre-registration required. The green wristband needed for this is in your envelope.)

8:30 – 10:30 pm

MOVIE ON THE BEACH**Mufasa: The Lion King**Bring a chair, blanket or beach towel. Popcorn and water/soda provided - **No Charge****TUESDAY, JUNE 10**6:30 – 7:30 am **BEACH****DAYBREAK WITH DOUG - EARLY RISER WELLNESS**Doug Lentz, MS, CSCS, Certified Exercise Specialist **Eeds code 91pong**

We'll kick off the morning by including a variety of movements to teach your patients, including but not limited to: Foot and ankle...Bodyweight upper and lower extremity strengthening...Dynamic Warm-up: Low intensity "Quickness" Drills...

Static and Dynamic Balance and Static Stretches

7:30 – 8:30 am - **PREFUNCTION**
EXHIBITORS

Coffee will be flowing!

8 – 8:45 am
BALLROOM**Resistance Training 101 – Basics That You and Your Patients Should Want to Know PS**Douglas Lentz, MS, CSCS, Certified Exercise Specialist **eeds code 100INK**8:45 – 9:45 am
BALLROOM**Recognizing Potential Amyloidosis in Your Patients PS (This session will be via zoom)**

Daniel Lenihan, MD, FACC, FESC, FIC-OS

(CME credit instructions will be given in the room.)

Clinical Didactic - BALLROOM**Workshops – SUNSET 1 & 2****Practice Management - TENT**

9:45 – 10:45

OMM in Lymphedema: In Office Approach PS

Theresa Metanchuk, DO

**eeds code 70KIPS**

9:45 – 10:45

"In the Nick of Time" PS**High Yield Office Based Procedures Workshop**

Brad Miller, DO

Aaron George, DO, Meritus Health

eeds code 18FEUS

9:45 – 10:30 am

Case-Based Coding and Billing

Juan Perez, DO, Penn State – St. Joseph Family Medicine Residency

eeds code 52PUDS10:45 – 11:15 am **PREFUNCTION****WELLNESS (CME)*/EXHIBIT/REFRESHMENT BREAK**Doug Lentz, MS, CSCS, Certified Exercise Specialist **Eeds code 55buzz**

*Doug's is going to cover a whole range of movements and exercises throughout the conference 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 a section of the BALLROOM during the breaks.

Clinical Didactic - BALLROOM**Workshops – SUNSET 1 & 2**11:15 am – 12:15 pm **PS****Case Studies in Psychiatry**

Daniel Orr, MD, Chester, PA

eeds code 98TANG

11:15 am – 12 pm

"In the Nick of Time" PS (continued)**High Yield Office Based Procedures Workshop**

Brad Miller, DO and Aaron George, DO

Meritus Health

12:15 – 1 pm

LGBTQ+ Care in Primary Care PS

D. Scott McCracken, MD, FAAFP, FAWM WellSpan Health York

eeds code 29STOA

12 – 1:15 pm

Joint Injections Workshop PS

Abby Rhoads, DO, Brittany Ohe, MD and Ana Tegtmeier, MD

St. Luke's University Health Network

eeds code 33AUNT

1:15 – 2 pm **BALLROOM**
LUNCH and The Lila Stein Kroser, MD Memorial Lecture CME eeds code **73PICS**

Are We Listening?

Amber Fedin, DO, FACOPF, FAAFP, Duquesne University College of Osteopathic Medicine, Pittsburgh

AFTERNOON FREE



6:30 pm **TENT or BALLROOM**
TRIVIA TUESDAY!

Get a team together, or just wing it. A super fun night is planned for all!
Everyone invited. Prizes!! **No Charge**

8 – 8:45 pm
TENT

The Effect of Climate Change on Health PS
D. Scott McCracken, MD, FAAFP, FAWM, WellSpan Health York eeds code **28VASA**

WEDNESDAY, JUNE 11

7:30 – 8:15 am
BALLROOM

Auxiliary Forms of Resistance Training and Movement Mechanics PS
Douglas Lentz, MS, CSCS, Certified Exercise Specialist eeds code **59NABE**



7:30 – 8:15 am **SUNSET 1**

Chronic Care Management Breakfast (limited to 25 people)

Brought to you by MDSS

If you responded to the email that you want to attend, you are on the list. A few spots still remain. See list at reg desk.

7:30 – 8:30 am - **PREFUNCTION**
EXHIBITORS



Coffee will be flowing!

Clinical Didactic - BALLROOM

Workshops – SUNSET 1 & 2

Practice Management - TENT

8:30 – 9:30 am

Musculoskeletal Care During Pregnancy PS



Andrew Lutzkanin, MD and
Jayson Loeffert, DO, Penn State Health
eeds code **84DUSK**

9:30 – 10:15 am

Updates in Osteoporosis Screening and Treatment PS



Anupriya Grover-Wenk, DO, M.Med.Ed
Jefferson Abington Health
eeds code **91BUHR**

8:30 – 9:30 am

Pediatric Osteopathic Manipulation Techniques for All Physicians PS

Theresa Metanchuk, DO eeds code **56LALL**

9:30 – 11 am

Evaluation and Treatment of Chronic Shoulder Pain PS

T. Grant Phillips, MD, Altoona Family Physicians
eeds code **07DAMP**

9:30 – 10:15 am

The Future of AI/EMR in Outpatient Practice

Timothy Switaj, MD, Wellspan Health
eeds code **72DICE**

10:15 – 10:45 am **PREFUNCTION**
WELLNESS (CME) /EXHIBIT/REFRESHMENT BREAK



Eeds code **92bigs**

Doug will lead the audience in low to moderate intensity series of “Quick Core”

Clinical Didactic - BALLROOM		Workshops – SUNSET 1 & 2	Practice Management - TENT
10:45 – 11:30 am Sports Medicine Whodunit:  Victim or Culprit PS Jayson Loeffert, DO, Penn State Hershey eeds code 93WEEL		11 am – 12:30 pm Colposcopy & Endometrial Biopsy PS Richa Sharma, MD, FAAFP, Judy Abu-Brown, MD, FAAFP and Nguyet-Cam Lam, MD, FAAFP, St. Luke's University Health Network eeds code 35DUNK	10:45 – 11:45 am Healthcare Delivery Models A Panel Discussion of Pros and Cons-Employed, Solo, DPC, Value-Based Andrew Lutzkanin, MD, Geoff Monsour, MD, Tiffany Leonard, MD, Timothy Switaj, MD eeds code 56DIDY
12 - 1:30 pm Lunch w/ Exhibitors - PREFUNCTION			
OPTIONAL AFTERNOON CME (Live remote webinars) BALLROOM			
2 – 2:45 pm	Hepatitis C Management in the Office PS Ivel Morales, MD and Marshall Miller, MD, Jefferson Health eeds code 75moms		
2:45 – 3:45 pm	Strategies to Enhance Patient-Clinician Communication for Pain Management Care PS		
3:45 – 4:45 pm	Health Equity in Pain Management and Substance Use Disorder Care PS Pain Management sessions meet the Act 124 requirement. Credit is AMA Category 1 for each of these two and will be handled separately by Quality Insights. Sign-in sheet in the room. Faculty: Denise Vanacore, PhD, CRNP, ANP-BC, PMHNP-BC, Gwynedd Mercy University, Gwynedd Valley, PA and Rabeca Dase, MHA-Practice Transformation Specialist, Quality Insights		
3 pm GROUP BIKE RIDE Who is up for some adventure? Take a guided trail ride through Dewey, Rehoboth and surrounding areas. The ride generally takes 2.5 to 3 hours, is for all levels and ages and leaves from Breakaway Bikes in Dewey (walkable from the hotel or you can drive there.) Bike Rental - Kids bikes \$25 Kids Trailers that attach to an adult bike - \$25 Beach Cruiser - \$25 Geared Bikes - \$40 Helmets and locks available on-site to rent - 2105B Coastal Highway (turn left at Coastal Highway out of the hotel.) If you pre-registered, your ticket will be in your envelope.			
FREE NIGHT TO EXPLORE Complimentary shuttle transportation to Rehoboth Beach and back from 5 – 9 pm. Looking to have some fun with colleagues or make new friends, multiple sign-up sheets will be at PAFP registration so you can join with others. Restaurants, Miniature Golf, Shopping, etc. So many things to do and see, you'll have a tough time choosing.			

THURSDAY, JUNE 12 – All sessions will be in the BALLROOM.	
	Breakfast on your own (included in the room rate)
8:30 – 9:30 am	Travel and Immigration Immunizations PS  William Sonnenberg, MD, Titusville, PA eeds code 57HAZY
9:30 – 10:30 am	Improving Migraine Management PS Wynde Cheeck, DO, Helena, MT (CME credit instructions will be given in the room.)
10:30 – 10:45 am PREFUNCTION Check-out break (Refreshments)	

10:45 – 11:30 am	Lifestyle Medicine Overview – The Six Pillars PS (t2p®) Christine Degnon, MD, Lewes, DE eeds code 73JOWS
11:30 – 12:30 pm	Changes in the Mental Health of Women as they Transition from Perimenopause to Menopause PS  Anupriya Grover-Wenk, DO, M.Med.Ed, Jefferson Abington Health eeds code 39CAIN
12:30 – 1:15 pm	Obesity and Weight Loss Drugs - Combining Meds with Lifestyle Changes for Optimum Weight Loss Outcomes PS (t2p®) Christine Degnon, MD, Lewes, DE eeds code 79DULL
1:15 pm PREFUNCTION Closing Remarks and Drawings	

Upcoming PAFP CME and other events:

- Procedures Day, Penn Medicine Lancaster General, Lancaster, PA – September 13, 2025
- Fall FM Essentials Summit, Sheraton Station Square, Pittsburgh – October 25, 2025
- 2026 Spring CONNECT Conference, (Essentials Summit, ABM, Research Day and Excellence in FM Reception), April 3 – 4, 2026, Windcreek Bethlehem

Please remember to complete the evaluations for sessions on each day via the QR code poster, as well as the overall evaluation. Prizes!!