



TEXAS MEDICAL
ASSOCIATION

Physicians Caring for Texans

TEX MED 25

ADVOCATE
EDUCATE
INNOVATE

MAY 8-10

**JW MARRIOTT SAN ANTONIO
HILL COUNTRY RESORT**

TOC

MAPS

AGENDA

CMJE

EXPO

BUSINESS



Taxes and investments are two sides of the same coin.

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Our 12-point tax review identifies opportunities like:

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We understand how important it is to maintain your financial data with the utmost care and have multiple levels of controls in place to help ensure its protection.

While we specialize in tax planning for retirees, please note we do not offer specific tax services; so, you will want to consult your tax preparer before implementing any tax planning strategies introduced by us. Any reduction in taxes would depend on an individual's tax situation. Please see a tax professional for all tax-related issues.

YOUR GUIDE TO TEXMED

Click on the listings
to jump to that page.

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BUSINESS

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THE ULTIMATE GAME SHOW!

ALL-CONFERENCE MIXER

Hosted by TMA Sections

THURSDAY | 8 PM | LEVEL 1, WOLFF C

FREE TO PARTICIPATE | No advance sign-up needed.

Supported by



CME POSTER SESSION

**FRIDAY, MAY 9
LEVEL 2, GRAND OAKS A-F**

Come view the display of cutting-edge topics and engage with fellow physicians, residents, and medical students to exchange ideas and foster collaborations.

FRIDAY SCHEDULE:

8 am-4 pm

Posters on display
People's Choice Award
voting open

11:30am-12:30 pm

CME Hour

SATURDAY SCHEDULE:

2 pm

Winner announced
at Closing Session

Don't forget to scan your badge for CME credit!

WELCOME TO



Jayesh "Jay" Shah, MD
President, 2025-26
 TEXAS MEDICAL ASSOCIATION

2024-25 TMA Officers

G. Ray Callas, MD
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Jayesh "Jay" Shah, MD
 President-Elect

Rick W. Snyder II, MD
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Gregory M. Fuller, MD
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 Speaker of the House

John G. Flores, MD
 Vice Speaker of the House

A MESSAGE FROM THE 2025-26 TMA PRESIDENT

It's with great pride that I welcome you to TEXMED 2025 – TMA's annual conference. Get ready for a memorable event.

We have two incredible speakers, both with unique insights to share on today's changing health care landscape: Alex Oshmyansky, MD, founder and CEO of the Mark Cuban Cost Plus Drug Company, and Mikhail "Doctor Mike" Varshavski, DO, a widely known social media influencer. Plus the many invaluable CME courses throughout the weekend.

Help shape the future of health care during TMA's House of Delegates (HOD) where we will debate, vet, and refine health care policy for the association. I encourage you to attend the HOD session. One of the primary benefits of TMA membership and leadership is the ability to influence policy at the state and federal level.

This year's conference has many networking opportunities for you, with more than 1,000 talented, skilled, and innovative physicians in attendance, which provides a great environment for learning.

I want to thank Ray Callas, MD, for his leadership as president this past year. He has been a true force and accomplished much for medicine.

I'm grateful for the opportunity to lead TMA over the next year. Thank you for your support, and please enjoy TexMed 2025.

Jayesh "Jay" Shah, MD

Free Alzheimer's CME for Providers



What you need to know as a primary care provider.

Earn free online Continuing Medical Education (CME) credits developed by the Texas Department of State Health Services and physician experts on Alzheimer's disease and related dementias. These courses will keep you up to date on the latest validated assessment and screening tools, help you direct patients to community resources, and reinforce your role in helping patients and their families manage symptoms throughout the disease process.

DSHS Alzheimer's Disease Program

Learn more at

dshs.texas.gov/alzheimers-disease/provider



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Content on the Texas Department of State Health Services Alzheimer's Disease Program website has been accredited by the Texas Medical Association and American Nurses Credentialing Center.



Joi Smith
President, 2025-26
TMA ALLIANCE



A MESSAGE FROM THE 2025-26 TMAA PRESIDENT

The TMA Alliance adopted an updated mission statement this past year: “to connect and support physician families and build a healthy Texas through community outreach and advocacy.” The TMA and TMAA joint annual conferences this week are a terrific place to put our mission into action – to connect with our Family of Medicine colleagues across the state.

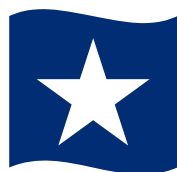
The alliance is proud to work on behalf of the Family of Medicine, both locally and statewide. Our local alliances impact the future of medicine in Texas through scholarships for medical students and allied health professionals. They also build healthy communities by hosting TMA’s Hard Hats for Little Heads bicycle helmet giveaways and Texas BookShare events to promote safety, health, and literacy. Additionally, our alliances undertake projects that meet specific needs in their communities.

As I take the helm of TMAA leadership, I look forward to serving alongside TMA President-Elect Jayesh “Jay” B. Shah, MD. Let’s use our time together in San Antonio to strengthen the Family of Medicine and continue making Texas the best place to live and work.

Joi Smith

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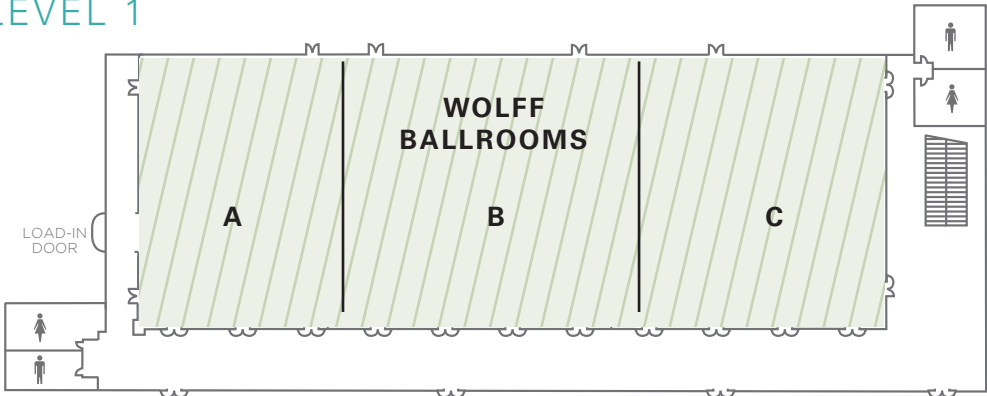


TEXAS A&M UNIVERSITY
College of Medicine

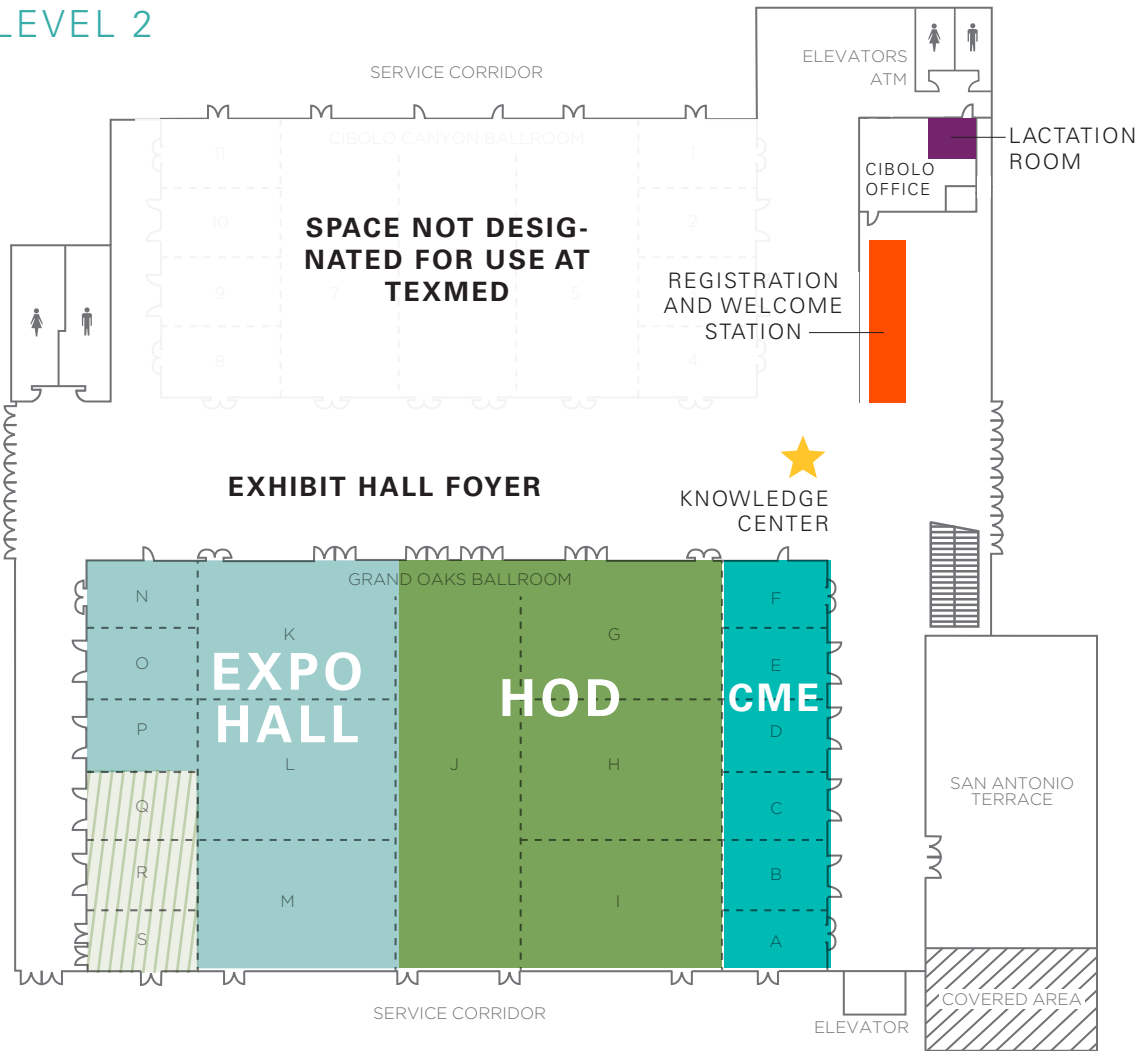
- Registration
- ★

Knowledge Center
- Expo Hall
- CME
- Multi-use Spaces

LEVEL 1

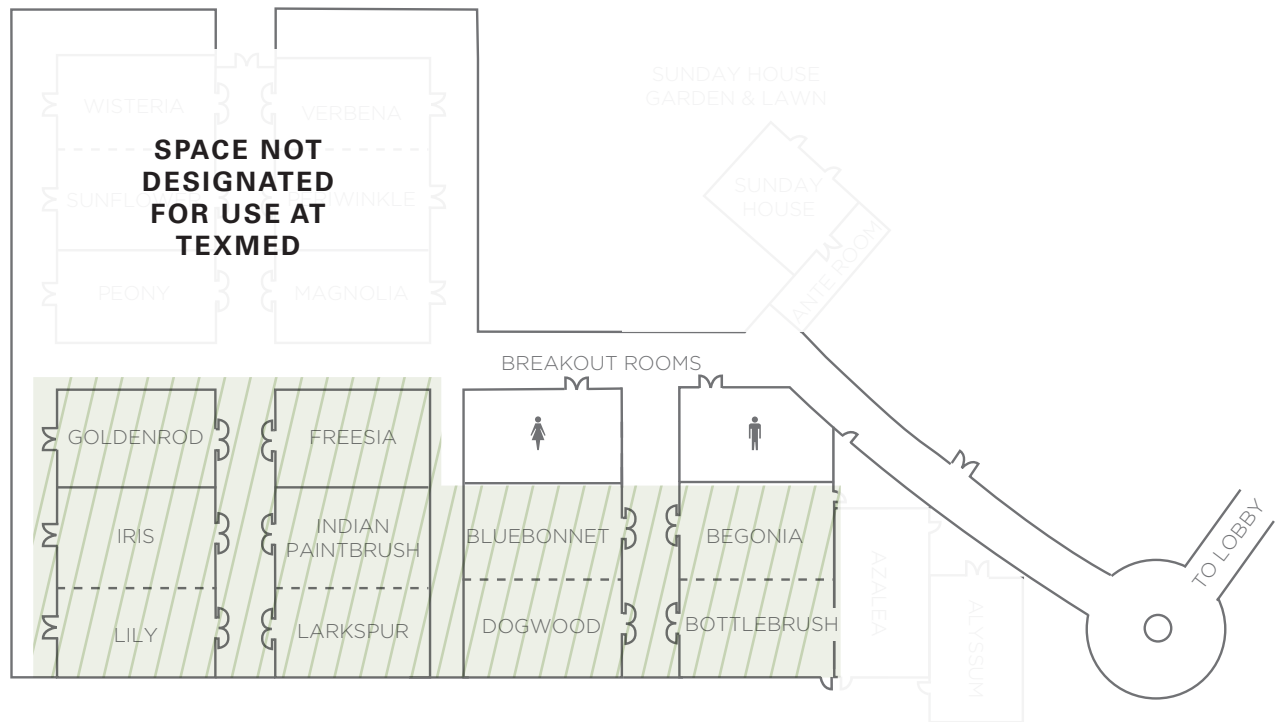


LEVEL 2



LEVEL 3

 Multi-use Spaces



**Store your bag
and stay a while.**

Complimentary Baggage Check

**SATURDAY,
MAY 10**

**6 AM-4 PM
LEVEL 2, REGISTRATION**

Sponsored by



**TEXAS A&M UNIVERSITY
College of Medicine**

Registration | Level 2, Foyer

Thursday, May 8 8 am-8 pm
Friday, May 9 6 am-6 pm
Saturday, May 10 6 am-2 pm

Portrait Studio | Level 3, Iris

Thursday 9 am-3 pm
Physicians: stop by to update your official TMA portrait.

Complimentary Baggage Check

Level 2, Registration
Sponsored by Texas A&M University College of Medicine
Saturday 6 am-4 pm

Lactation Room

Level 2, Cibolo Office
Courtesy of the Women Physicians Section and Young Physician Section

SSID: JWMarriott_Conference
Password: JWMay25



Password is case sensitive.

Charging stations are available in the Physicians Lounge in the Expo Hall and are free for attendees.

Questions/Assistance

TMA Knowledge Center

Level 2, Grand Oaks Foyer

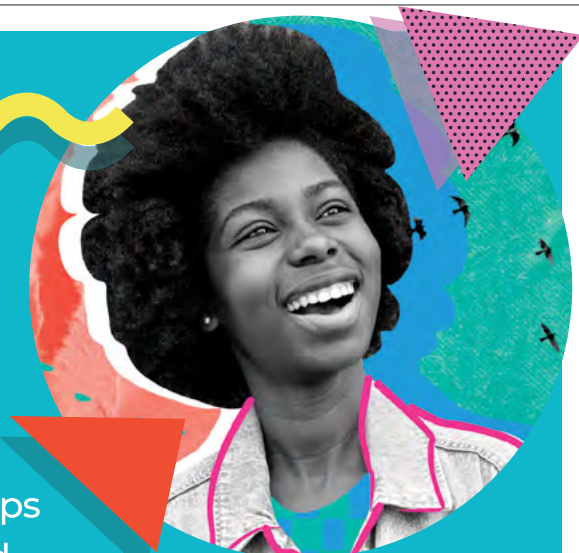
The TMA Knowledge Center is your one stop for assistance and questions.

Friday 7 am-4 pm
Saturday 7 am-2 pm

First Aid | *Level 2, Grand Oaks K, Booth # 201*

Discover the power of giving back!

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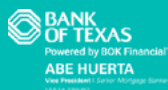
SHOP VENDORS THAT SUPPORT TMA

TMA is strengthening the practice of medicine in Texas
with the help of our long-term supporters – TMA 360 Vendors.
We encourage you to frequent these vendors with your business.

texmed.org/VendorGuide



Officite



partners



QUICK-START GUIDE

Not sure where to begin? Here are some can't-miss moments we recommend.

NEW TO TMA OR TEXMED?

TEXMED 2025 WELCOME RECEPTION

GARDEN PARTY

Friday, May 9 | 4:30-7:30 pm | Riverbend Pavillion

Sponsored by  **TMLT**
Texas Medical Liability Trust

LEADERSHIP

Leading Without a Title!

Saturday, 10:15-11:15 am

Level 2, Grand Oaks C

The Art of Storytelling: Communicating Your Impact

Saturday, 12:45-1:45 pm

Level 2, Grand Oaks D

FOR ALL PHYSICIANS

TMA Portrait Studio

**Thursday,
8 am-3 pm**

Level 3, Iris

*Stop by to update your
official TMA portrait.*



At Home and At Work: Fostering Personal and Professional Relationships

Friday, 10-11 am

Level 2,
Grand Oaks E

Ask the Expert Lunch and Learn: Financial Wellness

*Presented by M.C. Byrd
Wealth Management*

**Friday, 11:30am-
12:15 pm**

Level 2, Expo Hall, HOD

Beyond the Stethoscope: Supporting the Mental Well-Being of Physicians

**Friday, 12:30-
1:30 pm**

Level 2, Grand Oaks E

BUSINESS OF MEDICINE

Under the Hood of Your EHR: Is it on FHIR?

Saturday, 9-10 am

Level 2, Grand Oaks E

Risky Business: Physician Relationships with Private Investors and Current Government Enforcement Trends

Friday, 3-4 pm

Level 2, Grand Oaks C

NETWORKING

Breakfast in the Expo Hall

Friday, 7-8 am

Saturday, 7-8:30 am

Level 2, Grand Oaks K

Networking Lunch in the Expo Hall

Friday, 11:15 am-12:30 pm

Saturday, 11:15am-12:45 pm

Level 2, Grand Oaks K

**REGISTRATION
IS NOW OPEN!**

BUSINESS OF MEDICINE CONFERENCE
SEPT. 18-20, 2025 | EL PASO CONVENTION CENTER

AGENDA

THURSDAY, MAY 8

8:00 am	8:00 pm	Registration	Level 2, Foyer
9:00 am	3:00 pm	Physician Portrait Studio	Level 3, Iris
2:00 pm	5:30 pm	Pre-Conference Content with Texas Academy of Family Physicians	Level 2, Grand Oaks R
6:30 pm	7:30 pm	MSS Speciality Showcase	Level 1, Wolff C
8:00 pm	11:00 pm	All-Conference Mixer, Hosted by TMA Sections; supported by TMA Insurance Trust	Level 1, Wolff C

FRIDAY, MAY 9

6:00 AM	6:00 PM	Registration	Level 2, Foyer
7:00 AM	4:00 PM	Expo Hall Open	Level 2, Expo Hall
7:00 AM	8:00 AM	Expo Hall Breakfast	Level 2, Expo Hall
8:00 AM	11:00 AM	TexMed Opening Session <i>Hosted by the TMA House of Delegates; sponsored by Texas Medical Liability Trust</i> Opening General Session (CME), Alex Oshmyansky, MD, “Disrupting Health Care: Innovating Positive Changes for Patients and Physicians” House of Delegates Opening Business Session	Level 2, Expo Hall, HOD <i>Sponsored by TMA Foundation’s Louis J. Goodman Lectureship on Leadership in Medicine</i>
9:30 AM	10:00 AM	Coffee Break, Sponsored by iPractice Healthcare Business Solutions	Level 2, Expo Hall
10:00 AM	11:00 AM	CME Sessions, Sponsored by TMF Health Quality Institute (TMF HQI) <ul style="list-style-type: none">At Home and at Work: Fostering Personal and Professional Relationships to Support Physician Well-BeingHow an Idea Becomes LawTELEMEDICINE: Broad Vision Solution for the FutureTrends In Ambulatory Surgery/Procedure Centers	Grand Oaks E Grand Oaks C Grand Oaks F Grand Oaks B
11:15 AM	12:30 PM	Networking Lunch	Level 2, Expo Hall
11:30 AM	12:15 PM	Ask-the-Expert Lunch and Learn, Presented by M.C Byrd Wealth Management	Level 2, Expo Hall, HOD
11:30 AM	12:30 PM	Poster Session (CME)	Level 2, Grand Oaks A-F
12:00 PM	4:00 PM	Reference Committees	Various, see page 55
12:30 PM	1:30 PM	CME Sessions, Sponsored by TMF HQI <ul style="list-style-type: none">Beyond the Stethoscope: Supporting the Mental Well-Being of PhysiciansConfidence in the White Coat: Addressing Imposter Syndrome Among Emerging Medical LeadersEnergy Management is the New Time Management: Strategies for Greater Productivity and ImpactTalking and Treatment for Menopausal Symptoms	Grand Oaks E Grand Oaks F Grand Oaks C Grand Oaks B
1:45 PM	2:45 PM	CME Sessions, Sponsored by TMF HQI <ul style="list-style-type: none">Beyond Abstinence: Ethical and Practical Harm Reduction Strategies for People with Substance Use DisordersContemplative Medicine: Integrating Mindfulness and Compassion into Everyday Clinical PracticeHonoring Patient’s Wishes: Mastering the POLST FormPractice Cross-Pollination with Lifestyle-Themed Ancillaries for Financial and Clinical Benefit	Grand Oaks E Grand Oaks C Grand Oaks B Grand Oaks F
2:00 PM	2:30 PM	Coffee Break, Sponsored by iPractice Healthcare Business Solutions	Level 2, Expo Hall
3:00 PM	4:00 PM	CME Sessions, Sponsored by TMF HQI <ul style="list-style-type: none">Risky Business: Physician Relationships with Private Investors and Current Government Enforcement TrendsEthically Developing and Protecting Your Social Media Presence: The George R. Hugman, III, MD, Ethics ForumMindfulness: Here and Now!Tackling HIV Transmission: A General Guide to Prescribe PrEP	Grand Oaks C Grand Oaks B Grand Oaks E Grand Oaks F
4:00 PM	4:30 PM	Walk With a Doc Meet-Up, Hosted by TMA Foundation	Level 2, Expo Hall, Booth #102
4:30 PM	7:30 PM	Welcome Reception Garden Party, Sponsored by TMLT	Riverbend Lawn and Pavillion
6:00 PM	10:30 PM	TMA Foundation Gala	Level 1, Wolff C

AGENDA

SATURDAY, MAY 10

6:00 AM	2:00 PM	Registration	Level 2, Foyer
6:00 AM	4:00 PM	Complimentary Baggage Check <i>Sponsored by Texas A&M College of Medicine Rural Medicine Program</i>	Level 2, Foyer
6:30 AM	8:00 AM	Caucus Meetings	<i>Various, see page 55</i>
7:00 AM	2:00 PM	Expo Hall Open	Level 2, Expo Hall
7:00 AM	8:30 AM	Expo Hall Breakfast	Level 2, Expo Hall
8:30 AM	12:30 PM	House of Delegates Business Session	Level 2, Expo Hall , HOD
9:00 AM	10:00 AM	CME Sessions, Sponsored by TMF HQI <ul style="list-style-type: none">Clinical Gait AssessmentTransforming Hearts and Health: Community-Driven Strategies for Prevention and CareUnder the Hood of your EHR: Is it on FHIR?Updates on Sports Concussion: Evaluation and Management for Primary Care PhysiciansValue-Based Reimbursement and Provider-Initiated StrategiesYouth and Young Adult Vaping: Assessing Risk in an Era of New and Emerging Products	Grand Oaks S Grand Oaks B Grand Oaks E Grand Oaks R Grand Oaks F Grand Oaks C
10:15 AM	11:15 AM	CME Sessions, Sponsored by TMF HQI <ul style="list-style-type: none">Art and Science of Breathing: Optimize, Relax, HealGeriatric Fall Prevention: A Partnership Opportunity for EMS and Primary CareLeading Without a Title!The Art of Storytelling: Communicating Your ImpactUpdates In Pain Medicine for Opioid Prescribing, UDT Testing Pearls, and PMP Interpretation	Grand Oaks E Grand Oaks S Grand Oaks C Grand Oaks F Grand Oaks B
10:00 AM	10:30 AM	Coffee Break, <i>Sponsored by iPractice Healthcare Business Solutions</i>	Level 2, Expo Hall
11:15 AM	12:45 PM	TexMed Saturday Lunch, <i>Sponsored by TMA Insurance Trust</i>	Level 2, Expo Hall
12:45 PM	1:45 PM	CME Sessions, Sponsored by TMF HQI <ul style="list-style-type: none">Bridging the Gap: Collaboration Between Physicians and Leadership as a Model for Organizational Well-BeingFrom Hippocrates to Hospice: Applying Ethical Principles to Clinical Challenges at the End of LifeProtecting Your Texas Practice: Maintaining Regulatory Compliance When Physicians, Nurse Practitioners, and Physician Assistants Step into Oversight and Supervisory SituationsPsychedelics: Back to the FutureSex Differences in Femoroacetabular Impingement SyndromeThe Art and Science of Emotional Intelligence: Mastering Transformative Leadership for Busy Physicians	Grand Oaks E Grand Oaks S Grand Oaks F Grand Oaks B Grand Oaks R Grand Oaks C
2:00 PM	3:30 PM	 Closing Session Mikhail "Doctor Mike" Varshavski, DO "Treating Patients in the Digital Era "	Level 2, Expo Hall, HOD

Thank you for joining
us at **TexMed 2025**

Before you leave, please visit
tinyurl.com/TexMed2025 to complete
the conference evaluation.

TMA MEMBER SECTION

BUSINESS MEETINGS

FRIDAY, MAY 9

Women Physicians Section
7-7:45 am | Iris

Medical Student Section
1-4 pm | Iris

Resident and Fellow Section
4:30-5:30 pm | Grand Oaks C

Young Physician Section
4:30-5:30 pm | Grand Oaks F

LGBTQ Health Section
5:30-6:30 pm | Grand Oaks C

SATURDAY, MAY 10

**International Medical
Graduate Section**
Noon-1 pm | Lily



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TexMed Welcome Reception

GARDEN PARTY

Sponsored by TMLT



The Pictures Band



Gypsy Wagen Photobooth



Yard Games



Food & Drink

FRIDAY,
MAY 9

RIVERBEND
PAVILION

4:30 TO
7:30 PM



*Visit the TMLT table for a
chance to win fabulous prizes!*



INSPIRING THE NEXT GENERATION OF RURAL MEDICINE.

3 million Texans depend on rural healthcare. But we're facing a growing crisis ... Closing hospitals, provider shortages, socioeconomic disparities. As a land-grant university, the Texas A&M College of Medicine is committed to enhancing the rural physician pipeline, engaging community partners and empowering youth to inspire the next generation of rural healthcare - because when rural Texans thrive, Texas thrives.



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CME INFORMATION

AMA PRA CATEGORY 1 CREDIT™

The Texas Medical Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Texas Medical Association designates this live event for a maximum of **36 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ETHICS CREDIT

The Texas Medical Association has designated certain lectures as meeting the requirements for physician ethics and/or professional responsibility. Look for the **E** icon to identify these lectures.

DEA SUD

The Consolidated Appropriations Act of 2023 enacted a new one-time, eight-hour training requirement for all Drug Enforcement Administration (DEA)-registered practitioners on the treatment and management of patients with opioid or other substance use disorders.

The presentation marked with DEA SUD is eligible to count towards the training requirement. Participation in this program in no way implies the participant has fully met the federally and state-mandated training requirements. Participants are solely responsible for ensuring any mandated training requirements are completed.

TMLT DISCOUNT

Texas Medical Liability Trust policyholders may be eligible for a 3% premium discount after completion of two (2) - 1hr risk management CME courses. Look for the identifying TMLT icon next to the individual session descriptions to find which sessions may be counted toward these education hours. As attendees enter the seminar, their barcode will be scanned for reporting purposes. The discount may be applied to the policyholder's next eligible policy period. Policyholders may complete four (4) -1hr risk management CMEs to be eligible for a maximum of 6% premium discount per policy period.

CME sponsored by

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TOC

MAPS

AGENDA

CMIE

EXPO

BUSINESS

Texas Academy of Family Physicians 2025 Primary Care Update at TexMed



TEXAS ACADEMY OF
FAMILY PHYSICIANS

LEVEL 2, GRAND OAKS R

2-2:10 PM

Welcome

2:10-3:10 PM

What's New in COPD? (1 CME Credit)

Clare Hawkins, MD, Texas Chief Medical Officer,
Main Street Health, Houston, Texas

By the end of this educational activity, learners should be better able to:

1. Utilize pharmacotherapy and pulmonary rehab proportional to severity according to 2025 GOLD guidelines to maximize function.
2. Identify patients with COPD and stratify your approach according to disease severity.
3. Identify when and how to have advanced illness conversations in patients with advanced illness.

3:10-3:25 PM

TAFP Update (0.25 CME Credits)

Lindsay Botsford, MD, MBA, President, Texas Academy of Family Physicians; Regional Medical Director, Midwest/Texas, One Medical, Houston, Texas

By the end of this educational activity, learners should be better able to:

1. Discuss the Texas Academy of Family Physicians' position on top state health policy issues for the patients of Texas.
2. Discuss involvement of family physicians individually and collectively through the Academy's efforts and the vital importance of practice and patients.

3:25-4:25 PM

Skin Infections for the Primary Care Physician (1 CME Credit)

Richard Usatine, MD, Professor of Family Medicine, Dermatology, and Cutaneous Surgery, UT Health San Antonio, San Antonio, Texas

By the end of this educational activity, learners should be better able to:

1. Discuss the pathophysiology of various skin infections.
2. Determine who is at risk for skin infections and appropriately diagnose various skin infections.
3. Identify current medical treatment options for common skin infections.

4:25-4:30 PM

National Procedures Institute (NPI) Update

4:30-5:30 PM

Polypharmacy in the Elderly (1 CME Credit)

Grant Fowler, MD, Professor and Chair, Department of Family and Community Medicine, TCU Burnett School of Medicine; Chairman, Department of Family Medicine, Associate Program Director, JPS Family Medicine Residency, Fort Worth, Texas

By the end of this educational activity, learners should be better able to:

1. Describe common polypharmacy issues in the elderly.
2. Using the updated BEERS Criteria, avoid the use of problematic medications in the elderly and stop certain medications even if prescribed by other physicians.
3. Compare the benefits and risks of polypharmacy and educate elderly patients and/or their caregivers on appropriate adherence to certain medications.
4. Utilize practical strategies to attempt to achieve optimal prescribing patterns for the elderly.

Accreditation Statement

The Texas Academy of Family Physicians is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. TAFP designates this live activity for a maximum of 3.25 AMA PRA Category 1 Credits.[™] Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

CME AT A GLANCE

FRIDAY, MAY 9

Each CME presentation is eligible for 1 hour of credit.

Time	CME Presentation	BM	LD	PH	WF	ST	E	DEA	TMLT	Level 2
10 am	At Home and at Work: Fostering Personal and Professional Relationships to Support Physician Well-Being				★		★		★	Grand Oaks E
10 am	How an Idea Becomes Law		★							Grand Oaks C
10 am	TELEMEDICINE: Broad Vision Solution for the Future	★							★	Grand Oaks F
10 am	Trends in Ambulatory Surgery/ Procedure Centers	★								Grand Oaks B
12:30 pm	Beyond the Stethoscope: Supporting the Mental Well-Being of Physicians				★		★		★	Grand Oaks E
12:30 pm	Confidence in the White Coat: Addressing Imposter Syndrome Among Emerging Medical Leaders		★							Grand Oaks F
12:30 pm	Energy Management is the New Time Management: Strategies for Greater Productivity and Impact				★		★		★	Grand Oaks C
12:30 pm	Talking and Treatment for Menopausal Symptoms			★						Grand Oaks B
1:45 pm	Beyond Abstinence: Ethical and Practical Harm Reduction Strategies for People with Substance Use Disorders			★			★		★	Grand Oaks E
1:45 pm	Contemplative Medicine: Integrating Mindfulness and Compassion into Everyday Clinical Practice				★		★		★	Grand Oaks C
1:45 pm	Honoring Patient's Wishes: Mastering the POLST Form			★			★		★	Grand Oaks B
1:45 pm	Practice Cross-Pollination with Lifestyle-Themed Ancillaries for Financial and Clinical Benefit	★								Grand Oaks F
3 pm	Risky Business: Physician Relationships with Private Investors and Current Government Enforcement Trends	★					★		★	Grand Oaks C
3 pm	Ethically Developing and Protecting Your Social Media Presence: The George R. Hugman, III, MD, Ethics Forum	★					★			Grand Oaks B
3 pm	Mindfulness: Here and Now!				★		★		★	Grand Oaks E
3 pm	Tackling HIV Transmission: A General Guide to Prescribe PrEP			★						Grand Oaks F

Find available materials from CME presentations at texmed.org/TexMedCME

TOC

MAPS

AGENDA

CME

EXPO

BUSINESS



ALEX OSHMYANSKY, MD

Founder and CEO of the
Mark Cuban Cost Plus
Drug Company

Alex Oshmyansky, MD is an
emergency radiologist who
founded the Mark Cuban Cost
Plus Drug Company after being
incensed by the skyrocketing costs
of generic drugs for his patients.

FRIDAY, MAY 9 | 8 AM | EXPO HALL, HOD

Disrupting Health Care: Innovating Positive Changes for Patients and Physicians

Sponsored by TMA Foundation Louis J. Goodman Lectureship
in Leadership Medicine Fund

This presentation addresses the pervasive feeling of helplessness many physicians experience when faced with systemic health care challenges, particularly the complexities of pharmaceutical drug pricing. Alex Oshmyansky, MD, shares his inspiring journey of defying the odds and creating an affordable alternative to the traditional drug market. He aims to empower attendees by demonstrating that transformative change is achievable and that individual physicians can play a significant role in improving the health care landscape.

Participants will be able to analyze the innovative strategies to address systemic issues in pharmaceutical drug pricing and identify potential applications of these strategies within their own practice or health care system.

FRIDAY, MAY 9

10-11 AM

At Home and At Work: Fostering Personal and Professional Relationships to Support Physician Well-Being

Toi Harris, MD; Sheila LoboPrabhu, MD; Sarah Grimmer, PhD;
Kendra Harvey

Presented by the TMA Committee on Physician Health and Wellness

WF E TMLT | Level 2, Grand Oaks E

Physician burnout is well-documented, with relationship quality significantly impacting health. While most physicians are married, and partnered relationships can offer benefits, studies show physician burnout negatively affects physician spouses, increasing their anxiety, depression, and secondary trauma. These challenges underscore the need for strategies to enhance physician relationships and promote overall well-being. By the end of this session, participants will be able to identify key stressors impacting physician relationships and implement practical strategies to foster healthier connections

CME PROGRAMMING KEY

BM	Business of Medicine
LD*	Leadership
PH†	Public and Population Health
WF	Wellness First
ST	Specialty Trends
E	Ethics
DEA SUD	DEA Mandated Training
TMLT	TMLT Discount

CME sponsored by **TMF**
Health Quality Institute

and mitigate the negative effects of burnout on both physicians and their partners.

Upon completion the participant should be able to:

- Identify the impact(s) of personal and professional relationships on physician wellbeing.
- Explore the influence of physician burnout on family functioning.
- Delineate strategies to promote life-enhancing relationships for physicians.

*Leadership Track Sponsored by Dastify Solutions | †Public and Population Health Track Sponsored by Texas Health Steps

10-11 AM (CONT.)

How an Idea Becomes Law

Gilbert Handal, MD

LD | Level 2, Grand Oaks C

This presentation aims to ignite physician leadership and advocacy by raising awareness of the power clinicians possess to influence medicine, patient care, and the profession. It will explore how physicians can effectively advance their ideas, navigate complex processes, and increase participation in essential programs like committee work, legislative engagement, and presenting proposals. The goal is to empower clinicians to leverage their expertise and capacity to create meaningful impact at various levels of medicine.

Upon completion the participant should be able to:

- Describe the process for the gestation and approval of laws in the Texas legislature.
- Assess the importance of lobbying in an appropriate and timely manner.
- Discuss the importance of support from different groups for the ultimate success of a concept and idea.

TELEMEDICINE: Broad Vision Solution for the Future

Luisa Kiprono, DO

BM TMLT | Level 2, Grand Oaks F

Rapidly evolving technology, the pandemic, reproductive health care restrictions, and increasing disparities have highlighted telemedicine's role as a viable solution. Telemedicine expands patient access to care and should be integrated into every health care organization's efforts to improve patient outcomes. This presentation is for the local, regional, and national medical community seeking to understand the concept, intricacies, and benefits of virtual health care.

Upon completion the participant should be able to:

- Define the different forms of telehealth delivery systems.
- Discuss telehealth uses, benefits, and limitations.
- Assess how telehealth provides comparable health outcomes without compromising care quality and outcomes.

Trends in Ambulatory Surgery/Procedure Centers

David Mackey, MD; Christopher Cook, DO

BM | Level 2, Grand Oaks B

This panel discussion explores the growing shift of surgical and procedural care from hospitals to ambulatory centers, addressing key implications for physician trainees and practicing physicians. We'll examine the financial and health policy impacts of this migration, including the financial consequences for hospitals. The panel will discuss patient eligibility for ambulatory care versus hospital-based treatment, the impact on physician training, and the potential effect on physician employment models. Finally, we'll clarify the distinctions between hospital outpatient departments (HOPDs) and independent ambulatory centers.

Upon completion the participant should be able to:

- Assess the financial and health policy implications of surgical and procedural care delivery out of hospitals into ambulatory centers.
- Describe the options involved in an independent ambulatory practice.
- Examine which factors favor a hospital practice versus an ambulatory care venue.

12:30-1:30 PM

Beyond the Stethoscope: Supporting the Mental Well-Being of Physicians

Sanjie Garza-Cox, MD; Sejal Mehta, MD

Presented by the TMA Committee on Physician Health and Wellness

WF E TMLT | Level 2, Grand Oaks E

Physicians have one of the highest suicides rates of any profession. It is estimated that one million people lose their physician to suicide each year. We need to educate ourselves to help prevent physician suicide by learning the signs, starting the conversations, and sharing the resources that can help our colleagues in distress seek mental health care.

Upon completion the participant should be able to:

- Describe the prevalence of suicide among physicians compared to the general population and other professions.
- Identify common signs and symptoms of depression and other mental health conditions in physicians.
- Explain the impact of stigma and other barriers to help-seeking on physician mental health.

12:30-1:30 PM (CONT.)

Confidence in the White Coat: Addressing Imposter Syndrome Among Emerging Medical Leaders

Joy Chen, MD

Hosted by Women's Physician Section; Sponsored by TMAIT

LD | Level 2, Grand Oaks F

Imposter syndrome affects many physicians, particularly female and young physicians, who may feel undeserving of their achievements or worry about being "exposed" as inadequate. This session will unpack the roots of imposter syndrome in the medical profession, exploring how perfectionism, high-stakes environments, and self-doubt contribute to feelings of inadequacy. Participants will gain practical strategies to counter self-doubt, leverage personal strengths, and build self-confidence. This session aims to empower physicians to silence their inner critic, embrace their capabilities, and thrive in their medical careers with renewed assurance.

Upon completion the participant should be able to:

- Identify the key characteristics and triggers of imposter syndrome in the medical profession, and recognize the role mentorship and sponsorship play in overcoming these challenges.
- Apply evidence-based strategies, such as cognitive reframing, self-compassion, and resilience-building techniques, to counter self-doubt and promote professional confidence.
- Develop a personalized action plan that incorporates mentorship and sponsorship opportunities, fostering a supportive network to build confidence, advance career goals, and sustain mental well-being in a demanding health care environment.

Energy Management is the New Time Management: Strategies for Greater Productivity and Impact

Rajani Katta, MD

Presented by the TMA Committee on Physician Health and Wellness

WF E TMLT | Level 2, Grand Oaks C

Physician burnout is rising with increasing demands. While time management is helpful, energy management offers a more holistic approach, focusing on resource renewal. This session explores the interplay between brain, body, and emotional energy, and how to optimize each. It covers proactive strategies like cognitive ergonomics and

practice efficiency tools, as well as reactive strategies for workplace conflict. The NASA Physician Task Load Index and job demands resources theory will be discussed. Simple techniques for daily practice will also be shared.

Upon completion the participant should be able to:

- Assess their workday for sources of energy drains.
- Identify strategies to optimize the use of cognitive resources.
- Determine actionable items for energy renewal.

Talking and Treatment for Menopausal Symptoms

Kari Fay, MD

Hosted by Women's Physician Section; Sponsored by TMAIT

PH | Level 2, Grand Oaks B

Menopause differs significantly from patient to patient. Recently it has become a viral topic in popular culture and social media. This session guides physicians in diagnosing, discussing, and treating patients with menopausal symptoms to establish an individualized plan.

Upon completion the participant should be able to:

- Identify menopausal symptoms and describe patient-centered treatment plans.
- Assess targeted follow-up care for best outcomes.
- Determine appropriate treatment adjustments throughout menopause.

1:45-2:45 PM

Beyond Abstinence: Ethical and Practical Harm Reduction Strategies for People With Substance Use Disorders

Juan Sosa, MD; Nellie Moualeu, PhD; Randi Stouffer, PharmD, MPH, BCPS, BCPP

PH E TMLT | Level 2, Grand Oaks E

Harm reduction pragmatically minimizes risks associated with substance use. Evidence-based strategies include naloxone distribution, syringe programs, fentanyl test strips, overdose prevention centers, and comprehensive medical services. Motivational enhancement therapy, combined with harm reduction education, facilitates safer practices and recovery. Ethical and legal dilemmas, like balancing Texas law with public health goals, will be discussed by a multidisciplinary team.

Upon completion the participant should be able to:

- Discuss the current state of harm reduction strategies including naloxone distribution, sterile syringe

1:45-2:45 PM (CONT.)

- programs, fentanyl test strips, overdose prevention centers, and comprehensive medical services.
- Examine how clinicians can incorporate motivational enhancement therapy techniques in discussions around harm reduction in clinical practice.
- Analyze ethical and legal dilemmas related to harm reduction practices, considering the balance between public health goals, legal considerations, and societal stigma.

Contemplative Medicine: Integrating Mindfulness and Compassion into Everyday Clinical Practice

Cristel Escalona, MD

Presented by the TMA Committee on Physician Health and Wellness

WF E TMLT | Level 2, Grand Oaks C

Contemplative medicine is a valuable tool for enhancing both patient care and physician well-being. Evidence supports its positive effects on health outcomes, patient satisfaction, and reducing burnout. Despite this, its integration into mainstream medical practice remains limited. Many health care providers are unaware of simple, time-efficient contemplative techniques that can significantly enhance patient care and personal well-being.

Upon completion the participant should be able to:

- Define contemplative medicine and identify its components, including mindfulness, meditation, and compassion-focused practices.
- Evaluate the evidence supporting the effectiveness of contemplative practices in improving patient outcomes and physician well-being.
- Apply specific contemplative techniques (e.g., mindfulness meditation, loving-kindness meditation) in clinical settings to enhance patient care and promote self-care for health care providers.

Honoring Patient's Wishes: Mastering the POLST Form

Mark Casanova, MD; Stuart Pickell, MD

PH E TMLT | Level 2, Grand Oaks B

This session clarifies the legal status and practical value of POLST (Physician Orders for Life-Sustaining Treatment) documents. It will explain POLST's purpose and importance in documenting end-of-life care preferences, especially for seriously ill patients, and differentiate it from traditional advance directives. Participants will also

learn how to facilitate effective, patient-centered POLST conversations to ensure informed decision-making aligned with patient values.

Upon completion the participant should be able to:

- Explain the purpose and importance of POLST documents and describe the process for completing them, particularly for patients with serious illness or near the end of life.
- Differentiate POLST forms from traditional advance directives, identifying key differences in their legal and clinical implications for guiding emergency and end-of-life care decisions.
- Demonstrate skills in facilitating compassionate, patient-centered conversations about goals of care, empowering patients and families to make informed decisions aligned with their values and medical needs.

Practice Cross-Pollination with Lifestyle-Themed Ancillaries for Financial and Clinical Benefit

Ajeya Joshi, MD

BM | Level 2, Grand Oaks F

This presentation emphasizes innovative, accessible, and profitable ancillary services that can be embedded into diverse medical practices—from small independent groups to large health systems—to improve patient care and practice revenue. It addresses care gaps related to chronic conditions, highlighting that current ancillary services often prioritize volume over outcomes. Examples include embedding dietary services in all practice types and bone health programs in musculoskeletal and primary care settings. Easy-to-follow care algorithms will be presented, democratizing these activities for the benefit of patients and Texas medical practices.

Upon completion the participant should be able to:

- Assess the existence of accessible and deployable ancillaries which promote patient health in various ways, and which can be implemented within existing medical practices of different types.
- Describe the opportunity for collaboration with allied health professionals to embed services within an existing medical practice.
- Discuss how lifestyle optimization and health promotion for patients can have benefits for patients in multiple medical practice settings.

3-4 PM

Risky Business: Physician Relationships with Private Investors and Current Government Enforcement Trends

Jose Vela, Jr., JD

BM E TMLT | Level 2, Grand Oaks C

Presented by a former federal prosecutor, this presentation offers critical insights into current trends in government enforcement actions within the health care industry. The discussion will focus on the complex risks associated with private investment in health care ventures, specifically addressing potential violations of the federal Anti-Kickback Statute and Stark Law. Attendees will gain practical knowledge of these regulations, learn about recent enforcement trends, and, most importantly, discover actionable steps they can take now to mitigate risk and protect themselves and their organizations from government prosecution.

Upon completion the participant should be able to:

- Describe the federal laws that prohibit or otherwise restrict business relationships with private investors or private investment firms.
- Identify risky business relationships with private investors or private investment firms that could violate the federal health care laws.
- Assess when to avoid or terminate business relationships with private investors or private investment firms that create risk of federal health care law violations.

Ethically Developing and Protecting Your Social Media Presence: The George R. Hugman, III, MD, Ethics Forum

Dan McCoy, MD, Jeffrey Drummond, JD, Sherif Zaafran, MD, Kyle Krohn, MD, Moderator

Presented by the TMA Board of Councilors

BM E | Level 2, Grand Oaks B

Social media is everywhere, even the physician's office. And while social media is great for sharing information, connecting people, and fostering camaraderie within a profession, it wasn't designed with the legal and ethical duties of a physician in mind. This presentation will explore some of the ethical issues that may arise when a physician or medical student engages on social media.

Upon completion the participant should be able to:

- Assess how to respond (or not respond) to online comments, reviews, or ratings about you or your practice.
- Describe best practices for what to post and what not to post on social media (on a personal account and on a professional account).
- Discuss legally compliant and ethical ways to use social media for advocacy and/or education.

Mindfulness: Here and Now!

Sejal Mehta, MD, Amita Kumar, MD; Bethany Powell, MD

Presented by the TMA Committee on Physician Health and Wellness

WF E TMLT | Level 2, Grand Oaks E

Mindfulness-Based Stress Reduction (MBSR) is an evidence-based program designed to help manage stress, improve emotional resilience, and enhance well-being. For physicians, MBSR offers tools to combat burnout, improve focus, and foster more meaningful patient interactions. This presentation will introduce MBSR techniques and highlight their application in clinical practice to improve both physician well-being and patient care outcomes.

Upon completion the participant should be able to:

- Define the need for Mindfulness-Based Stress Reduction (MBSR) and its core principles.
- Identify evidence-based benefits of MBSR for stress reduction, emotional resilience, and focus.
- Demonstrate simple MBSR techniques, such as mindful breathing and brief mindful pauses.

Tackling HIV Transmission: A General Guide to Prescribe PrEP

Emma Dishner, MD

Hosted by LGBTQ+ and Women Physicians Sections; Sponsored by TMAIT

PH | Level 2, Grand Oaks F

This session provides physicians with an update on sexually transmitted infection (STI) prevention services for their patients. There will be specific insights and suggestions as you prepare to prescribe pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP) for HIV and other STIs.

Upon completion the participant should be able to:

- Determine patient risk of HIV infection and eligibility for PrEP by initiating a patient-provider dialog regarding sexual health and behavior.
- Describe characteristics of current and emerging PrEP options, including dosage forms, route of administration, and frequency.
- Describe the role of doxycycline PEP for bacterial STI infections.

CME AT A GLANCE

SATURDAY, MAY 10

Each CME presentation is eligible for 1 hour of credit.

Time	CME Presentation	BM	LD	PH	WF	ST	E	DEA	TMLT	Level 2
9 am	Clinical Gait Assessment					★				Grand Oaks S
9 am	Transforming Hearts and Health: Community-Driven Strategies for Prevention and Care			★			★			Grand Oaks B
9 am	Under the Hood of your EHR: Is it on FHIR?	★								Grand Oaks E
9 am	Updates on Sports Concussion: Evaluation and Management for Primary Care Physicians					★				Grand Oaks R
9 am	Value-Based Reimbursement and Provider-Initiated Strategies	★								Grand Oaks F
9 am	Youth and Young Adult Vaping: Assessing Risk in an Era of New and Emerging Products			★			★			Grand Oaks C
10:15 am	Art and Science of Breathing: Optimize, Relax, Heal				★		★			Grand Oaks E
10:15 am	Geriatric Fall Prevention: A Partnership Opportunity for EMS and Primary Care					★				Grand Oaks S
10:15 am	Leading Without a Title!		★							Grand Oaks C
10:15 am	Ruminations on the New Kid on the Block: Canceled the Block: Canceled Laboratory Vomiting									----
10:15 am	The Art of Storytelling: Communicating Your Impact		★						★	Grand Oaks F
10:15 am	Updates in Pain Medicine for Opioid Prescribing, UDT Testing Pearls, and PMP Interpretation					★	★	★	★	Grand Oaks B
12:45 pm	Bridging the Gap: Collaboration Between Physicians and Leadership as a Model for Organizational Well-Being				★		★		★	Grand Oaks E
12:45 pm	From Hippocrates to Hospice: Applying Ethical Principles to Clinical Challenges at the End of Life					★	★			Grand Oaks S
12:45 pm	Protecting Your Texas Practice: Maintaining Regulatory Compliance when Physicians, Nurse Practitioners, and Physician Assistants Step into Oversight and Supervisory Situations	★					★		★	Grand Oaks F
12:45 pm	Psychedelics: Back to the Future					★	★			Grand Oaks B
12:45 pm	Sex Differences in Femoroacetabular Impingement Syndrome					★				Grand Oaks R
12:45 pm	The Art and Science of Emotional Intelligence: Mastering Transformative Leadership for Busy Physicians		★				★		★	Grand Oaks C

Find available materials from CME presentations at texmed.org/TexMedCME

SATURDAY, MAY 10

9-10 AM

Clinical Gait Assessment

Raul Marin, MD

Presented by the Texas Geriatric Society

ST | Level 2, Grand Oaks S

Gait is all about energy conservation and efficiency. The higher the displacement of the body's center of gravity (on front of S2), the more inefficient and costly gait becomes. Although computerized gait laboratories have found that gait is an extremely complex endeavor, the six determinants of normal gait, first described in 1953, are still valid in the office based clinical assessment of any patient. In this talk, the speaker will review these six determinants and how they relate to several abnormal gait patterns by demonstrating these himself on the stage.

Upon completion the participant should be able to:

- Describe the examination of the ambulatory system.
- Differentiate the mechanics of normal vs. abnormal gait.

Transforming Hearts and Health: Community-Driven Strategies for Prevention and Care

Parminder Deo, MPH; Anad Rohatgi, MD

PH E | Level 2, Grand Oaks B

Heart disease remains the leading cause of death in the U.S., disproportionately affecting high-risk populations like South Asians due to various factors. This session explores innovative, community-based strategies to address these disparities. Drawing on insights from UT Southwestern's South Asian Heart Program, attendees will learn practical strategies to reduce inequities through culturally tailored interventions and grassroots partnerships. Participants will gain actionable tools to identify at-risk populations, foster trust, and leverage community resources for sustainable cardiovascular disease prevention and management. This presentation aims to advance health equity and inspire leadership in addressing this critical public health priority.

Upon completion the participant should be able to:

- Describe the role of community partnerships and public health models in promoting leadership, advocacy, and health care delivery.

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- Identify unique cardiovascular health challenges in high-risk populations and their broader public health implications.
- Develop culturally competent strategies to engage communities, foster trust, strengthen collaboration, and lead transformative health initiatives.

Under the Hood of Your EHR: Is it on FHIR?

Fredric Santiago, MD

BM | Level 2, Grand Oaks E

Fast Health care Interoperability Resources (FHIR) is a vital emerging standard for health data exchange, promising to improve clinical workflow efficiency. This presentation introduces physicians to FHIR fundamentals, showcasing its potential to simplify information access and support decision-making. Through case studies, attendees will explore FHIR's applications, limitations, and implementation readiness. This session prepares physicians to navigate the evolving health care landscape and emphasizes early engagement to unlock FHIR's transformative potential.

Upon completion the participant should be able to:

- Describe the core features of FHIR and its impact on improving health care data exchange and workflows.
- Identify current real-world use cases of FHIR, including its role in decision support, quality measurement, and critical care.
- Determine key roles and responsibilities, across both technical and non-technical areas, to effectively contribute to FHIR implementations using their existing knowledge and skills.

TOC

MAPS

AGENDA

CME

EXPO

BUSINESS

9-10 AM (CONT.)

Updates on Sports Concussion: Evaluation and Management for Primary Care Physicians

Angela Cortez, MD

Presented by the Texas PM&R Society

ST | Level 2, Grand Oaks R

This session will provide primary care physicians with an updated approach to the evaluation and management of sports concussions. Attendees will learn the latest advancements in concussion assessment, including new diagnostic tools and emerging treatment protocols. Emphasis will be placed on the latest research into concussion management. Key topics include early diagnosis, return-to-play criteria, and long-term care strategies, with a focus on minimizing risks of repeat concussions and post-concussion syndrome. Practical guidelines will be provided to enhance physicians' ability to manage concussions in athletes of all levels, ensuring safe recovery and optimal outcomes.

Upon completion the participant should be able to:

- Assess sports concussions using updated tools and protocols.
- Implement evidence-based return-to-play and post-concussion management strategies.
- Apply best practices from professional sports to improve concussion care in athletes.

Value-Based Reimbursement and Provider-Initiated Strategies

Kinal Patel, JD

BM | Level 2, Grand Oaks F

This presentation explores the growth of alternative payment models and value-based reimbursement, including provider-initiated strategies. It will also cover the increasing integration of primary care and specialists, and the use of value-based safe harbors and exceptions to federal Anti-Kickback and Stark Laws. Common model structures will be illustrated with diagrams. This session is designed for primary care and specialist practices seeking integration opportunities, as well as physician leaders at health systems.

Upon completion the participant should be able to:

- Identify opportunities for provider-initiated value-based care strategies.

- Assess roadblocks to integrating primary care and specialists.
- Discuss best practices to structure strategies to comply with the federal Anti-Kickback Statute and the Stark Law.

Youth and Young Adult Vaping: Assessing Risk in an Era of New and Emerging Products

Lindy McGee, MD

PH E | Level 2, Grand Oaks C

Although down from its peak in 2019, when approximately one in four high schoolers used e-cigarettes in the past 30 days, vaping still remains a health concern for physicians caring for youth and young adults. This session will address the health consequences of both nicotine and THC e-cigarette use in youth and young adults and provide physicians with a framework for discussing these products in this population.

Upon completion the participant should be able to:

- Discuss new nicotine and vape products and develop a structured approach to assess risks associated with them.
- Describe the health consequences of nicotine, THC, and other vape additive use in youth and young adults.
- Identify methods to counsel youth and young adults about vaping using persuasive messaging.
- Advocate for public policy to decrease e-cigarette accessibility and desirability among youth and young adults.

10:15-11:15 AM

Art and Science of Breathing: Optimize, Relax, Heal

Nick Shroff, MD

Presented by the TMA Committee on Physician Health and Wellness

WF E | Level 2, Grand Oaks E

Breathing, though automatic, can be voluntarily controlled to influence the nervous system and improve health. Proper breathing lowers heart rate, blood pressure, and stress, while improving posture and vitality. Relaxation-breathing and breath-holding techniques can help prevent and reverse disease. This course explores the physiology of breathing and its role in stress relief, blending Eastern and Western practices. It covers how breathing affects

10:15-11:15 AM (CONT.)

the autonomic nervous system, its benefits (nitric oxide production, circulation, temperature regulation, lymphatic flow, anti-inflammatory effects), and how correcting suboptimal breathing can offer non-invasive health management strategies.

Upon completion the participant should be able to:

- Describe the physiological processes associated with breathing and their significance to health and healing.
- Discuss breathing techniques that enhance physical, emotional, and mental well-being.
- Integrate mindful relaxation-breathing practices with conventional medicine to reduce stress, insomnia, hypertension.

Geriatric Fall Prevention: A Partnership Opportunity for EMS and Primary Care

Jeffrey Rollman, MPH, LP

Presented by the Texas Geriatric Society

ST | Level 2, Grand Oaks S

Falls are a leading cause of injury among older adults, significantly burdening health care systems. Many falls, however, require only a “lift assist” from firefighters or EMS. This session introduces Texas physicians to the CDC’s STEADI algorithm and its prehospital adaptation for firefighters and paramedics. Participants will explore how EMS can partner in fall risk screening, assessment, and intervention, bridging acute care and prevention. Evidence-based strategies and case studies will illustrate how EMS-physician collaboration improves patient outcomes and reduces costs. This session is for physicians interested in improving geriatric care through interdisciplinary collaboration.

Upon completion the participant should be able to:

- Describe the key components of the CDC’s STEADI algorithm and its application in fall prevention.
- Describe a collaborative approach between EMS and primary care to enhance geriatric fall prevention efforts.
- Evaluate the potential impact of physician and fire/EMS partnerships on reducing fall-related morbidity and mortality.

Leading Without a Title!

Anu Wadhwa, MD

LD | Level 2, Grand Oaks C

This session empowers physicians to recognize and cultivate their inherent leadership potential in everyday interactions. Participants will learn practical strategies to foster collaborative relationships, enhance personal fulfillment through self-compassion and gratitude, and build resilience. The session will also address specific challenges to career advancement, providing actionable strategies for self-advocacy, networking, and mentorship. Finally, attendees will develop key leadership qualities, including adaptability and wellness practices, to effectively lead amidst uncertainty while maintaining a healthy work-life balance.

Upon completion the participant should be able to:

- Implement strategies to foster collaborative relationships with colleagues, enhance personal fulfillment through self-compassion, gratitude, and vulnerability, and build resilience.
- Identify challenges to career advancement and develop actionable strategies for self-advocacy, networking, and mentorship to support professional growth and promotion.
- Develop key leadership qualities, including adaptability and wellness practices, to lead effectively amidst uncertainty while maintaining a healthy work-life balance.

Rumination Syndrome: The New Kid on the Block to Explain Refractory Vomiting

CANCELED

...points include vomiting gastric contents 5-20 minutes after intake, preceded by belching, and described as “fountain-like” with nausea and epigastric pain. Onset often coincides with a severe emotional event. Treatment focuses on diaphragmatic breathing, relaxation, and meditation before eating, along with medication for coexisting depression/anxiety. Recovery can take up to three months.

Upon completion the participant should be able to:

- Describe the pathophysiology of Rumination Syndrome.

10:15-11:15 AM (CONT.)

The Art of Storytelling: Communicating Your Impact

Kristin Parker

LD TMLT | Level 2, Grand Oaks F

This session explores how storytelling can be a powerful tool in transforming the practice of medicine. Discover how weaving compelling narratives can build stronger patient trust and rapport, foster a more positive and collaborative team environment, and enhance your practice's visibility and reach within the community. Learn practical techniques for crafting and sharing stories that resonate, inspire, and ultimately, improve the patient experience and your practice's impact.

Upon completion the participant should be able to:

- Explore storytelling frameworks for patient and peer communication.
- Develop impactful narratives for presentations and marketing.
- Enhance emotional engagement with patients and teams.

Updates in Pain Medicine for Opioid Prescribing, UDT Testing Pearls and PMP Interpretation

Miles Day, MD; Max Eckmann, MD

Presented by the Texas Pain Society

ST E DEA SUD TMLT | Level 2, Grand Oaks AB

This session provides a concise update on key areas of pain management, focusing on practical strategies for opioid prescribing, urine drug testing, and PMP utilization. We'll explore the critical differences between acute and chronic pain and how they influence prescribing decisions. You'll learn to determine the appropriate treatment course, including acute vs. chronic pain prescriptions, and understand the role of urine drug testing in both settings. Finally, you'll gain insights into interpreting PMP data to identify potential drug-seeking behaviors and assess compliance. This session equips you with the knowledge to provide safe and effective pain management, balancing patient needs with responsible prescribing.

Upon completion the participant should be able to:

- Discuss prescribing and monitoring of controlled substances for both acute and chronic pain patients.

- Assess when to order urine drug tests and how to interpret the results.
- Identify clinical data in the PMP and how to interpret the data.

12:45-1:45 PM

Bridging the Gap: Collaboration Between Physicians and Leadership as a Model for Organizational Well-Being

Sapna Singh, MD

WF E TMLT | Level 2, Grand Oaks E

Physician burnout and retention are both important factors to a health care organizations sustainability and success. Texas Children's Pediatrics (TPC) focused on physician wellness and engagement coming out of the pandemic with strategies that helped improve communication and collaboration between physicians and leadership. By creating a committee to work on strategic initiatives and involving decision makers access to this work, TCP was able to make strides in the well-being of its physician workforce. Utilizing a standardized assessment tool, and working with AMA helped improve engagement across the organization. The work resulted in the AMA awarding TCP with the Bronze level of Joy In Medicine recognition.

Upon completion the participant should be able to:

- Identify the structure necessary for a collaborative engagement and Wellness Committee.
- Describe what honest communication and trust between physicians and leadership entails.
- Utilize tools like an annual well-being survey and the JIM Roadmap to work on system level changes to address burnout.

From Hippocrates to Hospice: Applying Ethical Principles to Clinical Challenges at the End of Life

Jason Morrow, MD

Presented by the Texas Geriatric Society

ST E | Level 2, Grand Oaks S

This presentation and discussion will address ethical challenges at the end of life, including conflicts over code status and requests for Medical Aid in Dying. We'll explore tools for ethical analysis and effective communication, such as applying core ethical principles (e.g., patient autonomy, avoiding harm), ethical triage, the principle of double effect, and

12:45-1:45 PM (CONT.)

conflict management techniques. A clear understanding of relevant legal and professional standards regarding informed consent and refusal will also be provided.

Upon completion the participant should be able to:

- Apply ethical tools and principles, including respect for patient autonomy and avoiding unnecessary harm, to complex end-of-life decisions.
- Examine standards of care and communication related to managing conflict over code status and life-sustaining treatments for older patients in Texas.
- Define “medical aid in dying” as it is practiced in the United States, contrast it with other related practices, and identify available supportive practices in Texas.

Protecting Your Texas Practice: Maintaining Regulatory Compliance when Physicians, Nurse Practitioners, and Physician Assistants Step into Oversight and Supervisory Situations

Tony Bertolino, JD; Troy Beaulieu, JD

BM E TMLT | Level 2, Grand Oaks F

This session equips Texas physicians, NPs, and PAs with essential knowledge of supervisory, compliance, and legal obligations in delegated patient care settings. It covers key topics including proper supervision guidelines, legal and regulatory compliance (scope of practice, licensure, prescription authority, documentation), and risk management strategies. Practical scenarios and Q&A will address common challenges and best practices for effective collaboration while maintaining compliance.

Upon completion the participant should be able to:

- Identify the key regulatory compliance requirements for oversight and supervision in Texas for physicians, nurse practitioners, and physician assistants.
- Describe strategies to mitigate risks and maintain compliance with Texas regulatory standards.
- Discuss real-world scenarios to identify common compliance pitfalls and appropriate solutions.

Psychedelics: Back to the Future

Sejal Mehta, MD

Presented by the TMA Committee on Physician Health and Wellness

WF E | Level 2, Grand Oaks B

Psychedelics, once widely used in research, have been largely restricted for decades due to their legal status as Schedule I substances. However, recent years have witnessed a resurgence of interest in their therapeutic potential, with the FDA approving rigorous clinical trials for conditions such as depression, trauma, and pain. This presentation aims to provide health care professionals with a comprehensive overview of the current landscape of psychedelic research. By exploring the mechanisms of action of these substances, discussing their potential therapeutic implications, and identifying potential pitfalls, attendees will be equipped the knowledge necessary to navigate this evolving field responsibly and ethically.

Upon completion the participant should be able to:

- Describe the neuropharmacological mechanisms of action of psychedelic substances, including their interactions with neurotransmitter systems and their effects on brain function.
- Explore the potential therapeutic applications of psychedelics in various clinical settings.
- Identify potential risks and challenges associated with psychedelic-assisted therapies

Sex Differences in Femoroacetabular Impingement Syndrome

Alexandria Haselhorst, DO

Presented by the Texas PM&R Society

ST | Level 2, Grand Oaks R

The purpose of this presentation is to educate the audience on the three types of femoroacetabular impingement (FAI) syndrome and how it can present differently in males and females. These differences vary from anatomical sex differences of the pelvis, symptom presentation and findings on the physical examination. Using these differences as a template, the audience will be guided through a typical conservative and surgical management plan for FAI. Those who attend the lecture will better understand how the outcomes of this treatment can vary between males and females based on up-to-date findings in available research.

Upon completion the participant should be able to:

12:45-1:45 PM (CONT.)

- Identify anatomical sex differences of the pelvis.
- Define three types of femoroacetabular impingement (FAI) syndrome.
- Discuss sex differences of FAI syndrome and develop a treatment plan.

The Art and Science of Emotional Intelligence: Mastering Transformative Leadership for Busy Physicians

Nora Vasquez, MD

LD E TMLT | Level 2, Grand Oaks C

Physicians today are caregivers and leaders, navigating complex systems and fostering

collaboration. This session offers a practical framework for integrating emotional intelligence (EI) into physician leadership. Attendees will explore EI's core components—self-awareness, empathy, emotional regulation, and communication—and their impact on leadership effectiveness. Through real-world examples, physicians will learn strategies to manage stress, resolve conflicts, inspire teams, and build trust. This session equips physicians to enhance their leadership, improve team dynamics, and confidently incorporate EI skills.

Upon completion the participant should be able to:

- Define emotional intelligence.
- Identify its core components, including self-awareness, self-regulation, empathy, and effective communication.



SATURDAY, MAY 10 | 2 PM | EXPO HALL, HOD Treating Patients in the Digital Era

DOCTOR MIKE

Mikhail "Doctor Mike" Varshavski, DO, is a board-certified family medicine physician and social media influencer with an audience of over 25 million followers across platforms. On his YouTube channel he debunks medical misinformation and educates his audience about their health and body.

Like it or not, every doctor is an "influencer." While not all physicians have large social media followings, they influence their patients every time they step into the office. Whether you're speaking one-on-one with a patient or reaching millions through a smartphone screen, the challenge remains the same: conveying complex medical information in a way that people understand.

Doctor Mike has discovered that the communication skills required to engage over 25 million social media followers have also improved his in-person patient interactions. Likewise, the authenticity that builds trust in the exam room is exactly what audiences crave online.

In this talk, Doctor Mike will share the insights and strategies he's developed over a decade of social media success—helping you become not just a better doctor, but a more effective communicator and influencer as well.

Participants will be able to apply principles of effective communication and authenticity, as demonstrated through Doctor Mike's experience in both social media and clinical settings, to enhance their ability to convey complex medical information and build trust with patients and broader audiences.

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- ❶ **Wear your conference badge at all times.**
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- ❸ **If you attend multiple sessions in the same room, have your badge re-scanned before each session begins.**
- ❹ **TMA will record your CME credit by June 6.**
All credit types will be recorded as part of this scanning (ethics, SUD, etc.).

PLEASE NOTE: *Self-reporting is still required for other TMA CME events.*

Questions?

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After TexMed: Contact the Knowledge Center at
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EXPO HALL



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EXPO HALL HIGHLIGHTS

The Expo Hall is your location for the latest technologies, services, and product knowledge to enhance your quality of patient care and practice operations ... all from solutions-based exhibitors. Take a break and get recharged!

Thanks to our exhibitors and sponsors, TexMed is a free member benefit.

WELCOME STATION AND SATURDAY BAGGAGE CHECK

Sponsored by Texas A&M College of Medicine Rural Medicine Program

After registering, make your first stop at the Welcome Station to stock up on all your TexMed necessities: lanyard, ribbons, conference program, and tote bag.

Feel free to drop your luggage at our complimentary "Baggage Check" located next to registration on Saturday, available from 6 am-4 pm.

PHYSICIAN LOUNGE

Sponsored by Humana

At the heart of the Expo Hall, the Physician Lounge is your stop to refresh, recharge, and reconnect with colleagues.

WALK WITH A DOC

BOOTH #102

Friday, 4-4:30 pm

Join us Friday afternoon! Meet at the TMA Foundation booth for a walk around the property. Finish at the Welcome Reception in time for the Garden party!

THE TEXMED FUN ZONE

BOOTH # 207

Take a break from the serious stuff and visit The Fun Zone for a quick game. Expo Bingo winners will be posted here, so stop by frequently to see if you or someone you know is a winner.

NETWORKING LUNCH

Friday, 11:15 am-12:30 pm

Meet with friends, chat with exhibitors, visit the TMA Member Services booth and grab a bite. Prize drawings and more will be happening.

ASK-THE-EXPERT LUNCH AND LEARN: FINANCIAL WELLNESS

HOD

Presented by M.C. Byrd Wealth Management

Friday, 11:30 am-12:15 pm

Join us for a lunchtime Ask-the-Expert Panel Discussion in the HOD room!

Enjoy your meal while you gain insights from financial experts moderated by Kimberly Monday, MD. Presented by M.C. Byrd Wealth Management, in collaboration with Partners Real Estate, APTA Investments, and Panacea Financial. We aim to satisfy TMA member physicians' appetite for financial wellness tips.

WELCOME RECEPTION

Sponsored by Texas Medical Liability Trust

RIVERBEND PAVILLION AND LAWN

Friday, 4:30-7:30 pm

Join us at our Welcome Reception Garden Party! Celebrate the TMA and TMAA presidents while enjoying drinks, eats, and a powerhouse band. Connect with exhibitors and colleagues in a fun outdoor setting just outside the hotel.

RELAXATION STATION

BOOTH # 406

Sponsored by Texas Child Mental Health Care Consortium-Child Psychiatry Access Network (CPAN) & Perinatal Psychiatry Access Network (PeriPAN)

Escape from the hustle and bustle of the conference to the calm sanctuary of the Relaxation Station. Indulge in a chair massage or sit, relax, and recharge.

EXPO HALL HOURS

Friday: 7 am-4 pm

Saturday: 7 am-2 pm

EXPO BINGO

Grab your Expo Bingo card, visit all participating exhibitors listed, and enter to win one of several fabulous prizes donated by the Expo Bingo exhibitors. Winners will be posted in the TexMed Fun Zone. For a schedule of prize drawings, see page 43.

TMA MEMBER SERVICES

BOOTH #417

How is TMA working for you? Come discover all your member benefits and start taking advantage of the many services that make it easier for you to focus on what matters: the care of your patients.

TEXMED SATURDAY LUNCH

Sponsored by TMA Insurance Trust

Saturday, 11:15 am-12:45 pm

Grab your lunch and head to any available table to enjoy. After lunch, head over to the TMA Insurance Trust to chat about your insurance needs.

THERAPY ANIMALS OF SAN ANTONIO

BOOTH #110

Sponsored by Healthconnect Texas

Love on the adorable dogs from Therapy Animals of San Antonio, a nonprofit service organization providing animal-assisted therapy programs for the San Antonio area.

COFFEE BREAK

Sponsored by iPractice Healthcare Business Solutions

Friday, 9:30-10 am, 2-2:30 pm

Saturday, 10-10:30 am

Connect with colleagues at the morning coffee break.

A Healthy Texas Starts With You

The Texas Department of State Health Services has many programs to help keep Texans healthy, from an immunization registry to low-cost vaccines for children and adults.

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EXPO HALL SCHEDULE

SOCIAL EVENTS IN THE EXPO HALL

FRIDAY, MAY 9

- 7-8 am** **Breakfast**
- 9:30-10 am** **Coffee Break**
Sponsored by iPractice Healthcare Business Solutions
- 11:15 am-12:30 pm** **Networking Lunch**
- 11:30 am-12:15 pm** **Ask-the-Expert Lunch and Learn**
Presented by M.C. Byrd Wealth Management
- 2-2:30 pm** **Coffee Break**
Sponsored by iPractice Healthcare Business Solutions
- 4-4:30 pm** **Walk with a Doc Texas Meet-Up**
Meet at Booth #102 in the Expo Hall; walk as a group around the property.
- 4:30-7:30 pm** **Welcome Reception: Garden Party!**
Sponsored by Texas Medical Liability Trust

SATURDAY, MAY 10

- 7-8:30 am** **Breakfast**
- 10-10:30 am** **Coffee Break**
Sponsored by iPractice Healthcare Business Solutions
- 11:15 am-12:45 pm** **Saturday TexMed Lunch**
Sponsored by TMA Insurance Trust

PRIZE DRAWINGS AT THE TEXMED FUN ZONE

Stop by and check the winner board!

FRIDAY, MAY 9 Drawing at 3 PM

- Apple AirPods Pro**
Donated by Wright Geriatric Consulting Booth #107
- JBL Flip 6 Waterproof Speaker**
Donated by Texas Medical Liability Trust Booth #117
- \$150 Visa Gift Card**
Donated by Partners Real Estate Booth #108
- Oura Ring Gift Card**
Donated by APTA Investment Group Booth #218
- \$100 Amex Gift Card**
Donated by M.C. Byrd Wealth Management Booth #116
- \$200 Amazon Gift Card**
Donated by Ignite Investments Booth #420

SATURDAY, MAY 10 Drawing at Noon

- Apple AirPods Pro 2**
Donated by TMF Health Quality Institute Booth #122
- Mystery Prize**
Donated by Texas A&M College of Medicine Rural Medicine Program Booth #335
- Yeti M15 Tote Soft Cooler**
Donated by iPractice Healthcare Business Solutions Booth #206
- \$100 Amazon Gift Card**
Donated by TMA Insurance Trust Booth #118
- Panacea Swag Bag**
Donated by Panacea Financial Booth #210
- Dinner & Movie**
Donated by BridgeIT Solutions Booth #221
- Winners Choice: Solo Stove or Oura Ring Card**
Donated by Consilium Staffing Booth #321



ASK THE EXPERT

LUNCH AND LEARN

Financial Wellness Panel

FRIDAY, MAY 9 | 11:30 am-12:15 pm | HOD



Kimberly Monday, MD
Moderator



Monte Byrd,
ChFC, CLU, AIF, NQPA, CEPA
Booth #116
Presenting Sponsor



Guy Patterson
Executive Director
Booth #118



Connor Watson
Vice President
Booth #108



Mary Gonzales
Senior Business Relations Manager
Booth #117



Vasu Kakarlapudi,
MD, MBA
Founder and Managing Partner
Booth #218



Brandon Finazzo
SVP, Head of Practice Solutions
Booth #210

Stop by our panelists' booths in the Expo Hall and continue the conversation.

This presentation is informational only and the material presented does not constitute investment, retirement, financial or legal advice. **Nothing in this presentation substitutes for the advice of an attorney or relevant professional.** You should not rely on the information in this presentation when dealing with personal legal, financial, investment, or retirement planning decisions; rather, advice from an appropriate professional should be sought. Your needs, goals, and circumstances are unique and require the individualized attention of your retained financial and/or legal advisor. All investments involve risk of financial loss. Individuals must evaluate their own investment objectives, risk tolerance, time horizon, tax situation, and other relevant factors before making investment decisions. No content in the presentation may be considered a recommendation or endorsement of any product or investment-related option. The statements of panelists are their own and are not an endorsement of or recommendation by the Texas Medical Association (TMA). Neither TMA nor their attorneys are engaged in providing legal advice, financial advice, investment advice, or retirement planning advice. You release TMA, its officers, employees, and all persons involved from any liability connected with the presentation. By attending you acknowledge that you have read, understood, and accepted this disclaimer and have been fully informed of your consent, release, and waiver of liability.

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centerwellprimarycare.com/en/ipa.html
Booth #114

Christian Health Service Corps

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www.healthservicecorps.org
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DSHS Newborn Screening

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TOC

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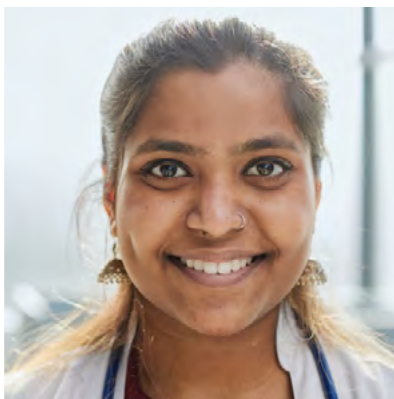
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HOUSE OF DELEGATES

TMA's House of Delegates is the association's top legislative and policymaking body. It represents individual grassroots members, county and specialty medical societies, boards, councils, committees, and sections. All TMA members are encouraged to appear and testify before reference committees and attend meetings of the house. Only delegates and alternate delegates, however, may participate in the discussion, and only delegates may vote in Saturday's session.

TEXMED and House of Delegates Joint Opening Session

Friday, 8-11 am (or until house recess)
Level 2, Expo Hall, HOD

Presiding: Speaker Bradford W. Holland, MD, Waco, and Vice Speaker John G. Flores, MD, Little Elm

HOUSE AGENDA

- Opening Session Speaker: Alex Oshmyansky, MD, *Founder and CEO, Mark Cuban Cost Plus Drug Company*
- TMA president address to the house
- Nominations for candidates for TMA offices
- Presentation of Distinguished Service Award

REFERENCE COMMITTEES

Friday, Noon | Level 3, Wildflower Rooms

Please note this time is different than previous years.

Four reference committees hold open hearings to consider the issues listed below. Follow the progress of each reference committee on your mobile device at refcom.texmed.org.

Financial and Organizational Affairs

Larkspur

Association finances, membership, representation, and federation relationships

Medical Education and Health Care Quality

Indian Paintbrush

Undergraduate, graduate, and continuing education; physician workforce; scientific/clinical aspects of medicine; biomedical research; medicine and technology; and health care quality

Science and Public Health

Bluebonnet

Core public health functions; environmental health; child and adolescent health; EMS and trauma; addictive and infectious diseases; and regulations and licensure

Socioeconomics

Begonia

Managed care; Medicare/Medicaid; payment; and legislative, regulatory, and legal issues



CANDIDATE FORUM

Friday, 3-4:30 pm | Level 2, Expo Hall, HOD

Candidates running for at-large trustee and young physician trustee to the TMA Board of Trustees and candidates running for the resident/fellow designated alternate delegate position on the Texas Delegation to the American Medical Association (AMA) speak briefly, then answer questions. Any member who attends will be entered into a drawing for an Amazon gift card – must be present to win!

HOUSE BUSINESS SESSION

Saturday, 8:30 am-12:30 pm | Level 2, Expo Hall, HOD

Presiding: Speaker Bradford W. Holland, MD, Waco, and Vice Speaker John G. Flores, MD, Little Elm

HOUSE AGENDA

- Debate and voting
- TMA elections for officers, councilors, and AMA delegation (9:30 am)
- 2025-26 TMAA/TMA presidents' installation (10:45 am)

CAUCUS MEETINGS

County medical society caucus meetings are scheduled for Saturday morning. For more information, refer to "Caucuses" in the Business Meetings schedule (page 55).

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SCAN TO CALL

BUSINESS MEETINGS

Many TMA boards, councils, and committees hold business meetings in conjunction with TexMed. Please note that while the meetings are open to TMA members, at the discretion of the chair, additional TMA members and guests may be invited to attend.

If you are not a member of a group and would like to attend its meeting, please ensure you have spoken with the appropriate chair or staff to confirm participation when applicable. Visit texmed.org/BCCInfo for complete details.

WOLFF BALLROOMS LEVEL 1 | GRAND OAKS BALLROOMS LEVEL 2 | WILDFLOWER ROOMS LEVEL 3

BOARDS

Board of Trustees	Thursday	10:00 AM	3:00 PM	Begonia
TMA Foundation Board of Trustees	Thursday	1:00 PM	3:00 PM	Bluebonnet
TMA Insurance Trust Board of Trustees	Thursday	5:30 PM	7:30 PM	Freesia
Board of Councilors	Thursday	6:00 PM	8:00 PM	Begonia

CAUCUSES

Border Health Caucus	Friday	10:30 AM	Noon	Grand Oaks R
Harris County Medical Society Caucus	Saturday	6:30 AM	8:00 AM	Grand Oaks E
Bexar County Medical Society Caucus	Saturday	6:30 AM	8:00 AM	Grand Oaks C
Dallas County Medical Society Caucus	Saturday	6:30 AM	8:00 AM	Grand Oaks R
Lone Star Caucus	Saturday	6:30 AM	8:00 AM	Grand Oaks B
Medical Student Section (MSS) Caucus Meeting	Saturday	7:00 AM	8:00 AM	Grand Oaks F
Tarrant County Medical Society Caucus	Saturday	6:30 AM	8:00 AM	Indian Paintbrush
Travis County Medical Society Caucus	Saturday	6:30 AM	8:00 AM	Freesia

COMMITTEES

Subcommittee for Academic Physicians	Thursday	9:00 AM	11:00 AM	Freesia
Interspecialty Society Committee	Thursday	10:30 AM	12:30 PM	Grand Oaks B
Committee on Medical Home and Primary Care	Thursday	11:30 AM	1:00 PM	Grand Oaks C
Committee on Independent Physician Practice	Thursday	2:00 PM	3:30 PM	Indian Paintbrush
Committee on Alternative Payment Models	Thursday	4:00 PM	6:00 PM	Grand Oaks C
Committee on Health and Information Technology	Thursday	6:00 PM	9:00 PM	Indian Paintbrush
Committee on Medicaid, CHIP, and the Uninsured	Thursday	6:30 PM	9:00 PM	Grand Oaks B

REFERENCE COMMITTEES

Financial and Organizational Affairs	Friday	Noon	4:00 PM	Larkspur
Medical Education and Health Care Quality	Friday	Noon	4:00 PM	Indian Paintbrush
Science and Public Health	Friday	Noon	4:00 PM	Bluebonnet
Socioeconomics	Friday	Noon	4:00 PM	Begonia
Committee on Patient-Physician Advocacy	Friday	6:30 PM	7:30 PM	Freesia

Continued on next page

BUSINESS MEETINGS

WOLFF BALLROOMS **LEVEL 1** | GRAND OAKS BALLROOMS **LEVEL 2** | WILDFLOWER ROOMS **LEVEL 3**

COUNCILS

Council on Medical Education	Thursday	11:00 AM	1:30 PM	Grand Oaks F
Council on Socioeconomics	Thursday	1:30 PM	4:00 PM	Grand Oaks B
Council on Member Experience	Thursday	6:00 PM	8:30 PM	Grand Oaks E
Council on Health Service Organizations	Friday	4:00 PM	6:00 PM	Freesia

OTHER

Texas Academy of Family Physicians Pre-Conference	Thursday	2:00 PM	5:30 PM	Grand Oaks R
Texas Delegation to the AMA	Thursday	5:00 PM	6:30 PM	Iris
UTMB JS-SOM Alumni Association Board of Trustees Meeting	Friday	2:00 PM	4:30 PM	Wolff A
UTMB JS-SOM Alumni Association Meeting and Reception	Friday	6:00 PM	8:00 PM	Iris
TMALC and Lifelong Leadership Program Reception	Friday	9:00 PM	11:00 PM	Lobby Bar

SECTIONS

Medical Student Section Specialty Showcase	Thursday	6:30 PM	7:30 PM	Wolff C
Women Physician Section Business Meeting	Friday	7:00 AM	7:45 AM	Iris
Medical Student Section Chapter President's Meeting	Friday	11:00 AM	12:30 PM	Freesia
Medical Student Section Business Meeting	Friday	1:00 PM	4:00 PM	Iris
Resident and Fellow Section Business Meeting	Friday	4:30 PM	5:30 PM	Grand Oaks C
Young Physician Section Business Meeting	Friday	4:30 PM	5:30 PM	Grand Oaks F
LGBTQ Health Section Business Meeting	Friday	5:30 PM	6:30 PM	Grand Oaks C
International Medical Graduate Section	Saturday	Noon	1:00 PM	Lily

TEXPAC

TEXPAC Executive Committee	Thursday	4:00 PM	5:00 PM	Bluebonnet
TEXPAC 300 Club Reception	Thursday	6:00 PM	7:00 PM	Grand Oaks Patio
TEXPAC Board of Directors	Thursday	7:00 PM	9:00 PM	Wolff A

TMA ALLIANCE

TMA Alliance Keynote Session	Thursday	2:00 PM	4:30 PM	Wolff A
TMA Alliance Annual Business Meeting	Friday	9:00 AM	10:30 AM	Wolff A
TMA Alliance Round-Table Session	Friday	10:45 AM	12:15 PM	Wolff A
TMA Alliance Celebration Luncheon	Friday	12:30 PM	2:00 PM	Wolff Foyer

TEXAS MEDICAL ASSOCIATION

Distinguished SERVICE AWARD



The Distinguished Service Award is the Texas Medical Association's highest honor, recognizing a person who has made outstanding contributions to Texas patients and physicians.

DAVID N. HENKES, MD

In recognition of his 25 years of exceptional contributions to the medical community, the Texas Medical Association is proud to honor David N. Henkes, MD, with the 2025 TMA Distinguished Service Award.

Dr. Henkes will receive TMA's highest honor during the TexMed Opening Session on Friday morning to celebrate his leadership within the Texas Delegation to the American Medical Association (AMA).



When Dr. Henkes joined the Texas Delegation in 2001, he could not have foreseen the profound impact he would have over the next two decades. He was elected as vice chair in 2012 and chair in 2014, a position he held with great distinction until December 31, 2024.

Under his leadership, the Texas Delegation's influence within the AMA grew significantly. The number of Texas delegates increased, and Texans now hold positions in nearly every AMA committee and council. Dr. Henkes' ability to foster relationships and build coalitions, such as the Big Five – a collaboration between Texas, California, Florida, New York, and Pennsylvania – has been instrumental in advocating for key issues like Medicare payment reform.

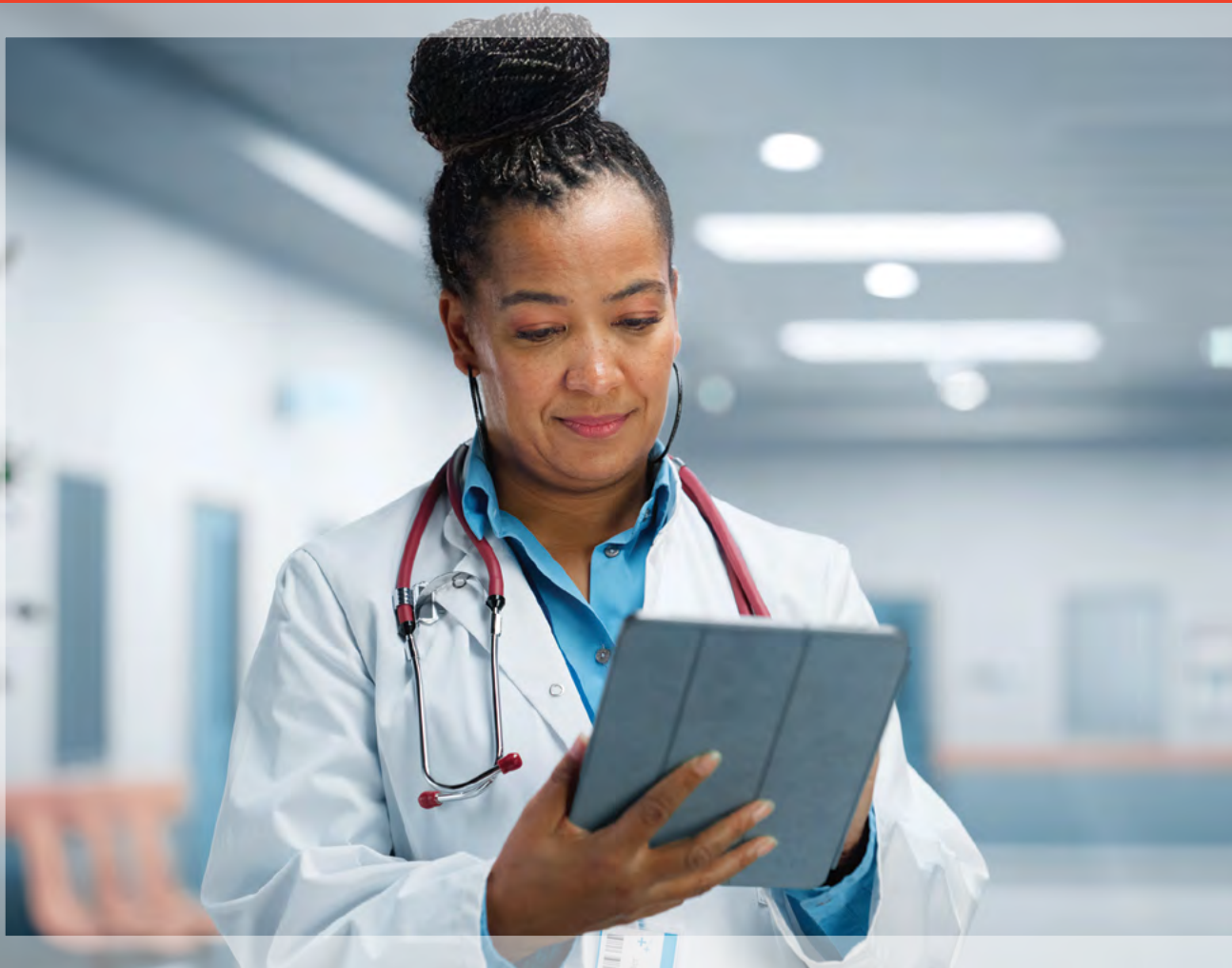
Dr. Henkes' leadership style, in which he prioritizes the needs of Texas physicians and the medical community over personal ambition, has earned him widespread admiration and appreciation from his colleagues.

Throughout his tenure, Dr. Henkes championed many key initiatives, including making Medicare payment reform a priority, establishing telemedicine guidelines before COVID-19, and advocating for internists facing certification challenges.

Outside of delegation work, Dr. Henkes is a practicing pathologist in Bexar County, where he served as county medical society president.

Dr. Henkes' leadership and dedication will leave a lasting legacy, ensuring that the voice of Texans continue to shape the future of health care.

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Gary Floyd, MD, *Chair*

Diana Fite, MD, *Vice-Chair*

Akinwande Akinfolarin, MD

Carlos Cardenas, MD

Julye Nesbitt Carew, MD

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Austin King, MD

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