




APRIL 16-18 | OMNI CORPUS CHRISTI + HILLIARD CONVENTION CENTER

# TEX MED 26

ADVOCATE  
EDUCATE  
INNOVATE

[TEXMED.ORG/TEXMED](https://www.texmed.org/texmed)

  @texmed  @wearetma

# Insurance For Good



TOC

MAPS

AGENDA

CMIE

EXPO

BUSINESS

## Your premium doesn't just pay for coverage—it pays it forward.

Insurance is designed to cover a claim. But what if it could do *more*? What if it already was and you just didn't know it?

At TMA Insurance Trust, we manage coverage and handle claims like any insurer. But what happens beyond that is what sets us apart. When there's a surplus, the funds don't go to shareholders—because we don't have any. Instead, that surplus stays in the Texas medical community, *paying it forward* by funding resources physicians actually use.



We call it *Insurance For Good* because that's exactly what it delivers:

- Free CME courses to help you save hundreds each year
- 25% Savings on Own-Specialty Long Term Disability insurance **issued by The Prudential Insurance Company of America**
- Confidential, free mental health counseling through Anticipate Joy
- Support for County Medical Societies so local representation stays strong
- Funding for Member Sections to keep physician groups connected
- Emergency relief funds through the TMA Foundation

These practical, ongoing benefits are available to you, with no hidden costs or inflated premiums. Your TMA membership also includes exclusive insurance savings you won't find anywhere else.

Since 1955, our focus has stayed the same: supporting Texas physicians. Through purposeful reinvestment, your insurance brings value full circle—back to you and the physician community it was created for.



Get to know your insurance options, member savings, and the programs included with your TMA membership. Visit [tmailt.org](http://tmailt.org) or call 800-880-8181, Monday-Friday, 8:00 AM-5:00 PM CST. ▶



SCAN TO CALL

TMA Member Long Term Disability Plan is issued by The Prudential Insurance Company of America, Newark, NJ. The Booklet-certificate contains all details, including any policy exclusions, limitations and restrictions, which may apply. CA COA #1179, NAIC #68241. Contract Series 83500.

1090419-00001-00

# YOUR GUIDE TO TEXMED



Hilliard Center  
Wi-Fi Sponsored by

Dr. Laura Suttin

**Omni Hotel**  
Network: Omni Meeting  
Password: TEXMED26  
*(case sensitive)*

**Hilliard Center**  
Network: HCguest  
*No Password Required*

TOC

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**50<sup>th</sup> ANNIVERSARY**

**THURSDAY, APRIL 16**  
**8-11 PM**

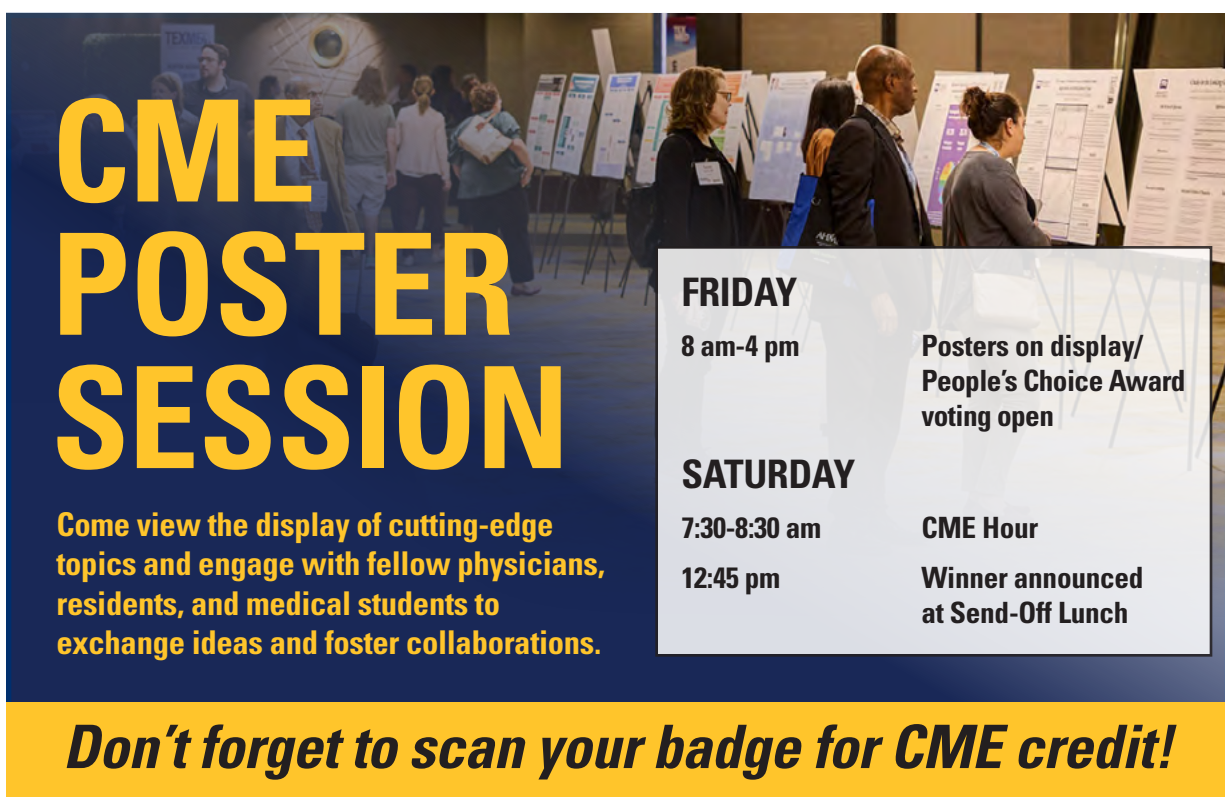
**Texas State Aquarium Shark Exhibit**

2710 N. Shoreline Blvd.

*Enjoy drinks, snacks, great company and stunning underwater views.*

*hosted by TMA Sections with support from TMA Insurance Trust*

**TMA INSURANCE TRUST**



**CME POSTER SESSION**

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

<b>FRIDAY</b>	8 am-4 pm	Posters on display/ People's Choice Award voting open
<b>SATURDAY</b>	7:30-8:30 am	CME Hour
	12:45 pm	Winner announced at Send-Off Lunch

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

WELCOME TO

# TEXMED

ADVOCATE • EDUCATE • INNOVATE

# 26



**Bradford W. Holland, MD**  
*President, 2026-27*  
 TEXAS MEDICAL ASSOCIATION

## A MESSAGE FROM THE 2026-27 TMA PRESIDENT

***Welcome to TexMed 2026 in the beautiful coastal city of Corpus Christi!***

The Texas Medical Association (TMA) is excited to fulfill our conference initiative, bringing TMA's programs, services, and distinguished speakers directly to our members across our great state – this event is a prime example.

TexMed 2026 features exceptional speakers, valuable CME opportunities, engaging social activities, and our robust House of Delegates (HOD). As the past Speaker of the HOD, I'm deeply passionate about the vital advocacy work we accomplish together in the House – from drafting and vetting health care policy resolutions to debating critical issues and honoring outstanding members of our organization.

I look forward to a productive and enjoyable meeting with all of you, as we collectively fight to protect the profession of medicine. Thank you for your time and dedication on behalf of everyone in TMA.

Bradford W. Holland, MD

### 2025-26

#### TMA Officers

**Jayesh "Jay" Shah, MD**  
 President

**G. Ray Callas, MD**  
 Immediate Past President

**Gregory M. Fuller, MD**  
 Secretary/Treasurer

**John G. Flores, MD**  
 Speaker of the House

**Mark A. Casanova, MD**  
 Vice Speaker of the House

**Kimberly E. Monday, MD**  
 Chair

**Bradford S. Patt, MD**  
 Vice Chair

# SAVING LIVES IS IN OUR BLOOD.

Donate a pint at the TexMed blood drive.



*To ensure eligibility, regular donors should have made their last donation at least 56 days before the event – by Feb. 20, 2026.*

**FRIDAY,  
APRIL 17**  
10 AM-6 PM

**SATURDAY,  
APRIL 18**  
10 AM-1:30 PM

**AT THE BLOOD DONATION BUS IN THE TEXMED EXPO HALL**

*Coordinated and co-hosted by The Coastal Bend Blood Center, the Texas Medical Association's (TMA) Committee on Emergency Medical Services and Trauma (CEMST) and Subcommittee on Transfusion Medicine and Transplantation (STT), and the Nueces County Medical Society.*



[texmed.org/TexMed](https://www.texmed.org/TexMed)

TOC

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BUSINESS



**Lydia Soldano**  
President, 2026-27  
TMA ALLIANCE



**Physician Spouses:**  
You're invited to  
TMA Alliance's ALLMED,  
happening concurrently  
with TexMed 2026.

## A MESSAGE FROM THE 2026-27 TMAA PRESIDENT

Continuing to advance the mission of the TMA Alliance – “to connect and support physician families and build a healthy Texas through community outreach and advocacy” – is my focus as I begin my year as TMAA president. This week’s TMA and TMAA joint annual conferences offer a powerful opportunity to gather as the Family of Medicine to strengthen relationships and celebrate the work we do together.

The alliance is proud to serve the Family of Medicine across Texas. Our commitment to improving the health of our communities runs deep, and we’ll continue to make an impact through TMA’s outreach programs and programs tailored to specific needs in our communities.

As we look ahead to the Texas Legislature in 2027, advocacy will be more important than ever. TMA and TMAA will stand united again at First Tuesdays at the Capitol – the award-winning program TMAA started in 2003 – to champion patient care and the practice of medicine in our state.

I look forward to serving our Family of Medicine in Texas alongside TMA President-Elect Bradford W. Holland, MD. Together, let’s continue striving to ensure Texas remains the best place to live, practice, and thrive.

*Lydia Soldano*

# THANK YOU TO OUR SPONSORS

## PINNACLE SPONSORS



## TITANIUM SPONSOR



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## BRONZE SPONSORS



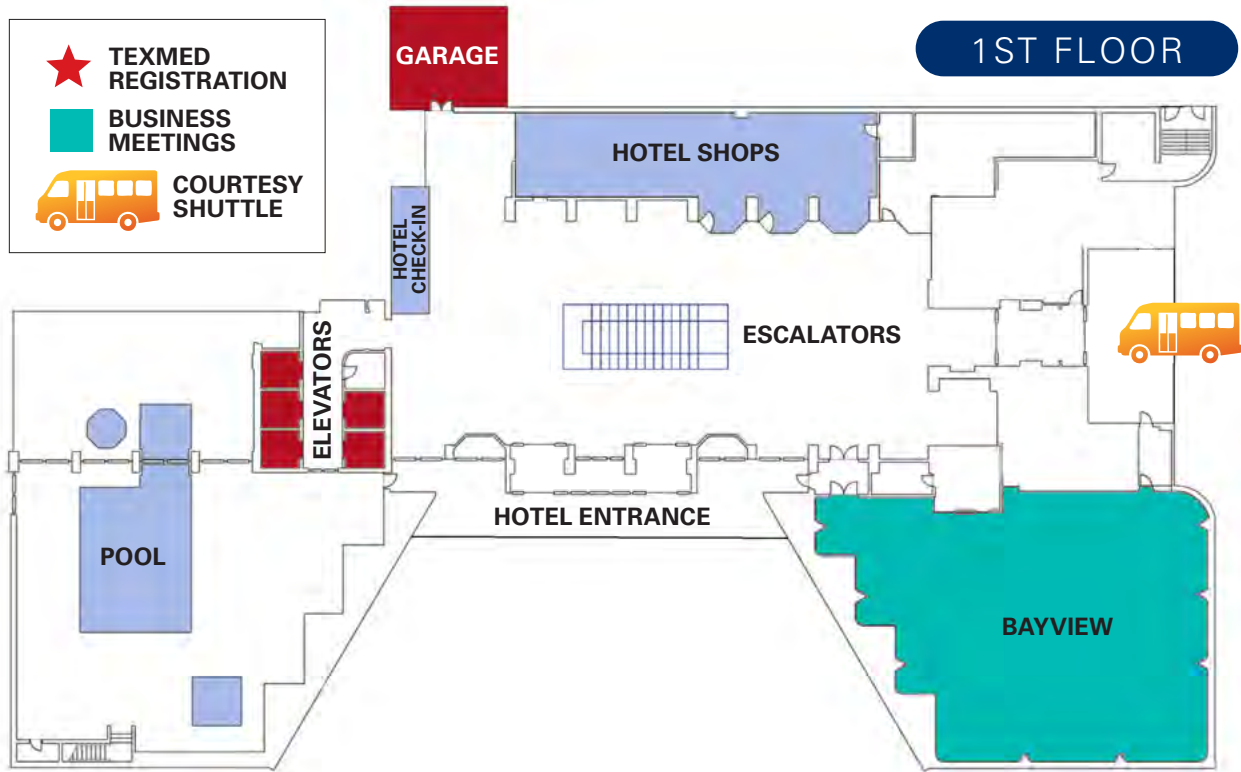
Texas Health Steps



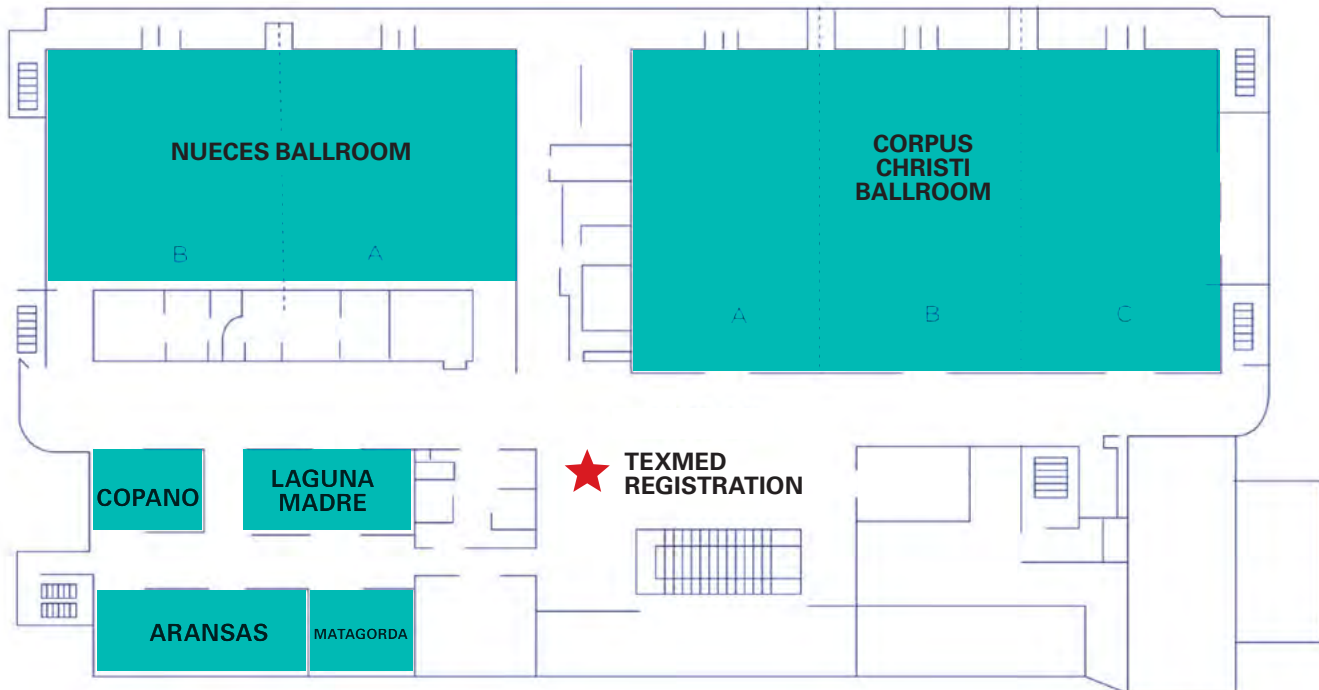
Dr. Laura Suttin



# OMNI CORPUS CHRISTI HOTEL

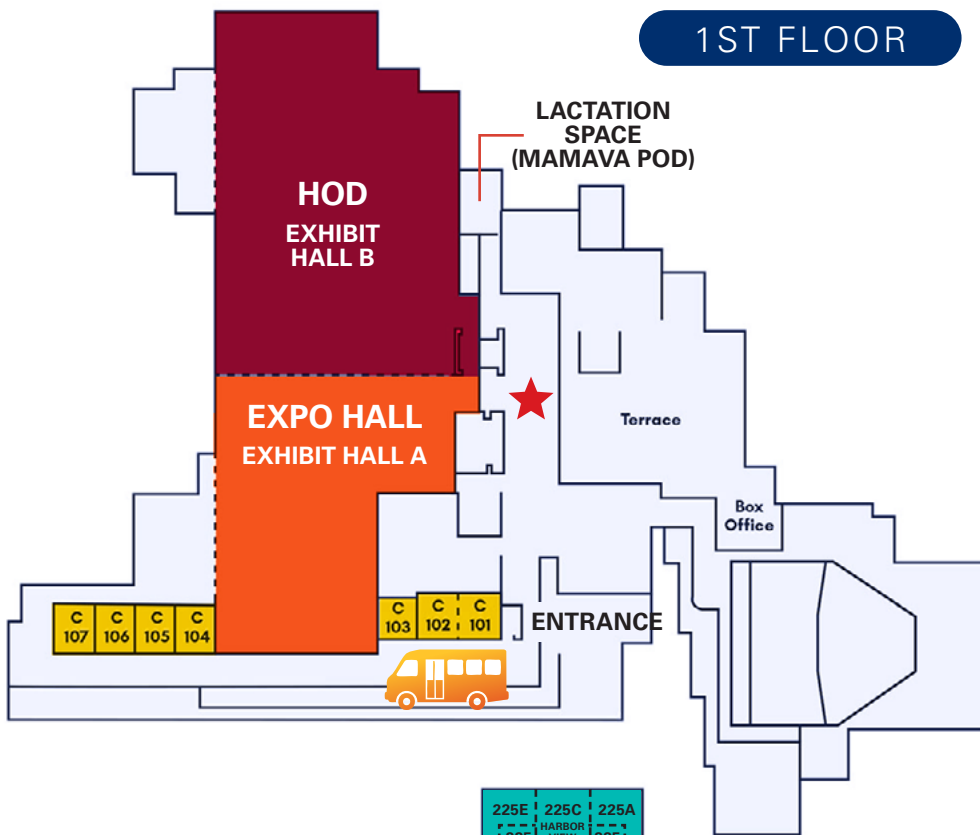


## 3RD FLOOR



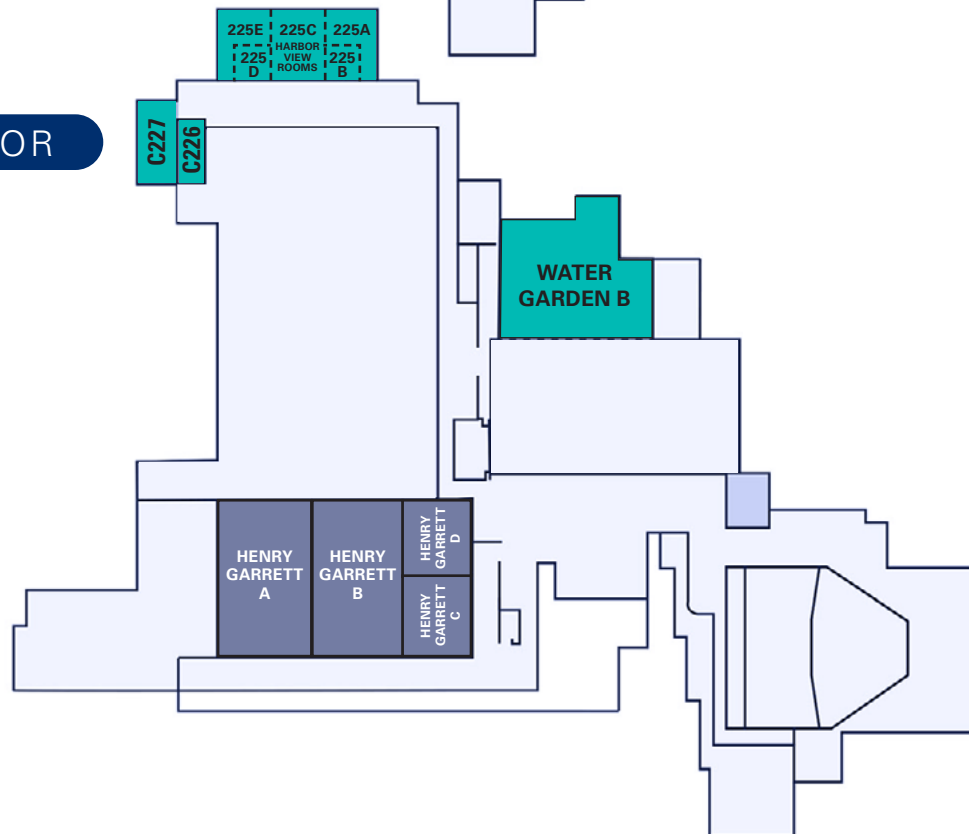
# HILLIARD CONVENTION CENTER

## 1ST FLOOR



-  **TEXMED REGISTRATION**
-  **EXPO HALL**
-  **HOUSE OF DELEGATES (HOD)**
-  **CME HALL**
-  **REFERENCE COMMITTEES**
-  **BUSINESS MEETINGS**
-  **COURTESY SHUTTLE**

## 2ND FLOOR





## Plug in. Charge up. Carry on.

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

*Sponsored by* Dr. Laura Suttin

## Registration

<i>Omni Hotel</i>	
<b>Thursday</b>	8 am-7:30 pm
<i>Hilliard Convention Center</i>	
<b>Friday</b>	6 am-6 pm
<b>Saturday</b>	6-11:30 am

## Complimentary Baggage Check

<i>Omni Hotel, Holiday Inn, and Hilliard Center</i>	
<b>Saturday</b>	6 am-2 pm

## Courtesy Shuttle

*Sponsored by* WHITE COAT WEB



<b>Friday</b>	6 am-11 pm
<b>Saturday</b>	5:30 am-2 pm

## Lactation Room + Mamava pod

*Courtesy of the Women Physicians Section and Young Physician Section*

<i>Omni Hotel, 4th Floor Conference Room</i>	
<b>Thursday, Friday and Saturday</b>	8 am-5:30 pm
<i>Hilliard Center, 1st Floor, Outside Exhibit Hall B</i>	
<b>Friday</b>	6 am-7 pm
<b>Saturday</b>	6 am-2 pm

## Questions/Assistance

### TMA Welcome Station

*Hilliard Convention Center*

The TMA Welcome Station is your one stop for assistance and questions.

<b>Friday</b>	6 am-6 pm
<b>Saturday</b>	6-11:30 am

**First Aid | Expo Hall Booth #501**



# 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](http://texmed.org/VendorGuide)



Officite



Autoflex  
LEASING

M.C. BYRD  
Wealth Management



# QUICK-START GUIDE

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

## NEW TO TMA OR TEXMED?



TEXMED 2026

*Coastal*  
**KICK-OFF**  
Welcome Reception

Friday  
4:30-7 pm  
Expo Hall

Sponsored by  
**TMLT**  
Texas Medical Liability Trust

## LEADERSHIP

**When Teamwork Turns Toxic:  
Navigating Dark Triad  
Personalities in Medicine**

Friday, 10-11 am  
Hilliard Center, 1st Floor C104

**Find Your Leverage and  
Negotiate with Power**

Friday, 1:45-2:45 pm  
Hilliard Center, 1st Floor C105

## FOR ALL PHYSICIANS

**Life of the Mother Act:  
What Texas Physicians  
Need to Know for  
Managing Pregnancy  
Emergencies**

Friday, 12:30-1:30 pm  
Hilliard Center,  
1st Floor C101

**Science of Recharging**

Friday, 10-11 am  
Hilliard Center, 1st Floor C107

**Physician Mental Health and Substance  
Abuse Issues: Alternatives to Traditional  
Discipline When Your License is at Risk**

Saturday, 8:30-9:30 am  
Hilliard Center, 1st Floor C101

**AI in Medicine 2026:  
Practical, Safe, and  
Transformative Uses  
for Everyday Practice**

Saturday,  
10:15-11:15 am  
Hilliard Center,  
1st Floor C102

## BUSINESS OF MEDICINE

**AI Assistants: Practical Uses for Clinic  
Operations and Personal Productivity**

Saturday, 11:30 am-12:30 pm  
Hilliard Center, 1st Floor C102

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

Friday, 3:30-4:30 pm  
Hilliard Center, 1st Floor C104



*Send-off  
Lunch*

**TEX  
MED 4**  
ADVOCATE  
EDUCATE  
INNOVATE

Saturday, April 18  
12:30-1:30 pm  
Expo Hall

**REGISTER TODAY!**  
[TEXMED.ORG/FALL](https://www.texmed.org/fall)

**TMA LEADERSHIP SUMMIT**  
SEPT. 17-19, 2026 | IRVING CONVENTION CENTER



## THURSDAY

8:00 AM	7:30 PM	Registration at Omni Corpus Christi	
9:00 AM	10:00 PM	Various Governance and Business Meetings	
6:30 PM	7:30 PM	Specialty Speed Networking, <i>Hosted by TMA Sections</i>	Omni, 3rd Floor Nueces A
8:00 PM	11:00 PM	MSS/RFS 50th Anniversary and All-Conference Mixer, <i>Hosted by TMA Sections; supported by TMAIT</i>	Texas State Aquarium

## FRIDAY

6:00 AM	6:00 PM	Registration at Hilliard Convention Center	
6:30 AM	7:30 AM	New Delegation Orientation	Hilliard, 1st Floor C101
7:00 AM	7:00 PM	Expo Hall Open	
7:00 AM	7:30 AM	Walk with a Doc, <i>see page 18 for more information</i>	Omni Lobby
7:00 AM	8:00 AM	Breakfast in the Expo Hall	Hilliard Center
7:45 AM	11:15 AM	<b>TexMed Opening Session</b> <i>Hosted by the TMA House of Delegates; Sponsored by TMA Foundation Louis J. Goodman</i> <i>Lectureship in Leadership Medicine Fund</i> <b>"An Astronaut's Perspective: Space Medicine and Beyond"</b> <b>Bernard A. Harris Jr., MD</b>	House of Delegates (HOD)
9:30 AM	10:00 AM	Coffee Break and Tech Talks in the Tech Village	Expo Hall
10:00 AM	11:00 AM	 <b>CME Sessions</b> <ul style="list-style-type: none"> <li>• Art as Medicine: Creative Solutions for Physician Wellness and Resilience</li> <li>• Reimagining Maternal Health: Practical Strategies for Equitable and Respectful Care</li> <li>• Science of Recharging</li> <li>• TELEMEDICINE: Broad Vision Solution for the Future</li> <li>• When Teamwork Turns Toxic: Navigating Dark Triad Personalities in Medicine</li> </ul>	Hilliard Center C106 C101 C107 C105 C104
11:15 AM	12:30 PM	Lunch in the Expo Hall	
11:30 AM	12:15 PM	Ask-the-Expert Panel, <i>Presented by M.C. Byrd Wealth Management</i>	HOD
12:00 PM	4:00 PM	Reference Committees	<i>see page 51 for locations</i>
12:30 PM	1:30 PM	 <b>CME Sessions</b> <ul style="list-style-type: none"> <li>• Hashimoto's Disease: The Diagnosis is Just the Beginning</li> <li>• The Intersection of Cannabis and Medicine</li> <li>• Life of the Mother Act: What Texas Physicians Need to Know for Managing Pregnancy Emergencies</li> <li>• Physician Transitions: How to Retire to "Something" and Optimize Well-Being</li> </ul>	Hilliard Center C104 C105 C106 C101
1:45 PM	2:45 PM	 <b>CME Sessions</b> <ul style="list-style-type: none"> <li>• Ethical Considerations and Best Practices for Physicians Providing Mental Health Care via Telehealth</li> <li>• Find Your Leverage and Negotiate with Power</li> <li>• Improving Maternal and Infant Health: It's on All of Us</li> <li>• Navigating Ethics in a Changing Landscape: Recent Legislation Impacts End-of-Life and OB/GYN Care</li> <li>• Why Improving Access to Mental Health Care is an Ethical Imperative</li> </ul>	Hilliard Center C106 C105 C104 C101 C107
2:45 PM	3:15 PM	Coffee Break and Tech Talks in the Tech Village	Expo Hall
3:00 PM	4:30 PM	Candidate Forum	HOD
3:30 PM	4:30 PM	 <b>CME Sessions</b> <ul style="list-style-type: none"> <li>• Beyond Burnout: Cultivating Emotional Strength and Well-Being</li> <li>• Designing Health Care That Cares: A Leadership Compass for Building Thriving Teams and High-Performing Organizations</li> <li>• The Immunization Conundrum</li> <li>• Physicians and Relationships: No it's Not Too Late</li> <li>• Under the Hood of Your EHR: Is it on FHIR?</li> </ul>	Hilliard Center C106 C107 C105 C101 C104
4:30 PM	7:00 PM	Coastal Kick-Off Welcome Reception, <i>Sponsored by TMLT</i>	Expo Hall
6:00 PM	10:30 PM	TMA Foundation Gala	Omni Hotel

# AGENDA

## SATURDAY

6:00 AM	11:30 AM	Registration at Hilliard Convention Center	
6:00 AM	2:00 PM	Complimentary Baggage Check at Omni Hotel, Holiday Inn, and Hilliard Convention Center	
6:30 AM	8:00 AM	Caucus Meetings	<i>see page 51 for locations</i>
7:00 AM	1:30 PM	Expo Hall Open	
7:00 AM	8:30 AM	Breakfast in the Expo Hall and Tech Talks in the Tech Village	
7:30 AM	8:30 AM	Poster Session (CME)	Hilliard Center CME Hall
8:30 AM	12:30 PM	House of Delegates Business Session	HOD
8:30 AM	9:30 AM	<b>CME Sessions</b> <ul style="list-style-type: none"> <li>• More Than Survival: Aligning Trauma Care with Goals in Older Adults</li> <li>• Physician Mental Health and Substance Abuse Issues: Alternatives to Traditional Discipline When Your License is at Risk</li> <li>• RVUs to Reality: Decoding the CMS Physician Fee Schedule and Its Impact on Practice Revenue</li> </ul>	Hilliard Center C105 C101 C102
9:30 AM	10:15 AM	Coffee Break and Tech Talks in the Tech Village	Expo Hall
10:15 AM	11:15 AM	<b>CME Sessions</b> <ul style="list-style-type: none"> <li>• Advancing Age-Friendly Care: Understanding the New CMS Measure for Hospitals</li> <li>• AI in Medicine 2026: Practical, Safe, and Transformative Uses for Everyday Practice</li> <li>• The Dual Dividend: Ultrasound for Better Care and Better Business</li> <li>• The Whole Blood Revolution: Bridging the Gap from Prehospital to Trauma Center – Lessons Learned from the Rio Grande Valley</li> </ul>	Hilliard Center C105 C102 C104 C101
11:30 AM	12:30 PM	<b>CME Sessions</b> <ul style="list-style-type: none"> <li>• AI Assistants: Practical Uses for Clinic Operations and Personal Productivity</li> <li>• Beyond Resilience: Reflective Dialogue and Creative Expression to Address Physician Burnout</li> <li>• Breaking the Cycle: Osteoporosis and Fracture Prevention</li> <li>• Navigating Opioid Tapering and Cannabis Use</li> </ul>	Hilliard Center C102 C104 C105 C101
12:30 PM	1:30 PM	Saturday Send-Off Lunch	Expo Hall

Store your bag  
and stay a while.

Complimentary Baggage Check

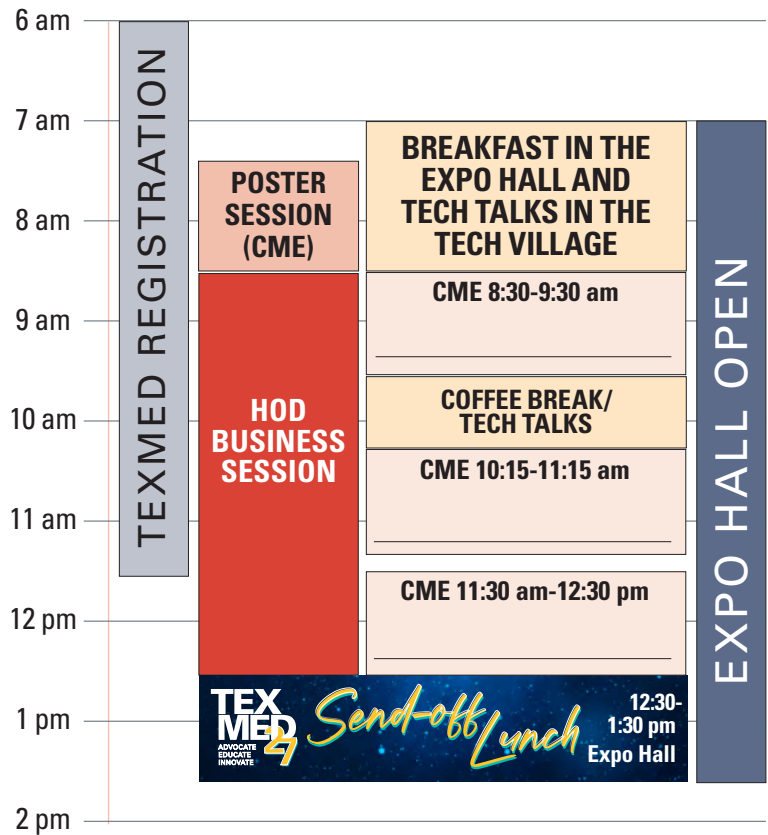


SATURDAY,  
APRIL 18

6 AM-2 PM

OMNI HOTEL, HOLIDAY INN,  
AND HILLIARD CENTER

### SATURDAY, APRIL 18



### Top Priorities

- \_\_\_\_\_
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- \_\_\_\_\_
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### Notes

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## TEXMED SHUTTLE

**FREE Continuous Shuttle Service**  
**Omni/Holiday Inn/Hilliard Center**

**Friday:** 6 am-11 pm  
**Saturday:** 5:30 am-2 pm

SPONSORED BY

WHITE COAT WEB

## Thank you for joining us at TexMed!

Before you leave, please complete the conference evaluation by scanning the QR code or visiting [tinyurl.com/TexMed2026](https://tinyurl.com/TexMed2026).

# TMA SECTION ACTIVITIES

## THURSDAY

**MSS Specialty Showcase**  
6:30-7:30 pm | *Omni Hotel*

**All-Conference Mixer**  
8-11 pm | Texas State Aquarium  
*(shuttle service provided)*

## FRIDAY

**MSS Meeting**  
1:30-5 pm | *Hilliard Center*

**Joint Sections Meeting**  
2-4:30 pm | *Hilliard Center*

## SATURDAY

**MSS Caucus Meeting (Delegates Only)**  
7-8 am | *Hilliard Center*

**walk WITH a DOC**

**Friday | 7-7:30 am**  
*Meet in the Omni Lobby, walk to the Hilliard Center and have breakfast in the Expo Hall.*





**TEX  
MED**  
26  
ADVOCATE  
EDUCATE  
INNOVATE

# Coastal

**26 KICK-OFF!**  Sponsored by

**WELCOME  
RECEPTION**

**FRIDAY**  
4:30-7 pm  
EXPO HALL

Celebrate the current and incoming TMA and TMAA presidents with drinks, delicious bites, beach-themed live music and surprise performers inside the Expo Hall.



**Send-off Lunch**

**TEX  
MED**  
27  
ADVOCATE  
EDUCATE  
INNOVATE

You'll have a "blast" as we wrap up **TexMed 2026!**

Enjoy lunch, lively entertainment, and a celebration of our 2027 destination.

**SATURDAY,  
APRIL 18**

12:30-1:30 pm  
Expo Hall

TOC

MAPS

AGENDA

CME

EXPO

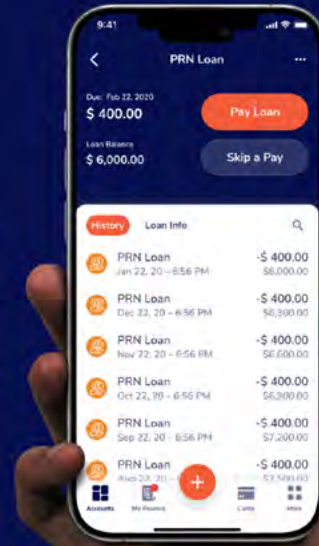
BUSINESS



# Exclusive discounts on personal & practice loans for TMA members.

Come see us at **BOOTH 410** to learn more!

Panacea Financial is a division of Primis Bank. Member FDIC.



History	Loan Info	
PRN Loan	Jan 22, 20 - 6:56 PM	-\$ 400.00 \$6,000.00
PRN Loan	Dec 22, 20 - 6:56 PM	-\$ 400.00 \$6,300.00
PRN Loan	Nov 22, 20 - 6:56 PM	-\$ 400.00 \$6,600.00
PRN Loan	Oct 22, 20 - 6:56 PM	-\$ 400.00 \$6,900.00
PRN Loan	Sep 22, 20 - 6:56 PM	-\$ 400.00 \$7,200.00
PRN Loan	Aug 22, 20 - 6:56 PM	-\$ 400.00 \$7,500.00



## Custom solutions built around your goals.

From expansion to reducing the risk of fraud, your business requires unique solutions to navigate these critical moments. Fifth Third's industry experts understand your challenges and can deliver custom solutions built around your goals and tools to make your business more efficient.

### Contact

**Anna Valladolid**  
SVP, Healthcare Banking  
Anna.Valladolid@53.com



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Texas Academy of Family Physicians  
2026 Primary Care Update at TexMed



*Omni, Corpus Christi Ballroom C*

2-2:10 PM

**Welcome**

2:10-3:10 PM

**Cases in Liver Disease (1 CME Credit)**

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

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

1. Describe the disease burden, natural history and management of nonalcoholic fatty liver disease.
2. Discuss screening strategies and new systemic therapies for liver cancer.
3. Describe end-stage liver disease complications and their management for primary care physicians.

3:10-3:25 PM

**TAFP Update (0.25 CME Credits)**

Ike Okwuwa, MD – President, Texas Academy of Family Physicians; Program Director, Family Medicine Residency, Texas Tech University Health Sciences Center, Odessa

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

**Differential Diagnosis and Treatment of Dermatitis (1 CME Credit)**

Jimena Cervantes, MD – Professor of Family Medicine, Dermatology, and Cutaneous Surgery, UT Health San Antonio

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

1. Diagnose common dermatitis and differentiate these entities from clinical look-a-likes.
2. Discuss important concepts in performing diagnostic skin procedures.
3. Prescribe topical treatments and know when to refer.

4:25-4:35 PM | BREAK

4:35-5:35 PM

**Etiology, Diagnosis, and Management of Cardiomyopathy (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

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

1. Differentiate the major types and etiologies of cardiomyopathy and recognize common clinical presentations encountered in primary care.
2. Interpret key diagnostic findings, including echocardiography results, to support accurate diagnosis and risk stratification of patients with cardiomyopathy.
3. Apply evidence-based management strategies and determine appropriate referral, including setting patient expectations for ongoing evaluation and treatment.

**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.

The AAFP has reviewed 2026 TAFP Primary Care Update at TexMed and deemed it acceptable for up to 3.25 Live AAFP Prescribed credits. Term of Approval is from 04/16/2026 to 04/16/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# With You Today *and* Tomorrow



## Free CME for Members

As your career progresses, you can count on **TMA** to be there for you. Providing no cost CME courses is just one of the ways **TMA** and **TMA Insurance Trust** are working on your behalf.

Choose from courses in Billing and Coding, Communications, Ethics, HIPAA, Medicare and so many more.

Visit us at [texmed.org/Education](http://texmed.org/Education)



# 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 **33 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The presentation, **Life of the Mother Act: What Texas Physicians Need to Know for Managing Pregnancy Emergencies**, has been designated by Texas Medical Association for 1 credit of education on the Life of the Mother Act (LOMA).

## 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) 1-hour 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) 1-hour risk management CME courses to be eligible for a maximum of 6% premium discount per policy period.

## CME Reporting Simplified!

**TMA is taking care of your TexMed CME credit tracking for you.**

To ensure you receive accurate credit, please:

- 1 **Wear your conference badge at all times.**
- 2 **Have your badge scanned as you enter each CME session.**
- 3 **If you attend multiple sessions in the same room, have your badge re-scanned before each session begins.**
- 4 **TMA will record your CME credit by May 18.**

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?

#### At TexMed:

Visit Member Services, Booth #812

#### After TexMed:

Contact the Knowledge Center  
(800) 880-1300 or [knowledge@texmed.org](mailto:knowledge@texmed.org).

CME sponsored by 

# CME AT A GLANCE

## FRIDAY, APRIL 17

Each CME presentation is eligible for 1 hour of credit.

Time	CME Presentation	BM	LD	PH	WF	ST	E	DEA	TMLT	1st Floor
10 am	<u>Art as Medicine: Creative Solutions for Physician Wellness and Resilience</u>				★		★			C106
10 am	<u>Reimagining Maternal Health: Practical Strategies for Equitable and Respectful Care</u>			★					★	C101
10 am	<u>Science of Recharging</u>				★		★		★	C107
10 am	<u>TELEMEDICINE: Broad Vision Solution for the Future</u>	★								C105
10 am	<u>When Teamwork Turns Toxic: Navigating Dark Triad Personalities in Medicine</u>		★							C104
12:30 pm	<u>Hashimoto's Disease: The Diagnosis is Just the Beginning</u>			★						C104
12:30 pm	<u>Life of the Mother Act: What Texas Physicians Need to Know for Managing Pregnancy Emergencies</u>					★			★	C101
12:30 pm	<u>Physician Transitions: How to Retire to "Something" and Optimize Well-Being</u>				★		★			C106
12:30 pm	<u>The Intersection of Cannabis and Medicine</u>				★					C105
1:45 pm	<u>Ethical Considerations and Best Practices for Physicians Providing Mental Health Care via Telehealth</u>			★			★			C106
1:45 pm	<u>Find Your Leverage and Negotiate with Power</u>		★							C105
1:45 pm	<u>Improving Maternal and Infant Health: It's on All of Us</u>			★						C104
1:45 pm	<u>Navigating Ethics in a Changing Landscape: Recent Legislation Impacts End-of-Life and OB/GYN Care</u>			★			★		★	C101
1:45 pm	<u>Why Improving Access to Mental Health Care is an Ethical Imperative</u>			★			★			C107
3:30 pm	<u>Beyond Burnout: Cultivating Emotional Strength and Well-Being</u>				★		★		★	C106
3:30 pm	<u>Designing Health Care That Cares: A Leadership Compass for Building Thriving Teams and High-Performing Organizations</u>		★							C107
3:30 pm	<u>Physicians and Relationships: No It's Not Too Late</u>				★		★		★	C101
3:30 pm	<u>The Immunization Conundrum</u>			★			★			C105
3:30 pm	<u>Under the Hood of Your EHR: Is it on FHIR?</u>	★								C104

**FRIDAY, APRIL 17 | 7:45 AM | HOD**

## An Astronaut's Perspective: Space Medicine and Beyond

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

**BERNARD A. HARRIS JR., MD**  
**NASA ASTRONAUT AND 40-YEAR TMA MEMBER**

*Dr. Harris has journeyed from the exam room to outer space – and beyond. An internist, philanthropist, and CEO of Vesalius Ventures, he now champions innovation “dedicated to accelerating the future of medicine.”*

*Dr. Harris was inducted into the U.S. Astronaut Hall of Fame in June 2025.*

In this presentation, Dr. Harris draws on his experience as both a physician and astronaut to explore how medicine has adapted to the demands of human spaceflight. As missions extend beyond Earth, space medicine has emerged as a specialized field dedicated to protecting astronaut health, safety, and performance in the extreme conditions of space.

### Objectives:

- Describe the physiological/psychological impacts (microgravity, radiation, isolation) and how it impacts human health and performance.
- Discuss the development of preventative care, treatments, and countermeasures to ensure mission success and long-term space habitation.
- Examine the impact of humans in space and the implications for the future of medicine.



## FRIDAY, APRIL 17 10-11 AM

### Art as Medicine: Creative Solutions for Physician Wellness and Resilience

Nellie Moualeu, PhD; Jennifer Nordhauser, MD; Juan Sosa, MD; Randi Stouffer, PharmD

**E WF | 1st Floor, C106**

Upon completion the participant should be able to:

- Identify evidence-based art and creative practices associated with reducing physician burnout, moral injury, and emotional exhaustion.
- Describe the mechanisms by which creative engagement supports emotional regulation, reflective capacity, resilience, and professional meaning in medical practice.
- Apply practical, time-efficient creative strategies to develop a brief, actionable plan for integrating art-based wellness practices into daily routines, clinical environments, or institutional well-being programs.

### Reimagining Maternal Health: Practical Strategies for Equitable and Respectful Care

Emily Briggs, MD; Kristin Bennett, DrPH; Brittany Ikwuagwu, MD; Stephanie Sword

*Sponsored by the Committee on Reproductive, Women's, and Perinatal Health*

**TMLT PH | 1st Floor, C101**



Upon completion the participant should be able to:

- Describe how to embed health equity, cultural humility, and patient-centered care into maternal health practices.
- Discuss how physicians can partner with patients and community stakeholders to integrate cultural humility and patient-centered practices.
- Identify strategies for engaging in culturally appropriate patient interactions and ensuring unbiased documentation in medical records.

### Science of Recharging

Rajani Katta, MD

*Presented by the Committee on Physician Health and Wellness*

**TMLT E WF | 1st Floor, C107**

Upon completion the participant should be able to:

- Describe the cognitive, emotional, and environmental factors that contribute to physician energy depletion, including digital overload and workplace incivility.

## CME PROGRAMMING KEY

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



- Identify evidence-based characteristics of effective extended breaks and microbreaks and explain how these strategies support cognitive focus, emotional regulation, and recovery.
- Apply proactive and reactive energy-management strategies by personalizing relaxation activities and mastery experiences to enhance cognitive and emotional energy reserves in clinical practice.

### TELEMEDICINE: Broad Vision Solution for the Future

Luissa Kiprono, DO, MBS, MBA

**BM | 1st Floor, C105**

Upon completion the participant should be able to:

- Differentiate between various telehealth delivery systems to determine the most effective modality for addressing fragmented care and subspecialty access gaps.
- Integrate virtual connectivity and real-time collaboration tools into existing workflows to bridge geographic barriers for rural and underserved populations.
- Develop clinical outcomes and care quality metrics to ensure telemedicine delivery provides equitable, patient-centered care comparable to traditional in-person systems.

### When Teamwork Turns Toxic: Navigating Dark Triad Personalities in Medicine

Joy Chen, MD, FASA, FCCM

**LD | 1st Floor, C104**

Upon completion the participant should be able to:

- Identify the core traits of the Dark Triad (narcissism, Machiavellianism, and psychopathy) and

## 10-11 AM (CONT.)

recognize how these traits manifest in medical and perioperative teams.

- Analyze how Dark Triad behaviors erode psychological safety, impair teamwork, and increase risks to clinician well-being and patient safety.
- Apply evidence-informed strategies to recognize, mitigate, and respond to toxic behaviors at both the individual and organizational levels.

## 12:30-1:30 PM

### Hashimoto's Disease: The Diagnosis is Just the Beginning

Dana Gibbs Clark, MD

PH | 1st Floor, C104



Upon completion the participant should be able to:

- Assess thyroid antibody results and advanced hormone markers – including Total T3, Free T3, and Reverse T3 – to assess cellular-level thyroid function beyond standard Thyroid Stimulating Hormone (TSH) monitoring.
- Define a patient-centered framework for thyroid hormone adjustment, including the identification of appropriate candidates for combination T4/T3 therapy, to resolve persistent symptoms in patients with “normal” TSH levels.
- Utilize lifestyle-based interventions and nutritional strategies alongside pharmaceutical treatments to slow autoimmune destruction and address the physiological drivers of metabolic slowdown.

### Life of the Mother Act: What Texas Physicians Need to Know for Managing Pregnancy Emergencies

Charles E. L. Brown, MD, MBA; Lauren Fine, MD

LOMA TMLT ST | 1st Floor, C101

Upon completion the participant should be able to:

- Understand what does and does not constitute an abortion under state law.
- Describe the medical emergency exception to the abortion ban and understand how to apply it.
- Explain the state standard of reasonable medical judgment and how it applies to clinical decision-making.
- Appropriately apply state abortion laws to relevant clinical scenarios.

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

### Physician Transitions: How to Retire to “Something” and Optimize Well-Being

Toi Harris, MD; Sheila LoboPrabhu, MD; James Lomax, MD; Mary Brandt, MD;

*Presented by the Committee on Physician Health and Wellness*

E WF | 1st Floor, C106

Upon completion the participant should be able to:

- Describe the current demographic trends and professional characteristics of the aging physician workforce in the United States.
- Discuss the multifaceted personal, professional, and psychosocial impacts of retirement on physician well-being, including shifts in identity, stressors, and purpose.
- Apply evidence-informed strategies to optimize physician wellbeing during the transition into retirement by supporting health, relationships, and purposeful engagement.

### The Intersection of Cannabis and Medicine

Matt Poling, MD

WF | 1st Floor, C105

Upon completion the participant should be able to:

- Differentiate between FDA-approved cannabinoids, Texas Compassionate Use Program (CUP) regulations, and unregulated retail THC isomers to provide accurate patient counseling.
- Analyze the latest clinical evidence regarding the adverse mental and physical effects of cannabis, including specific risks for addiction, psychiatric disorders, and cardiovascular complications.
- Integrate a risk-based assessment into clinical practice to identify patients at higher risk for cannabis-related harms, such as those with pre-existing psychiatric conditions or cardiovascular disease.

## 1:45-2:45 PM

### Ethical Considerations and Best Practices for Physicians Providing Mental Health Care via Telehealth

Alcides Amador, MD; Cristel Escalona, MD; Sason Tavakoli-Sabour, DO

E PH | 1st Floor, C106



Upon completion the participant should be able to:

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

- Identify key ethical principles involved in providing mental health care via telehealth, including confidentiality, informed consent, competence, nonmaleficence, and professional boundaries.
- Apply regulatory requirements and evidence-based best practices for assessing, diagnosing, and managing mental health conditions in a virtual primary care setting.
- Develop strategies to address challenges such as emergency situations and maintaining continuity of care when delivering mental health care services via telehealth.

**Find Your Leverage and Negotiate with Power**

Amanda Hill, JD

LD | 1st Floor, C105

Upon completion the participant should be able to:

- Analyze internal and external factors to identify personal and professional leverage that can be utilized during contract negotiations or career transitions.
- Develop mindset-reset techniques and “walk-away” strategies to manage psychological pressures and financial attachments during high-stakes negotiations.
- Assess creative positioning and self-marketing strategies to negotiate for non-traditional benefits that preserve time, autonomy, and professional fulfillment.

**Improving Maternal and Infant Health: It's on All of Us**

Kathy Zhang-Rutledge, MD

PH | 1st Floor, C104



Upon completion the participant should be able to:

- Integrate preconception optimization goals for hypertension, diabetes, and obesity into primary care visits to improve obstetrical outcomes for high-risk populations.
- Assess how to adjust clinical management plans for medically complex patients by accounting for how pregnancy-induced physiological changes accelerate or alter specific disease states.
- Develop long-term follow-up protocols for patients with history of pre-eclampsia or gestational diabetes to manage their elevated risk for chronic cardiovascular and metabolic conditions.

**Navigating Ethics in a Changing Landscape: Recent Legislation Impacts End-of-Life and OB/GYN Care - The George R. Hugman, III, MD, Ethics Forum**

Kyle Krohn, MD, Moderator; Mark Casanova, MD, FACP, FAAHPM; Deborah Fuller, MD, FACOG; Lisa Kaufman, JD; Cesar J. Lopez, JD

Presented by the TMA Board of Councilors

TMLT E PH | 1st Floor, C101



Upon completion the participant should be able to:

- Describe recent legislative changes affecting end-of-life care and obstetric/gynecological care and identify areas where these laws intersect with ethical challenges in clinical practice.
- Analyze the ethical dilemmas that arise when legal requirements conflict with established standards of care, patient autonomy, and professional integrity.
- Discuss the implications of legislative restrictions on certain medical education and training, particularly regarding the preparation of trainees to navigate ethically and legally complex situations.

**Why Improving Access to Mental Health Care is an Ethical Imperative**

Fernando Doval Perez, DO

E PH | 1st Floor, C107



Upon completion the participant should be able to:

- Describe the prevalence and clinical impact of mental health conditions and substance use disorders among youth and peripartum women, including the consequences of delayed or untreated care.
- Discuss how psychiatric access programs – such as Texas' CPAN and PeriPAN initiatives – address barriers to mental health assessment and treatment and align with the ethical principles of beneficence, nonmaleficence, and justice.
- Apply practical strategies to identify mental health access barriers within one's clinical setting and integrate psychiatric access programs into practice to improve timely, equitable patient care.

3:30-4:30 PM

**Beyond Burnout: Cultivating Emotional Strength and Well-Being****Russell Kohl, MD, FAAFP; Wendy Bradley, LPC-MHSP, CAADC***Sponsored by TMF Health Quality Institute***TMLT E WF | 1st Floor, C106**

Upon completion the participant should be able to:

- Differentiate between burnout, compassion fatigue, and vicarious trauma to proactively identify and manage early warning signs.
- Integrate evidence-based emotional wellness strategies, such as mindfulness techniques, emotional awareness, and supportive boundaries into daily clinical practice.
- Discuss organizational and individual approaches for creating sustainable work environments that prioritize clinician well-being, peer support networks and quality of care.

**Designing Health Care that Cares: A Leadership Compass for Building Thriving Teams and High-Performing Organizations****Laura Suttin, MD, MBA, PCC****LD | 1st Floor, C107**

Upon completion the participant should be able to:

- Analyze the causal relationship between clinician well-being and key performance indicators, including clinical outcomes, patient safety, workforce retention, and organizational profitability.
- Utilize a systemic leadership framework (Purpose, Connection, Empowerment, and Joy) to diagnose cultural breakdowns and identify administrative bottlenecks within health care teams.
- Implement leadership practices designed to increase psychological safety, fostering shared ownership and improved team performance.

**Physicians and Relationships: No it's Not too Late****Toi Harris, MD; Shelia LoboPrabhu, MD; Gary Sheppard, MD; Kendra Harvey***Presented by the Committee on Physician Health and Wellness***TMLT E WF | 1st Floor, C101**

Upon completion the participant should be able to:

- Describe the relationship between physician well-being and relationship quality, including the effects of burnout on physicians, spouses, and family systems.

- Identify key occupational and personal stressors associated with physician burnout and explain how these stressors influence family functioning, emotional health, and secondary trauma.
- Apply practical strategies addressing physical, emotional, and spiritual balance to strengthen relationships and promote resilience across the physician life cycle.

**The Immunization Conundrum****Gilbert Handal, MD****E PH | 1st Floor, C105**

Upon completion the participant should be able to:

- Describe the historical evolution and current epidemiology of Hepatitis B in the United States and globally, including the impact of immunization efforts.
- Discuss current World Health Organization (WHO) and U.S. policies for Hepatitis B control and potential eradication, including key controversies related to proposed policy changes and their potential implications.
- Identify evidence-based strategies to prevent Hepatitis B transmission by reinforcing newborn immunization and maternal screening practices and recognizing the need for enhanced immunization and targeted interventions in high-risk populations.

**Under the Hood of Your EHR: Is it on FHIR?****Fredric Santiago, MD, MBA****BM | 1st Floor, C104**

Upon completion the participant should be able to:

- Describe the core features of the Fast Healthcare Interoperability Resources (FHIR) standard to identify how it mitigates EMR data overload and fragmented information exchange.
- Discuss ways to integrate FHIR-enabled decision-support tools and automated workflows into clinical practice to streamline prior authorizations and reduce administrative documentation burdens.
- Assess interdisciplinary implementation strategies by defining the clinical roles and responsibilities necessary to leverage FHIR for improved care team collaboration and real-time data access.

# CME AT A GLANCE

## SATURDAY, APRIL 18

Each CME presentation is eligible for 1 hour of credit.

Time	CME Presentation	BM	LD	PH	WF	ST	E	DEA	TMLT	1st Floor
8:30 am	<u>Physician Mental Health and Substance Abuse Issues: Alternatives to Traditional Discipline When Your License is at Risk</u>			★			★		★	C101
8:30 am	More Than Survival: Aligning Trauma Care with Goals in Older Adults					★				C105
8:30 am	<u>RVUs to Reality: Decoding the CMS Physician Fee Schedule and Its Impact on Practice Revenue</u>	★								C102
10:15 am	Advancing Age-Friendly Care: Understanding the new CMS Measure for Hospitals					★				C105
10:15 am	AI in Medicine 2026: Practical, Safe, and Transformative Uses for Everyday Practice				★		★		★	C102
10:15 am	<u>The Dual Dividend: Ultrasound for Better Care and Better Business</u>	★								C104
10:15 am	<u>The Whole Blood Revolution: Bridging the Gap from Prehospital to Trauma Center – Lessons Learned from the Rio Grande Valley</u>			★						C101
11:30 am	<u>AI Assistants: Practical Uses for Clinic Operations and Personal Productivity</u>	★							★	C102
11:30 am	<u>Beyond Resilience: Reflective Dialogue and Creative Expression to Address Physician Burnout</u>				★		★		★	C104
11:30 am	<u>Breaking the Cycle: Osteoporosis and Fracture Prevention</u>					★				C105
11:30 am	Navigating Opioid Tapering and Cannabis Use					★		★		C101

TOC

MAPS

AGENDA

CME

EXPO

BUSINESS

## SATURDAY, APRIL 18

8:30-9:30 AM

### Physician Mental Health and Substance Abuse Issues: Alternatives to Traditional Discipline When Your License is at Risk

Tony Bertolino, JD; Troy Beaulieu, JD

TMLT E PH | 1st Floor, C101



Upon completion the participant should be able to:

- Describe the professional and legal obligations of Texas Medical Board and Texas Board of Nursing license holders when mental health or substance use issues affect their own practice or that of a colleague.
- Define the role, structure, and services of the Texas Physician Health Program and the Texas Peer Assistance Program for Nurses, including how these programs function as alternatives to traditional disciplinary action.
- Apply appropriate steps and resources to protect a professional license and support colleagues facing mental health or substance use challenges while maintaining patient safety and regulatory compliance.

### More than Survival: Aligning Trauma Care with Goals in Older Adults

Michael Boyars, MD; Linda Pang, MD

*Presented by the Texas Geriatric Society*

ST | 1st Floor, C105

Upon completion the participant should be able to:

- Identify key clinical, functional, and psychosocial factors unique to geriatric trauma patients that influence early palliative care needs.
- Apply a multidisciplinary approach to integrating palliative principles into acute trauma workflows to improve communication, shared decision-making, and goal-concordant care.
- Integrate geriatric and palliative care principles into acute trauma workflows by identifying high-yield interventions for symptom management, family engagement, and realistic discharge planning.

### RVUs to Reality: Decoding the CMS Physician Fee Schedule and its Impact on Practice Revenue

Kinal Mahesh Patel, JD

BM | 1st Floor, C102

Upon completion the participant should be able to:

- Explain the core components of the CMS Physician

## CME PROGRAMMING KEY

<b>BM</b>	Business of Medicine
<b>LD</b>	Leadership
<b>PH</b>	Public and Population Health
<b>WF</b>	Wellness First
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<b>E</b>	Ethics
<b>DEA SUD</b>	DEA Mandated Training
<b>TMLT</b>	TMLT Discount



Fee Schedule, including Relative Value Units (RVUs), conversion factors, and geographic practice cost indices, and describe how these elements are used to calculate Medicare physician reimbursement.

- Identify recent updates to the CMS Physician Fee Schedule and changes to Medicare payment policies, and summarize their potential effects on reimbursement rates, quality-based incentives, and reporting requirements.
- Analyze how Medicare Physician Fee Schedule rates function as benchmarks for Medicare Advantage and commercial payer contracts, and apply this understanding to support contract negotiations and practice financial planning.

10:15-11:15 AM

### Advancing Age-Friendly Care: Understanding the new CMS Measure for Hospitals

Cristina Murdock, MD

*Presented by the Texas Geriatric Society*

ST | 1st Floor, C105

Upon completion the participant should be able to:

- Analyze the core components of the CMS Age-Friendly Structural Measure to ensure hospital compliance and structural accountability in the care of older adults.
- Describe the “4Ms” framework (What Matters, Medication, Mentation, and Mobility) into clinical workflows and electronic medical record documentation to standardize patient-centered outcomes.
- Discuss interdisciplinary strategies, including frailty screenings and polypharmacy referral protocols, to reduce adverse events and meet federal age-friendly reporting requirements.

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

**AI in Medicine 2026: Practical, Safe, and Transformative Uses for Everyday Practice****Cristel Escalona, MD; Sejal Mehta, MD***Presented by the Committee on Physician Health and Wellness***TMLT E WF | 1st Floor, C102**

Upon completion the participant should be able to:

- Describe current and emerging clinical applications of artificial intelligence in everyday medical practice, including potential benefits, limitations, and risks.
- Assess AI tools for accuracy, safety, workflow impact, and ethical and medico-legal considerations using a structured, evidence-based assessment framework.
- Apply practical strategies to implement AI appropriately in clinical workflows — improving documentation efficiency and reducing physician workload — while distinguishing use cases that require independent physician judgment.

**The Dual Dividend: Ultrasound for Better Care and Better Business****Christine Whitelaw, MD****BM | 1st Floor, C104**

Upon completion the participant should be able to:

- Discuss the integration of point-of-care ultrasound (POCUS) into the traditional physical examination to achieve rapid diagnostic certainty and improve real-time clinical decision-making in the outpatient setting.
- Apply standardized billing and coding protocols for bedside imaging to establish a sustainable, high-margin revenue stream while maintaining regulatory compliance.
- Develop a practice-wide implementation plan that includes equipment selection, staff training, and optimized workflows to reduce external imaging referrals and enhance patient satisfaction.

**The Whole Blood Revolution: Bridging the Gap from Prehospital to Trauma Center – Lessons Learned from the Rio Grande Valley****Carlos Palacio, MD; Nathan Ramon, MPA****PH | 1st Floor, C101**

Upon completion the participant should be able to:

- Analyze the physiologic benefits of low-titer group O whole blood (LTOWB) versus traditional component therapy to optimize hemostatic effectiveness in

patients with hemorrhagic shock.

- Integrate LTOWB into massive transfusion protocols and trauma resuscitation workflows by identifying clinical scenarios where early administration improves patient outcomes.
- Define standardized protocols for the storage, handling, and administration of whole blood, including the interpretation of titer thresholds and Rh considerations for specific patient populations.

## 11:30 AM-12:30 PM

**AI Assistants: Practical Uses for Clinic Operations and Personal Productivity****Jawahar Jagarapu, MD, MS; Joseph Schneider, MD****TMLT BM | 1st Floor, C102**

Upon completion the participant should be able to:

- Describe the role of AI assistants as “digital staff” and identify practical, non-clinical use cases for clinic operations, including HR policy navigation, staff onboarding, training, and internal knowledge management.
- Apply AI tools such as Microsoft 365 Copilot, Custom GPTs, and NotebookLM to streamline administrative workflows and personal life management tasks while maintaining appropriate human oversight.
- Assess non-clinical AI use cases for safety, privacy, professionalism, and accountability to ensure responsible adoption that reduces cognitive burden and supports clinician well-being.

**Beyond Resilience: Reflective Dialogue and Creative Expression to Address Physician Burnout****Michael Boyars, MD****TMLT E WF | 1st Floor, C104**

Upon completion the participant should be able to:

- Differentiate between individual resilience models and collective reflective practices, such as Schwartz Rounds and Code Lilac, to address systemic drivers of burnout and moral distress.
- Utilize facilitated storytelling and narrative medicine techniques to foster empathy, professional connection, and shared meaning-making within clinical teams.
- Design a strategy for integrating structured reflective dialogue into busy clinical or educational workflows to create psychologically safe spaces for processing the emotional impact of practicing medicine.

11:30 AM-12:30 PM (CONT.)

**Breaking the Cycle: Osteoporosis and Fracture Prevention**

**Ezenwa Onyema, MD; Chidinma Aniemekwe, MD**

*Presented by the Texas Geriatric Society*

**ST | 1st Floor, C105**

Upon completion the participant should be able to:

- Apply current screening and diagnostic guidelines to stratify fracture risk and identify high-risk patients within aging populations.
- Develop a multidisciplinary care plan incorporating pharmacologic and non-pharmacologic interventions, specifically utilizing the Geriatric 5Ms framework, to prevent secondary fractures.
- Implement structured care pathways, such as Fracture Liaison Services (FLS) or EMR optimizations, to coordinate transitions of care and reduce health disparities in underserved communities.

**Navigating Opioid Tapering and Cannabis Use**

**Mitchell Engle, MD, PhD; Michael Sprintz, DO**

*Presented by the Texas Pain Society*

**DEA SUD ST | 1st Floor, C101**

Upon completion the participant should be able to:

- Identify appropriate primary care patients for opioid tapering by assessing clinical indications, patient-specific risk factors, and scenarios requiring safe opioid dose reduction.
- Implement evidence-based, patient-centered opioid tapering plans, including stepwise dose reductions, monitoring for withdrawal symptoms or complications, and recognizing warning signs that necessitate closer monitoring or intervention.
- Assess the impact of THC/cannabis use on chronic pain management and opioid tapering, and incorporate standard-of-care monitoring and counseling considerations into clinical practice.

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# Your Quality Improvement Partner

Is your practice looking to improve on these priority areas? Work with our team of quality improvement experts, **at no cost to you**, as part of the Centers for Medicare & Medicaid Services' Quality Innovation Network - Quality Improvement Organization (QIN-QIO) Program to achieve measurable changes that will help improve the lives of your patients.

<p><b>Prevention and Chronic Disease Management</b></p> <ul style="list-style-type: none"> <li>• Annual Wellness Visit</li> <li>• Diabetes</li> <li>• Hypertension</li> <li>• Chronic Kidney Disease</li> <li>• Vaccinations</li> </ul> 	<p><b>Patient Safety</b></p> <ul style="list-style-type: none"> <li>• Adverse Drug Events</li> <li>• Safety Events (Falls)</li> </ul> 
<p><b>Behavioral Health</b></p> <ul style="list-style-type: none"> <li>• Depression and Suicide</li> <li>• Substance Use Disorder</li> </ul> 	<p><b>Care Coordination</b></p> <ul style="list-style-type: none"> <li>• Hospital 30-Day Readmissions</li> <li>• Community-Based Emergency Department Utilization</li> </ul> 

**Priority Areas  
Outpatient  
Clinical Practices**

Email [clinics@tmf.org](mailto:clinics@tmf.org) for more information.

Booth # 418

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# TECH TALKS

IN THE  
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**26**

## Discover the future of health care at the **NEW Tech Village!**

**Tech Village** brings the latest in health IT to life. Explore interactive digital kiosks, connect with industry experts, and grab a coffee while attending engaging **Tech Talks** presented by the TMA Health Information Technology Council.

Meet innovators from **Dialops**, **Layrd Health**, **Propelus by CE Broker**, and **Big Data Healthcare powered by Fifth Third**, and experience smart solutions and real-time demos designed to support your practice.

**PLUS:** Attend a Tech Talk and you'll be entered for a daily prize drawing!

### FRIDAY

- 9:30 AM **Dialops**
- 9:45 AM **Layrd Health**
- 2:45 PM **Propelus by CE Broker**
- 3:00 PM **Big Data Healthcare powered by Fifth Third**

### SATURDAY

- 7:30 AM **Big Data Healthcare powered by Fifth Third**
- 7:45 AM **Propelus by CE Broker**
- 8:00 AM **Layrd Health**
- 9:30 AM **Dialops**



**Thank You to  
Top Sponsors\*  
of TMAF's 2026  
Gala Fundraiser**

*\*\$5,000+ as of 3/15/2026*



## Change Lives with Better Health

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Choose a program and make a difference today at [tmaf.org](http://tmaf.org).

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### Surf's Up Sponsor CHRISTUS Health

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Driscoll Health Plan

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Lydia Soldano, TMAA President-Elect  
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Nueces County Medical Society  
Physicians Premier Emergency Room  
Prudential  
The Quantitative Group at Graystone Consulting  
South Texas Bone and Joint  
South Texas Physician Alliance  
Texas Health Resources  
UTMB Health John Sealy School of Medicine

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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.*

## EXPO HALL HOURS

**Friday:** 7 am-7 pm

**Saturday:** 7 am-1:30 pm

## WELCOME STATION AND SATURDAY BAGGAGE CHECK

Have questions about the conference? Stop here for answers and to pick up your TexMed essentials – lanyard, ribbons, printed program, and tote bag. Be sure to visit on Saturday morning to drop your luggage at our **complimentary baggage check**, available 6 am-2 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.

## TEXMED TIKI HUT AND BINGO DROP

**BOOTH #806**

*Sponsored by TMA Insurance Trust*

Take a break from the serious stuff and visit the TexMed Tiki Hut for refreshing shaved ice. Expo Bingo winners will be posted here, so stop by often to see if you're a winner.

## TECH VILLAGE

**NEW IN THE EXPO HALL!**

Discover the future of health care at TexMed 2026's Tech Village! Visit industry experts at interactive digital kiosks and relax in our lounge during coffee-fueled Tech Talks – dynamic sessions on today's hottest health IT services. Presented by the TMA Health Information Technology Council, the Tech Village is a crowd favorite you won't want to miss.

## COFFEE BREAK

**TECH VILLAGE**

**Friday, 9:30-10 am, 2:45-3:30 pm**

**Saturday, 9:30-10:15 am**

## WALK WITH A DOC

**BOOTH #517 | Friday, 7-7:30 am**

Join us Friday morning! Meet at the Omni Hotel lobby for a walk along the coast to the Hilliard Center for breakfast in the Expo Hall.

## 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 PANEL: FINANCIAL WELLNESS

*Presented by M.C. Byrd Wealth Management*

**HOD | 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 gaining insights from financial experts moderated by Rodney Young, MD.

## COASTAL KICK-OFF

## WELCOME RECEPTION

*Sponsored by Texas Medical Liability Trust*

**EXPO HALL | Friday, 4:30-7:30 pm**

Don't miss the Corpus Coastal Kickoff! Celebrate the TMA and TMAA presidents with drinks, delicious eats, and lively entertainment from a beachy band and surprise performers. Connect with colleagues and exhibitors in a festive coastal setting – all indoors in the Expo Hall.

## RELAXATION STATION

**BOOTH #406**

Escape the hustle and bustle of the conference at the Relaxation Station. Enjoy a chair massage or sit, relax, and recharge.

## 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 Tiki Hut. For a schedule of prize drawings, *see page 39*.

## SATURDAY SEND-OFF LUNCH

**EXPO HALL | Saturday, 12:30-1:30 pm**

You'll have a "blast" at the Saturday Send-Off Lunch as we wrap up TexMed 2026! Enjoy lunch, lively entertainment, and the big reveal of our 2027 conference destination. Don't miss this festive finale!

## GO TEAM THERAPY DOGS

**BOOTH #608**

*Sponsored by Healthconnect Texas*

Love on the adorable dogs from Go Team Therapy Dogs of Corpus, a nonprofit service organization providing animal-assisted therapy programs for the Corpus area.

# ASK THE EXPERT

LUNCH AND LEARN

## Financial Wellness Panel

FRIDAY, APRIL 17 | 11:30 am-12:15 pm | HOD



**Rodney Young, MD**  
Moderator  
TMA Board of Trustees



**Monte Byrd,**  
ChFC, CLU, AIF, NQPA, CEPA  
Booth #414  
Presenting Sponsor



**Guy Patterson**  
Executive Director  
Booth #422



**Reuben Lewis**  
President  
Booth #513



**Mary Gonzales**  
Senior Business  
Relations Manager  
Booth #523



**Mark Woodruff,**  
CFP  
Vice President  
Booth #625



**Cori Ritter**  
Regional Healthcare  
Manager  
Booth #410

*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.

# EXPO HALL SCHEDULE

## SOCIAL EVENTS IN THE EXPO HALL

### FRIDAY

- 7-7:30 am**      **Walk with a Doc Texas Meet-Up**  
*Meet at the Omni in the lobby; walk as a group to the Hilliard for breakfast in the Expo Hall.*
- 7-8 am**          **Breakfast**
- 9:30-10 am**      **Coffee Break and Tech Talks in the Tech Village**
- 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*
- 2:45-3:30 pm**      **Coffee Break and Tech Talks in the Tech Village**
- 4:30-7 pm**        **Welcome Reception: Coastal Kick-Off!**  
*Sponsored by Texas Medical Liability Trust*

### SATURDAY

- 7-8:30 am**        **Breakfast and Tech Talks in the Tech Village**
- 10-10:15 am**      **Coffee Break and Tech Talks in the Tech Village**
- 12:30-1:30 pm**      **Saturday Send-Off Lunch**



## PRIZE DRAWINGS AT THE TEXMED TIKI HUT

**Stop by and check the winner board!**

### FRIDAY | Drawing at 3 pm

- \$150 Amazon Gift Card**  
*Donated by Dialops Kiosk #710*
- Amazon Kindle**  
*Donated by Shield Therapeutics Booth #814*
- PWR Travel PRO 5-in-1 Power Bank and Case**  
*Donated by Humana Booth #519*
- Gift Basket**  
*Donated by Texas Ambulatory Surgery Center Society Booth #311*
- Surprise Giveaway**  
*Donated by Layrd Health Kiosk #712*
- Gift Basket**  
*Donated by Big Data Healthcare Powered by Fifth Third Kiosk #716*
- \$100 Gift Card**  
*Donated by M.C. Byrd Wealth Management Booth #414*
- Surprise Giveaway**  
*Donated by Hancock Whitney Bank Booth #316*

### SATURDAY | Drawing at Noon

- Apple AirPods Pro 3**  
*Donated by TMF Health Quality Institute Booth #418*
- Bose Quiet Comfort Headphones**  
*Donated by Purposeful MD Booth #515*
- Bogg Bagg Bundle**  
*Donated by Texas Medical Liability Trust Booth #523*
- \$100 Amazon Gift Card**  
*Donated by TMA Insurance Trust Booth #422*
- Apple AirPods**  
*Donated by Panacea Financial Booth #410*
- \$100 Door Dash Gift Card**  
*Donated by Propelus by CE Broker Kiosk #613*
- \$100 Gift Card**  
*Donated by CapSource Solutions Booth #609*
- Apple AirPods**  
*Donated by Physician Wealth Advisors Booth #625*



## Credentiaing



(B) 625	724
523	722
621	720
619	718



(B) 615	716	714
<b>Tech Village</b>		
(B) 613	710	(B) 712



(B) 609	708
607	706

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601	700

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# HOUSE OF DELEGATES AND GENERAL SESSIONS

To Registration



# Layrd Health

## Your charts are done. Go be a doctor.

Layrd Health automates fax triaging and pre-charting.

We plug into your fax inboxes, patient portals, and EHR, read every incoming document, route it to the right patient, flag action items, and prepare the chart before each visit.

See it live at Tech Village · [thelayrd.com](http://thelayrd.com)

## National Financial Planning Group Wealth Management Services



Tax Reduction & Tax-Free Retirement Planning

Investment Management

Estate Planning

Tax Preparation

CFO Services

Bookkeeping

### Contact Us

Website

[www.nationalfinancialplanninggroup.com](http://www.nationalfinancialplanninggroup.com)

Email

[reuben@nationalfinancialplanninggroup.com](mailto:reuben@nationalfinancialplanninggroup.com)

Phone

(678) 990-5058

# EXHIBITORS *(in alphabetical order)*

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BUSINESS

## Alliance ACO, LLC

(830) 263-0036  
alliance-aco.net  
Booth #723

## Ankr Health

ankrhealth.com/#pricing  
Booth #315

By augmenting the healthcare workforce with intelligent automation, Ankr Health helps practices expand patient access, improve operational efficiency, and create more sustainable care delivery systems. Our mission is to strengthen the foundation of health care operations, one intelligent team member at a time.

## ASC - Administrative Service Corporation

(405) 320-0955  
ascscerves.com  
Booth #325

## Axsome Therapeutics

(866) 496-2976  
axsome.com  
Booth #313

Axsome is a biopharmaceutical company driven to develop and deliver transformative medicines for people living with serious psychiatric and neurological conditions.

## Azalea Health

(866) 381-4395  
azaleahealth.com  
Booth #616

## Benchmark Solutions

(800) 779-0902  
benchmarksystems.com  
Booth #623

## Big Data Healthcare Powered by Fifth Third

(517) 974-5331  
BigDataHC.com  
Booth #716

Big Data Healthcare LLC is a wholly owned subsidiary of Fifth Third Bank, National Association. Fifth Third Bank has the expertise, leadership and innovative technologies to help your organization succeed in a rapidly changing global marketplace.

SILVER

## Benchmark Solutions

(800) 779-0902  
benchmarksystems.com  
Booth #623

## Calmoseptine, Inc.

(714) 840-3405  
calmoseptine.com  
Booth #612

## CapSource Solutions Billing and Consulting

(512) 515-0065  
capsourcesolutions.com  
Booth #609

## CenterWell and Conviva IPA Solutions

(210) 796-8644  
centerwellprimarycare.com  
Booth #618

## Coastal Bend Blood Center

(361) 737-0414  
coastalbendbloodcenter.org  
Booth #116

## Concentra

(800) 232-3550  
concentra.com/careers  
Booth #724

## CPAN and PeriPAN

tcmhcc.utsystem.edu  
Booth #802

## Department of State Health Services – Immunization

(512) 776-3155  
www.dshs.texas.gov  
Booth #322

## Develop Health

(415) 741-6258  
develophealth.ai  
Booth #715

## DIALOPS

(877) 234-2567  
dialops.net  
Booth #710  
DIALOPS is a U.S. based virtual medical call support company that provides professional patient communication services for health care organizations. Our agents are trained to properly handle medical calls, take accurate messages, and follow client-specific protocols while maintaining strict HIPAA compliance.

SILVER

## Doctor Multimedia

(800) 679-3309  
doctormultimedia.com  
Booth #619

## Driscoll Children's Hospital

driscollchildrens.org  
Booth #624

## Drug Enforcement Agency

deadiversion.usdoj.gov  
Booth #708

## DSHS Newborn Screening

(512) 776-7585  
dshs.state.tx.us/newborn  
Booth #703

## ExamWorks

(281) 387-7717  
examworks.com  
Booth #621

## GE Healthcare

(978) 852-0993  
www.gehealthcare.com  
Booth #700

## Genuine Health Group

(786) 878-5500  
genuinehealthgroup.com  
Booth #718

## Hancock Whitney Bank

www.hancockwhitney.com  
Booth #316

## Healthconnect Texas

(832) 564-2599  
HealthconnectTX.org  
Booth #606

Healthconnect Texas, the largest health information exchange in the state, serves 23+ million Texans.

We enable secure, real-time data sharing to improve safety, quality, and efficiency, transforming health care across Texas. Connecting for a healthier Texas.

BRONZE

*Continued on next page*

**HHSC Texas Health Steps Online Provider Education**  
 (512) 478-4397  
 txhealthsteps.com  
 Booth #507  
 Texas Health Steps Online Provider Education offers more than 50 free CME-accredited courses, plus dozens of shorter courses and case studies. Get current, practical courses and resources developed by Texas experts for your Texas practice.

**SILVER**

**Humana**  
 humana.com/provider  
 Booth #519  
 Headquartered in Louisville, Kentucky, Humana Inc. is a leading health care company that offers a wide range of insurance products and health and wellness services that incorporate an integrated approach to lifelong well-being.

**GOLD**

**Insperty**  
 insperity.com  
 Booth #720

**Juice Plus**  
 (979) 732-1558  
 kkschobel.juiceplus.com  
 Booth #622

**Layrd Health, Inc.**  
 (617) 201-6021  
 thelayrd.com  
 Booth #712  
 Layrd Health automates fax triaging and pre-charting. We plug into your fax inboxes, patient portals, and EHR, read every incoming document, route it to the right patient, flag action items, and prepare the chart before each visit.

**SILVER**

**Matthews Real Estate Investment Services**  
 (949) 432-4517  
 matthews.com  
 Booth #722

**M.C. Byrd Wealth Management**  
 (979) 865-0660  
 mcbyrdwealth.com  
 Booth #414  
 M.C. Byrd Wealth Management provides high-net-worth investors with strategic financial guidance, specializing in tax-efficient strategies, business exits, and wealth preservation. With decades of experience, we deliver tailored solutions to secure your financial future.

**GOLD**

**Medeia**  
 (800) 433-4609  
 medeia.com  
 Booth #705

**MediCommerce**  
 (469) 345-4900  
 medicommerce.us  
 Booth #601

**MedMagic Agency**  
 (469) 804-9900  
 medmagicagency.com  
 Booth #713

**Med Tech Solutions**  
 (626) 486-9330  
 medtechsolutions.com  
 Booth #614

**National Financial Planning Group**  
 (678) 990-5058  
 Booth #513  
 National Financial Planning Group provides integrated wealth management by combining custom investment portfolios, comprehensive financial planning, and risk-shielding insurance solutions. We help individuals and businesses grow assets while protecting their legacies.

**SILVER**

nationalfinancialplanninggroup.com

**Oculus Pathology**  
 (512) 579-4000  
 thinkoculus.com  
 Booth #818

**Optum/Kelsey-Seybold/Wellmed**  
 workatoptum.com/provider  
 Booth #816

**Panacea Financial**  
 (727) 947-0042  
 panaceafinancial.com  
 Booth #410  
 Panacea Financial offers banking for physicians, supporting you at every career stage. TMA members get exclusive discounts on personal and practice loans. Panacea Financial is a division of Primis Bank. Member FDIC.

**SILVER**

**Physician Resources, Inc.**  
 (713) 522-5355  
 physicianresources.com  
 Booth #804

**Physician Wealth Advisors**  
 (801) 747-0800  
 www.pwa.org  
 Booth #625  
 We measure our success by how well our clients achieve their personal financial and life goals. This is where Physician Wealth Advisors can provide guidance and assistance. Our goal is to take the mystery out of investing, managing risk, preparing for retirement, and preserving wealth.

**SILVER**

**Propelus CE Broker**  
 cebroker.com  
 Booth #613  
 Stay on track with Propelus CE Broker®, the official continuing education (CE) reporting companion for the Texas Medical Board. We simplify reporting and help you avoid administrative hurdles. Less paperwork, more care.

**SILVER**

**Purposeful MD**  
 (210) 854-2070  
 drlaurasuttin.com  
 Booth #515  
 Clinician burnout is a warning sign, not the diagnosis. Dr. Laura Suttin helps physicians and health care organizations fix what's actually broken.

**BRONZE**

*Continued on next page*

# EXHIBITORS *(in alphabetical order)*

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BUSINESS

**Rural Health Net**  
(713) 408-4817  
ruralhealthnet.com  
*Booth #719*

Rural Health Net links providers with cash-pay patients who pay a discounted rate at the visit – no claims, no delays. A simple, compliant way to support your practice.

**Shield Therapeutics**  
shieldtherapeutics.com  
*Booth #814*

**South Texas Mental Health Associates**  
(361) 356-1234  
stmha.com  
*Booth #717*

**STAT Real Estate & Transitions**  
(512) 886-4024  
statmedre.com  
*Booth #707*

**TDI - Division of Workers' Compensation**  
(512) 804-4809  
www.tdi.texas.gov  
*Booth #323*

**Texas A&M University Health Coastal Bend**  
(361) 239-5130  
cbhec.tamu.edu.continuing-education  
*Booth #509*

**Texas Ambulatory Surgery Center Society**  
(512) 535-2325  
texasascociety.org  
*Booth #311*

**Texas Medical Liability Trust**  
(512) 425-5858  
tmlt.org  
*Booth #523*  
TMLT is the largest medical liability insurance provider in Texas insuring more than 19,500 physicians. We provide a wide range of liability products.

PINNACLE

**TEXPAC**  
texpac.org  
*Booth #324*  
Organized in 1962, TEXPAC is one of the oldest political action committees in Texas. It is the largest bipartisan political action committee in the state.

**TMA Foundation**  
(512) 370-1664  
tmf.org  
*Booth #517*  
TMA Foundation supports philanthropic efforts aligning with TMA's vision, and "funds initiatives with the power to help physicians create a healthier future for all Texans." Funded projects target urgent health needs affecting a large segment of the state's residents.

GOLD

**Texas Medical Association History of Medicine Gallery**  
*Booth #711*

**TMA Insurance Trust**  
(512) 370-1740  
tmait.org  
*Booth #422*  
Created and exclusively endorsed by the Texas Medical Association, we help physicians find the right insurance policies – including medical, life, long-term disability, and more – that help protect them, their families, and their practices.

PINNACLE

**TMA Member Services**  
(800) 880-1300  
www.texmed.org  
*Booth #812*  
How is TMA working for you? Come discover all of your member benefits! Take advantage of the many valuable resources and services that make it easier for you to focus on what matters: the care of your patients.

**TMF Health Quality Institute**  
(512) 334-1615  
www.tmf.org  
*Booth #418*  
TMF Health Quality Institute focuses on improving lives by improving the quality of health care through contracts with federal, state and local governments, as well as private organizations. For more than 50 years, TMF has been a trusted health care consulting partner.

TITANIUM

**Total Medical Supply**  
(877) 670-1120  
www.tmscares.com  
*Booth #721*

**U.S. Air Force**  
(800) 423-8723  
www.airforce.com/healthcare  
*Booth #701*

**U.S. Bureau of Labor Statistics**  
(972) 850-4800  
BLS.gov  
*Booth #709*

**White Coat Web**  
(210) 618-0921  
whitecoatweb.com  
*Booth #412*  
White Coat Web offers comprehensive digital marketing for doctors, from web design to SEO, ensuring your marketing needs are covered.

BRONZE

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Content on the Texas Health Steps Online Provider Education website has been accredited by the Texas Medical Association, American Nurses Credentialing Center, National Commission for Health Education Credentialing, Accreditation Council for Pharmacy Education, and The University of Texas Health Science Center at San Antonio Dental School Office of Continuing Dental Education. Continuing education for multiple disciplines will be provided for some online content.



**TEXAS**  
Health and Human  
Services

Texas  
Health  
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TDI - Division of Workers' Compensation	323	Propelus CE Broker	613	Big Data Healthcare Powered by Fifth Third	716
TEXPAC	324	Med Tech Solutions	614	South Texas Mental Health Associates	717
ASC - Administrative Service Corporation	325	Azalea Health	616	Genuine Health Group	718
Panacea Financial	410	CenterWell and Conviva IPA Solutions	618	Rural Health Net	719
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M.C. Byrd Wealth Management	414	ExamWorks	621	Total Medical Supply	721
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National Financial Planning Group	513	GE Healthcare	700	Physician Resources, Inc.	804
Purposeful MD	515	U.S. Air Force	701	TMA Member Services	812
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		Medeia	705	Optum/Kelsey-Seybold/Wellmed	816
		STAT Real Estate & Transitions	707	Oculus Pathology	818
		Drug Enforcement Agency	708		



# Congratulations TMA LEADERSHIP COLLEGE 2026 GRADUATES



VICTORIA  
CHANG, MD



G. DOUG  
GIBSON, DO



MADELINE  
HERMAN, MD



AMANDA  
HERRMANN, MD



BROOKE  
HUFFSMITH, MD



SURABHI  
KAUL, MD



AUSTIN  
LUNNEY, MD



CHANTAL  
MENDES, MD



ALLISON  
MULLINS, MD



JENNIFER  
NORDHAUSER, MD



OLANIYI  
OLAYINKA, MD



SWATI  
PRADEEP, DO



ANASTASIA  
RUDKOVSKAIA, MD



MILAN  
SHAH, MD



SHANGIR  
SIDDIQUE, MD



JUAN  
SOSA, MD



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[texmed.org/TMALC](https://www.texmed.org/TMALC)

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Texas Medical Liability Trust is a generous Pinnacle Sponsor of TMA's leadership development programs.

# HOUSE OF DELEGATES

TMA's House of Delegates (HOD) 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. *However, only delegates and alternate delegates may participate in the discussion, and only delegates may vote in Saturday's session.*

## TEXMED and House of Delegates Joint Opening Session

**Friday, 7:45-11:15 am (or until house recess)**

**Hilliard Center, 1st Floor HOD**

**Presiding:** Speaker John G. Flores, MD, Little Elm, and Vice Speaker Mark A. Casanova, MD, Dallas

### HOUSE AGENDA

- Opening Session Speaker: Bernard A. Harris Jr., MD
- TMA president address to the house
- Nominations for candidates for TMA offices
- Presentation of Distinguished Service Award

### REFERENCE COMMITTEES

**Friday, 12:00 pm**

**Hilliard Center, 2nd Floor Henry Garrett Rooms A-D**



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](http://refcom.texmed.org).

#### Financial and Organizational Affairs

**Henry Garrett C**

Association finances, membership, representation, and federation relationships

#### Medical Education and Health Care Quality

**Henry Garrett D**

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

**Henry Garrett B**

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

#### Socioeconomics

**Henry Garrett A**

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



### CANDIDATE FORUM

**Friday, 3-4:30 pm | Hilliard Center, 1st Floor HOD**

Candidates running for at-large trustee to the TMA Board of Trustees and candidates running for the resident/fellow and medical student designated alternate delegate positions to 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**

**Hilliard Center, 1st Floor HOD**

**Presiding:** Speaker John G. Flores, MD, Little Elm, and Vice Speaker Mark A. Casanova, MD, Dallas

#### HOUSE AGENDA

- Debate and voting
- TMA elections for officers, councilors, and AMA delegation (9:30 am)
- 2026-27 TMA president installation (10:45 am)
- TMAA/TMA presidents' address to the HOD

### CAUCUS MEETINGS

County medical society caucus meetings are scheduled for Saturday morning. For more information, refer to "Caucuses" in the Business Meetings schedule (page 51).



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# 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](http://texmed.org/BCCInfo) for complete details.

## BOARDS

Board of Trustees	Thursday	10:00 AM	3:00 PM	Omni, 3rd Floor Nueces B
TMA Foundation Board of Trustees	Thursday	1:00 PM	3:00 PM	Omni, 3rd Floor Laguna Madre
TMA Insurance Trust Board of Trustees	Thursday	5:30 PM	7:30 PM	Omni, 3rd Floor Laguna Madre
Board of Councilors	Thursday	7:15 PM	9:15 PM	Omni, 3rd Floor Aransas

## CAUCUSES

Border Health Caucus	Friday	3:30 PM	5:00 PM	Hilliard, 2nd Floor Water Garden B
Harris County Medical Society Caucus	Saturday	6:30 AM	8:15 AM	Hilliard, 2nd Floor C225A
Bexar County Medical Society Caucus	Saturday	6:30 AM	8:30 AM	Hilliard, 2nd Floor C225E
Dallas County Medical Society Caucus	Saturday	6:00 AM	8:00 AM	Hilliard, 2nd Floor C226
Lone Star Caucus	Saturday	6:30 AM	8:00 AM	Hilliard, 2nd Floor C225C
Medical Student Section Caucus Meeting	Saturday	7:00 AM	8:00 AM	Hilliard, 1st Floor C101
Tarrant County Medical Society Caucus	Saturday	6:30 AM	7:45 AM	Hilliard, 2nd Floor C225D
Travis County Medical Society Caucus	Saturday	6:00 AM	7:00 AM	Hilliard, 2nd Floor C227

## COMMITTEES

Subcommittee for Academic Physicians	Thursday	9:00 AM	11:00 AM	Omni, 3rd Floor Laguna Madre
Interspecialty Society	Thursday	10:30 AM	NOON	Omni, 3rd Floor Corpus Christi A
Medical Home and Primary Care	Thursday	10:00 AM	NOON	Omni, 3rd Floor Corpus Christi C
Independent Physician Practice	Thursday	2:30 PM	4:00 PM	Omni, 3rd Floor Corpus Christi A
Health Information Technology and AI	Thursday	1:00 PM	4:00 PM	Omni, 3rd Floor Aransas
Medicaid, CHIP, and the Uninsured	Thursday	1:00 PM	4:00 PM	Omni, 3rd Floor Corpus Christi A
Patient-Physician Advocacy	Friday	10:00 AM	11:30 AM	Hilliard, 2nd Floor C226

## REFERENCE COMMITTEES

Financial and Organizational Affairs	Friday	NOON	<i>Until complete</i>	Hilliard, 2nd Floor Henry Garrett C
Medical Education and Health Care Quality	Friday	NOON	<i>Until complete</i>	Hilliard, 2nd Floor Henry Garrett D
Science and Public Health	Friday	NOON	<i>Until complete</i>	Hilliard, 2nd Floor Henry Garrett B
Socioeconomics	Friday	NOON	<i>Until complete</i>	Hilliard, 2nd Floor Henry Garrett A

*Continued on page 53*



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# BUSINESS MEETINGS

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## COUNCILS

Council on Health Promotion	Thursday	9:00 AM	10:30 AM	Omni, 3rd Floor Aransas
Council on Medical Education	Thursday	11:00 AM	1:30 PM	Omni, 3rd Floor Corpus Christi B
Council on Socioeconomics	Thursday	6:30 PM	9:00 PM	Omni, 3rd Floor Nueces B
Council on Member Experience	Thursday	6:00 PM	8:30 PM	Omni, 3rd Floor Corpus Christi A
Council on Health Service Organizations	Friday	3:30 PM	5:00 PM	Hilliard, 2nd Floor C226
Council on Legislation	Friday	NOON	3:00 PM	Hilliard, 2nd Floor Water Garden B

## SECTIONS

MSS Specialty Showcase	Thursday	6:30 PM	7:30 PM	Omni, 3rd Floor Nueces A
MSS Chapter President's Meeting	Friday	11:00 AM	12:30 PM	Hilliard Center, 2nd Floor C225A
MSS Business Meeting	Friday	1:30 PM	5:00 PM	Hilliard Center, 2nd Floor C225A
Joint Sections Meeting	Friday	2:00 PM	4:30 PM	Hilliard Center, 2nd Floor C225C

## TEXPAC

TEXPAC Candidate Evaluation Committee	Thursday	11:30 AM	1:30 PM	Omni, 3rd Floor Nueces A
TEXPAC 300 Club Reception	Thursday	6:00 PM	7:00 PM	Omni, 1st Floor Bayview
TEXPAC Board of Directors	Thursday	7:00 PM	10:00 PM	Omni, 3rd Floor Corpus Christi C

## TMA ALLIANCE

TMAA Annual Business Meeting	Friday	11:00 AM	12:15 PM	Holiday Inn, 1st Floor Riviera 3
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## OTHER

Texas Delegation to the AMA	Thursday	4:30 PM	6:00 PM	Omni, 3rd Floor Nueces A
JSSOM Board of Trustees Meeting	Friday	2:00 PM	4:30 PM	Hilliard, 2nd Floor C227
JSSOM Alumni Reception	Friday	6:00 PM	7:30 PM	Holiday Inn, 1st Floor Marina Ballroom
TMALC and Lifelong Leadership Alumni Reception	Friday	9:00 PM	11:00 PM	Omni, 2nd Floor Omni Bar

# Congratulations! YOU MADE IT!

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**Make sure you're connected!**

Update your contact information at [texmed.org/Profile](http://texmed.org/Profile).

*\*If not, we hope you'll return after residency. Ask about leave-of-absence membership to stay in touch with TMA.*



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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.

## JOHN W. HELLERSTEDT, MD

The Texas Medical Association is proud to honor John W. Hellerstedt, MD, with the 2026 TMA Distinguished Service Award in recognition of his 45 years of exemplary service to patients, public health, and organized medicine.

TMA will recognize Dr. Hellerstedt with the association's highest honor during the TexMed Opening Session on Friday morning.

Throughout a career spanning several medical leadership roles, Dr. Hellerstedt is perhaps best known for his tenure as commissioner of the Texas Department of State Health Services during the COVID-19 pandemic. As Texas' chief public health officer, he steered the state's health system through this tumultuous period as director of the Governor's Infectious Disease Task Force, working closely with TMA and other health care organizations to keep physicians, institutions, and the public up to date with information and resources.

The pediatrician has long been a vocal champion at the state and federal level for vaccination, touting the benefits of one of medicine's best disease-prevention measures.

In addition to having led one of Texas' largest state agencies during an historic period, Dr. Hellerstedt has been a longtime member of TMA, the Travis County Medical Society, and the Texas Pediatric Society. In every role, he has embodied service as a physician, educator, and leader in organized medicine.

He serves as an adjunct clinical professor for Texas A&M University Naresh K. Vashisht College of Medicine. Dr. Hellerstedt was also the first medical director for Texas Medicaid/CHIP, implemented the first office of medical technology at the Texas Health and Human Services Commission, was vice president of medical affairs for Dell Children's Medical Center of Central Texas, and served as chief medical officer for Seton Hospitals in Austin. His roots in medicine date back to treating young patients in his first pediatric practice, starting in 1981.

TMA is pleased to celebrate Dr. Hellerstedt for a career marked by service to his community, his state, his colleagues – and his patients.



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# *Thank You*

to our **TexMed 2026 Planning Team**

**Gary Floyd, MD, Chair**

**Diana Fite, MD, Vice-Chair**

**Akinwande Akinfolarin, MD**

**Carlos Cardenas, MD**

**Julye Nesbitt Carew, MD**

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