

UCI Department of Medicine Grand Rounds Lifestyle Medicine

November 25, 2025 – 12:00 PM

Teleconference

Target Audience

Specialties – Medicine

Professions – Physician, Nurse, Nurse Practitioner, Physician Assistant, Resident Physician

Objectives

At the conclusion of this activity, the participant should be able to:

- 1 Analyze recent advances in research in the field of internal medicine including the speaker's research in terms of clinical relevance.
- 2 Inspect basic science or clinically relevant research findings and developments through a representative case presentation.

Faculty & Planner Disclosures

University of California, Irvine School of Medicine Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Adithya Cattamanchi, MD	Co-Director	Stocks or stock options, excluding diversified mutual funds-Medaica - 04/24/2025
Sheetal Desai, MD	Course Director	Speakers Bureau-AstraZeneca (Any division) Speakers Bureau-Aurinia Speakers Bureau-GSK Speakers Bureau-Janssen (Any division) Speakers Bureau-Alexion Pharmaceuticals (Relationship has ended) - 04/29/2025
Donald Forthal, MD	Co-Director	Nothing to disclose - 04/09/2025
Christopher Gabriel, MD	Faculty	Nothing to disclose - 02/05/2025
Anca Gociu, Other	Activity Coordinator	Nothing to disclose - 04/09/2025
Sudhir Gupta, MD, PhD	Co-Director	Nothing to disclose - 02/12/2025

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Wei Ling Lau, MD	Co-Director	Nothing to disclose - 06/16/2025
Thu H Le, MD	Course Director	Advisor-Becton, Dickinson and Company (Relationship has ended) - 09/22/2025
Ulrike Luderer, MD, PhD	Co-Director	Nothing to disclose - 05/05/2025
Shaista Malik, MD, PhD, MPH	Co-Director	Ownership-FluxWear - 04/29/2025
Pranav Patel, MD	Co-Director	Consulting Fee-Shockwave Medical (Relationship has ended) - 03/26/2025
Andrew Reikes, MD, FACE	Co-Director	Nothing to disclose - 04/09/2025
Marylin Rios, BA	Activity Coordinator	Nothing to disclose - 04/23/2025
Jason B Samarasena, MD, MBA, FACG, AGAF	Co-Director	Advisor-Olympus Corporation Consulting Fee-Cook Medical, Inc. Consulting Fee-Boston Scientific Corporation - 04/09/2025
Sonia Sehgal, MD	Co-Director	Nothing to disclose - 09/25/2025
Miguel Villalona, MD	Co-Director	Advisor-Lilly (Any division) (Relationship has ended) Grant or research support-Amgen, Inc. - 04/09/2025
Qin Yang, MD, PhD	Co-Director	Nothing to disclose - 02/04/2025

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Designation Statement

The University of California, Irvine School of Medicine designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ADA Statement

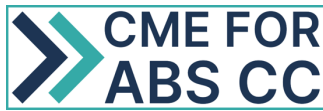
In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact the department administrator before the meeting dates.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, <https://medschool.uci.edu/cme>, for AB 1195 and AB 241 resources.

MOC Statement(s)

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Successful completion of this CME activity enables the learner to earn credit toward the CME requirement(s) of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.00 MOC point(s) in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit. ABMS