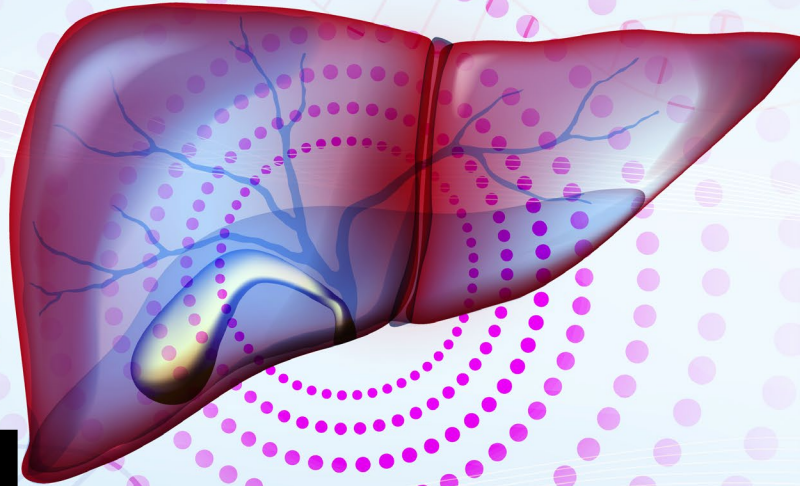


2026

# IOWA LIVER WELLNESS SYMPOSIUM

CIRRHOSIS CARE IN MOTION



**FRIDAY, SEPTEMBER 25, 2026**  
**8 AM - 5 PM**

**HYATT REGENCY**  
**300 EAST 9<sup>TH</sup> STREET**  
**CORALVILLE, IOWA**

**PROVIDED BY:**  
**The University of Iowa Roy J. and Lucille A. Carver College of Medicine**  
**Department of Internal Medicine-Division of Gastroenterology and Hepatology**

**ENDORSED BY:**  
**International Liver Transplantation Society (ILTS)**

**IOWA**  
**HEALTH CARE**

# OVERVIEW

Cirrhosis and its clinical complexity demand coordinated care across the healthcare spectrum. As advances in the understanding and management of portal hypertension continue to evolve, there is a clear need to update clinicians on the latest evidence, guideline recommendations, and emerging therapeutic strategies. This conference aims to equip healthcare professionals with practical, up-to-date knowledge to optimize the diagnosis, monitoring, and management of cirrhosis and its complications. To achieve this, the program will bring together a multidisciplinary faculty to deliver an integrated, patient-centered perspective. Designed for a multidisciplinary audience, the sessions will highlight best practices across multiple levels of care, promote early recognition and intervention, and support more seamless, collaborative management of advanced chronic liver disease. By fostering shared understanding and communication across specialties, this initiative seeks to improve outcomes and quality of care for patients living with cirrhosis.

# TARGET AUDIENCE

## Specialties

Anesthesia  
Cardiovascular Disease  
Family Medicine  
Internal Medicine  
Surgery

## Professions

Nurse  
Nurse Practitioner  
Physician  
Physician Assistant

# OBJECTIVES

1. Describe evolving epidemiologic trends in cirrhosis, including shifts in etiologies such as NAFLD/NASH and alcohol-associated liver disease
2. Explain new approaches to risk stratification and prognostication in compensated vs. decompensated cirrhosis
3. Apply current liver transplant referral and listing criteria, including MELD score thresholds and indications for early evaluation
4. Implement timely recognition of acute-on-chronic liver failure (ACLF) and pathways for urgent transplant consideration
5. Identify common infections in cirrhosis (e.g., SBP, sepsis, pneumonia, UTIs) and their pathophysiologic underpinnings.
6. Summarize the indications for endoscopic screening and primary prevention of varices
7. Explain the pathophysiology of ascites and diagnostic criteria for spontaneous bacterial peritonitis.
8. Identify indications for TIPS in refractory ascites and evaluate patient selection criteria
9. Implement treatment strategies including albumin, vasoconstrictors, and referral for TIPS or transplant.
10. Identify risk factors and diagnostic modalities for detecting PVT in cirrhosis.
11. Define the role of endoscopic ultrasound (EUS) and endoscopic-based therapies in managing portal hypertension.
12. Integrate endohepatology techniques into multidisciplinary liver care.
13. Apply updated noninvasive thresholds for variceal screening and risk stratification
14. Identify malnutrition, sarcopenia, and frailty using validated assessment tools.
15. Implement evidence-based dietary strategies including protein targets, meal timing, and supplementation
16. Integrate symptom management strategies for fatigue, pruritus, pain, encephalopathy, and ascites.

# ACCREDITATION



In support of improving patient care, the University of Iowa Roy J. and Lucille A. Carver College of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Nurse:** The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this activity for a maximum of 6.0 ANCC contact hours.

**Physician:** The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Physician Associate:** The University of Iowa Roy J. and Lucille A. Carver College of Medicine has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



**Other Health Care Providers:** A certificate of participation will be available after successful completion of an online evaluation. (It is the responsibility of the licensees to determine if this continuing education activity meets the requirements of their professional licensure board.)

# CREDITS

AMA PRA Category 1 Credits<sup>™</sup> (6.00 hours)

AAPA Category 1 CME credit (6.00 hours)

ANCC Contact Hours (6.00 hours)

Non-Physician Attendance (6.00 hours)

# REGISTRATION

Regular Registration (through September 18, 2026)

Physicians .....\$140.00

Pharmacists & Other Health Professionals .....\$70.00

Trainees - Students, Residents & Fellows .....\$55.00

Virtual Only Registration

Physicians .....\$120.00

Pharmacists & Other Health Professionals ..... \$65.00

Trainees - Students, Residents & Fellows ..... \$50.00

Late Registration (from September 19, 2026–Day of conference)

Physicians .....\$150.00

Pharmacists & Other Health Professionals .....\$90.00

Trainees - Students, Residents & Fellows .....\$75.00

# CANCELLATION POLICY

If cancellation is requested prior to September 18, 2026, a full refund is available.

If cancellation is requested September 18, 2026 or later, a refund minus a \$50.00 cancellation fee is available.

If necessary, send cancellation request to [cme@uiowa.edu](mailto:cme@uiowa.edu).

# DISCLOSURE POLICY:

University of Iowa Roy J. and Lucille A. Carver College of Medicine 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 financial relationships with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. All relevant financial relationships have been mitigated prior to the commencement of the activity.

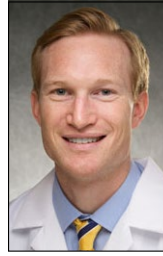


## PRESENTERS



### **Juan Gonzalez Abraldes, MD**

Professor  
internal Medicine–Family Medicine &  
Dentistry  
University of Alberta, Canada



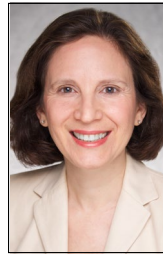
### **Alan Gunderson, MD**

Clinical Associate Professor  
Division of Gastroenterology and Hepatology  
Department of Internal Medicine  
University of Iowa Health Care



### **Munish Ashat, MD**

Clinical Assistant Professor  
Division of Gastroenterology and Hepatology  
Department of Internal Medicine  
University of Iowa Health Care



### **Dilek Ince, MD**

Clinical Professor  
Division of Infectious Diseases  
Department of Internal Medicine  
University of Iowa Health Care



### **Marta Tejedor Bravo, MD, MSc, PhD**

Clinical Associate Professor  
Clinical Director, James A Clifton Digestive  
Health Center  
Division of Gastroenterology and Hepatology  
Department of Internal Medicine  
University of Iowa Health Care



### **Virginia Hernandez-Gea, MD**

Hepatologist  
Clinic Barcelona  
Barcelona, Spain



### **Kyle Brown, MD, MSc**

Professor  
Division of Gastroenterology and Hepatology  
Department of Internal Medicine  
University of Iowa Health Care



### **Yasameen Muzahim, MD**

Clinical Assistant Professor  
Division of Gastroenterology and Hepatology  
Department of Internal Medicine  
University of Iowa Health Care



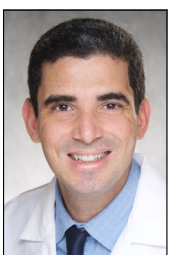
### **Jesse Civan, MD**

Associate Professor  
Internal Medicine - Gastroenterology  
Medical Director - Liver Tumor Center  
Thomas Jefferson University  
Philadelphia, PA



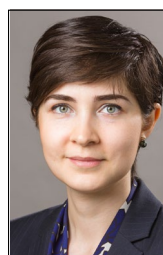
### **Sara Naimimohasses, MD, PhD**

Clinical Assistant Professor  
Division of Gastroenterology and Hepatology  
Department of Internal Medicine  
University of Iowa Health Care



### **Francisco Donato, Jr., MD**

Clinical Assistant Professor  
Department of Radiology  
Division of Vascular and Interventional  
Radiology  
University of Iowa Health Care



### **Anahita Rabiee, MD, MHS**

Assistant Professor of Medicine  
Digestive Diseases  
Yale School of Medicine  
New Haven, CT

## PRESENTERS



### **Antonio Sanchez, MD**

Clinical Professor  
Division of Gastroenterology and Hepatology  
Department of Internal Medicine  
University of Iowa Health Care



### **Tomohiro Tanaka, MD, MPH**

Clinical Associate Professor  
Division of Gastroenterology and Hepatology  
Department of Internal Medicine  
University of Iowa Health Care



### **Yolanda Villalvazo, MD**

Hepatology Fellow  
Division of Gastroenterology and Hepatology  
Department of Internal Medicine  
University of Iowa Health Care

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Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact The Department of Internal Medicine Division of Gastroenterology and Hepatology in advance, 319-356-3108.

# **AGENDA: METABOLIC HEALTH IN MOTION • DAY 1-SEPTEMBER 19, 2025 (CORAL BALLROOMS D & E)**

**7:30 - 8:00 AM**      **Registration & Continental Breakfast**

**8:00 - 8:15**            **Welcome Address**  
Marta Tejedor, MD, PhD

## **MORNING SESSION**

**8:15 - 8:45**            **The Shifting Landscape of Cirrhosis: Diagnosis and risk stratification**  
Antonio Sanchez, MD

**8:45 - 9:15**            **When to Refer: Recognizing Hepatic Decompensation and Liver Transplant Criteria**  
Alan Gunderson, MD

**9:15 - 9:45**            **Infections in Cirrhosis: Prevention and Management**  
Dilek Ince, MD

**9:45 - 10:15**        **Preventing Variceal Bleeding: from Beta-Blockers to Preemptive TIPS**  
Juan Gonzales Abraldes, MD

**10:15 - 10:45**        **Break**

**10:45 - 11:15**        **Ascites Management in Cirrhosis: From Diuretics to TIPS**  
Anahita Rabiee, MD, MHS

**11:15 - 11:45**        **Acute Kidney Injury in Cirrhosis: Hepatorenal Syndrome Update**  
Marta Tejedor, MD, PhD

**11:45 - 12:45**        **Poster Sessions (no CME provided)**  
Tomohiro Tanaka, MD, PhD & Kyle Brown, MD, MSc

**12:45 - 1:15 PM**     **Lunch**

## **AFTERNOON SESSION**

**1:15 - 1:45 PM**        **Interventional Radiology and their magic: Technical Considerations and Portal Vein Thrombosis**  
Francisco Donato, Jr., MD

**1:45 - 2:15**            **Endohepatology: when Endoscopy and Hepatology converge**  
Munish Ashat, MD

**2:15 - 2:45**            **Baveno VIII update: what is new in Portal Hypertension?**  
Virginia Hernandez-Gea, MD

**2:45 - 3:15**            **Break**

**3:15 - 3:45**            **Nutrition in Cirrhosis: Addressing Frailty and Malnutrition**  
Sara Naimimohasses, MD, PhD

**3:45 - 4:15**            **Palliative Care in Cirrhosis: Improving Quality of Life in End-Stage Liver Disease**  
Jesse Civan, MD

**4:15 - 4:45**            **Panel Discussion with the Experts**  
Yasameen Muzahim, MD & Yolanda Villalvazo, MD

**END CME**

Vendor Exhibits