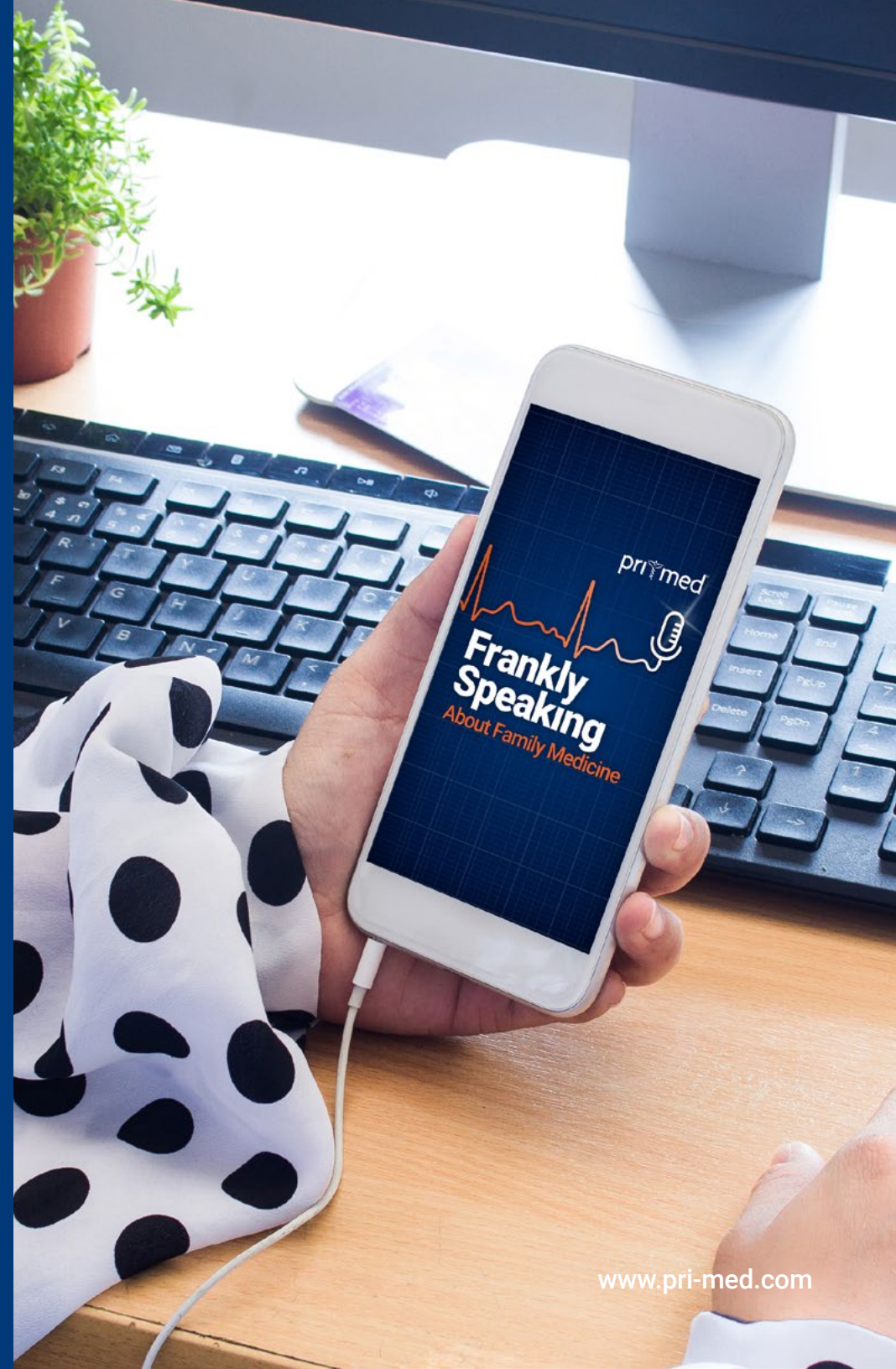


# Top 10 CME/CE Podcasts of 2020 on Pri-Med.com

Insights from the Most-Streamed Episodes of the *Frankly Speaking About Family Medicine* Podcast Series



Each week, Frank J. Domino, MD, hosts a new episode of *Frankly Speaking About Family Medicine*, a CME podcast series on Pri-Med.com. Launched in 2017, this series features expert clinician-educators discussing the latest practice-changing clinical research and patient-focused best practices in family medicine.

In 2020, Dr. Domino, a professor of family medicine and community health at the University of Massachusetts Medical School in Worcester, Massachusetts, covered a wide variety of primary care topics — ranging from cannabis use to COVID-19 to fad diets — with his guests.

The digestible, on-the-go educational content of *Frankly Speaking*, accessible on both desktop and mobile devices, has helped **Pri-Med Podcasts** reach an impressive digital milestone of more than 1 million downloads. Additionally, the series is recognized as one of the best podcasts in the industry; it was named one of the “Top 5 Podcasts Every Family Physician Should Listen to for Medical Knowledge” by the American Family Physician Community Blog.

Included in this review are descriptions of and key practice pointers from each of the top 10 most-streamed episodes of *Frankly Speaking About Family Medicine* in 2020.



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# Effective Tool or Diet Fad? Can Intermittent Fasting Decrease Weight and Improve Cardiovascular Markers?



Episode 165

Guest: [Susan Feeney, DNP, FNP-BC, NP-C](#)

[Listen Now](#) ▶

Obesity, dyslipidemia, and hypertension are significant challenges to public health and impact a growing number of Americans. Weight loss and dietary changes are effective in preventing CVD and DMII and reducing cardiometabolic complications but can be difficult for many people. Growing evidence supports the use of timed fasting to promote weight loss and reduce these complications. In this episode, Dr. Domino is joined by Dr. Susan Feeney to discuss a recent study that shows promising data regarding a 10-hour feeding window and improved CV markers.



## Practice Pointer

Consider discussing strategies of limiting eating time to 10 hours a day, with a 14-hour fast for those patients who could benefit from weight loss, decreased BP, and improved lipids.

## 2 Treating Strep Throat in Half the Time



Episode 160

Guest: [Robert A. Baldor, MD, FAAFP](#)

[Listen Now](#) ▶



Dr. Robert A. Baldor joins the podcast to review clinical decision-making tools for diagnosing and treating streptococcal pharyngitis and discusses a recent randomized controlled trial utilizing a five-day course of penicillin for treatment.



### Practice Pointer

For confirmed cases of streptococcal pharyngitis, a five-day course of penicillin V 500mg (given QID) is just as efficacious as, and is associated with fewer side effects than, a 10-day course.



### 3 The Dangers of Non-Nutritive Sweeteners: What Does the Data Say?



Episode 158

Guest: [Susan Feeney, DNP, FNP-BC, NP-C](#)

[Listen Now](#) ▶

Drs. Domino and Feeney review the latest research on the impact of nonnutritive sweeteners (NNS) on mortality, disease, and intermediate outcomes like microbiome and gut hormones.



#### Practice Pointer

NNS have more adverse risks than benefits and should be discouraged.

## 4 Skip the Colonoscopy?



Episode 154

Guest: [Robert A. Baldor, MD, FAAFP](#)

[Listen Now](#) ▶

In this episode, Drs. Domino and Baldor discuss a recent report in the British Medical Journal that reviewed data on the effectiveness of colorectal cancer screening programs. The report presented new guidelines, which recommend a “shared decision-making model” and suggest that individuals with an estimated 15-year colorectal cancer risk below 3% undergo no screening at all. This session will review the recently published guidelines to understand the data behind their recommendations and to discuss how best to implement such an approach in your practice.



### Practice Pointer

As with many aspects of preventive care, it's time to move toward a shared decision-making model with our patients for colorectal cancer screening. Tools such as the Qcancer calculator — which takes into consideration age, sex, ethnicity, BMI, and smoking status along with personal medical and family history to estimate a 15-year risk of developing colorectal cancer — now exist. For those with a risk of less than 3%, a decision to skip screening is reasonable, and for those at higher risk, any one of four screen options — FIT testing every year or two, sigmoidoscopy, or colonoscopy — is recommended. Of course, if any testing is positive, a diagnostic colonoscopy is necessary.

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## Milk: Whole, Skim or Something In Between?



Episode 162

Guest: [Susan Feeney, DNP, FNP-BC, NP-C](#)

[Listen Now](#) ▶

In this episode, recorded live at Pri-Med South, Drs. Domino and Feeney review four recent publications that help guide milk consumption in children and adults.



### Practice Pointer

For children aged 1 year and older, whole milk is safe and may lower the risk of childhood obesity, and adults might consider at least two servings of milk products per day.

6

## Heartburn — Why “Test and Treat” Is Best



Episode 157

Guest: [Robert A. Baldor, MD, FAAFP](#)

[Listen Now](#) ▶



Heartburn is a frequent complaint in primary care practices. The etiology is broad, from reflux to H. pylori infection and PUD. While many clinicians treat symptoms, this may not lead to patient satisfaction. Dr. Baldor joins Dr. Domino in this episode to discuss a recent network meta-analysis published in the BMJ, which concluded that a “test and treat” approach resulted in the lowest reports of patients remaining symptomatic at follow-up.



### Practice Pointer

In patients with dyspepsia, test for H. pylori and treat accordingly, reserving upper endoscopy for those with dysphagia, anemia, weight loss, or other red flags or those who don't get better with initial empiric treatment.



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## A Brief Update of the Guidelines on the Management of Type 2 Diabetes



Episode 155

Guest: [Jill M. Terrien, PhD, ANP-BC](#)

[Listen Now](#) ▶

Dr. Jill M. Terrien joins Dr. Domino to discuss key points from the 2019 update to the American Diabetes Association and the European Association for the Study of Diabetes consensus report. This update is now reflected in the American Diabetes Association's *Standards of Medical Care—2020*.



### Practice Pointer

There are many therapies available now and for the future to manage Type 2 diabetes. Shared decision-making and an individualized approach are crucial to optimize outcomes.

8

## Cannabis Use in Pregnancy: A Worrisome Trend



Episode 156

Guest: [Alan M. Ehrlich, MD, FAAFP](#)

[Listen Now](#) ▶

Cannabis use has been increasing, as numerous states have decriminalized or even legalized cannabis possession and use. As a result, the rates of pregnant women who use cannabis have been rising. Dr. Alan M. Ehrlich teams up with Dr. Domino in this episode to help clinicians learn more about these trends and the risks associated with cannabis use in pregnancy.



### Practice Pointer

Asking your patients about cannabis use should be as common as asking about tobacco use.

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## Too Sweet! Rates of Prediabetes in US Adolescents and Young Adults



Episode 161

Guest: [Susan Feeney, DNP, FNP-BC, NP-C](#)

[Listen Now](#) ▶



The incidence and prevalence of prediabetes and Type 2 diabetes mellitus in adolescents and young adults have increased over the past decade. A recent cross-sectional study of 12 years of NHANES data suggests that this population has an associated increased cardiometabolic risk. Drs. Domino and Feeney discuss these findings and some prevention strategies to help improve health outcomes.



### Practice Pointer

Pay attention to the presence of any and all prediabetes lab values in your adolescent population, and work with your adolescents to implement lifestyle modifications to reduce risk of DMII and cardiovascular disease.

10

## Adolescent Mental Health: Family Relationships Matter



Episode 159

Guest: **Jill M. Terrien, PhD, ANP-BC**

**Listen Now** ▶

Drs. Domino and Terrien discuss data from the National Longitudinal Study of Adolescent to Adult Health, examining how family relationships impact depression.



### Practice Pointer

Discuss family relationships with your adolescent patients at routine visits and as opportunities present themselves.



**BONUS**

# Handling Upper Respiratory Symptoms During the COVID-19 Pandemic



Episode 197

Guest: **Robert A. Baldor, MD, FAAFP**

**Listen Now ▶**

Drs. Domino and Baldor review how to best care for patients who present with respiratory symptoms during the fall and winter.

*Please note that any data, indications, and guidelines presented in this podcast were current as of the recording/release on November 9, 2020, and they are subject to change as new information is published. For the most up-to-date information on COVID-19, please visit the Centers for Disease Control and Prevention (CDC) coronavirus webpage: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.*



## Practice Pointer

The single best way to discern if an ill patient has COVID-19 rather than influenza is the loss of smell and taste observed with COVID-19 infections.



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