



Family-Centered Pregnancy Care

August 26-29, 2026
St. Louis, Missouri

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- John S. Cullen, MD, FAAFP disclosed he has stocks/bond holdings with AbbVie, Abbot Laboratories, Bristol Myers Squibb, GE Healthcare, Pfizer and Sanofi.

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Core Competencies

The AAFP's Live CME Activities department provides numerous opportunities for family physicians to acquire knowledge and skills that are critical in today's health care system. Professional competencies for family physicians include medical knowledge, interpersonal and communication skills, patient care, professionalism, practice-based learning and improvement and systems-based practice. All CME activities allow family physicians to add their expertise and knowledge in one or more competency areas.

Learning Objectives

1. Update knowledge and skills related to cutting-edge pregnancy care topics.
2. Construct evidence-based strategies to diagnose and treat common conditions related to pregnancy care.
3. Address public health problems affecting pregnancy care outcomes.



Lee T. Dresang, MD

Course Director

Professor, University of Wisconsin, Department of Family Medicine and Community Health; Co-director, UW DFMCH rural FMOB Fellowship

Dr. Dresang was on the ALSO Advisory and/or Editorial Board/Group from 2004-2024 and FPIN Editor from 2009-2026. He is also fluent in Spanish. Dr. Dresang has a daughter and son, both graduating from college this year. He loves to travel, hike, eat good food, listen to good music and spend time with family and friends.



Rebecca L Benko, MD, FAAFP

Clinical Professor, Department of Family Medicine, University of Washington; Program Director, Tacoma Family Medicine OB Fellowship; Associate Program Director, Tacoma Family Medicine Residency Program, MultiCare, Tacoma, Washington

Dr. Benko grew up in a rural farming community in Michigan, where limited access to medical care shaped her understanding of healthcare disparities early on. She attended Michigan State University College of Human Medicine and then moved west for her residency training at Tacoma Family Medicine. Following residency, she worked in a Critical Access Hospital in Washington for several years, providing full-spectrum care, including surgical obstetrics to a community of 1500. She joined Tacoma Family Medicine Residency as faculty in 2002 and became the Tacoma Family Medicine OB Fellowship Program Director in 2018. She feels fortunate to work in a program that is committed to training full-spectrum family physicians who serve both rural and urban underserved communities. In her free time, she enjoys spending time with family, being outdoors, reading and traveling.



River Cornelius, MD

Dr. Cornelius is an Oneida and Two Spirit physician trained in family medicine. After completing their undergraduate studies at Harvard University, Dr. Cornelius went on to graduate from the University of Washington School of Medicine. There they completed the Indian Health pathway and took on leadership through Medicine Wheel Society and the Addiction Medicine Interest Group. They completed their training through the Swedish Cherry Hill Family Medicine Residency with their continuity clinic at the Seattle Indian Health Board. During their residency, they assisted with establishing a standardized prenatal chart review and expanded 2SLGBTQ+ care at their clinic.



John S. Cullen, MD, FAAFP

Past President, American Academy of Family Physicians

John Cullen MD, a past president of the American Academy of Family Physicians, practices full scope family medicine in the frontier community of Valdez Alaska. He has been delivering babies and caring for families there for 32 years.

He has served on the National Advisory Committee on Rural Health and Human Services for HRSA before being elected to the AAFP Board of Directors. A moderator for the White House Task Forces on Rural OB readiness, he has also written articles on the importance of family medicine obstetrics.

John Cullen is as comfortable working to deliver babies in his small frontier town as he is delivering talks on health care policy on Capitol Hill. He enjoys speaking and advocating for patients on the national stage almost as much as he enjoys his adventurous life with his wife Michelle Cullen.

Narges Farahi, MD

Professor, Family Medicine at UNC School of Medicine, comprehensive primary care at Piedmont Health Services Prospect Hill Community Health Center and resident training, FQHC Track of the UNC Family Medicine Residency

Dr. Farahi is involved in community-engaged research, director of Partnering to Navigate Polycystic Ovary Syndrome. Her areas of interest include caring for individuals and families across the life course. She works at the intersection of reproductive and community health and is passionate about providing the best possible care to underserved populations.





Marjorie Guthrie, MD

**Program Director, SSM/SLU Family Medicine Residency,
Southwest Illinois**

Dr. Guthrie is currently part of the Saint Louis University Family Medicine Residency Program in O'Fallon, Illinois.



Kenneth E. Hemba, MD, FAAFP

Program Director, Affinia Family Medicine Residency, Affinia Healthcare

Dr. Hemba is a board-certified Family Medicine physician. He earned his medical degree from Jefferson Medical College and completed his residency at Jefferson Family Medicine Residency, both in Philadelphia, PA. Passionate about teaching and mentoring future family physicians, he practices prenatal care, obstetric deliveries, hospitalist medicine, and opioid use disorder treatment. Dr. Hemba lives in St. Louis with his wife, two children, and 300-gallon reef aquarium.



Benjamin J.F. Huntley, MD, FAAFP

**Hospitalist Physician, Yukon-Kuskokwim Health Corporation,
Bethel, Alaska**

After completing fellowships in both Obstetrics and Global Health, Dr. Huntley became the Maternal Health Lead physician in Liberia for Partners In Health. He subsequently came back to the United States to start a family and became a PCP at an FQHC in Colorado before launching and expanding the FMOB Fellowship in the MFM Division of the OBGYN Department at UT Houston. He is actively certified in both RDMS-OBGYN and CLC and has earned his CTropMed certificate from ASTHM. He is an accomplished researcher and has been identified as a content expert for numerous high impact factor obstetric journals in his capacity as a peer reviewer. He also enjoys work as an expert witness conducting medical malpractice case review. He and his family currently live in Alaska where he continues to practice surgical obstetrics through a Tribal Health Organization. He loves camping and hiking, and spending time with his wife and children.



Erin S. Huntley, DO

OB/GYN, Anchorage Alaska

Dr. Huntley received her medical degree from TCU and UNTHSC School of Medicine. She specializes in the female reproductive system and care for women during pregnancy, childbirth and postpartum.



Dana Iglesias, MD, MPH

**Assistant Professor, Department of Family Medicine,
University of North Carolina School of Medicine;
Medical Director, UNC Health Chatham Maternity Care
Center; Family Medicine Family Center Perinatal Care**

Dr. Iglesias completed a fellowship in surgical obstetrics at Santa Clara Valley Medical Center. Since finishing residency training, she has been committed to providing full-spectrum family medicine and maternity care to marginalized population in her local community.

She loves to hike, share meals with friends and read in her leisure time.



Sarah James, DO, FAOFP

**Director of Osteopathic Education, Associate Professor
University of Wisconsin, Department of Family and
Community Health**

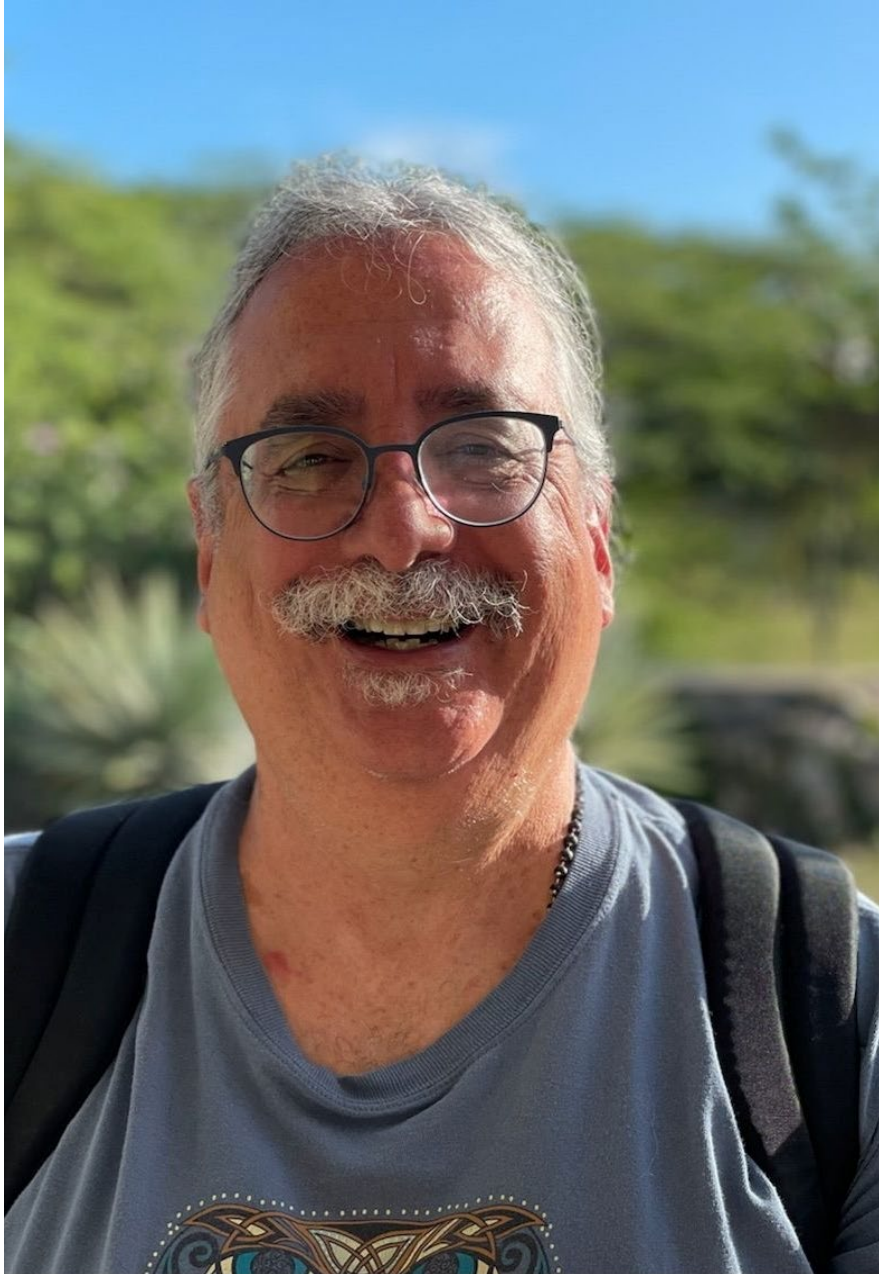
Dr. James is the Director of Osteopathic Education for University of Wisconsin Department of Family Medicine and Community Health, as well as 4 other programs across the state. She is a Des Moines University Alum and completed her ACGME and AOA accredited family medicine residency at Columbia St. Marys in Milwaukee Wisconsin. Directly following, she completed a one-year residency in osteopathic neuromusculoskeletal medicine at the University of North Texas Health Science Center, Texas College of Osteopathic Medicine, Fort Worth. She has taught for AAFP, ACGME, ACOFP, and ACOI on a variety of topics, mostly on osteopathic education. She has developed a longitudinal course instructing M.D.s in osteopathic practice and principles and OMT. She has also created a precepting OMT curriculum and tool that is currently being used by more than 40 programs nationally. She is an outgoing member of the ACGME Osteopathic Recognition Committee, but these presentations are given from her experience as an osteopathic physician and educator.



Elizabeth Keegan Garrett, MD, MPH, FAAFP

Associate Professor Program Director SSM Health/Saint Louis University Family Medicine Residency; SSM Health/Saint Louis University Department of Family and Community Medicine, St. Louis, Missouri

Elizabeth Keegan Garrett, M.D., M.P.H., FAAFP, is Program Director of the SSM Health/Saint Louis University Family Medicine Residency and Associate Professor of Family and Community Medicine at Saint Louis University School of Medicine, where she also serves as the residency's Maternity Care Director. For more than fifteen years, Dr. Keegan Garrett has provided full-scope family medicine and obstetric care at Family Care Health Center, a Federally Qualified Health Center in St. Louis, and she continues to attend on the Family Medicine OB Service at SSM Health St. Mary's Hospital. She has directed maternity care training for family medicine residents since 2017.



Lawrence Leeman, MD, MPH

Professor Family and Community Medicine, Director of Milagro Perinatal Substance Use Program, University of New Mexico School of Medicine, Albuquerque, NM

Dr. Leeman is a tenured full Professor of Family and Community Medicine at the University of New Mexico School of Medicine and a board-certified subspecialist in Addiction Medicine. At the University of New Mexico (UNM), Dr. Leeman is a Medical Director of the Milagro Perinatal Substance Abuse Program, Program Director of the Family Medicine Maternal and Child Health Program, and Co-Medical Director of the University Hospital Zia Special Care Nursery. He has been the Medical Editor for the AAFP's Advanced Life Support in Obstetrics (ALSO) program and helped introduce ALSO in Mexico, Guatemala, Honduras, Ecuador, and India. As Medical Director of the Milagro Program, he oversees the medical care for approximately 150 pregnant women with substance use disorder each year. Dr. Leeman has over 20 years of direct clinical and research experience in working with pregnant people with opioid use disorder, newborns with perinatal opioid exposure and infants with developmental effects of perinatal substance use. His current research includes two NIH grants studying the optimal treatment of NOWS and developmental effects of perinatal opioid use and studies of psychedelic assisted therapies for PTSD, Postpartum Depression and Substance Use Disorders.



Susanna Magee, MD, MPH, FAAFP

Clinical Professor of Family Medicine Alpert Medical School of Brown University; Chief of Obstetrics and Chief of Family Medicine, Landmark Medical Center, Woonsocket RI; Director of FMOB Fellowship of RI at Landmark Medical Center

Dr. Magee is a longstanding member of the FCPC Faculty and is grateful for this opportunity to learn and share with all attendees! Dr. Magee has many publications in the field of FMOB, has served as a past associate medical editor of the ALSO course, and has presented primary research or clinical topics both nationally and internationally at least 100 times over 25 years. Dr. Magee has directed the FMOB Fellowship in Rhode Island for 20 years. Her greatest accomplishment in her mind is in birthing her three daughters and watching them grow into incredible humans.



Allegra M. Ponshock, MD, FAAFP

**Medical Director of Obstetrics and Rural FM with Surgical
OB Attending, Mile Bluff Medical Center, Mauston,
Wisconsin**



Jeffrey D. Quinlan, MD, FAAFP

Professor, Chair and DEO, Department of Family and Community Medicine, University of Iowa, Iowa City, Iowa

In September 2020, Jeff joined the Department of Family Medicine at the University of Iowa as Professor and Chair. Jeff came to Iowa after completing a 28-year career in the United States Navy.

Jeff earned a B.S. in Biochemistry and a B.S. in Chemistry from the University of Pittsburgh, Pittsburgh, PA in 1988. He went on to earn his Doctor of Medicine from the University of Pittsburgh, School of Medicine in 1992. Jeff completed Family Medicine training at Naval Hospital Charleston, SC and at Naval Hospital Camp Pendleton, CA, and subsequently, completed a Maternity Care Fellowship at Florida Hospital, Orlando, FL.

His roles in the Navy have included serving as Program Director of the Naval Hospital Jacksonville Family Medicine Residency Program (2002-2007), Consultant to the Navy Surgeon General for Family Medicine (2010 – 2014, Interim Chair of the Department of Medical and Clinical Psychology (2014-2015), and the Chair, Department of Family Medicine (2016-2020). He deployed on three occasions in support of Operation Enduring Freedom.

Jeff's professional interests include women's health, maternity care, obesity, and telemedicine. His professional memberships include the Iowa Academy of Family Physicians, Society of Teachers of Family Medicine, American Academy of Family Physicians, American College of Obstetricians and Gynecologists and Alpha Omega Alpha. He currently serves as an Associate Editor for the American Academy of Family Physician's Advanced Life Support in Obstetrics program, a member of ACOG's Committee of Practice Bulletins – Obstetrics, and a medical consultant for the AAFP's cooperative with the Centers for Disease Control and Prevention ("CDC) of the U.S.



Sarah Tiggelaar, MD, CLC, FAAFP

**Associate Professor of Family Medicine, University of Rochester
Department of Family Medicine; Director of the URM Family
Medicine Maternal-Child Health Fellowship, Rochester, NY**

Sarah Tiggelaar is originally from Lexington, KY and still bleeds blue during basketball season. She attended Vanderbilt University for both undergraduate studies and medical school, with 2 gap years to complete Fulbright research in Grenoble, France, and NIH-sponsored cervical cancer research in Beijing, China. She then completed Family Medicine residency at the Idaho State University Family Medicine Residency in Pocatello, ID, followed by a fellowship in Advanced Women's Healthcare at the University of Tennessee Health Science Center in Memphis, TN. After completing fellowship, she served on the FM residency faculty at UTHSC for 6 years, and then migrated north to Rochester, NY to join the family medicine residency there and direct their long-running FMOB fellowship. She practices full-spectrum family medicine including operative obstetrics, ambulatory medicine, inpatient medicine, emergency medicine, and home visits and teaches residents and fellows. In her spare time, she enjoys reading, word games, and playing with her kids in the snow.

Audience Response System (ARS) Polls, Q&A, and Evaluations

How to Access the ARS:

1. Navigate to the following URL from any device (smart phone, tablet, computer) that has access to the web – www.aafp2.cnf.io

Three functions:

1. Click on and answer each poll question as they come up in the presentations
2. ASK questions during the presentation by clicking the “+ **ASK**” sign on the **green** Q&A bar
 - **UP-VOTE** questions your peers have submitted
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AAFP Family Medicine Experience (FMX)

October 20-24, 2026

Nashville, Tennessee

AAFP's Family Medicine Board Review Express®

February 24-27, 2027

La Jolla, California

Family-Centered Pregnancy Care

August 25-28, 2027

Milwaukee, Wisconsin

Livestreams

AAFP's Family Medicine Board Review Express®

September 23-26, 2026

Cardio Kidney Metabolic

November 12-13, 2026

Dementia Care

February 16-17, 2027

Dementia Care

February 16-17, 2027

Role in Cancer Care

April 29-30, 2027

Reemerging Infectious Conditions

November 2-3, 2026

Family Medicine Update

December 8-12, 2026

AAFP's Family Medicine Board Review Express®

February 24-27, 2027

GLP-1

March 3-5, 2027

Family Medicine Update

June 8-12, 2027

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