

**VCU** *Institute for* **Women's Health**  
V i r g i n i a C o m m o n w e a l t h U n i v e r s i t y

A National Center of Excellence  
*Designated by the U.S. Department of Health and Human Services*

*and*

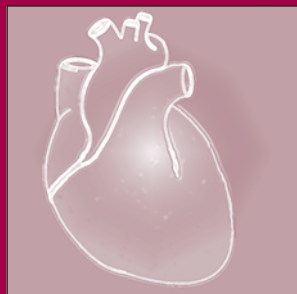


**8th Annual Conference**

**Women's Health 2007:  
Clinical Insights & Best Practices**

**Friday - Sunday, March 30 - April 1, 2007**

**THE WILLIAMSBURG LODGE  
Williamsburg, Virginia**



Virginia Commonwealth University  
Institute for Women's Health  
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Richmond, VA 23298-0102

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**Women's Health 2007:  
Clinical Insights &  
Best Practices**

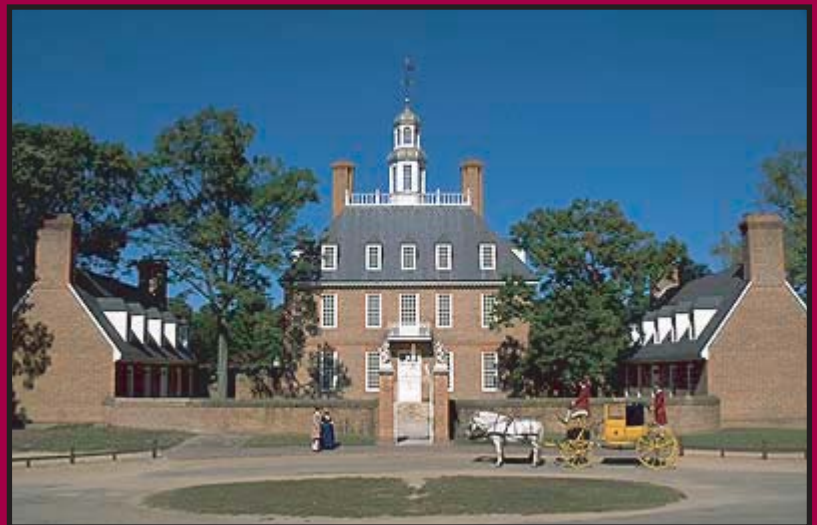
***REGISTER EARLY!  
SOLD OUT LAST YEAR!***

***THE  
WILLIAMSBURG  
LODGE  
Williamsburg, Virginia***



# **Women's Health 2007: Clinical Insights & Best Practices**

***Friday - Sunday,  
March 30 - April 1, 2007***



## COURSE DESCRIPTION

This program is designed to provide physicians, nurses and other healthcare professionals with a broad range of topics relevant to women's health across the lifespan. Educational objectives will be met through didactic presentations, with ample time for questions and answers, as well as informal exchange. A comprehensive course syllabus is provided to all registrants.

## COURSE OBJECTIVES

- Describe recent advances in cancer screening and treatment, including breast cancer and ovarian cancer.
- Utilize evidence-based approaches to the use of medications in pregnancy & lactation.
- Understand the current controversies surrounding elective cesarean section.
- Describe effective approaches to obesity prevention and management.
- Describe state of the art approaches to care of the geriatric female, including the diagnosis and management of psychiatric issues, incontinence, fracture prevention, and medication management.
- Understand gender differences in pain physiology and management, including pharmacologic treatment and acupuncture.
- Recognize the health needs of special female populations including adolescents, aging women, and ethnic minorities.
- Describe recent advances relevant to endocrinologic diseases prevalent in women, including thyroid dysfunction, diabetes, and polycystic ovary disease.
- Understand recent findings in the pathophysiology and management of musculoskeletal problems in women.
- Utilize evidence-based approaches to address the management of reproductive health issues, including menopause, contraception, STDs, cystitis, adolescent sexual health, and HPV prevention.
- Describe recent advances relevant to the care of women with cardiovascular disease.
- Utilize an evidence-based approach with the use of bioidentical hormones.

VCU is in full compliance with the ADA. If special accommodations are needed, please contact Danielle Terrell at [dterrell@vcu.edu](mailto:dterrell@vcu.edu)

VCU is an equal opportunity/affirmative action university.

## ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Medical Education Collaborative, Inc. (MEC) and the VCU Institute for Women's Health. MEC is accredited by the ACCME to provide continuing medical education (CME) for physicians.

MEC designates this educational activity for a maximum of **19.75 AMA PRA CATEGORY 1 CREDITS™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been reviewed and is acceptable for up to **19.75 PRESCRIBED CREDITS** by the American Academy of Family Physicians (AAFP).

This program has been approved for **23.7 CONTACT HOURS OF CONTINUING EDUCATION FOR RNs, LPNs, LVNs and NPs, including 15.1 pharmacology credit hours**. This program is co-sponsored with Medical Education Collaborative, Inc. (MEC) and the VCU Institute for Women's Health. MEC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the California Board of Registered Nursing, Provider Number CEP 12990, for 23.7 contact hours.



MEDICAL EDUCATION COLLABORATIVE

**VCU** *Institute for* **Women's Health**  
Virginia Commonwealth University

A National Center of Excellence  
Designated by the U.S. Department of Health and Human Services

**The VCU Institute for Women's Health is one of only 20 National Centers of Excellence in Women's Health designated by the Department of Health & Human Services. The Institute coordinates VCU's resources in women's health by building collaborative relationships within the university and throughout the region to improve clinical care, health education, leadership development, & research in women's health. Please visit our website at [www.womenshealth.vcu.edu](http://www.womenshealth.vcu.edu)**



***The National Speaking of Women's Health Foundation hosts conferences nationwide, with a unique approach combining health education with entertainment. For 10 years, SWH has worked at a grassroots level to educate women to make informed decisions about their health, well-being and personal safety. In its mission to improve women's health, SWH includes outreach programs for diverse women, community events, and innovative partnerships to support professional education.***

### JOSEPH AUDETTE, MD, MA

Medical Director Spaulding Rehabilitation Hospital  
Harvard Medical School

### ALLISON BAILEY, MD

Director  
Women's Musculoskeletal Health Program  
Spaulding Rehabilitation Hospital  
Harvard Medical School

### EUGENE BARRETT, MD, PhD

Director, Diabetes Center  
Professor of Medicine & Pediatrics  
University of Virginia Health System

### HARRY BEAR, MD, PhD

Professor of Surgery, Immunology, & Microbiology  
Chair, Division of Surgical Oncology  
VCU School of Medicine

### CECELIA BOARDMAN, MD

Associate Professor of Obstetrics & Gynecology  
Division of Gynecologic Oncology  
VCU School of Medicine

### LINDA BRADLEY, MD

Director, Center for Menstrual Disorders,  
Fibroids, & Hysteroscopic Services  
Cleveland Clinic

### GILDA CARDENOSA, MD, MS

Director of Breast Imaging  
Professor of Radiology  
VCU School of Medicine

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Assistant Professor of Medicine  
VCU School of Medicine  
Stony Point Women's Health Center

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Agency for Healthcare Research  
and Quality (AHRQ)

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VCU School of Medicine

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VCU School of Medicine

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Chair, Department of African American Studies  
Associate Professor of Political Science &  
Public Administration  
Virginia Commonwealth University

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Associate Professor of Family Medicine &  
Obstetrics, Gynecology & Reproductive Sciences  
UMDNJ-Robert Wood Johnson Medical School

### MELISSA MCNEIL, MD, MPH

Professor of Medicine, Obstetrics & Gynecology  
Chief, Section of Women's Health  
University of Pittsburgh Medical Center

### NOEL BAIREY MERZ, MD

Professor of Medicine, UCLA School of Medicine  
Medical Director, Cedars Sinai Preventive &  
Rehabilitative Cardiac Center

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Chair, Division of Endocrinology & Metabolism  
VCU School of Medicine

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Division of Urogynecology  
VCU School of Medicine

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Columbia University School of Nursing

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VCU School of Medicine

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Chair, Division of Ambulatory Psychiatry  
VCU School of Medicine

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Behavioral Sciences  
Director, Emory Women's Mental Health Program  
Emory University School of Medicine

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Dean, School of Medicine  
Professor of Obstetrics & Gynecology  
VCU School of Medicine

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Texas A&M University System Health  
Science Center

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Surgery & Pediatrics  
George Washington University  
School of Medicine

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Professor of Medicine  
University of Cincinnati

### JEFFREY WAXMAN, MD

Chief, Division of Pediatric Urology  
Texas A&M University System Health  
Science Center

# Women's Health 2007: Clinical Insights &

## Friday, March 30th

- AM
- 8:00 **Preterm Birth: What the Research Tells Us**  
*Jerome Strauss, MD, PhD*
- 8:40 **HPV: An Ounce of Prevention is Worth a Pound of Cure**  
*Patricia Sulak, MD*
- 9:20 **Breakthroughs in Breast Cancer Management**  
*Harry Bear, MD, PhD*
- 10:00 Break
- 10:30 **Psychiatric Medications in Lactation & Pregnancy: Minimizing the Risks**  
*Zachary Stowe, MD*
- 11:10 **Contraceptive Redesign: An Evidence Based Approach**  
*Patricia Sulak, MD*
- 11:50 **Musculoskeletal Issues in Women**  
*Laura Tosi, MD*
- 12:30 **Round Table Luncheon**
- 1:45 **The Trudy Bush Lecture**  
**Advances in Menopause Research: Implications for Practice**  
*Nancy Reame, MSN, PhD, FAAN*
- 2:25 **Thyroid Disease in Women: The Art & the Science**  
*David Gardner, MD*
- 3:00 Break
- 3:30 **Gender & Pain Management**  
*Allison Bailey, MD*
- 4:10 **Medical Acupuncture & Women's Health**  
*Joseph Audette, MD, MA*
- 4:50 **Elective Cesarean Section: Current Controversies**  
*Catherine Matthews (Nichols), MD*
- 5:30 Adjourn  
Yoga (optional) - Energize & refresh at day's end

## Saturday, March 31st

- AM
- 7:00 Yoga (optional) - embrace the day with yoga
- 8:00 **Adolescent Sexual Health: The Critical Role of the Clinician**  
*Patricia Sulak, MD*
- 8:45 **Cystitis 101: Women's Urologic Health**  
*Jeffrey Waxman, MD*
- 9:30 Break
- 10:00 **Polycystic Ovary Syndrome: Mechanisms & Management**  
*John Nestler, MD*
- 10:45 **Update in Ovarian Cancer**  
*Cecelia Boardman, MD*
- 11:30 **Advances in Diabetes**  
*Eugene Barrett, MD*
- 12:15 **Speaking of Women's Health Foundation Luncheon: The Health of African American Women: Closing the Gaps**  
*Linda Bradley, MD*
- Special Session**  
**Special Geriatrics Afternoon Session**  
*Rosalyn Correa, moderator*
- 1:30 **Medication Issues in Older Women: Optimizing Outcomes**  
*Rosalyn Correa, MD, MSc, PhD*
- 2:15 **Innovations in Incontinence Management**  
*Catherine Matthews (Nichols), MD*
- 3:10 Break
- 3:40 **Fracture Prevention in the Aging Woman**  
*Nelson Watts, MD*
- 4:35 **Psychiatric Issues in the Older Woman: Detection, Diagnosis & Management**  
*Robert Schneider, MD*
- 5:30 Adjourn  
Yoga (optional) - Energize & refresh at day's end

### FRIDAY ROUND TABLE LUNCHEON

In addition to open seating & casual networking, there will be limited seating available for informal Round Table discussions led by experts, as well as seating by interest groups. Sign up will be first come first serve at registration. Included are:

- CAM
- Cancer Screening
- CNM Interest Group
- Common Endocrine Problems
- Depression in Women
- Diabetes Pearls
- Domestic Violence
- DUB
- Fibromyalgia
- Menopause Management
- NP Interest Group
- Sexual Health
- Sports Injuries in Women
- Stress Management
- Virginia OBGYN Society
- WH Research Interest Group

## Sunday, April 1st

AM

7:00 Yoga (optional) - embrace the day with yoga

8:00 **The New Era of Multimodality Breast Screening**

*Gilda Cardenosa, MD, MS*

8:45 **Obesity Prevention & Management: Lessons Learned from "The Biggest Loser"**

*Jeff Levine, MD, MPH*

9:30 Break

10:00 **Cardiovascular Disease in Women: Current Issues in Diagnosis & Treatment**

*Noel Bairey Merz, MD*

10:45 **Cultural Barriers in Women's Health - a panel discussion**

Moderator: *Njeri Jackson, PhD*

*Andrea Ferreira-Gonzalez, PhD*

*Kathie Cho, MD*

*Sultana Salam, MD*

11:45 **Bioidentical Hormones: Show Me the Evidence**

*Melissa McNeil, MD*

12:30 Adjourn

## CONFERENCE SITE

### WILLIAMSBURG & JAMESTOWN

- Relive the past at Colonial Williamsburg, the largest outdoor living history museum in the US, with almost 500 public buildings, homes, stores and taverns meticulously restored to 18th-century glory. Visit [www.history.org](http://www.history.org)
- Enjoy the 400th anniversary exhibits at historic Jamestown Settlement nearby. Visit [www.historictriangle.com](http://www.historictriangle.com)
- Enjoy terrific discount shopping at nearby outlets. Visit [www.primeoutlets.com](http://www.primeoutlets.com) and [www.williamsburgpottery.com](http://www.williamsburgpottery.com)
- Recreation abounds with top notch 18 hole Rees Jones golf on site, tennis, indoor pool, biking & more!

## HOTEL RESERVATIONS

**Williamsburg Lodge** - A block of rooms is being held at conference rates of **\$139.00** for superior rooms and **\$179.00** for deluxe rooms.

A limited number of superior rooms are available at the nearby **Woodland Hotel & Suites** at a rate of **\$99.00** (shuttle or car ride to/from conference center).

→ **1-800-261-9530**

→ **Ask for WH Conference or Conference Code WOMC 07.**

→ **Please call between 8:00 AM-5:30 PM.**

Online Reservations: <https://resweb.passkey.com/go/vcu>

### Women's Health 2007:

### Clinical Insights & Best Practices

**March 30 - April 1, 2007, Williamsburg, Virginia**

Please print clearly

Name:

First: \_\_\_\_\_ MI: \_\_\_\_\_ Last: \_\_\_\_\_ Degree: \_\_\_\_\_

Affiliation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email address: \_\_\_\_\_

### REGISTRATION FEES

- \$385.00 Physicians
- \$285.00 Nurses & Allied Health Professionals
- \$185.00 Healthcare providers in training-residents, students, fellows (with documentation)
- \$15.00 Length of Stay Pass - a 50% discount to Colonial Williamsburg. Good for all museums & exhibitions (must be ordered in advance).

**TOTAL FEE ENCLOSED \$** \_\_\_\_\_

Virginia Commonwealth University

TAX ID # 54-6001758

Cancellations received in writing before March 15, 2007 will be refunded less a \$50 administrative fee. No refunds will be made after that date.

Please return completed form with payment to:

**Women's Health 2007**

**c/o Ray Foster**

**PO Box 980452**

**Richmond VA 23298**

**REGISTRATION BY FAX 804-828-5566**

Accepted with credit card payment only. If you have registered by fax, please do not mail this form.

Payment may be made by US check (US dollars on a US bank) payable to: **VCU**

Or, you may pay by credit card:

\_\_\_\_ Master Card \_\_\_\_ Visa \_\_\_\_ Discover \_\_\_\_ AmEx

Name as it appears on the card:

(print) \_\_\_\_\_

Number on card: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_