

**UW Medicine**

UW SCHOOL  
OF MEDICINE

# **11<sup>th</sup> Annual Men's Health Update**



**Friday - Saturday  
January 30-31, 2026**

University of Washington  
Tower Auditorium & Zoom Webinar  
4333 Brooklyn Ave NE  
Seattle, WA 98195

Sponsored by UW School of Medicine  
Department of Urology  
Office of Continuing Medical Education

## TARGET AUDIENCE

This course is designed for primary care providers and urologists who are seeking an update on important clinical topics in men's health. The course is also well-suited for nurses, nurse practitioners, physician assistants, naturopathic doctors, fellows, and residents.

## COURSE DESCRIPTION

Men experience a disproportionate burden of urologic conditions, making "Men's Health" a vital area of clinical focus that demands specialized expertise. The landscape of diagnosis and treatment in this field continues to evolve rapidly, driven by innovations in imaging, pharmaceuticals, and surgical technologies. One of the greatest challenges for clinicians is staying current with these advancements to ensure optimal patient care. This program brings together expert faculty to deliver a comprehensive update on key topics including prostate cancer screening and management, testosterone deficiency, male urinary tract issues, kidney and bladder disorders, sexual dysfunction, infertility, and chronic genital pain syndromes. Following the plenary presentations, attendees will have the opportunity to engage directly with faculty during interactive Q&A sessions.

## ATTENDANCE POLICY

Course activities are exclusively reserved for registered attendees.

## FEES AND REGISTRATION

To enroll, please register online at [uwcme.org](http://uwcme.org).

Continuing Medical Education at the University of Washington is a self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. The course fees are estimated to cover transcripts of *AMA PRA Category 1 Credits™*, access to online instruction materials, course logistics, food and beverage, faculty planning, and staff salaries.

If you have not received confirmation prior to the course start, please contact the CME office at [cme@uw.edu](mailto:cme@uw.edu). Continuing Medical Education will not be responsible for expenses incurred.



## ACCREDITATION

**Accreditation with Commendation:** The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit Designation:** The University of Washington School of Medicine designates this Live activity for a maximum of 9.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## COURSE OBJECTIVES

Upon completion of this activity, attendees should be able to:

- Associate the role of PSA screening in men and describe additional tests now available for prostate cancer screening and diagnosis.
- Extrapolate a more holistic approach to men's health, including the complex interplay between common comorbidities.
- Illustrate the management options for men with localized prostate cancer, including active surveillance.
- Give examples of the quality-of-life issues men face after prostate cancer treatment and develop a paradigm for addressing common issues.
- Interpret diagnostic criteria in the evaluation of men with microscopic and gross hematuria.
- Distinguish the relationship between cardiovascular disease and erectile dysfunction and offer appropriate treatment options to men experiencing ED and other forms of sexual dysfunction.
- Point out the association between male infertility and disease, and discuss the evidence-based evaluation of male infertility.
- Classify the key elements of a BPH evaluation and provide appropriate treatment options.
- Generate the appropriate evaluation of men with scrotal content pain and discuss an evidence-based initial treatment approach.
- Explain the approach to evaluating chronic male genitourinary pain and the various treatment options available.

Registration Type	Fee
All Learners	\$325.00
Resident/Student/Fellows*	\$125.00
Industry Professional (Non-Exhibiting)	\$525.00

*\*Resident/Fellow/Student rates require written confirmation of current Resident/Fellow/Student status. Failure to provide current documentation will result in a higher rate applied to your registration.*

*Registration rates increase by \$25 effective January 16, 2026. On-site registration will not be accepted.*

## ONLINE PRESENTATIONS AND MATERIALS

Instruction materials will be available online at [uwcme.org](http://uwcme.org) (for conference registrants only). Materials will be available starting on January 23, 2026, for registrants to print and/or download. A digital booklet with the conference agenda and pages for note-taking will be uploaded with course materials. The printed syllabus will be available onsite, copies of presentation slides are not included in the syllabus but can be accessed in the CloudCME portal.

## CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **January 16, 2026**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after January 16, 2026. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified through email and receive a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable airline tickets or hotel penalties. Contact the CME Office with questions. Contact Information: Phone 206.543.1050 | Fax 206.221.4525 | Email [cme@uw.edu](mailto:cme@uw.edu).

## DIETARY REQUESTS

UW CME takes into consideration diverse nutritional preferences and restrictions when planning our complimentary menu. However, those individuals who might find that our menu is not completely aligned to their specific nutritional needs are welcome to bring their own food items.

If you have dietary restrictions (e.g., vegan, gluten-free, etc.), send an email to [cme@uw.edu](mailto:cme@uw.edu) by **January 16, 2026**.

## SPECIAL SERVICES

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, gender identity, sexual orientation, age, marital status, disability, or status as a protected veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation in the application process, contact the department at 206.543.1050 or the Disability Services Office at least ten days in advance.

Disability Services Office

206.543.6450/Voice • 206.543.6452/TTY 206.685.7264/Fax • e-mail: [dso@uw.edu](mailto:dso@uw.edu)

The following hotels are located near the conference site. To make reservations, please contact the hotels directly.

### Graduate Hotel

4507 Brooklyn Ave NE  
Seattle, WA 98105

206.634.2000

[www.graduatehotels.com](http://www.graduatehotels.com)

### Marriott Residence Inn

4501 12th Avenue NE  
Seattle, WA 98105

206.322.8887 or

888.236.2427

[www.marriott.com](http://www.marriott.com)

### Silver Cloud Inn

5036 25th Ave NE Seattle,  
WA 98105 206.526.5200

or 800.205.6940

[www.silvercloud.com](http://www.silvercloud.com)

### Watertown Hotel

4242 Roosevelt Way NE  
Seattle, WA 98105

206.826.4242 or

888.944.4242

[www.staypineapple.com](http://www.staypineapple.com)

# ***Course Faculty***

## **Course Co-Chairs**

### **Marah C. Hehemann, MD**

Assistant Professor  
Department of Urology  
UW and Veterans Administration  
Puget Sound Health Care System  
Men's Health Center | UWMC - Roosevelt

### **Brian Jordan, MD**

Clinical Associate Professor  
Department of Urology  
Urology Clinic at Eastside Specialty Center  
Urology Clinic at UW Medical Center - Montlake  
Urology Clinic at UW Medical Center - Northwest

## **Faculty**

### **Alejandro Abello, MD, MPH**

Acting Instructor  
Department of Urology  
Men's Health Center at UWMC - Roosevelt

### **Jeremy Choy, MD**

Clinical Assistant Professor  
Department of Urology  
Physician, Men's Health Center at UWMC - Roosevelt

### **Seth Cohen, MD, MSc**

Associate Professor  
Department of Medicine  
Division of Allergy and Infectious Diseases  
Director, Infection Prevention and Control (UWMC)

### **Claire de la Calle, MD**

Assistant Professor  
Department of Urology

### **Laura Montour, MD**

Clinical Assistant Professor  
Department of Family Medicine

### **Reema Navalurkar, MD**

Assistant Professor of Clinical Practice  
Division of Gerontology & Geriatric Medicine  
Assistant Medical Director of Harborview Senior Care Clinic

### **Vi Nguyen, MD**

Andrology Fellow  
Men's Health Center at UWMC - Roosevelt

### **Tristan M Nicholson, MD, PhD**

Acting Assistant Professor  
Department of Urology  
Physician, Men's Health Center at UWMC - Roosevelt

### **Jeremy Oulton, MD**

Clinical Instructor  
Physician, Primary & Urgent Care at Ballard

### **Molly Riley, PT, DPT, CAPP-OB**

Pelvic Health Specialist  
University of Washington Medical Center - Northwest

### **Tina Sellers Schermer, PhD, LFMT, CST-S, PAT**

Founder, Executive Director, Inanna Rising  
Founder, Northwest Institute on Intimacy  
Therapist

### **Rahul Sharma, MD, MBA**

Clinical Assistant Professor  
Division of Pulmonary, Critical Care, and Sleep  
Medicine  
Physician, VA Puget Sound

### **Jeffrey Sung, MD**

Clinical Assistant Professor  
Department of Psychiatry and Behavioral Sciences

### **Jay Vary, Jr., MD, PhD**

Associate Professor  
Department of Dermatology

### **Jared Wachterman, MD**

Clinical Associate Professor  
Department of Urology

### **Thomas Walsh, MD, MS**

Professor  
Department of Urology  
Physician, Men's Health Center  
University of Washington Medical Center - Roosevelt

### **Rand Wilcox Vanden Berg, MD**

Assistant Professor  
Department of Urology  
Urology Clinic at UWMC - Montlake



# Friday, January 30, 2026

- 8:00** Welcome & Daily Overview | *Marah C. Hehemann, MD & Brian Jordan, MD*
- 8:15** Section Overview: Voiding Dysfunction | *Marah Hehemann, MD*
- 8:20** Evaluation of Lower Urinary Tract Symptoms (LUTS) | *Jared Wachterman, MD*
- 9:00** Case Studies in Voiding Dysfunction | *Brian Jordan, MD & Jared Wachterman, MD*
- 9:20** Question & Answer | *Marah C. Hehemann, MD (Moderator); Brian Jordan, MD; and Jared Wachterman, MD*
- 10:00** Section Overview: Sexual and Reproductive Health | *Marah C. Hehemann, MD*
- 10:05** Male Infertility as a Marker of General Health: What PCPs Need to Know | *Tristan M. Nicholson, MD, PhD*
- 10:25** Advanced and “Restorative” Therapies for Erectile Dysfunction: What Do We Know? | *Thomas Walsh, MD, MS*
- 10:45** Testosterone Deficiency: Evaluation and Management | *Jeremy Choy, MD*
- 11:05** "It's All in Your Head:" Tools For Assessing and Healing Psychogenic ED and Ejaculatory Dysfunction | *Tina Sellers Schermer, PhD, LFMT, CST-S, PAT*
- 11:25** Case Studies in Sexual and Reproductive Health | *Marah Hehemann, MD (Moderator); Jeremy Choy, MD; Tristan M. Nicholson, MD, PhD; and Thomas Walsh, MD, MS*
- 11:45** Question & Answer | *Marah Hehemann, MD (Moderator); Jeremy Choy, MD; Tristan M. Nicholson, MD, PhD; Tina Sellers Schermer, PhD, LFMT, CST-S, PAT; and Thomas Walsh, MD, MS*
- 12:05 LUNCH**
- 1:00** Section Overview: Male Wellness | *Brian Jordan, MD*
- 1:05** Men’s Mental Health: Depression, Suicide Risk, and Stigma in Male Patients | *Jeffrey Sung, MD*
- 1:25** Special Considerations in Caring for the Geriatric Male | *Reema Navalurkar, MD*
- 1:45** Sleep Disorders and Men’s Urologic Health: When and How to Intervene | *Rahul Sharma, MD, MBA*
- 2:05 BREAK**
- 2:25** Pelvic Floor Dysfunction in Men: More Common Than We Think! | *Molly Riley, PT, DPT, CAPP-OB*
- 2:45** Obesity Medicine for Men | *Laura Montour, MD*
- 3:05** Question & Answer | *Brian Jordan, MD (Moderator); Laura Montour, MD; Reema Navalurkar, MD; Molly Riley, PT, DPT, CAPP-OB; Rahul Sharma, MD, MBA; and Jeffrey Sung, MD*
- 3:25 ADJOURN**

*All times listed are in Pacific Time*

# Saturday, January 31, 2026

**8:00** Welcome & Daily Overview | *Marah Hehemann, MD & Brian Jordan, MD*

**8:05** Section Overview: Urologic Oncology | *Rand Wilcox Vandenberg, MD*

**8:10** Personalizing Prostate Cancer Screening: Tools for Primary Care | *Claire de la Calle, MD*

**8:30** Updates on Prostate Cancer Treatment | *Jonathan L. Wright, MD, MS, FACS*

**8:50** Prostate Cancer Survivorship: The Urologist's Role | *Marah C. Hehemann, MD*

**9:10** Prostate Cancer Survivorship: The PCP's Role | *Jeremy Oulton, MD*

**9:30** Hematuria: Guidance for Evaluation and Referral | *Rand Wilcox Vandenberg, MD*

**9:50** Question & Answer | *Rand Wilcox Vandenberg, MD (Moderator); Claire de la Calle, MD; Marah C. Hehemann, MD; Jeremy Oulton, MD; and Jonathan L. Wright, MD, MS, FACS*

## **10:00 BREAK**

**10:10** Section Overview: Urologic "Lumps and Bumps"

**10:15** Scrotal Content Pain: Navigating Diagnosis and Management for the PCP | *Alejandro Abello, MD, MPH*

**10:35** Infectious Disease in Men's Health: Emerging Risks and Best Practices | *Seth Cohen, MD, MSc*

**10:55** Advanced Male Genital Dermatology for Primary Care | *Jay Vary, Jr., MD, PhD*

**11:15** Kidney Stones: A Window into Overall Health? | *TBD*

**12:05** Question & Answer | *(Moderator); Alejandro Abello, MD, MPH; Seth Cohen, MD, MSc; Jay Vary, Jr., MD, PhD*

## **12:25 ADJOURN**



*All times listed are in Pacific Time*