

UW Medicine

UNIVERSITY OF WASHINGTON
SCHOOL OF MEDICINE

22nd Annual
**Reproductive & Gynecology
Health Update**



**Thursday - Friday
March 26 - 27, 2026**

University of Washington | South Lake Union Campus
850 Republican
Seattle, WA 98105

Sponsored by UW School of Medicine
Department of Obstetrics and Gynecology
Office of Interprofessional Continuing Education

TARGET AUDIENCE

This annual conference is designed for healthcare providers who care for women+. It's an opportunity for physicians, naturopathic physicians, nurses, nurse practitioners, physician associates, psychologists, pharmacists and students to get updated on the latest clinical information.

COURSE DESCRIPTION

This annual conference delivers a timely, evidence-based update for interprofessional teams caring for women+ in outpatient settings. Topics are selected through attendee feedback, emerging research, and areas of clinical complexity to ensure relevance and practical application for the whole care team. Sessions highlight coordinated approaches to reproductive and gynecologic health, nutrition strategies for cancer prevention, inclusive gender-affirming care, and team-based strategies for navigating systemic barriers to access.

COURSE OBJECTIVES

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

- Collaborate as an interprofessional team to apply current evidence-based updates in reproductive and gynecologic healthcare, improving shared clinical decision-making and patient-centered care.
- Integrate nutrition counseling strategies into preventive care through coordinated team approaches to reduce cancer risk and support holistic patient outcomes.
- Enhance team competence in delivering inclusive, gender-affirming gynecologic care and collectively address health disparities across diverse populations.
- Assess the impact of evolving legislation and systemic barriers on access to reproductive healthcare, and work together to identify strategies for advocacy and equitable care.
- Demonstrate improved team-based competence in diagnosing and managing abnormal uterine bleeding using both medical and surgical approaches, leveraging each profession's expertise.
- Identify practical, collaborative strategies to overcome systemic barriers such as insurance limitations, time constraints, and access to specialty care in reproductive health settings.
- Demonstrate commitment to shared ethical values by the interprofessional team in delivering reproductive healthcare with respect, equity, and cultural humility.

ATTENDANCE POLICY

Course activities are exclusively reserved for registered attendees.

FEES AND REGISTRATION

To enroll, please register online at uwcme.org.

Continuing 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, 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 Interprofessional Continuing Education (IPCE) office at cme@uw.edu. The IPCE Office will not be responsible for expenses incurred.

Registration Type	In-Person	Virtual
All Learners	\$425.00	\$375.00
Residents/Students/Fellows*	\$200.00	\$150.00
Industry Professional (Non-exhibiting)	\$675.00	\$625.00

*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 March 12, 2026.

On-site registration will not be accepted.

CANCELLATION POLICY

The IPCE Office must receive written notification of your cancellation by **March 12, 2026**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after March 12, 2026. Interprofessional Continuing Education Office 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 IPCE Office with questions.

Contact Information: Phone 206.543.1050 | Fax 206.221.4525 | Email cme@uw.edu.

Exhibitors are at welcome this event. Please email cmeconf@uw.edu for more information.

ACCREDITATION

In support of improving patient care, The University of Washington School 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.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

AMA: The University of Washington School of Medicine designates this Other activity (Live with Extended Viewing) for a maximum of 15.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANCC: The University of Washington School of Medicine designates this activity for a maximum of 15.00 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity. Credits are only available for the Live activity, not the extended viewing option.

ACPE: The University of Washington School of Medicine designates this activity for 15.00 ACPE contact hour(s). Pharmacists and pharmacy technicians should claim only the credit commensurate with the extent of their participation in the activity. Credit will be uploaded to the NABP CPE Monitor® within 60 days after the activity completion. Per ACPE rules, The University of Washington School of Medicine does not have access nor the ability to upload credits requested after the evaluation closes. It is the responsibility of the pharmacist or pharmacy technician to provide the correct information (NABP ID and DOB (MMDD)) to receive credit. Credits are only available for the Live activity, not the extended viewing option.

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UAN JA0000336-0000-26-001-H01-T

AAFP (For Live program - In-Person or Webinar)

The AAFP has reviewed 22nd Annual Reproductive & Gynecology Health Updates and deemed it acceptable for up to 15.00 Live AAFP Prescribed credit(s). Term of Approval is from 03/26/2026 to 03/27/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ONLINE PRESENTATIONS AND MATERIALS

Instruction materials will be available online at uwcmce.org (for conference registrants only). Materials will be available starting on March 13, 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.

DIETARY REQUESTS

UW IPCE 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 by March 12, 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

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

Astra Hotel
300 Terry Ave N
Seattle, WA 98109
206.693.6000

Courtyard by Marriott
925 Westlake Ave N
Seattle, WA 98109
206.213.0100

EVEN Hotel
527 Fairview Ave N
Seattle, WA 98109
206.596.2302

Fairfield Inn & Suites
226 7th Ave N
Seattle, WA 98109
206.443.2012

Hyatt House
201 Fifth Ave N
Seattle, WA 98109
206.727.1234

MOXY Seattle Downtown
1016 Republican Street
Seattle, WA 98109
206.708.8200

Residence Inn
800 Fairview Ave N
Seattle, WA 98109
206.624.6000

Staybridge Suites
1119 Mercer Street
Seattle, WA 98109
877.238.8889

Course Faculty

Course Co-Chairs

Alson Burke, MD
Associate Professor
Department of Obstetrics & Gynecology
Physician
Harborview Medical Center

Linda Mihalov, MD, FACOG
Clinical Professor Emeritus
Department of Obstetrics & Gynecology

Planning Committee

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Diana Kao, MD
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Alison North, CNM, ARNP
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UW Faculty

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Whitney Horner, MD
Assistant Professor
Department of Obstetrics & Gynecology

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Associate Professor
Department of Medicine, General Internal Medicine

Alisa Kachikis, MD
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Department of Obstetrics & Gynecology

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Department of Obstetrics & Gynecology (UW)
Gynecology Director, Sexual Assault Center (HMC)

BJ Rimel, MD
Professor
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Department of Family Medicine

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Gynecologic Oncology Fellow
Department of Obstetrics & Gynecology

Judy Simon, MS, RDN, CD, CHES, FAND
Clinical Instructor
Health Systems and Population Health (UW)
Clinic Dietician (UWMC)

Corinne Heinen, MD, FAAFP
Clinical Professor
Department of Family Medicine
Division of Allergy & Infectious Diseases
Physician Lead, Transgender/Gender Non-Binary
Health Program (UW Medicine)
Director, UWSOM LGBTQ Health Student Pathway

Nina Tan, MD
Acting Instructor
Department of General Internal Medicine

Porshia Underwood, MD
Clinical Assistant Professor
Department of Obstetrics & Gynecology (UW)
Physician (HMC and UWMC)

Thursday, March 26, 2026

- 7:55** Welcome & Introduction | *Alson Burke, MD & Linda Mihalov, MD, FACOG*
- 8:00** Peripartum Blood Pressure Management | *Catherine Albright, MD, MS*
- 8:45** Nutrition: Fueling Fertility & PCOS | *Judy Simon, MS, RDN, CD, CHES, FAND*
- 9:30** Vaccinations in Pregnancy and Beyond | *Alisa Kachikis, MD*
- 10:15** **BREAK**
- 10:30** Pain Management Peripartum | *Emily Fay, MD*
- 11:15** Health Equity at the Bedside: Evidence-Based Interventions to Reduce Disparities in Perinatal Health | *Ayana DeGaia, MD, MPH*
- 12:00** **LUNCH**
- 12:45** Prevention of Cervical Cancer | *Linda Eckert, MD*
- 1:30** Egg Freezing for Fertility Preservation | *Emalee Danforth, ARNP, CNM, MSN*
- 2:15** Pelvic Pain | *Porshia Underwood, MD*
- 3:00** **BREAK**
- 3:15** Reducing the Risk of Breast Cancer - Medications and More | *Emalee Danforth, ARNP, CNM, MSN*
- 4:00** A Different Type of HRT: Medical Management of Transmasculine Patients | *Corinne Heinen, MD, FAAFP*
- 4:45** **ADJOURN**

All times listed are in Pacific Time

Friday, March 27, 2026

- 7:55** Welcome Back & Introduction | *Alson Burke, MD & Linda Mihalov, MD, FACOG*
- 8:00** Prevention of Endometrial Cancer | *Maya Gross, MD, MPH*
- 8:45** Perimenopause and Menopause Pearls | *Alicia Scribner, MD, MPH, FACOG & Esther Fuchs, MD*
- 10:15** **BREAK**
- 10:30** Occupational Issues for Reproductive Years and Menopause | *Debbie Cherry, MD, MS*
- 11:15** The Reset Hypothesis and the Preset Hypothesis: Metabolic Health, Diabetes Mellitus, and Lactation | *Bryna McCollum, PA-C, IBCLC*
- 12:00** **LUNCH**
- 12:45** Artificial Intelligence in Healthcare 101: From Principles to Practice | *Emily Schildt, MD*
- 1:30** Urinary Incontinence for the Primary Care Provider | *Whitney Horner, MD*
- 2:15** Vulvovaginal Dermatology | *Kim Katz, MD*
- 3:00** **BREAK**
- 3:15** Working Plan is Management of Adnexal Masses | *BJ Rimel, MD*
- 4:00** Pain Management During Gynecologic Procedures | *Jennifer Chin, MD, MS*
- 4:45** **ADJOURN**

All times listed are in Pacific Time