

UW Medicine

UW SCHOOL
OF MEDICINE

WOMEN'S HEALTH CARE UPDATE



Thursday & Friday
March 28 - 29, 2019

University of Washington Campus
Husky Union Building (HUB), North Ballroom
Seattle, WA

**Sponsored by UW School of Medicine
Department of Obstetrics & Gynecology
Office of Continuing Medical Education**

TARGET AUDIENCE

Women's Health Care Update is intended to address the target audiences of UW & community based physicians and providers, residents, fellows, hospitalists, and allied health professionals, all who practice in the area of primary health care for women.

COURSE DESCRIPTION

This conference is an annual update for women's health care providers on current topics relevant to women's health. The topics are selected from suggestions from previous course attendees, areas with substantial change, and controversial subjects where medical opinions may differ. The purpose is to provide a clinical update for providers who care for women in an outpatient setting. The format is a series of short lectures followed by question and answer sessions.

COURSE OBJECTIVES

Upon completion of this activity, attendees should be able to provide the following for women:

- Anticipate changes in sexuality over the life course and provide counseling for common issues.
- Manage musculoskeletal symptoms in pregnancy.
- Provide management of common peri-partum mental health issues.
- Apply recommendations regarding screening for breast cancer, especially for women with dense breasts.
- Discuss evidence-based recommendations for annual well woman exam.
- Assist in reproductive life planning including fertility evaluation, and complex contraception needs.
- Manage abnormal uterine bleeding and post menopausal bleeding without immediate referral to specialist.
- Review expanded recommendations for HPV vaccine.
- Apply new evidence to daily clinical practice.

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 16.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



FEES AND REGISTRATION

COURSE FEES	
MD/DO/PhD	\$425
Allied Health	\$375
*Resident/Fellow	\$150
<i>Walk-in registrations incur a \$25 administrative fee</i>	

**Resident/Fellow rate requires written confirmation of current status*

UW CME 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 include transcript of AMA PRA Category 1 Credits™, access to online instruction materials, catering, taxes, faculty planning and salaries, venue and logistics.

To enroll, please complete the enclosed registration form and include payment or register online at uwcme.org. Allow up to fifteen working days to receive your email confirmation of enrollment. If you have not received confirmation prior to your departure for the course, please contact the CME office at 206.543.1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed if space is not available at the course.

ONLINE CONFERENCE MATERIALS

Syllabus material for conference registrants will be available online at uwcme.org starting on **March 21, 2019**. Registrants may print and/or download the materials. A handout with the agenda and pages for note-taking will be provided at the conference (printed handouts of presentations will not be provided).

ATTENDANCE POLICY

Course activities are exclusively reserved for course attendees. Badges provided at registration are required for entrance into all functions and will be strictly enforced. In consideration of other participants and speakers, please do not bring infants/children into conference sessions.

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **March 14, 2019**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **March 14, 2019**. The Office of Continuing Medical Education reserves the right to cancel this course twenty 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 by telephone followed by written notification and 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: **call 206.543.1050 or email cme@uw.edu**.

SPECIAL SERVICES

Please inform the CME Office ten days in advance of the conference start date if you will need to utilize lactation services.

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.

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era 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 please contact 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

ACCOMMODATIONS

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

Watertown Hotel

4242 Roosevelt Way NE
Seattle, WA 98105
206.826.4242 or 866.944.4242
Rates depend on availability
Ask for the "UNIVERSITY" rate

Silver Cloud Inn

5036 25th Avenue NE
Seattle, WA 98105
206.526.5200 or 800.205.6940
Rates depend on availability
Ask for "UW CME Conference" rate

Residence Inn by Marriott

4501 12th Ave NE
Seattle, WA 98105
206.322.8887 or 888.236.2427
Rates depend on availability
Online reservations only -
under "Special Rates" select
"Corporate/Promo" and enter
code **UWD**

Course Faculty

COURSE CO-CHAIRS

David Eschenbach, MD
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Carolyn Gardella, MD, MPH
Professor
Department of Obstetrics & Gynecology

UW FACULTY

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Department of Medicine

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UW Medicine

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Department of Family Medicine

Subbulaxmi Trikudanathan, MD
Clinical Assistant Professor
Department of Medicine
Division of Metabolism, Endocrinology & Nutrition

Christopher Herndon, MD
Assistant Professor
Department of Obstetrics & Gynecology

Thursday, March 28, 2019

7:30 Registration and Continental Breakfast

8:00 Health Care Equity and Women's Health
Patricia Dawson, MD

8:30 Primary Care of Trans and Non-binary Adults
Corinne Heinen, MD

9:00 Sexuality and Sexual Function in Mid-life Women and Beyond
Susan Reed, MD

9:30 Question and Answer Session
Faculty

10:00 Break

10:15 Hands Off! The New Approach to the Annual Well Woman Exam
Vicki Mendiratta, MD

10:45 Evidence Based Treatment of Insomnia: Improving Sleep Without Medication
Anna Golob, MD

11:15 Pelvic Floor Physical Therapy
Valerie Bobb, PT, DPT

11:45 Question and Answer Session
Faculty

12:15 Lunch (provided)

1:00 Making Sense of Complex Contraception
Sarah Prager, MD, MAS

1:30 Advanced Understanding of Emergency Contraception
Melissa Paulen, MD, MPH

2:00 Integrating Reproductive Justice Into Your Clinical Encounters
Elizabeth Micks, MD, MPH

2:30 Question and Answer Session
Faculty

3:00 Break

3:15 Endocrine Disruptors and Women's Health: Evidence and Advice
Lora Shahine, MD

3:45 Management of Low Back and Pelvic Girdle Pain in Pregnancy
Melinda Loveless, MD

4:15 Elective Induction at 39 Weeks
Shani Delaney, MD

4:45 Question and Answer Session
Faculty

5:15 Adjourn

Friday, March 29, 2019

7:30 Sign-In and Continental Breakfast

- 8:00 Diagnosis and Management of PCOS
Christopher Herndon, MD
- 8:30 Making Sense of Diets for Weight Loss
Alison Evert, MS, RD
- 9:00 Infertility Work-Up for the PCP
Emalee Danforth, CNM
- 9:30 Question and Answer Session
Faculty
-

10:00 Break

- 10:15 Risk Based Breast Cancer Screening: Who, When, Why, and How?
Adelaide McClintock, MD
- 10:45 Mental Health in Pregnancy and Postpartum: Case Scenarios
Deborah Cowley, MD
- 11:15 Medicine in the Me-Too Era
Mallory Kremer, MD
- 11:45 Question and Answer Session
Faculty
-

12:15 Lunch (provided)

- 1:00 Abnormal Uterine Bleeding
Alson Burke, MD
- 1:30 Post Menopausal Bleeding with Emphasis on Role of Transvaginal Ultrasound
Esther Fuchs, MD
- 2:00 News You Can Use: Recent Studies That Changed My Practice
Maryann Overland, MD
- 2:30 Question and Answer Session
Faculty
-

3:00 Break

- 3:15 Clinical Vignettes: Hirsutism
Subbulaxmi Trikudanathan, MD
- 3:45 Vaccines: The Gifts That Keep on Giving
Linda Eckert, MD
- 4:15 Common Vulvovaginal Cases
Carolyn Gardella, MD, MPH
- 4:45 Question and Answer Session
Faculty
-

5:15 Adjourn

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COURSE FEES

MD/DO/PhD	\$425
Allied Health	\$375
*Resident/Fellow	\$150

MJ1908

*Resident/Fellow rate requires written confirmation of current status

REGISTRATION

First	MI	Last
Professional Title <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PhD <input type="checkbox"/> RN <input type="checkbox"/> ARNP <input type="checkbox"/> PA <input type="checkbox"/> Other:		
Street		
City	State	Zip
Phone () -	Email	

RETURN COMPLETED
 REGISTRATIONS

PAYMENT

*Residency Program, if applicable _____

<input type="checkbox"/> Check (payable to University of Washington) for \$ _____		
<input type="checkbox"/> Credit Card charge \$ <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> AMEX		
Card #	Exp Date	Billing Zip
CCV #	Signature	
<input type="checkbox"/> UW Budget	Budget Name	Budget #
Box #	Proj	Opt Task

MAIL:
 UW CME
 Box 359558
 Seattle, WA 98195-9558

FAX:
 206.221.4525

CALL:
 206.543.1050

Register online at uwcme.org