

UW Medicine

UW SCHOOL  
OF MEDICINE

# WOMEN'S HEALTH CARE UPDATE



Thursday & Friday  
March 25-26, 2021

Live via Online Webinar

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

## TARGET AUDIENCE

Physicians, residents, fellows, hospitalists, and community based physicians and providers, all who practice in the area of primary health care for women would benefit from participating in this educational offering.

## 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 using 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.

## COURSE OBJECTIVES

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

- Identify limitations of current research about COVID vaccination in pregnant and lactating individuals.
- Manage menopausal symptoms.
- Provide more inclusive care to transgender and non-binary patients.
- Utilize contraceptive counseling using telehealth.



## 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 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	
<b>MD/DO/PhD</b>	<b>\$425</b>
<b>Allied Health</b>	<b>\$375</b>
<b>*Resident/Fellow</b>	<b>\$150</b>
<i>*Resident/Fellow rate requires written confirmation of current status. Failure to provide required documentation may result in an additional balance owed.</i>	

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 transcript of AMA PRA Category 1 Credits™, access to online instruction materials, course logistics, faculty planning and 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 by an individual who is not confirmed.

## ONLINE CONFERENCE MATERIALS

Instruction materials will be available online at [uwcme.org](http://uwcme.org) (for conference registrants only) beginning **March 22, 2021**. Content will be recorded and available to attendees for educational purposes. Attendees will be notified when recordings are available, approximately 4-6 weeks after course completion. CME credit is available only for attending the live webinar; no credit is available for watching the recorded lectures.

## CANCELLATION AND REFUND POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **March 11, 2021**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **March 11, 2021**.

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 by written notification and a full refund. The University of Washington is not responsible for any other costs incurred. Contact the CME Office with questions via email: [cme@uw.edu](mailto:cme@uw.edu).

## SYSTEM REQUIREMENTS

Prior to the start, please ensure you have the appropriate system requirements to participate in the webinar. More information about the recommended technical requirements is below. No refunds will be available for technical issues not controlled by UW CME. Reliable internet access is necessary. It is strongly recommended that you test your Zoom connection prior to this activity.

Minimum browser requirements for successful access and completion of this activity are as follows:

- Chrome version 70.0 or newer, or Firefox version 63.0 or newer.
- Internet Explorer and Safari **are not recommended** with the UW CME website.
- **You may use any browser to view the Zoom webinar.**

## SPECIAL SERVICES

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, contact the Disability Services Office at least ten (10) days prior to the start of the conference.

### Disability Services Office

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



# Course Faculty

## COURSE CO-CHAIRS

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

**Carolyn Gardella, MD, MPH**  
Professor  
Department of Obstetrics & Gynecology  
Division Chief, Women's Health  
VA Puget Sound Health Care System

## FACULTY

**Mary Bach, MD**  
Clinical Associate Professor  
Division of Rheumatology

**Anna Kirby, MD, MAS**  
Assistant Professor  
Department of Obstetrics & Gynecology  
Physician  
UW Medicine and UW Medical Center

**Jehan Budak, MD**  
Acting Assistant Professor  
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Assistant Medical Director, Madison Clinic  
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Associate Professor Emeritus  
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Associate Professor  
Department of Obstetrics & Gynecology  
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**Sara Pauk, MD**  
Acting Instructor  
Department of Obstetrics & Gynecology  
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UW Medicine and Harborview Medical Center

**Jacob Christ, MD**  
Physician  
UW Medicine

**Ginny Ryan, MD, MA**  
Professor and Division Chief  
Reproductive Endocrinology & Infertility  
Department of Obstetrics & Gynecology  
Physician  
UW Medical Center, Seattle Children's,  
Seattle Cancer Care Alliance, and  
VA Puget Sound Health Care System

**Marisa Dahlman, MD, MPH**  
Gynecologist  
Virginia Mason Medical Center

**Linda Eckert, MD**  
Professor  
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Gynecology Director, Sexual Assault Center  
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Internist, Hospital Medicine Group  
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**Lisa Erlanger, MD**  
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UW Medicine

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Division of Metabolism, Endocrinology  
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Physician  
Harborview Medical Center and  
UW Medical Center  
Section Head, Endocrinology  
Harborview Medical Center

**Matthew Hollon, MD**  
Clinical Professor  
Department of Family Medicine

**Kavia Khaira, MD**  
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VA Puget Sound Health Care System

**Porshia Underwood, MD**  
Clinical Assistant Professor  
Department of Obstetrics & Gynecology  
Physician  
Harborview Medical Center and  
UW Medical Center

# Thursday, March 25, 2021

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7:55 Welcome

*Alson Burke, MD; and Carolyn Gardella, MD, MPH*

8:00 Race In Medicine: What You See Isn't What You Get

*Naomi Shike, MD, MSc*

9:20 COVID Vaccines in Pregnant and Lactating Individuals: What We Know

*Linda Eckert, MD*

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## 10:00 Break

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10:15 Weight-Inclusive Gynecologic Care

*Sara Pauk, MD*

10:55 Eating Disorders

*Lisa Erlanger, MD*

11:35 Gynecologic Concerns of Gender Diverse Patients

*Alson Burke, MD*

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## 12:15 Lunch break

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1:00 Menopause

*Carolyn Gardella, MD, MPH*

1:40 What the Funk? Vaginitis for the PCP

*Porshia Underwood, MD*

2:10 Chronic Pelvic Pain

*Marisa Dahlman, MD*

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## 2:50 Break

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3:05 PCOS: Clinical Considerations

*Jacob Christ, MD*

3:45 Infertility Evaluation for the Primary Women's Health Care Provider

*Ginny Ryan, MD, MA*

4:25 Patient-Centered Approaches to Discussing Reproductive Goals in Clinical Practice

*Lisa Callegari, MD, MPH*

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## 5:05 Adjourn

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# Friday, March 26, 2021

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7:55 Welcome

*Alson Burke, MD; and Carolyn Gardella, MD, MPH*

8:00 Provision of Family Planning Services via Telemedicine

*Aishat Olatunde, MD*

8:40 Changing the Pap Paradigm

*Constance Mao, MD*

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## 10:00 Break

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10:15 Pre-Exposure Prophylaxis (PrEP)

*Jehan Budak, MD*

10:55 Hypothyroidism: Managing Persistent Symptoms

*Tracy Tylee, MD*

11:35 Clinical Pearls on Outpatient Management of Abnormal Uterine Bleeding

*Esther Fuchs, MD*

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## 12:15 Lunch break

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1:00 Fibromyalgia

*Mary Bach, MD*

1:40 Heart Disease in Women

*Kavita Khaira, MD*

2:10 Evaluation and Treatment of Urinary Incontinence

*Anna Kirby, MD, MAS*

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## 2:50 Break

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3:05 Trauma Informed Care

*Lisa Erlanger, MD*

3:45 The Unequal Burden of Climate Change

*Matthew Hollon, MD*

4:25 Updates in Outpatient Medicine

*Courtney Tuegel, MD*

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5:05 Adjourn

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