

UW Medicine

UW SCHOOL  
OF MEDICINE

# Men's Health Update 2024



**Friday - Saturday  
February 2 - 3, 2024**

**University of Washington | South Lake Union  
850 Republican Street  
Seattle, WA 98109**

**Sponsored by:  
UW School of Medicine  
Department of Urology  
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 are disproportionately afflicted by urologic disease, and "Men's Health" is an established medical arena where specialized knowledge is required. The diagnosis and management of Men's Health diseases are continually evolving and are heavily influenced by advances in diagnostic technology, medications, and surgical devices. The greatest challenge that care providers face is staying up to date with the changes in this field, thereby assuring state-of-the-art care for their patients. Expert faculty have been assembled to provide this update, with presentations on topics such as prostate screening and treatment, testosterone deficiency and the controversy of testosterone replacement, male urinary dysfunction, kidney and bladder pathology, sexual dysfunction, male infertility, and genital pain syndromes. After the plenary sessions, attendees will have the opportunity to participate in question & answer sessions.



## 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 9.0 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:

- Discuss the role of PSA screening in men and describe additional tests now available for prostate cancer screening and diagnosis.
- Describe the management options for men with localized prostate cancer, including active surveillance.
- Describe the quality-of-life issues men face after prostate cancer treatment and develop a paradigm for addressing common issues.
- Describe the evaluation of men with microscopic and gross hematuria.
- Describe the appropriate evaluation of men suspected of having hypogonadism and discuss the risks and benefits of testosterone treatment.
- Describe the relationship between cardiovascular disease and erectile dysfunction and offer appropriate treatment options to men experiencing ED and other forms of sexual dysfunction.
- Describe the association between male infertility and disease, and discuss the evidence-based evaluation of male infertility.
- Discuss the key elements of a BPH evaluation and provide appropriate treatment options.
- Describe the appropriate evaluation of men with scrotal content pain and discuss and evidence-based initial treatment approach.
- Describe the approach to evaluating chronic male genitourinary pain and the various treatment options available.
- Discuss a more holistic approach to men's health including the complex interplay between common comorbidities.



## 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 costs of conducting this course. 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, travel, 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 by an individual who is not confirmed.

## CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **January 18, 2024**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after January 18, 2024. 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 call 206.543.1050, fax 206.221.4525 or email [cme@uw.edu](mailto:cme@uw.edu).

## ONLINE MATERIALS

Instruction materials will be available online at [uwcme.org](http://uwcme.org) (for conference registrants only). Materials will be available starting on January 29, 2024, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided at the conference. No printed presentation materials will be available.

## 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 18, 2024**.

## 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)

## ACCOMMODATIONS

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

**Astra Hotel**  
**A Tribute 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

| Registration             | Fee   |
|--------------------------|-------|
| All Learners             | \$325 |
| Resident/Fellow/Student* | \$125 |

*\*Resident/Fellow/Student rates require written confirmation of current status. Failure to provide required documentation may result in an additional balance owed.*

## EARLY BIRD SPECIAL

If you register by December 15, 2023, you can receive a \$50 discount using Promo Code: **MJ2406-50**

\*The promotion does not apply to the already discounted Resident/Fellow/Student rate.

## Course Faculty

## Course Co-Chairs

### **Maahum Haider, MD, MPH**

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

### **Marah Hehemann, MD**

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

## Faculty

### **Sandra Hadjinian, MD**

Clinical Associate Professor  
Department of Urology  
Urology Clinic | UW Medical Center

### **Ken He, MD**

Clinical Assistant Professor  
Department of Urology  
UW and Veterans Administration  
Puget Sound Health Care System

### **Matthew Jaffy, MD**

Clinical Associate Professor  
Department of Family Medicine

### **Brian Jordan, MD**

Assistant Professor  
Department of Urology

### **Laura Montour, MD**

Clinical Assistant Professor  
Department of Family Medicine

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

Acting Assistant Professor  
Department of Urology  
Men's Health Center | UW Medical Center

### **Katherin Peperzak, MD**

Assistant Professor  
Department of Anesthesia & Pain Management  
Medical Director | Center for Pain Relief  
UW Medical Center - Roosevelt

### **Sarah Psutka, MD, MS**

Associate Professor  
Department of Urology  
Urology Clinic | Harborview  
Urology Clinic | UW Medical Center - Montlake  
Fred Hutch Cancer Center

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

Pelvic Health Specialist  
UW Medical Center - Northwest

### **Alvaro Santamaria, MD**

Acting Instructor  
Department of Urology

### **April Schachtel, MD**

Clinical Assistant Professor  
Division of Dermatology  
UW and Veterans Administration  
Puget Sound Health Care System

### **George Schade, MD**

Associate Professor  
Department of Urology

### **Mathew Sorensen, MD, MS, FACS**

Associate Professor  
Department of Urology  
Director, Urology Residency Program  
UW and Veterans Administration  
Puget Sound Health Care System

### **Arthi Thirumalai, MBBS**

Associate Professor  
Division of Metabolism, Endocrinology & Nutrition  
Section Head | Harborview Medical Center

### **Lauren Trew, PA-C, MCHS**

Teaching Associate  
Department of Urology  
Men's Health Center | UW Medical Center

### **Luis Tulloch-Palomino, MD**

Assistant Professor  
Division of Allergy & Infectious Diseases  
Men's Health Center | UW Medical Center

### **Thomas Walsh, MD**

Professor  
Department of Urology  
Men's Health Center | UW Medical Center

### **Eugene Yang, MD, MS, FACC**

Clinical Professor  
Department of Medicine | Division of Cardiology  
Heart Institute at Eastside Specialty Center

# Friday, February 2, 2024

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|   | <b>7:30 Registration &amp; Sign-in   Continental Breakfast</b>                                     |
|   | 8:00 Welcome and Course Introduction<br><i>Maahum Haider, MD, MPH and Marah Hehemann, MD</i>       |
| <b>Voiding Dysfunction</b><br><i>Moderator:<br/>Brian Jordan, MD</i>                      | 8:15 Section Overview: Voiding Dysfunction<br><i>Brian Jordan, MD</i>                              |
|   | 8:20 Evaluation of Lower Urinary Tract Symptoms (LUTS)<br><i>Maahum Haider, MD, MPH</i>            |
|   | 8:40 Medical Management of LUTS<br><i>Sandra Hadjinian, MD</i>                                     |
|   | 9:00 Updates in Minimally Invasive Surgical Treatments for the Prostate<br><i>Brian Jordan, MD</i> |
|   | 9:20 Q&A   <i>Voiding Dysfunction Section Faculty</i>  |
|   | <b>9:40 Break</b>  |
| <b>Sexual and Reproductive Health</b><br><i>Moderator:<br/>Tristan Nicholson, MD, PhD</i> | 10:00 Section Overview: Sexual and Reproductive Health<br><i>Tristan Nicholson, MD, PhD</i>        |
|   | 10:05 Updates on the Evaluation for Male Fertility<br><i>Tristan Nicholson, MD, PhD</i>            |
|   | 10:25 Erectile Dysfunction: Advances and “Restorative” Therapies<br><i>Thomas Walsh, MD, MS</i>    |
|   | 10:45 Ejaculatory Dysfunction<br><i>Lauren Trew, PA-C, MCHS</i>                                    |
|   | 11:05 Testosterone Deficiency: Evaluation and Management<br><i>Arthi Thirumalai, MBBS</i>          |
|   | 11:25 Lifestyle Optimization for Male Reproductive and Sexual Health<br><i>Marah Hehemann, MD</i>  |
|   | 11:45 Q&A   <i>Sexual and Reproductive Health Section Faculty</i>                                  |
|   | <b>12:05 Lunch Break (Lunch Provided)</b>  |
| <b>Male Wellness</b><br><i>Moderator:<br/>Marah Hehemann, MD</i>                          | 1:00 Section Overview: Male Wellness<br><i>Marah Hehemann, MD</i>                                  |
|   | 1:05 Cardiac Considerations for Men’s Health<br><i>Eugene Yang, MD, MS, FACC</i>                   |
|   | 1:25 Contemporary Management of Medical Weight Loss for Men<br><i>Laura Montour, MD</i>            |
|   | 1:45 Impact of Sleep Disturbance on Men’s Health<br><i>Ken He, MD</i>                              |
|   | <b>2:05 Break</b>  |
|   | 2:25 Management of Scrotal Pain<br><i>Alvaro Santamaria, MD</i>                                    |
|   | 2:45 Pelvic Floor Health for Men<br><i>Molly Riley, PT, DPT, CAPP-OB</i>                           |
|   | 3:05 Q&A   <i>Male Wellness Section Faculty</i>  |
|   | <b>3:25 Adjourn</b>  |

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*All times listed are in Pacific Time*

# Saturday, February 3, 2024

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## 7:30 Sign-in | Continental Breakfast

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8:00 Welcome  
*Maahum Haider, MD, MPH and Marah Hehemann, MD*

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### Urologic Oncology

Moderator:

*George Schade, MD*

8:05 Section Overview: Urologic Oncology  
*George Schade, MD*

8:10 Updates in Prostate Cancer Screening and Treatments  
*George Shade, MD*

8:30 Prostate Cancer Survivorship: The Urologist's Role  
*Marah Hehemann, MD*

8:50 Prostate Cancer Survivorship: The PCP's Role  
*Matthew Jaffy, MD*

9:10 Bladder Cancer: Evaluation and Survivorship  
*Sarah P. Psutka, MD, MS*

9:30 Q&A | *Urologic Oncology Section Faculty*

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## 9:50 Break

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### Urologic "Lumps and Bumps"

Moderator:

*Mathew Sorensen, MD, MS, FACS*

10:10 Section Overview: Urologic "Lumps and Bumps"  
*Mathew Sorensen, MD, MS, FACS*

10:15 Kidney Stones  
*Mathew Sorensen, MD, MS, FACS*

10:35 Male Genital Dermatology  
*April Schachtel, MD*

10:55 Novel Techniques in Integrative and Interventional Pain Management  
*Katherin Peperzak, MD*

11:15 Recurrent and Chronic UTIs  
*Luis Tulloch-Palomino, MD*

11:35 Q&A | *Urologic "Lumps and Bumps" Section Faculty*

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## 11:55 Adjourn

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*All times listed are in Pacific Time*

