

**UW Medicine**

UW SCHOOL  
OF MEDICINE

# 10<sup>th</sup> Annual Men's Health Update 2025



**Friday - Saturday  
February 7-8, 2025**

**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. For our 10<sup>th</sup> year, 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:

- 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.
- Outline the appropriate methods of evaluation for men suspected of having hypogonadism and discuss the risks and benefits of testosterone treatment.
- 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.
- Evaluate men with scrotal pain and implement an evidence-based initial treatment approach.
- Explain the approach to evaluating chronic male genitourinary pain and the various treatment options available.



## 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 24, 2025**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after January 24, 2025. 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 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 31, 2025, 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 24, 2025**.

## 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)

## EXHIBIT OPPORTUNITIES

If you are interested in an exhibit opportunity for this event, email [cmeconf@uw.edu](mailto:cmeconf@uw.edu) for more details.

## 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
Industry Professional (Non-exhibiting)	\$525

\*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, 2024, you can receive a \$50 discount using Promo Code: **MJ2505**  
The promotion does not apply to the industry professional or already discounted Resident/Fellow/Student rate.

## Course Co-Chairs

### **Marah Hehemann, MD**

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

### **Jeremy Choy, MD**

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

### **Bruce Dalkin, MD**

Professor  
Department of Urology  
General & Surgical Specialists Clinic at Valley

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

Assistant Professor  
Department of Urology

### **George E. Haddad, MD**

Affiliate Associate Professor  
Department of Oral Health Sciences  
Chief Medical Office, Medical Director | Optispan

### **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

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

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

### **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

### **April Schachtel, MD**

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

### **Alexander J. Skokan, MD, MD, MS, FACS**

Assistant Professor in Urologic Trauma, Reconstruction, and  
Gender Affirming Surgery  
Department of Urology

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

Teaching Associate  
Physician Associate | Men's Health Center  
University of Washington Medical Center - Roosevelt

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

Assistant Professor  
Division of Allergy & Infectious Diseases  
Lead, Antimicrobial Stewardship Program, HIV Telehealth  
Program  
VA Puget Sound Healthcare System

### **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

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

Professor  
Department of Medicine  
Division of Cardiology  
Carl and Renee Behnke Endowed Professorship for Asian  
Health  
Medical Director, UW Medicine Eastside Specialty Center  
Co-Director, Cardiovascular Wellness and Prevention  
Program  
Past President, Washington Chapter, American College of  
Cardiology



# Friday, February 7, 2025

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	<b>7:30 Registration &amp; Sign-in   Continental Breakfast</b>
	8:00 Welcome and Course Introduction <i>Brian Jordan, MD</i>
<b>Voiding Dysfunction</b> Moderator: <i>Brian Jordan, MD</i>	8:15 Section Overview: Voiding Dysfunction <i>Brian Jordan, MD</i>
	8:20 Evaluation of Lower Urinary Tract Symptoms (LUTS) <i>Jared Wachterman, MD</i>
	8:40 Pearls for Primary Care in Male Voiding Dysfunction <i>Bruce Dalkin, MD</i>
	9:00 Case Studies in Voiding Dysfunction <i>Bruce Dalkin, MD; Brian Jordan, MD; and Jared Wachterman, MD</i>
	9:20 Q&A   <i>Voiding Dysfunction Section Faculty</i>
	<b>9:40 Break</b>
<b>Urologic Oncology</b> Moderator: <i>TBA</i>	10:00 Section Overview: Urologic Oncology <i>TBA</i>
	10:05 Updates on PSA Screening and Diagnosis <i>Claire de la Calle, MD</i>
	10:25 Updates on Prostate Cancer Treatment <i>TBA</i>
	10:45 Prostate Cancer Survivorship: The Urologist's Role <i>Alexander J. Skokan, MD</i>
	11:05 Prostate Cancer Survivorship: The PCP's Role <i>Matthew Jaffy, MD</i>
	11:25 Bladder Cancer: Evaluation and Survivorship <i>Sarah P. Psutka, MD, MS</i>
	11:45 Q&A   <i>Urologic Oncology Section Faculty</i>
	12:05 <b>Lunch Break (Lunch Provided)</b>
<b>Genitourinary Inflammation &amp; Infection</b> Moderator: <i>Lauren Trew, PA-C, MCHS</i>	1:00 Section Overview: Genitourinary Inflammation & Infection <i>Lauren Trew, PA-C, MCHS</i>
	1:05 Sorting Out Scrotal Pain <i>Lauren Trew, PA-C, MCHS</i>
	1:25 Updates in Managing Prostatitis and Recurrent Urinary Tract Infections <i>Luis Tulloch-Palomino, MD</i>
	1:45 Male Genital Dermatology <i>April Schachtel, MD</i>
	<b>2:05 Break</b>
	2:25 Pelvic Floor Health for Men <i>Molly Riley, PT, DPT, CAPP-OB</i>
	2:45 Kidney Stones: A Window into Overall Health <i>TBA</i>
	3:05 Q&A   <i>Genitourinary Inflammation &amp; Infection Section Faculty</i>
	<b>3:25 Adjourn</b>

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*All times listed are in Pacific Time*

# Saturday, February 8, 2025

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## 7:30 Sign-in | Continental Breakfast

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8:00 Welcome  
*Brian Jordan, MD*

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### **Sexual and Reproductive Health**

Moderator:

*Tristan Nicholson, MD, PhD*

8:05 Section Overview: Sexual and Reproductive Health  
*Tristan Nicholson, MD, PhD*

8:10 Global Updates on Male Infertility  
*Tristan Nicholson, MD, PhD*

8:30 Advanced and “Restorative” Therapies for Erectile Dysfunction: What Do We Do Now?  
*Thomas Walsh, MD, MS*

8:50 Testosterone Deficiency: Evaluation and Management  
*Jeremy Choy, MD*

9:10 Case Studies in Sexual and Reproductive Health  
*Jeremy Choy, MD; Tristan Nicholson, MD, PhD; and Thomas Walsh, MD, MS*

9:30 Q&A | *Sexual and Reproductive Health Section Faculty*

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## 9:50 Break

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### **Male Wellness**

Moderator:

*Eugene Yang, MD MS, FACC*

10:10 Section Overview: Male Wellness  
*Eugene Yang, MD, MS, FACC*

10:15 Cardiac Considerations for Men’s Health  
*Eugene Yang, MD, MS, FACC*

10:35 Contemporary Management for Medical Weight Loss for Men  
*TBA*

10:55 Impact of Sleep Disturbance on Men’s Health  
*Ken He, MD*

11:15 Strategies for Optimizing Longevity in Men  
*George E. Haddad, MD*

11:35 Q&A | *Male Wellness Section Faculty*

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## 11:55 Adjourn

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*All times listed are in Pacific Time*

