

UW Medicine

UW SCHOOL
OF MEDICINE

21st Annual Reproductive & Gynecology Health Updates



**Thursday - Friday
March 27 - 28, 2025**

University of Washington
Tower Auditorium & Zoom Webinar
4333 Brooklyn Ave NE
Seattle, WA 98195

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

TARGET AUDIENCE

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

COURSE DESCRIPTION

This conference is the 21st annual update for healthcare providers who provide care to women+ on relevant topics. The topics are selected by 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 these patients in an outpatient setting. The format of the program includes lectures with the opportunity for question and answer at the end of the lecture.

COURSE OBJECTIVES

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

- Review clinical updates in reproductive healthcare
- Examine the impact of nutrition on cancer prevention and treatment
- Explore the application of artificial intelligence on healthcare delivery
- Understand the impact of changing legislation on reproductive healthcare
- Demonstrate understanding of medical and surgical management of abnormal uterine bleeding

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

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

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

ATTENDANCE POLICY

Course activities are exclusively reserved for registered attendees.

FEES AND REGISTRATION

To enroll, please register online at 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 transcripts of *AMA PRA Category 1 Credits*[™], 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 CME office at cme@uw.edu. Continuing Medical Education will not be responsible for expenses incurred.

Registration	In-Person	Virtual
All Learners	\$500.00	\$375.00
*Resident/Fellow/Student	\$250.00	\$150.00
Industry Professional (Non-Exhibiting)	\$750.00	\$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 13, 2025.

On-site registration will not be accepted.



ONLINE PRESENTATIONS AND MATERIALS

Instruction materials will be available online at uwcme.org (for conference registrants only). Materials will be available starting on March 20, 2025, 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.

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **March 13, 2025**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after March 13, 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 other costs incurred such as non-refundable airline tickets or hotel penalties. Contact the CME Office with questions. Contact Information: Phone 206.543.1050 | Fax 206.221.4525 | Email cme@uw.edu.

COVID-19 MEASURES

Masks are strongly recommended for this in-person activity. Wearing a well-fitted mask over your mouth and nose is encouraged.

- Attendees must stay home if they have COVID-19 symptoms, have tested positive in the 5 days leading up to the event, or are still isolating after testing positive.

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 by March 13, 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

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

Graduate Hotel	Marriott Residence Inn	Silver Cloud Inn	Watertown Hotel
4507 Brooklyn Ave NE Seattle, WA 98105 206.634.2000	4501 12th Avenue NE Seattle, WA 98105 206.322.8887 or 888.236.2427	5036 25th Ave NE Seattle, WA 98105 206.526.5200 or 800.205.6940	4242 Roosevelt Way NE Seattle, WA 98105 206.826.4242 or 888.944.4242
www.graduatehotels.com	www.marriott.com	www.silvercloud.com	www.staypineapple.com

Course Faculty

Course Co-Chairs

Alson Burke, MD

Assistant Professor
Department of Obstetrics & Gynecology
Physician
Harborview Medical Center

Linda Mihalov, MD, FACOG

Clinical Professor
Department of Obstetrics & Gynecology
Physician
UW Medical Center | Montlake

Guest Faculty

Amy Bondurant, MD, MSNE

Gynecologic Oncologist
Swedish Medical Center
Seattle, WA

UW Faculty

Lyndsey Benson, MD, MS

Assistant Professor
Department of Obstetrics & Gynecology
Division of Family Planning

Brianna Byers, MD

Acting Assistant Professor
Obstetrics & Gynecology

Anaya DeGaia, MD, MPH

Assistant Professor
Obstetrics & Gynecology

Paul DeJulio, MD

Acting Assistant Professor
Anesthesiology & Pain Medicine

Lauren Hamman, DNP, ARNP

Teaching Associate, Surgery
School of Medicine
Advanced Registered Nurse Practitioner
Fred Hutch

Elizabeth Harrington, MD, MPH

Assistant Professor
Obstetrics & Gynecology

Amanda Heep, ARNP

Teaching Assistant
Department of Urology

Soledad Jorge, MD, MPH

Assistant Professor
Obstetrics & Gynecology

Kim Katz, MD

Acting Instructor
Department of Dermatology

Hillary Liss, MD

Clinical Acting Professor
Division of General Internal Medicine

Daniel McDuff

Affiliate Professor
Computer Science & Engineering

Laura Montour, MD

Clinical Assistant Professor
Department of Family Medicine

Zac Pollack, MD

Clinical Assistant Professor
Obstetrics & Gynecology

Aparna Ramanathan, MD

Associate Professor
Obstetrics & Gynecology

Isabel Rodriguez, MD

Assistant Professor
Obstetrics & Gynecology

Anita Tiwari, MD, FACOG

Clinical Instructor
Obstetrics & Gynecology

Madison Yamane, PT, DPT

Physical Therapist
Harborview

Lissa Yu, MD

Assistant Professor
Obstetrics & Gynecology

Thursday, March 27, 2025

7:55 Welcome & Introduction | *Alson Burke, MD & Linda Mihalov, MD, FACOG*

8:00 Medications for Weight Management | *Laura Montour, MD*

8:45 Benign Breast Disease | *Lauren Hamman, DNP, ARNP*

9:30 4th Trimester and Beyond | *Anaya DeGaia, MD, MPH*

10:15 **BREAK**

10:30 Reproductive Access to Care | *Elizabeth Harrington, MD, MPH*

11:15 Contraception Updates | *Lyndsey Benson, MD, MS*

12:00 **LUNCH**

12:45 Management of AUB/Dysmenorrhea in Adolescents | *Lissa Yu, MD*

1:30 Management of Fibroids and/or Endometriosis | *Aparna Ramanathan, MD*

2:15 AI in Medicine | *Daniel McDuff*

3:00 **BREAK**

3:15 Pelvic Floor Physical Therapy | *Madison Yamane, PT, DPT*

4:00 Menopause | *TBD*

4:45 **ADJOURN**

All times listed are in Pacific Time

Friday, March 28, 2025

- 7:55** Welcome Back & Introduction | *Alson Burke, MD & Linda Mihalov, MD, FACOG*
- 8:00** Vulvovaginitis | *Zac Pollack, MD*
- 8:45** Vulvar Dermatology | *Kim Katz, MD*
- 9:30** Preventing Cancer Through Nutrition | *Amy Bondurant, MD, MSNE*
- 10:15** **BREAK**
- 10:30** Management of Fibroids | *Anita Tiwari, MD, FACOG*
- 11:15** Management of Chronic Pelvic Pain | *Paul DeJulio, MD*
- 12:00** **LUNCH**
- 12:45** STI Updates | *Hillary Liss, MD*
- 1:30** Management of Recurrent UTIs | *Amanda Heep, ARNP*
- 2:15** PCOS Updates | *Brianna Byers, MD*
- 3:00** **BREAK**
- 3:15** Gynecologic Oncology | *Isabel Rodriguez, MD*
- 4:00** Gynecologic Oncology | *Soledad Jorge, MD, MPH*
- 4:45** **ADJOURN**

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