

# 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 based on 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)

The AAFP has reviewed 21st Annual Reproductive & Gynecology Health Updates and deemed it acceptable for up to 15.00 In-Person, Live (could include online) AAFP Prescribed credit. Term of Approval is from 03/27/2025 to 03/28/2025. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## ATTENDANCE POLICY

Course activities are exclusively reserved for registered attendees.

## 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 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](mailto: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<br>(Non-Exhibiting)   | \$750.00  | \$625.00 |
| <i>*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.</i> |           |          |

*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](http://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](mailto: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](mailto: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](mailto: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<br>Seattle, WA 98105<br>206.634.2000          | 4501 12th Avenue NE<br>Seattle, WA 98105<br>206.322.8887 or<br>888.236.2427 | 5036 25th Ave NE<br>Seattle, WA 98105<br>206.526.5200 or<br>800.205.6940 | 4242 Roosevelt Way NE<br>Seattle, WA 98105<br>206.826.4242 or<br>888.944.4242 |
| <a href="http://www.graduatehotels.com">www.graduatehotels.com</a> | <a href="http://www.marriott.com">www.marriott.com</a>                      | <a href="http://www.silvercloud.com">www.silvercloud.com</a>             | <a href="http://www.staypineapple.com">www.staypineapple.com</a>              |

# ***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** It's Not Breast Cancer. Now What? | *Lauren Hamman, DNP, ARNP*
- 9:30** Quality Care in the 4th Trimester and Beyond: Emerging Solutions to Address the Unmet Needs of Birthing Parents After Baby Comes | *Anaya DeGaia, MD, MPH*
- 10:15** **BREAK**
- 10:30** Uncertain and Unequal: An Update on Access to Reproductive Healthcare in the U.S. | *Elizabeth Harrington, MD, MPH*
- 11:15** Contraception Updates | *Lyndsey Benson, MD, MS*
- 12:00** **LUNCH**
- 12:45** Pediatric Gynecology: When to Consider Referral | *Lissa Yu, MD*
- 1:30** What Minimally Invasive Gyn Surgery (MIGS) Can Offer to Patients | *Aparna Ramanathan, MD*
- 2:15** AI in Medicine | *Daniel McDuff*
- 3:00** **BREAK**
- 3:15** Pelvic Floor Physical Therapy Consideration for Primary Care Providers | *Madison Yamane, PT, DPT*
- 4:00** What's New in Menopause | *Linda Mihalov, MD, FACOG*
- 4:45** **ADJOURN**

*All times listed are in Pacific Time*

# ***Friday, March 28, 2025***

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- 7:55** Welcome Back & Introduction | *Alson Burke, MD & Linda Mihalov, MD, FACOG*
- 8:00** Vulvovaginitis in Adults | *Zac Pollack, MD*
- 8:45** Vulvar Dermatology in Primary Care | *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** Mechanisms and 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** Updates on Gynecologic Cancer Prevention and Early Detection | *Isabel Rodriguez, MD & Soledad Jorge, MD, MPH*
- 4:15** Gynecologic Oncology Q & A
- 4:45** **ADJOURN**

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