

UW Medicine

---

UW SCHOOL  
OF MEDICINE

---

# Women's Healthcare Update

March 24-25, 2011

University of Washington

Kane Hall

Seattle, WA



Sponsored by the University of Washington School of Medicine  
Department of Obstetrics and Gynecology • Office of Continuing Medical Education

# Women's Healthcare Update

## March 24-25, 2011

### WHO SHOULD ATTEND

Physicians, nurse practitioners, physician assistants, nurses and other allied healthcare providers who have an interest in or who provide healthcare for women.

### COURSE DESCRIPTION

This conference is an annual update for women's healthcare providers on current topics relevant to women's health. The topics are selected from 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. The format is a series of short lectures followed by question and answer sessions.

### ACCREDITATION

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of 16.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

### ATTENDANCE POLICY

Course activities are exclusively reserved for course attendees. Badges provided at registration are required for entrance into all functions and will be strictly enforced.

### FEES AND REGISTRATION

The fee for this course includes catering, all instruction materials and transcript of Category 1 credit. To ensure enrollment, please complete the enclosed registration form and forward it with the appropriate tuition. Allow up to fifteen working days to receive your written confirmation of enrollment. If you have not received written confirmation prior to your departure for the course, please contact the Continuing Medical Education office at 206-543-1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.

### COURSE OBJECTIVES

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

- Describe the current approach to preventive health care and the healthcare options that are facing the United States
- Recognize the unique preventive healthcare necessary in the breast cancer survivor
- Review comprehensive pre-conceptual counseling in routine and complex patient populations
- Evaluate and treat morbid obesity
- Discuss with patients the risks, benefits and management strategies for hormone therapy, especially in regard to breast and bone concerns
- Discuss the current state of our knowledge in palliative care
- Describe the options for the appropriate management of breast complaints
- Describe the treatment options for refractory depression
- Develop a comprehensive approach to the diagnosis and management of chronic pelvic pain
- Provide contraception in complex medical situations
- Recognize common bleeding disorders in women
- Develop an effective strategy for cervical cancer prevention and screening
- Monitor and manage insomnia in the outpatient setting
- Develop more confidence and proficiency with office coding
- Discuss how lessons learned in global health may impact everyday domestic clinical medicine

COURSE FEES	
MD/DO/PhD	\$345.00
Allied Health	\$295.00
Residents, Fellows or UW OB/GYN Clinical Faculty	\$150.00

# Course Faculty

---

## COURSE CO-CHAIRS

---

**David A. Eschenbach, MD**

Professor and Chair

Department of Obstetrics and Gynecology

**Brenda S. Houmard, MD, PhD**

Clinical Assistant Professor

Department of Obstetrics and Gynecology

Division of Reproductive

Endocrinology and Infertility

## COURSE FACULTY

---

### Guest Faculty

**Suzanne Swietnicki, MD**

Obstetrics/Gynecology

Northern Montana Medical Group

Havre, MT

### University of Washington Faculty

**Alfred O. Berg, MD, MPH**

Professor

Department of Family Medicine

**Kristine E. Calhoun, MD**

Associate Professor

Department of Surgery

**Shiressha Dhanireddy, MD**

Assistant Professor

Department of Medicine

Division of Allergy and Infectious Diseases

**Margaret Eugenio, MD**

Clinical Instructor

Department of Medicine

Division of Gastroenterology

**Barak Gaster, MD**

Associate Professor

Department of Medicine

Division of General Internal Medicine

**Barbara A. Goff, MD**

Professor

Department of Obstetrics and Gynecology

Director

Division of Gynecological Oncology

**Melissa (Moe) Hagman, MD**

Assistant Professor

Department of Medicine

Hospital Medicine Service and

Palliative Care Team

Division of General Internal Medicine

**Mary B. Laya, MD, MPH**

Associate Professor

Department of Medicine

Division of General Internal Medicine

Director, Bergen Osteoporosis Education Fund

**Gretchen M. Lentz, MD**

Professor

Department of Obstetrics and Gynecology

Director

Division of Urogynecology

**Constance Mao, MD**

Assistant Professor

Department of Obstetrics and Gynecology

Division of Women's Health

Director, Harborview Women's Colposcopy Clinic

**Paul M. Mystkowski, MD**

Clinical Instructor

Department of Medicine

Division of Metabolism, Endocrinology and Nutrition

**Susan M. Ott, MD**

Professor

Department of Medicine

Division of Metabolism, Endocrinology and Nutrition

**Genevieve L. Pagalilauan, MD**

Assistant Professor

Department of Medicine

Division of General Internal Medicine

**Sarah W. Prager, MD, MAS**

Assistant Professor

Department of Obstetrics and Gynecology

Director

Ryan Family Planning Training Program

**Susan D. Reed, MD, MPH**

Professor

Department of Obstetrics and Gynecology

Director

Division of Women's Health (HMC)

**LaVone E. Simmons, MD**

Acting Instructor

Department of Obstetrics and Gynecology

Division of Women's Health

**Jennifer M. Specht, MD**

Assistant Professor

Department of Medicine

Division of Medical Oncology

Seattle Cancer Care Alliance

**Eliza L. Sutton, MD**

Assistant Professor

Department of Medicine

Division of General Internal Medicine

**David J. Tauben, MD**

Clinical Associate Professor

Department of Anesthesia and Pain Medicine

**Dilys M. Walker, MD**

Associate Professor

Department of Obstetrics and Gynecology

Division of Women's Health

## HOTEL ACCOMMODATIONS

The following hotels are located near the conference site. To make your reservations please call the hotels directly. No room block has been reserved. Ask for the "University of Washington CME Conference" rate.

### **HOTEL DECA**

**4507 Brooklyn Avenue NE  
Seattle, WA 98105**

**800-899-0251**

**206-634-2000**

[www.hoteldeca.com](http://www.hoteldeca.com)

### **WATERTOWN**

**4242 Roosevelt Way NE  
Seattle, WA 98105**

**(206) 826-4242**

**(866) 944-4242**

[reservations@watertownseattle.com](mailto:reservations@watertownseattle.com)

### **SILVER CLOUD INN**

**5036 25th Avenue NE  
Seattle, WA 98105**

**(800) 205-6940**

**(206) 526-5200**

[sales@university.scinns.com](mailto:sales@university.scinns.com)

## CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by March 14, 2011. A \$50.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following March 14, 2011. 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 telephone followed by written notification and 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 CME Registrar with questions. **Call (206) 543-1050, fax (206) 221-4525 or email [cme@uw.edu](mailto:cme@uw.edu).**

## SPECIAL SERVICES

Continuing Medical Education at the University of Washington is a totally self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration and credit, syllabi, handouts, record keeping, faculty planning and evaluation and may include food, alcohol, taxes and gratuities to vendors. 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 in the application process contact the department at: 206-543-1050 or the Disability Services Office at least ten days in advance.

### **Contact Disability Services Office**

**206-543-6450/Voice • 206-543-6452/TTY • 206-685-7264/Fax • e-mail: [dso@uw.edu](mailto:dso@uw.edu)**

# Thursday, March 24, 2011

---

**7:30 Registration and Continental Breakfast**

8:00 USPSTF Recommendations for Premenopausal Women  
*Al Berg, MD, MPH*

8:30 Contraception for the Medically Complicated Patient Made Easy:  
Using the CDC Medical Eligibility Criteria  
*Sarah Prager, MD, MAS*

9:00 Global Health, Why Should I Care?  
*Dilys Walker, MD*

9:30 Q&A

**10:00 Break**

10:15 Preconceptual Counseling for the Primary Care Physician  
*LaVone Simmons, MD*

10:45 Obesity: PHAT Topics  
*Paul Mystkowski, MD*

11:15 Palliative Care  
*Moe Hagman, MD*

11:45 Q&A

**12:15 Lunch (provided)**

1:00 Chronic Pelvic Pain—the Gynecology Perspective  
*Brenda Houmard, MD, PhD*

1:30 Vulvar Dystrophies  
*David Eschenbach, MD*

2:00 Painful Bladder Syndrome/Interstitial Cystitis  
*Gretchen Lentz, MD*

2:30 Irritable Bowel Syndrome and Chronic Pelvic Pain  
*Margaret Eugenio, MD*

**3:00 Break**

3:15 Opiates for Chronic Pelvic Pain: How to Tread Carefully  
*Barak Gaster, MD*

3:45 Central Sensitization in Chronic Pelvic Pain:  
Theory and Medical Management  
*David Tauben, MD*

4:15 Q&A

**5:15 Adjourn**

# Friday, March 25, 2011

---

**7:30 Sign In and Continental Breakfast**

8:00 Primary Care of the Breast Cancer Patient  
*Jennifer Specht, MD*

8:30 Clinical Evaluation of the Symptomatic Breast  
*Kristine Calhoun, MD*

9:00 Community-acquired Pneumonia  
*Shiressha Dhanireddy, MD*

9:30 Q&A

**10:00 Break**

10:15 Estrogen Therapies—Balancing Symptoms and Side Effects:  
How Low Can You Go?  
*Susan Reed, MD, MPH*

10:45 Skeletal Effects of Menopause  
*Susan Ott, MD*

11:15 Breast Aspects of Menopausal Therapy  
*Mary Laya, MD, MPH*

11:45 Q&A

**12:15 Lunch (provided)**

1:00 Translating New Guidelines for Cervical Cancer Screening into Practice  
*Constance Mao, MD*

1:30 Refractory Depression  
*Genevieve Pagalilauan, MD*

2:00 Help Me Get to Sleep!  
*Eliza Sutton, MD*

2:30 Q&A

**3:00 Break**

3:15 Evaluation and Treatment of Women with Bleeding Disorders  
*Suzanne Swietnicki, MD*

3:45 Office Coding  
*Barbara Goff, MD*

4:45 Q&A

**5:15 Adjourn**

# WOMEN'S HEALTHCARE UPDATE

## March 24-25, 2011

### COURSE FEES

MD/DO/PhD	\$345.00
Allied Health	\$295.00
Residents*, Fellows or UW OB/GYN Clinical Faculty	\$150.00

MJ1108

### REGISTRATION

NAME		First	MI	Last
Professional Title <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PhD <input type="checkbox"/> ARNP <input type="checkbox"/> RN <input type="checkbox"/> PA <input type="checkbox"/> Other:				
Street				
City		State		Zip
Phone (    )    -    Email				

### RETURN COMPLETED REGISTRATIONS

BY MAIL:

UWCMC  
Box 359441  
Seattle, WA 98195-9441

### PAYMENT \*Residency Program, if applicable

- ☐ Check (payable to University of Washington) for \$ \_\_\_\_\_
- ☐ Credit Card charge \$ \_\_\_\_\_

<input type="checkbox"/> Visa <input type="checkbox"/> MC	Card #	Exp Date
Signature		

☐ UW Budget      PROJ \_\_\_\_\_ OPT \_\_\_\_\_ TASK \_\_\_\_\_

Budget #	Budget Name	Box #
----------	-------------	-------

BY FAX (206) 221-4525

CALL (206) 543-1050  
with questions.

Register online at  
[www.uwcmc.org](http://www.uwcmc.org)