

The Annual Meeting of

AMWA

American Medical Women's Association  
The Vision and Voice of Women in Medicine since 1915

# Women's Health 2009: The 17<sup>th</sup> Annual Congress

March 27–29, 2009  
Williamsburg Lodge, Williamsburg, Virginia



## COLLABORATING ORGANIZATIONS

American Academy of Orthopaedic Surgeons  
American Autoimmune Related Diseases Association  
American College of Physicians, Virginia Chapter  
American Heart Association's Go Red for Women  
American Thyroid Association  
Arthritis Foundation  
National Stroke Association  
National Women's Health Resource Center  
The North American Menopause Society  
WomenHeart: The National Coalition for Women  
with Heart Disease

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WENDY S. KLEIN, MD  
Senior Deputy Director Emeritus  
VCU Institute for Women's Health  
Deputy Editor, *Journal of Women's Health*

## CONGRESS CO-CHAIR

SUSAN G. KORNSTEIN, MD  
Executive Director  
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ELIZA LO CHIN, MD, MPH  
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Presented by

**VCU** Institute for Women's Health  
Virginia Commonwealth University  
A National Center of Excellence

This activity is sponsored by

 Postgraduate Institute  
for Medicine

***Journal of Women's Health***

# Women's Health 2009

## CONFERENCE LEARNING OBJECTIVES

**After completing this activity, the participant should be better able to:**

- Specify current data that will facilitate the prevention, diagnosis and management of diseases in women and adolescent girls
- Identify evidence-based approaches to address the management of reproductive health issues, including indications for episiotomy and identification of pelvic floor disorders, cervical cancer screening and Pap follow up, and recurrent urinary tract infections
- Describe recent advances relevant to the epidemiology, diagnosis and management of HIV disease in women
- Identify recent advances in the care of the breast cancer survivor
- Review the most current approaches to diagnosis and management of irritable bowel syndrome
- Review the most current approaches to diagnosis and management of common psychiatric disorders across the female reproductive cycle
- Review the most current approaches to diagnosis and management of osteoporosis
- Review recent findings in the understanding of reproductive hormones and identify evidence-based approaches to the management of menopause
- Identify current evidence regarding the use of complementary and alternative medicines in women's health
- Describe evaluation and treatment strategies for common dermatologic problems
- Review sex- and gender-based differences in the pathophysiology and management of knee and hip osteoarthritis
- Review state-of-the-art management of ovarian cancer including screening and evaluation
- Describe recent advances in the understanding and management of preeclampsia
- Review current health issues common among women in the military
- Describe recent advances relevant to the care of women with cardiovascular disease, including management of hypertension, evaluation and treatment of hypercoagulability, and evaluation of coronary disease
- Identify current approaches to the prevention and management of obesity
- Describe clinical strategies for the evaluation and management of sexual dysfunction

## FRIDAY, MARCH 27

8:00am	<b>Common Dermatologic Problems in Women: More than Skin Deep</b> <i>Julia Nunley, MD</i>
8:45am	<b>THE TRUDY BUSH LECTURE</b> <b>New Findings in the Science of Hormones</b> <i>JoAnn E. Manson, MD, MPH</i>
9:45am	<b>Break and Posters</b>
10:15am	<b>Abnormal Pap Smears: Current Issues in Management</b> <i>Kathleen McIntyre-Seltman, MD</i>
11:05am	<b>The Health of Our Daughters: Challenges in Caring for Adolescent Girls</b> <i>Dyan Aretakis, RN, FNP, MSN</i>
12:00noon	<b>SPECIAL LUNCHEON PRESENTATION</b>
1:30pm	<b>LEADERS IN WOMEN'S HEALTH RESEARCH KEYNOTE LECTURE</b> <b>Pregnancy &amp; Pre-eclampsia: Barometers for Later Life Health</b> <i>Roberta Ness, MD, MPH</i>
2:30pm	<b>Menopause Management in 2009</b> <i>JoAnn Pinkerton, MD</i>
3:15pm	<b>Break and Posters</b>
3:45pm	<b>Osteoarthritis of the Hip &amp; Knee: Sex &amp; Gender Differences</b> <i>Mary O'Connor, MD</i>
4:30pm	<b>Hypertension in Women: What the Research Tells Us</b> <i>Emma Meagher, MD</i>
5:15pm	<b>Adjourn</b>
5:30pm	<b>POSTER RECEPTION</b>
6:30pm	<b>AMWA STUDENT MENTORING RECEPTION</b>

# 2019: The 17<sup>th</sup> Annual Congress

## SATURDAY, MARCH 28

- 7:00am **Yoga (optional) — Embrace the day with yoga!**
- 7:45am **Continental Breakfast & Networking**
- 8:30am **Episiotomies: No Longer Routine**  
*Catherine Matthews, MD*
- 9:15am **Controversies in the Management of Osteoporosis & Osteopenia**  
*Michael McClung, MD*
- 10:00am **Break and Posters**
- 10:30am **Coronary Disease in Women: Advances in Diagnosis**  
*Debra R. Judelson, MD*
- 11:25am **Psychiatric Disorders Across the Female Reproductive Cycle**  
*Laura J. Miller, MD*
- 12:15pm ***SPECIAL LUNCHEON PRESENTATION***
- 1:30pm **Ovarian Cancer Update**  
*Andrew Berchuck, MD*
- 2:15pm **Urinary Tract Infections: An Evidence Based Approach**  
*Thomas M. Hooton, MD*
- 3:00pm **Break and Posters**
- 3:30pm **Hypercoagulable Disorders in Women: Clinical Assessment & Management**  
*Kenneth Bauer, MD*
- 4:15pm **Complementary & Alternative Medicine in Women's Health**  
*Ellen Hughes, MD, PhD*
- 5:00pm **Adjourn**
- 6:30pm ***DINNER: AMWA AWARDS BANQUET***  
(Ticket purchase necessary)  
*Speaker: Joia Mukherjee, MD, MPH*

## SUNDAY, MARCH 29

- 6:30am **Yoga (optional) — Embrace the day with yoga!**
- 7:00am ***BREAKFAST SYMPOSIUM***  
**Health Issues of Women in the Military**  
*Patricia Hayes, PhD*
- 8:00am **Obesity Prevention & Management: New Lessons Learned from the Biggest Loser**  
*Jeffrey Levine, MD, MPH*
- 8:45am **Care of the Breast Cancer Survivor**  
*Mary Helen Hackney, MD*
- 9:30am **Break**
- 10:00am **Clinical Strategies in Female Sexual Dysfunction**  
*Anita Clayton, MD*
- 10:55am **Irritable Bowel Syndrome: Pearls & Pitfalls**  
*Margaret Heitkemper, PhD, RN, FAAN*
- 11:40am **HIV in Women: Emerging Trends**  
*Sharon Hillier, PhD*
- 12:30pm **Adjourn**

# & Annual Meeting of AMWA



The VCU Institute for Women's Health is one of only 20 National Centers of Excellence. It was established in 1999 to promote standards of excellence in women's health care, to advance cutting-edge research, foster community outreach and regional collaboration, enhance women's leadership, and provide training and education towards the goal of improving the health of women. Please visit our website at [www.womenshealth.vcu.edu](http://www.womenshealth.vcu.edu)



American Medical Women's Association  
The Vision and Voice of Women in Medicine since 1915

The American Medical Women's Association (AMWA) is an organization of women physicians, medical students and other persons dedicated to serving as the unique voice for women's health and the advancement of women in medicine. AMWA functions at the local, national, and international level to advance women in medicine and improve women's health, by providing and developing leadership, advocacy, education, expertise, mentoring, and through building strategic alliances. AMWA empowers women to lead in improving health for all within a model that reflects the unique perspective of women.



## TARGET AUDIENCE

This activity has been designed to meet the educational needs of physicians, advanced practice nurses, nurses, midwives, and other allied health professionals with an interest in women's health.

## PURPOSE

The purpose of this activity is to provide a broad range of topics relevant to women's health across the lifespan.

## SUPPORT THE CONGRESS!

There are many fine opportunities to support this year's Congress. For more information, contact Karla Shepard Rubinger, Assistant Vice President, Director, Professional Education Development at (914) 740-2293 or [krubinger@bioconferences.com](mailto:krubinger@bioconferences.com)

## ACCREDITATION

### ACCME Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for continuing Medical Education (ACCME) through the joint sponsorship of Postgraduate Institute for Medicine (PIM) and BioConferences International, Inc. PIM is accredited by the ACCME to provide continuing medical education for physicians.

### Credit Designation

Postgraduate Institute for Medicine designates this educational activity for a maximum of **23.75 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### ANCC Accreditation Statement

This educational activity for **23.5 contact hours** is provided by Postgraduate Institute for Medicine (PIM).

PIM is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

### California Board of Registered Nursing

Postgraduate Institute for Medicine is approved by the California Board of Registered Nursing, Provider Number 13485 for **28.5 contact hours**.

### AAFP Accreditation

This activity has been reviewed and is acceptable for up to **19.00 Prescribed Credits** by the American Academy of Family Physicians.

### Pharmacology Nursing Hours

This program is pending approval for continuing education and pharmacology credit, as appropriate, by the American Academy of Nurse Practitioners.

A statement of credit will be issued only upon receipt of a completed activity evaluation form and will be mailed to you within three weeks.

**Disclosure of Conflicts of Interest:** Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest they may have as related to the content of this activity. All identified conflicts of interest are thoroughly vetted by PIM for fair balance, scientific objectivity of studies mentioned in the materials or used as the basis for content, and appropriateness of patient care recommendations.

## HOTEL AND TRAVEL INFORMATION

### Book now!

**Last year's hotels were completely sold out.**

The Congress will be held at The Williamsburg Lodge in Williamsburg, VA. A block of rooms is being held at the conference rate of \$175 for a superior room and \$199 for a deluxe room.

A limited number of rooms are available at the nearby Woodland Hotel and Suites. A superior room is \$120 and a deluxe room/suite is \$140 (shuttle or car ride to/from conference center).

Call 1-800-261-9530 between 8:30 am and 5:00 pm EST Monday through Friday, and ask for the Women's Health 2009 conference rate, code WOMC09A.

You may also reserve your hotel room online, and change or modify that reservation, at:

<https://resweb.passkey.com/go/womc09a>

Additional lodging in the area:

Williamsburg Hospitality House

415 Richmond Road, Williamsburg, VA 23185

800-932-9192

Williamsburg Marriott

50 Kingsmill Road, Williamsburg, VA 23185

800-442-3654

757-220-2500

Please call our official travel agent, Wayne Coven, at Empress Travel, (800) 933-9054 or (212) 410-9990 for flight information to Williamsburg, Richmond, and Norfolk, VA airports. These three international airports are between 25 and 45 minutes away: The Newport News-Williamsburg (PHF) airport is the closest to the Lodge and the Norfolk (ORF) and Richmond International (RIC) airports are just a van ride away. For transportation from the Richmond airport to Williamsburg, contact Groome Transportation at (800) 552-7911 or (804) 222-7222 or [www.groometransportation.com](http://www.groometransportation.com)

Another transportation option is Tidewater Coach. Contact Steve Urbanat (757) 218-9539, [Steve@tidewatercoach.com](mailto:Steve@tidewatercoach.com); [www.tidewatercoach.com](http://www.tidewatercoach.com)



VCU is in full compliance with the ADA. If special physical or dietary accommodations are needed, please contact the conference organizer.

VCU is an equal opportunity/affirmative action university.



# OUR DISTINGUISHED FACULTY

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*Journal of Women's Health* is a monthly, multidisciplinary peer-reviewed MEDLINE journal focusing on the diseases and conditions that hold greater risk for or are more prevalent among women. The Journal presents cutting-edge research and therapeutic options for the management of disease in women, as well as findings from gender-based biology that explain many of the known gender differences in disease, epidemiology, and health outcomes. The Journal is published both in print and online.

Editor-in-Chief: **Susan G. Kornstein, MD, VCU Institute for Women's Health**  
Deputy Editor: **Wendy S. Klein, MD, VCU Institute for Women's Health**

Visit our website at [www.liebertpub.com/jwh](http://www.liebertpub.com/jwh)

**The Official Journal of AMWA**



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Williamsburg Lodge, Williamsburg, Virginia



The Annual Meeting of

### AMWA

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### Please Check All Appropriate Boxes

#### Registration

- |  | Early-Bird Rates<br>(by Dec. 31, 2008) | Regular Rates |
|--|--|---------------|
| <input type="checkbox"/> Physician   | \$ 425                                 | \$475         |
| <input type="checkbox"/> Policymaker/Industry Professional   | \$ 425                                 | \$475         |
| <input type="checkbox"/> AMWA Member   |  | \$425         |
| <input type="checkbox"/> AMWA Member, part-time and retired*<br><small>* Subject to verification by registration staff</small> |  | \$295         |
| <input type="checkbox"/> Nurse/Nurse Practitioner/Allied Health Professional   |  | \$295         |
| <input type="checkbox"/> Student/Resident/Intern/Fellow  |  | \$195         |
| <input type="checkbox"/> Student/Resident One-day Rate   |  | \$125         |
| <input type="checkbox"/> Help Support a Student  |  | \$ 50         |

#### AMWA Banquet (All attendees welcome)

- |  |       |
|--|-------|
| <input type="checkbox"/> Physician/Nurse | \$ 55 |
| <input type="checkbox"/> Student         | \$ 40 |

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## Women's Health 2009: The 17<sup>th</sup> Annual Congress and the Annual Meeting of AMWA

**March 27-29, 2009**

**Last Year's Congress was Completely Sold Out, So Please  
Register Early to Ensure Availability**

*Special events are all included in the registration fees.*

**[www.bioconferences.com/wh](http://www.bioconferences.com/wh)**

#### Please print your contact information below:

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