

# Women's Health 2008:

## The 16<sup>th</sup> Annual Congress

March 28-30, 2008  
The Williamsburg Lodge  
Williamsburg, VA

### Collaborating Organizations

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

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This activity is supported by an educational grant from Endo Pharmaceuticals



### CONGRESS CHAIR

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



### CONGRESS CO-CHAIR

SUSAN G. KORNSTEIN, MD  
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# THE LEADING CLINICAL WOMEN'S HEALTH CONGRESS

# Women's Health 2

## 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
- Identify evidence-based approaches to address the management of reproductive health issues, including dysfunctional uterine bleeding, contraception, STDs, vulvovaginal disease, sexual health, and HPV prevention
- Describe recent advances relevant to endocrinologic diseases prevalent in women, including thyroid dysfunction and vitamin D deficiency, with special attention to the management of diabetes
- Identify recent advances in breast cancer screening and prevention
- Review state of the art approaches to care of the female patient, including the diagnosis and management of lupus, depression, fibromyalgia, osteoporosis, and eating disorders
- Describe recent advances relevant to the care of women with cardiovascular disease and stroke prevention
- Identify the role of lifestyle changes in health promotion, including nutrition, tobacco cessation, and stress management using humor
- Describe a multidisciplinary approach in clinical practice that will optimize women's healthcare
- Explain current evidence and approaches to the prevention and management of obesity in women
- Review recent findings in the pathophysiology of menopause and perimenopause
- Identify evidence-based approaches to the management of vasomotor symptoms

## STATEMENT OF NEEDS

This program is designed to provide physicians, nurses, and other healthcare professionals with a broad range of topics relevant to women's health across the lifespan. Educational objectives will be met through didactic presentations in plenary sessions, with ample time for questions and answers, as well as informal exchange. A comprehensive course syllabus is provided to all registrants.

## FRIDAY, MARCH 28

- |           |  |
|-----------|--|
| 8:00am    | <b>Opening Remarks: Translating Research into Practice</b><br><i>Jerome Strauss, III, MD, PhD</i>  |
| 8:05am    | <b>Hot Flashes Revisited: Mechanisms &amp; Management</b><br><i>Robert Freedman, PhD</i>   |
| 8:55am    | <b>The V Word: An Update in Vulvovaginal Health</b><br><i>Elizabeth G. Stewart, MD</i>   |
| 9:45am    | <b>Break and Diabetes Gizmos &amp; Gadgets</b>   |
| 10:15am   | <b>Shining the Light on the Health Benefits of Vitamin D</b><br><i>Michael Holick, MD, PhD</i>   |
| 11:10am   | <b>Controversies in Coronary Disease: Do Sex &amp; Gender Matter?</b><br><i>Paula Johnson, MD, MPH</i>   |
| 12:00noon | <b>LUNCHEON...with Regina Barreca, PhD</b><br><b>How Many Women Does It Take to Change a Light Bulb? Gender, Politics &amp; Humor</b><br><small>Supported by an unrestricted educational grant from National Speaking of Women's Health Foundation</small> |
| 1:30pm    | <b>THE TRUDY BUSH LECTURE</b><br><b>New Directions in the Science of Hormones</b><br><i>Tom Clarkson, DVM</i>  |
| 2:30pm    | <b>Stroke Prevention for Women: Current Evidence</b><br><i>Karen Johnston, MD, MSc</i>   |
| 3:15pm    | <b>Break and Diabetes Gizmos &amp; Gadgets</b>   |
| 3:45pm    | <b>Thyroid Nodules, Dilemmas &amp; Challenges</b><br><i>David Gardner, MD</i>  |
| 4:40pm    | <b>Breast Cancer Prevention: Who, When &amp; How</b><br><i>Larry Wickerham, MD</i>   |
| 5:30pm    | <b>Adjourn</b>   |

# 008: The 16<sup>th</sup> Annual Conference

6:00 – **FRIDAY EVENING SYMPOSIUM**  
7:30pm **Challenges in Adolescent Health**  
*Joycelyn Elders, MD*

## SATURDAY, MARCH 29

7:00am **Yoga (optional) — Embrace the day with yoga!**

7:45am **Continental Breakfast & Networking**

8:30 **IUDs & Non-Oral Contraceptives: An Update**  
*Catherine Matthews, MD*

9:15 **HPV & STDs: New Findings, New Guidelines**  
*Michael Rein, MD*

10:00 **Break and Diabetes Gizmos & Gadgets**

10:30 **Fibromyalgia & Depression:  
What the Research Tells Us**  
*Lesley Arnold, MD*

11:15 **The Perimenopausal Years: Just the Facts**  
*Nanette Santoro, MD*

12:15 **LUNCHEON**  
**Headaches & Hormones**  
*Vincent T. Martin, MD*  
Supported by an unrestricted educational grant from Endo Pharmaceuticals

**AFTERNOON SESSION:  
DIABETES MANAGEMENT IN 2008**  
*Moderator: Deborah Koehn, MD*

1:30pm **Women, Weight & Diabetes: The Role of Diet &  
Nutrition in Health Promotion  
& Disease Prevention**  
*Robert Kushner, MD*

2:15pm **Advances in Diabetes: The Oral Agents**  
*Diana McNeill, MD, FACP*

3:00pm **Break and Diabetes Gizmos & Gadgets**

3:30pm **Advances in Diabetes: The Insulins**  
*John Clore, MD*

4:15pm **Diabetes in Pregnancy & Lactation:  
Clinical Pearls**  
*Thomas Peng, MD*

5:00pm **Adjourn**

7:00 – **SATURDAY EVENING SYMPOSIUM**  
8:30pm **Female Sexual Dysfunction: Pearls & Pitfalls**  
*James Simon, MD*

## SUNDAY, MARCH 30

6:30am **Yoga (optional) — Embrace the day with yoga!**

7:00am **BREAKFAST SYMPOSIUM**  
**Women's Health Centers: Secrets of Success**  
*Panel: Paula Johnson, MD, MPH, Lisa Ellis, MD,  
and Melissa McNeil, MD, MPH*

8:00am **Lupus in Women: Issues Across the Lifespan**  
*Rosalind Ramsey-Goldman, MD, DrPH*

8:45am **Dysfunctional Endometrial Bleeding:  
Best Evidence**  
*David Archer, MD*

9:30am **Break**

10:00am **Osteoporosis: Advances in Management**  
*Redonda Miller, MD, MBA*

11:00am **The Health of Our Daughters: Eating Disorders  
— Do Ask, Do Tell**  
*Melissa McNeil, MD, MPH*

11:45am **Tobacco Cessation: Old Myths & New Methods**  
*Linda Hancock, FNP, PhD*

12:30noon **Adjourn**

Please note that the program may be subject to change.  
Cover art by Hanna Vedder.

# Congress

## At The Williamsburg Lodge Williamsburg, VA

### Women's Health 2008: The 16<sup>th</sup> Annual Congress

Under the direction of Program Chair, Wendy S. Klein, MD, Senior Deputy Director of the VCU Institute for Women's Health, this must-attend meeting will again provide outstanding faculty of the highest caliber, addressing the most clinically important topics in Women's Health.



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)



The National Speaking of Women's Health Foundation hosts conferences nationwide, with a unique approach combining health education with entertainment. For ten years, Speaking of Women's Health (SWH) has worked at a grass roots level to educate women to make informed decisions about their health, well-being, and personal safety. In its mission to improve women's health, SWH includes outreach programs for diverse women, community events, and innovative partnerships to support professional education.

### HOTEL AND TRAVEL INFORMATION

The Congress will be held at The Williamsburg Lodge in Williamsburg, VA. A block of rooms is being held at the conference rate of \$165 for a superior room and \$189 for a deluxe room. A limited number of rooms are available at the nearby Woodland Hotel and Suites. A superior room is \$115 and a deluxe room/suite is \$135 (shuttle or car ride to/from conference center). Call (800) 261-9530 between 8:30 am and 5:00 pm EST Monday through Friday, and ask for the Women's Health 2008 conference rate, code WOMC08A. You may also reserve your hotel room online, and change or modify that reservation, at: <https://resweb.passkey.com/go/womc08a>

For flight information, please call our official travel agent, Wayne Coven, at Empress Travel: (800) 933-9054 or (212) 410-9990

### ACCREDITATION

**Physician Accreditation:** 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 VCU Institute for Women's Health. PIM is accredited by the ACCME to provide continuing medical education (CME) for physicians.

Postgraduate Institute for Medicine designates this educational activity for a maximum of **24.25 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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

**Nursing Accreditation (CNA/ANCC):** This educational activity for **24.25 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.

Postgraduate Institute for Medicine is approved by the California Board of Registered Nursing, Provider Number 13485 for **29.10 contact hours**.

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.



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

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Senior Deputy Director  
VCU Institute for Women's Health  
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Executive Director  
VCU Institute for Women's Health  
Editor-in-Chief, *Journal of Women's Health*

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Gynecology  
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Professor of Medicine  
Chief, Section of Women's Health  
University of Pittsburgh Medical Center

DIANA MCNEILL, MD, FACP  
Professor of Medicine  
Division of Endocrinology  
Duke University Medical Center 3158

REDONDA MILLER, MD, MBA  
Associate Professor of Medicine  
The Johns Hopkins University School  
of Medicine

THOMAS PENG, MD  
Professor of Obstetrics & Gynecology  
Director of Maternal-Fetal Medicine  
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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**

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**March 28-30, 2008**

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\* Registration includes a one-year subscription to *Journal of Women's Health*

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**March 28-30, 2008**

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

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