Controversies in Women’s Health

Symposium 2007

June 21 – 23, 2007

Grand View Lodge
Nisswa, Minnesota

Symposium Directors:
Sharonne N. Hayes, MD
Lynne T. Shuster, MD

Sponsored by:
Office of Women’s Health
Mayo Clinic, Rochester
COURSE DESCRIPTION

“Controversies in Women’s Health” is designed to inform health care providers on important topics in the changing field of women’s health. Presentations and panel discussions will feature experts in women’s health from a variety of specialties including obstetrics & gynecology, cardiology, endocrinology, general internal medicine and psychiatry. Ample time to interact with faculty and discuss cases from your clinical practice will be provided.

COURSE LEARNING OBJECTIVES

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

• Recognize sex-based differences of diseases and conditions presenting in women across the life-span
• Identify current recommendations regarding appropriate preventive modalities, screening tests, and use of various therapies for women with diverse histories and co-morbidities
• Identify cost-effective strategies for diagnosing and treating women including complementary and integrative medicine
• Discuss the effect of health care policy on the health of women

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures, which may be discussed or taught in this course.

INTENDED AUDIENCE

The program is designed for physicians, nurse practitioners, physician assistants and other health care professionals who are committed to advancing the quality of care for their female patients.

CREDIT

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

Mayo Clinic College of Medicine designates this educational activity for a maximum of 21 category 1 credits toward the AMA Physician’s Recognition Award. Each physician should claim only those credits he/she actually spent in the activity.

DATE AND LOCATION

The Controversies in Women’s Health Symposium will be held June 21–23, 2007 at the Grand View Lodge, 2351 Nokomis Avenue in Nisswa, MN.

Grand View Lodge is the Midwest’s premier family, golf and spa resort located on beautiful Gull Lake in the heart of the Brainerd Lakes Area. It provides a place to get away from your day-to-day work and relax with family and friends.
EDUCATIONAL GRANTS

This course is supported in part by educational grants in accordance with ACCME Standards.

At the time of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting.

REGISTRATION

Register before Friday, June 1, 2007.

To register, complete the attached registration form and return by mail or fax. The registration fee includes tuition and a comprehensive course syllabus. Enrollment is limited; early registration is advised. A letter of confirmation will be sent upon receipt of payment and completed registration form. Please present the confirmation letter when checking in at the meeting registration desk.

CANCELLATION POLICY

Your registration fee, less a $75 administrative fee, will be refunded when written notification is received by the Office of Women’s Health before Monday, June 4, 2007. No refunds will be made after June 4, 2007. The Office of Women’s Health reserves the right to cancel this symposium.

LODGING ACCOMMODATIONS

Blocks of guestrooms have been reserved with special course rates at the Grand View Lodge (www.grandviewlodge.com). To ensure accommodations and the discounted rate, please make your reservations by June 1, 2007, and identify yourself as a participant of the Controversies in Women’s Health Symposium. To make a reservation, please call (800) 368-1885 or register online at www.grandviewlodge.com.

Included in the hotel rate are lodging, 3 meals each day, and use of recreational facilities such as golf, tennis, non-motorized water sports, and a small water park. A deposit of $200 will be requested at the time of booking.

| Single Occupancy | $284 per person/day |
| Double Occupancy | $184 per person/day |
| Daily Children’s Rates | $65 per child ages 3-12 |
| | $10 per child ages 1 & 2 |

Additional rooms have also been blocked at:

- **Days Inn**
  24186 Smiley Road
  Nisswa, MN
  1-218-963-3500

  2 double beds: $77.90 plus 6.5% tax (if booking for only Fri-Sat, rate will be $89.90 plus tax)
SOCIAL PROGRAMS

Welcome Reception – Thursday, June 21 – 6:00 pm
Attendees and their guest(s) are cordially invited to join the course faculty for the Welcome Reception on June 21. This casual reception welcomes you to the Controversies in Women’s Health Symposium and offers you the perfect opportunity to make connections with existing and new colleagues. Pre-registration is requested. Appetizers and soft drinks will be served with a cash bar available. Open to all course registrants and their families.

Beach Buffet Cookout – Friday, June 22 – 6:00 pm
Join your colleagues and their families for a casual cookout on the beach. A variety of grilled and barbequed foods will be served with classic picnic-style accompaniments. Pre-registration requested. Open only to those meeting attendees and their families who are staying at Grand View Lodge.

RECREATION/LEISURE ACTIVITIES

Glacial Waters Spa
Glacial Waters Spa is an Aveda Resort Spa offering the finest Aveda products and signature treatments. Glacial Waters Spa is a popular spot for guests to relax and return their mind and bodies to a natural balance. Reserve services in advance to ensure availability online at www.grandviewlodge.com/spa-reservations.asp or by calling (800) 432-3788.

Golf
Complimentary use of the 9 hole Garden Golf course is available to all guests. Guest golf rates include 18 holes of play with cart, unlimited range balls, club storage and cleaning. Guest rates, plus tax are as follows:
The Pines/The Preserve - $74.00 weekdays and $79.00 weekends (Friday-Sunday); Deacon’s Lodge by Arnold Palmer - $84.00 weekdays and $89.00 weekends.
**Appropriate golf attire (collared shirts for men, no denim) and soft spikes are required.
Reserve tee times in advance to ensure availability online at www.grandviewlodge.com/teetimes.asp or by calling (888) 437-4637.

Children’s Program
Children are special guests at Grand View Lodge! Your child’s stay will be filled with fun games and enjoyable learning at the Kids Club and Adventure Club, offered for ages 3-12. Counselors supervise day and evening programs Monday – Saturday. The children’s programs are complimentary to hotel guests. Information on local babysitting services is available by contacting the hotel front desk at (800) 368-1885.
FACULTY

Course Directors
Sharonne N. Hayes, M.D.
Director, Mayo Clinic Women’s Heart Clinic

Lynne T. Shuster, M.D.
Director, Mayo Clinic Women’s Health Clinic

Mayo Clinic College of Medicine Faculty - Rochester
Brent Bauer, M.D.
Dalene Bott-Kitslaar, R.N., M.S.N., C.N.P.
Alfredo Clavell, M.D.
Maria Collazo-Clavell, M.D.
Daniel Elliott, M.D.
Matthee Hopkins, M.D.
Kurt Kennel, M.D.
Christopher Klingele, M.D.
Lois McGuire, R.N., M.S.N., W.H.N.P.
Virginia Miller, M.B.A., Ph.D.
Amy Foxx-Orenstein, M.D.
Sandhya Pruthi, M.D.
Deborah Rhodes, M.D.
Barbara Rohland, M.D.
Janice Swanson, Psy.D.
Jacqueline Thielen, M.D.

University of Minnesota - Guest Faculty
June LaValleur, M.D.

FACULTY DISCLOSURE

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of Continuing Medical Education) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.
Thursday, June 21, 2007

8:30 am  Registration

9:30 am  Welcome and Symposium Overview  
*Sharonne Hayes, M.D. & Lynne Shuster, M.D.*

9:35 am  Women in Clinical Trials – Sex-Based Medicine is Depending on Them  
*Virginia Miller, M.B.A., Ph.D.*

10:05 am  Caring For Yourself (and Your Patients) with CAM: Integrative Medicine Strategies for Stress Reduction  
*Brent Bauer, M.D.*

10:35 am  Refreshment Break and Visit Exhibits

10:50 am  Obesity Management: What Really Works?  
*Maria Collazo-Clavell, M.D.*

11:35 am  Serial DEXA Measurements: Can’t Live With ‘em, Can’t Live Without ‘em  
*Kurt Kennel, M.D.*

12:05 pm  Buffet Lunch

12:25 pm  **Special Luncheon Symposium**  
Clinical Pearls in Cardiovascular Risk Management – Interactive Case Presentations  
*Sharonne Hayes, M.D. & Dalene Bott-Kitslaar, R.N., M.S.N., C.N.P.*

1:35 pm  Hot Flash  
*Sharonne Hayes, M.D. & Lynne Shuster, M.D.*

1:40 pm  Depression Across the Lifespan  
*Barbara Rohland, M.D.*

2:20 pm  Diagnosing and Treating Your “Winded” Women  
*Alfredo Clavell, M.D.*

3:00 pm  Refreshment Break and Visit Exhibits

3:15 pm  Breast Cancer Prevention – What’s New  
*Sandhya Pruthi, M.D.*

3:45 pm  Clinical Pearls in Women’s Health  
*Deborah Rhodes, M.D.*

4:35 pm  Adjourn

6:00 pm  **Welcome Reception**  
*Event for faculty, participants and families*
Course Schedule

Friday, June 22, 2007

7:30 am  Hot Flash  
Faculty

7:35 am  Hormone Therapy Controversies: Hotter than Ever  
June LaValleur, M.D.

7:55 am  Prescribing Menopausal Hormone Therapy – Your Questions Answered  
Panel Members: Drs. Shuster, LaValleur, Rhodes  
Moderator: Sharonne Hayes, M.D.

8:35 am  Testosterone: Not Only For Men  
Jacqueline Thielen, M.D.

9:05 am  The Impact of Global and Local Politics on the Health of Women  
Virginia Miller, M.B.A., Ph.D.

9:35 am  Refreshment Break and Visit Exhibits

9:50 am  Breast Density – Why Should You Pay Attention?  
Deborah Rhodes, M.D.

10:20 am  Her First Exam: Adolescent Gynecology  
Lois McGuire, R.N., M.S.N., W.H.N.P.

10:50 am  Caring For Yourself (and Your Patients): Mindfulness Meditation  
Janice Swanson, Psy.D.

11:00 am  Effective Strategies for Helping Your Patients Live with IBS  
Amy Foxx-Orenstein, M.D.

11:35 am  Prescribing Physical Activity: Practical Tips to Get Your Patients Moving  
Dalene Bott-Kitslaar, R.N., M.S.N., C.N.P.

12:05 pm  Buffet Lunch

12:25 pm  Special Luncheon Symposium  
Sexuality and Aging  
June LaValleur, M.D.

1:35 pm  Diabetes and Metabolic Syndrome in Women  
Maria Collazo-Clavell, M.D.

2:35 pm  Evaluation and Treatment of Menorrhagia  
Matthew Hopkins, M.D.

3:25 pm  Refreshment Break and Visit Exhibits

3:40 pm  Sexual Medicine: An Integrative Approach  
Janice Swanson, Psy.D. & Jacqueline Thielen, M.D.

4:30 pm  Adjourn

6:00 pm  Beach Buffet Cookout  
Event for faculty, participants and families staying at the Grand View Lodge
Saturday, June 23, 2007

7:30 am Hot Flash
Faculty

7:35 am HPV Vaccine Update
Lois McGuire, R.N., M.S.N., W.H.N.P.

8:05 am Pelvic Floor Dysfunction and Incontinence
Pelvic Anatomy and Prolapse
Christopher Klingele, M.D.
Robotic Surgery for Vaginal Prolapse
Daniel Elliott, M.D.
Effective Management of Constipation
Amy Foxx-Orenstein, M.D.
A Practical Approach to Treating Incontinence
Christopher Klingele, M.D.
Panel Discussion and Participant Questions
Drs. Elliott, Foxx-Orenstein, Klingele and Ms. Lois McGuire

10:25 am Refreshment Break and Visit Exhibits

10:40 am Taking a Psychosexual History: Tips from the Sex Therapist
Janice Swanson, Psy.D.

11:10 am Palpitations: When to Worry, When to Reassure
Alfredo Clavell, M.D.

11:40 am Antidepressant Prescribing Tips
Barbara Rohland, M.D.

12:10 pm Buffet Lunch

12:30 pm Special Luncheon Symposium
Integrating Current Clinical Evidence into Osteoporosis Assessment and Treatment
Kurt Kennel, M.D.

1:40 pm Caring For Yourself (and Your Patients): Guided Imagery
Brent Bauer, M.D.

1:50 pm The Latest Supplements: Hype or Hope?
Brent Bauer, M.D.

2:20 pm Common Breast Conditions: When It's Not a Lump
Sandhya Pruthi, M.D.

2:50 pm Bioidentical Compounded Hormones: Answering Your Patients' Questions
Lynne Shuster, M.D.

3:30 pm Course Wrap-up and Adjourn
Return Evaluations and CME Credit Statement
Registration Form

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Grand View Lodge
Nisswa, Minnesota

Mail Form and Payment to: Mayo Clinic Office of Women’s Health
200 First St SW
Gonda 2 South
Rochester, MN 55905

Phone or FAX Application to:
Telephone: 866-869-4069 (Toll Free)
507-255-2287
FAX: 507-538-8378
E-mail: womenshealth@mayo.edu

Website: http://www.mayo.edu/cme/womens-health.html

(Please print or type all information. You may duplicate this form for multiple registrations.)

Name ____________________________________________________________________________
First Name                      Middle Name or Initial                       Last Name

Degree  □ MD     □ PhD   □ DO     □ PA   □ NP  □ Other___________________________

Institution ___________________________________________________________________________

Medical Specialty_________________________

E-mail Address_________________________

Indicate your preferred mailing address:  □ Work/Business     □ Home
Street address:_______________________________________________________________________
City____________________State/PV.________ZIP/Postal Code________Country_________________
Telephone (_________)_________________________ FAX (_________)________________________

□ Please check if you require special accommodation or dietary needs and indicate specific need(s):
_______________________________________________________________________________________

Social Program Reservations:

□ Welcome Reception: Thursday, June 21, 6:00 pm  # attending ________
(Open to all meeting registrants - includes appetizers & complimentary soft drinks; cash bar available)

□ Beach Buffet Cookout: Friday, June 22, 6:00 pm  # attending ________
(Open to Grand View Lodge meeting guests)

PAYMENT

Registration Fee:
Physicians $595 $_______________
Residents, Physician Assistants and Nurse Practitioners $450 $_______________
Total Payment Enclosed: $_______________

Payment Method:
□ Check (make checks payable to Mayo Clinic Office of Women’s Health)
□ Credit Card:  □ Visa   □ MasterCard

Card Number ___________________________ Expires Mo/Yr

Signature ___________________________ Date ___________________________
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REGISTER NOW!