

Menopausal Medicine

Care for the Mature Female



March 26-28,
2009

Hyatt Regency
Tamaya Resort & Spa
Santa Ana Pueblo
Albuquerque, New Mexico



COURSE DESCRIPTION

This series of case-based lectures includes the latest knowledge about the unique aspects of medical care for the menopausal woman. The emphasis is on the integration of metabolic, hormonal, and neuropsychologic aspects of aging. There will be opportunities for discussion with the audience about these issues and to address specific problems. The faculty includes thought leaders in the various fields of menopausal medicine.

COURSE LEARNING OBJECTIVES

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

- Describe the action of estrogen at the cellular level.
- Discuss the risks and benefits of HT based on current medical evidence.
- Describe the most common sexual issues in mature women and their treatments.
- Discuss the nutritional needs of menopausal women.
- Discuss cardiac and vascular disease in women and its prevention.
- Describe common breast care in women and in the breast care survivors.
- Discuss the effects of estrogen on the aging brain.
- Describe the most common treatment of osteopenia and osteoporosis.
- Discuss metabolic abnormalities and their treatments for the maturing woman.
- Discuss the evaluation and medical management of incontinence in menopause.

INTENDED AUDIENCE

This course is intended for those who provide care to the menopausal woman. It will be of most interest to internists, family medicine physicians, and gynecologists but will appeal to advanced practice providers as well.

CREDIT

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

College of Medicine, Mayo Clinic designates this educational activity for a maximum of 14.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Other health care professionals will be provided a certificate of attendance for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

DATE AND LOCATION

The Menopausal Medicine – Care for the Mature Female will be held March 26-28, 2009. Course headquarters will be located at the Hyatt Regency Tamaya Resort & Spa, Santa Ana Pueblo in Albuquerque, New Mexico.

REGISTRATION

To register, complete the attached registration form and return by mail or fax. You can also register online at <http://www.mayo.edu/cme/womens-health.html> up to four days before the course.

The registration fee includes tuition, comprehensive course syllabus, continental breakfasts, break refreshments, and a Welcome reception. Although it is not Mayo School of Continuing Medical Education policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is strongly 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 Mayo School of Continuing Medical Education before March 13, 2009 (fax: 507-284-0532). No refunds will be made after this date. Mayo School of CME reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CME must cancel or postpone this course, Mayo School of CME will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

LODGING

ACCOMMODATIONS

Brilliant mountain sunsets and the majestic Rio Grande create an impressive backdrop for our course headquarters at the Hyatt Regency Tamaya, a golf and spa resort located on the lands of the Native American Pueblo of Santa Ana. Just 30 minutes north of Albuquerque International Airport and 40 minutes from Santa Fe, New Mexico, Hyatt Regency Tamaya is a Southwest playground surrounded by spectacular Sandia Mountain views.

Many of the hotel's 350 pueblo-style guestrooms and suites open to a private patio or balcony overlooking the scenic

mountains and native cottonwoods of New Mexico, the Grand Courtyard or Twin Warriors Golf Club. The rich history of old New Mexico is reflected in the architecture and ambiance of the pueblo-style buildings and open-air courtyards. The decor of every guestroom showcases traditional designs used in the Santa Ana Pueblo's pottery and blankets. The use of natural materials like stone, wood and adobe combined with woven textures and shades of maize, pumpkin and turquoise contribute to the authentic style of the resort. Visit the Hyatt website for more information: <http://tamaya.hyatt.com/hyatt/hotels/>

A block of guestrooms has been reserved with a special course rate of \$205 plus taxes at the Hyatt Regency Tamaya Resort. There is a \$8 per day resort fee. To ensure accommodations and the discounted rate, please make your reservations directly with the hotel at 888-421-1442 or 402-592-6464 by **February 24, 2009**. You can book rooms online at <https://resweb.passkey.com/go/mayoclinic>. Please indicate that you are a participant of the Mayo Clinic course *Menopausal Medicine – Care for the Mature Female*.

SOCIAL PROGRAMS

Welcome Reception – Thursday, March 26, 2009

Attendees and their guest(s) are cordially invited to join the course faculty for the Welcome Reception. This casual reception welcomes you to New Mexico, officially opens the course, and offers you the perfect opportunity to make connections with existing and new colleagues. Pre-registration is requested.

FACULTY

Course Directors

Andrew E. Good, M.D.

Assistant Professor of Obstetrics and Gynecology
Department of Obstetrics and Gynecology

Mary L. Marnach, M.D.

Instructor in Obstetrics-Gynecology
Department of Obstetrics and Gynecology

Guest Faculty

Richard E. Blackwell, M.D., Ph.D.

Professor of Obstetrics and Gynecology
University of Alabama at Birmingham

Stanley J. Birge, M.D.

Associate Professor of Medicine
Division of Geriatrics
Washington University School of Medicine
St. Louis, Missouri

Mayo Clinic Faculty

Douglas J. Creedon, M.D., Ph.D.

Assistant Professor of Obstetrics-
Gynecology
Department of Obstetrics and Gynecology

Thomas M. Kastner, M.D.

Assistant Professor of Obstetrics-
Gynecology
Department of Obstetrics and Gynecology

Ann E. Kearns, M.D., Ph.D.

Assistant Professor of Medicine
Department of Endocrinology

Lois J. McGuire, N.P., M.S.N., W.H.N.P.

Department of Obstetrics and Gynecology
Women's Health Clinic

John M. Miles, M.D.

Professor of Medicine
Department of Endocrinology

Virginia M. Miller, Ph.D.

Professor of Physiology and Surgery
Department of Surgery

Sharon L. Mulvagh, M.D.

Associate Professor of Medicine
Department of Cardiovascular Diseases

Charla K. Schultz, R.D., L.D.

Department of General Internal Medicine
Women's Health Clinic

Lynne T. Shuster, M.D.

Assistant Professor of Medicine
Department of General Internal Medicine
Women's Health Clinic

Robin L. Smith, M.D.

Instructor in Medicine
Division of Women's Health

Jacqueline M. Thielen, M.D.

Instructor in Medicine
Women's Health Clinic

FACULTY DISCLOSURE

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of CME) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, 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.

Program Schedule

Thursday, March 26, 2009

- 7:15 am Registration and Continental Breakfast
- 7:55 am Welcome and Introduction - *Mary Marnach, M.D.*
- 8:00 am Guidelines for Rational Hormone Therapy - *Richard Blackwell, M.D.*
- 8:45 am Medical Issues in the Mature Woman: an Overview - *Jacqueline Thielen, M.D.*
- 9:30 am Sexuality in Menopause - *Mary Marnach, M.D.*
- 10:15 am Panel Discussion - Moderator: *Mary Marnach, M.D.*
- 10:45 am Refreshment Break
- 11:00 am Brain Function in Aging: Balance, Reflexes, Cognition - *Stanley Birge, M.D.*
- 11:45 am Breast Issues - *Robin Smith, M.D.*
- 12:30 pm Panel Discussion - Moderator: *Mary Marnach, M.D.*
- 1:00 pm Adjourn
- 6:00 pm Welcome Reception

Friday, March 27, 2009

- 7:30 am Continental Breakfast
- 8:00 am Estrogen Biology - *Virginia Miller, PhD*
- 8:45 am Contemporary Hormone Therapy - *Andrew Good, M.D.*
- 9:30 am "Bio-Identical" Hormones - *Lynne Shuster, M.D.*
- 10:15 am Panel Discussion - Moderator: *Andrew Good, M.D.*
- 10:45 am Refreshment Break

- 11:00 am Voiding Problems in the Mature Woman: a non-surgical approach - *Lois McGuire, N.P., M.S.N., W.H.N.P.*
- 11:45 pm Vulvar Pathology in Menopause - *Douglas Creedon, M.D., Ph.D.*
- 12:30 pm Panel Discussion - Moderator: *Andrew Good, M.D.*
- 1:00 pm Adjourn

Saturday, March 28, 2009

- 7:30 am Continental Breakfast
- 8:00 am New Pap Smear Guidelines - *Thomas Kastner, M.D.*
- 8:45 am Cardiovascular Issues with Aging - *Sharon Mulvagh, M.D.*
- 9:30 am Lipid Therapy for the Mature Woman - *John Miles, M.D.*
- 10:15 am Panel Discussion - Moderator: *Mary Marnach, M.D.*
- 10:45 am Refreshment Break
- 11:00 am Treatment of Osteoporosis - *Ann Kearns, M.D., Ph.D.*
- 11:45 am The Mature Woman and Nutrition - *Charla Schultz, R.D., L.D.*
- 12:30 pm Panel Discussion - Moderator: *Mary Marnach, M.D.*
- 1:00 pm Adjourn

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Albuquerque, New Mexico**

Mail form and payment to:

Mayo School of Continuing Medical Education
Plummer 2-60
200 First Street SW
Rochester, MN 55905

Phone 800-323-2688 or 507-284-2509
FAX 507-284-0532
E-mail cme@mayo.edu
Web site www.mayo.edu/cme

Registration on-line at <http://www.mayo.edu/cme/womens-health.html> up to four days before the course.

Contact Information

Name of Registrant - first name, middle name or initial, and last name		Degree – select all that apply <input type="checkbox"/> MD <input type="checkbox"/> PhD <input type="checkbox"/> DO <input type="checkbox"/> PA <input type="checkbox"/> NP <input type="checkbox"/> Other - specify	
Name of Institution		Medical Specialty	
Preferred Mailing Address - select one <input type="checkbox"/> Work/Business <input type="checkbox"/> Home			
Work/Business Address - street address		Work Phone - include all country and city/area codes as needed along with complete phone number	
City	State or Province	ZIP or Postal Code	Country
Home Address - street address		Home Phone - include all country and city/area codes as needed along with complete phone number	
City	State or Province	ZIP or Postal Code	Country
E-mail Address	FAX - include all country and city/area codes as needed along with complete phone number	FAX Location - select one <input type="checkbox"/> Work/Business <input type="checkbox"/> Home	
SPECIAL NEEDS If you have special assistance needs or dietary restrictions, describe here:			

Registration/Credit

Type of credit that you are interested in receiving <input type="checkbox"/> AMA PRA Category 1 Credit™ <input type="checkbox"/> ACOG
Welcome Reception, Thursday, March 26 Number of guests attending with course participant _____ Adult _____ Child
Registration Fee Physicians – \$585 \$ _____ Residents, Others – \$475 \$ _____

Payment Information

<input type="checkbox"/> Check is enclosed in the amount shown at right - make checks payable to Mayo Clinic		Payment Total
Credit Card - select one <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa	Account Number	Exp Date - mm/yy
Name of Cardholder - as it appears on the card	Signature of Cardholder - required X	



MAYO CLINIC

200 First Street SW
Rochester, Minnesota 55905

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Check the Mayo School of Continuing Medical Education website at www.mayo.edu/cme/womens-health.html for the online brochure and registration.

Additional Information

Request for additional information should be sent to the attention of the CME Registrar, Mayo School of Continuing Medical Education via e-mail at cme@mayo.edu or FAX to 507-284-0532.

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