CARE FOR THE MATURE FEMALE
. . . BEYOND THE BABY YEARS

March 24-26
2011
Harbor Beach Marriott
Fort Lauderdale, Florida

Register Now!
http://www.mayo.edu/cme/maturefemale2011
General Information

Course Description

This series of case-based lectures includes the latest knowledge about the unique aspects of medical care for the mature female. 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.

Course Learning Objectives

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

• Describe common recommendations for breast cancer screening.
• Recommend appropriate screening and common therapies for osteopenia/osteoporosis.
• Describe dysfunctional bleeding and its evaluation, developing appropriate treatment regimens for perimenopause/menopause women.
• Identify common general and vulvar skin lesions in mature women with recommendations for treatment.
• Discuss common sexual issues in women and their medical and psychological therapies.
• Identify common cardiac symptoms in women, treatment for hyperlipidemia, hypertension and metabolic syndrome.

Intended Audience

This course is intended for those who provide care to the perimenopausal and 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 17.25 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 Care for the Mature Female….Beyond the Baby Years will be held March 24-26, 2011. Course headquarters will be located at the Harbor Beach Marriott, Fort Lauderdale, Florida.

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/maturefemale2011.

The registration fee includes tuition, comprehensive course syllabus, continental breakfasts, break refreshments, and a dessert reception. Although it is not Mayo School of Continuous Professional Development 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 Continuous Professional Development before March 9, 2011 (fax: 507-284-0532 or email: cme@mayo.edu). No refunds will be made after this date.
**Lodging Accommodations**

A block of guestrooms has been reserved with a special course rate of $259 plus taxes at the Harbor Beach Marriott. To ensure accommodations and the discounted rate, please make your reservations directly with the hotel at 800-228-9290 or 954-525-4000 by **March 1, 2011**. Please indicate that you are a participant of the Mayo Clinic course *Care for the Mature Female...Beyond the Baby Years*.

Harbor Beach Marriott
3030 Holiday Drive
Fort Lauderdale, FL 33316
Phone: 800-228-9290
Website: www.marriotttheharborbeach.com

**SOCIAL PROGRAMS**

**Dessert Reception – Thursday, March 24, 2011, 7:30 - 9:00 p.m.**

Attendees and their guest(s) are cordially invited to join the course faculty for the Dessert Reception. This casual reception welcomes you to Florida, 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**

Mary L. Marnach, M.D.
Assistant Professor of Obstetrics-Gynecology
Department of Obstetrics and Gynecology

Douglas J. Creedon, M.D., Ph.D.
Assistant Professor of Obstetrics-Gynecology
Department of Obstetrics and Gynecology

**Mayo Clinic Faculty**

Daniel M. Breitkopt, M.D.
Associate Professor of Medicine
Department of Obstetrics and Gynecology

Andrew E. Good, M.D.
Assistant Professor of Obstetrics-Gynecology
Department of Obstetrics and Gynecology

Ann E. Kearns, M.D., Ph.D.
Assistant Professor of Medicine
Division of Endocrinology

Lois E. Krahn, M.D.
Professor of Psychiatry
Department of Psychiatry and Psychology

Shannon K. Laughlin, M.D.
Instructor in Obstetrics-Gynecology
Department of Obstetrics and Gynecology

Margaret E. Long, M.D.
Instructor in Obstetrics-Gynecology
Department of Obstetrics and Gynecology

**John M. Miles, M.D.**
Professor of Medicine
Division of Endocrinology

**Kevin G. Moder, M.D.**
Associate Professor of Medicine
Division of Rheumatology

**Sharon L. Mullvagh, M.D.**
Professor of Medicine
Department of Cardiovascular Diseases

**Sandhya Pruthi, M.D.**
Associate Professor of Medicine
Department of General Internal Medicine

**Walter A. Rocca, M.D., M.P.H**
Professor of Epidemiology and Neurology
Division of Epidemiology

**Lynne T. Shuster, M.D.**
Assistant Professor of Medicine
Department of General Internal Medicine

**Amit Sood, M.D.**
Associate Professor of Medicine
Department of General Internal Medicine

**Janice B. Swanson, Psy.D., L.P. P**
Instructor of Psychology
Office of Women’s Health

**Rochelle R. Torgerson, M.D., Ph.D.**
Assistant Professor of Dermatology
Department of Dermatology

**Faculty Disclosure**

As a provider accredited by ACCME, College of Medicine, Mayo Clinic, (Mayo School of CPD) 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.
Thursday, March 24, 2011

7:00 a.m. Registration and Breakfast Buffet
Moderator: Mary L. Marnach, M.D.

8:00 a.m. Hormone Therapy, Where We Are Today
Andrew E. Good, M.D.

8:30 a.m. Sexual Function in the Mature Woman
Mary L. Marnach, M.D.

9:00 a.m. Palpable and Non-Palpable Breast Masses: What’s the Next Step in Diagnostic Evaluation?
Sandhya Pruthi, M.D.

9:30 a.m. Panel Discussion
Mary L. Marnach, M.D.

9:50 a.m. Break

10:15 a.m. The Face of the Middle-Aged Woman: Responding to her Changing Skin
Rochelle R. Torgerson, M.D., Ph.D.

10:45 a.m. Pap Smear/STI Screening in Perimenopause and Beyond
Mary L. Marnach, M.D.

11:15 a.m. Vulvar Dermatology for the Mature Woman
Rochelle R. Torgerson, M.D., Ph.D.

11:45 a.m. The Resilient Option (Introduction to Evening Course)
Amit Sood, M.D.

12:15 p.m. Panel Discussion
Mary L. Marnach, M.D.

12:30 p.m. Lunch on Your Own

2:30 p.m. Optional Workshop (no additional fee)
Case Studies in Sexual Dysfunction and Hormone Therapy (Conventional and Biodental)
Lynne T. Shuster, M.D.
Janice B. Swanson, Psy.D., L.P.
Mary L. Marnach, M.D.
Andrew E. Good, M.D.

4:00 p.m. Dinner on your Own

6:00 p.m. SMART Experience – Stress Management & Resiliency (additional fee required)
Amit Sood, M.D.

7:30 p.m. Dessert Reception

Saturday, March 26, 2011

7:00 a.m. Breakfast Buffet
Moderator: Andrew E. Good, M.D.

8:00 a.m. Osteoporosis, Frax and More...
Ann E. Kearns, M.D., Ph.D.

8:30 a.m. The Approach to the Patient with Musculoskeletal Complaints
Kevin G. Moder, M.D.

9:00 a.m. Managing Type 2 Diabetes: New Drugs, New Possibilities
John M. Miles, M.D.

9:30 a.m. Panel Discussion
Andrew E. Good, M.D.

9:50 a.m. Break

10:15 a.m. Thyroid, the Other Hormone
Ann E. Kearns, M.D., Ph.D.

10:45 a.m. Emotional Turbulence in the Context of Perimenopause and Menopause
Lois E. Krahn, M.D.

11:15 a.m. Dealing with the Obesity Epidemic in the Exam Room
John M. Miles, M.D.

11:45 a.m. Panel Discussion
Andrew E. Good, M.D.

12:30 p.m. Adjourn
Registration Form

**Care for the Mature Female...Beyond the Baby Years**

March 24-26, 2011

Harbor Beach Marriott
Fort Lauderdale, Florida

Mail form and payment to:
Mayo School of Continuous Professional Development
200 First St SW
Rochester, MN 55905

Register online up to four days before the course at [http://www.mayo.edu/cme/maturefemale2011](http://www.mayo.edu/cme/maturefemale2011)

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

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Degree □ MD □ DO □ PhD □ PA □ NP □ Other________________________

Institution_____________________________________________________

Medical Specialty____________________________________________

E-mail Address_________________________________________________

Which do you prefer to be your mailing address: □ Work/Business □ Home

Work Address___________________________________________________

City_________________ State/PV_______ ZIP/Postal Code__________

Home Address__________________________________________________

City_________________ State/PV_______ ZIP/Postal Code__________

Home Telephone (______)________________Business Telephone (______)___________

FAX_____________________________________________________________________

Type of credit that you are interested in receiving: □ AMA/Category 1

Please check if you have any special assistance needs or dietary restrictions. ________________________________________________________

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**Registration Fee**

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<td>Residents, Others</td>
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<td>Workshop Thursday, 6:00 – 7:30 pm</td>
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<td>SMART Experience –Stress Management &amp; Resiliency</td>
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<td>Dessert Reception</td>
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☐ Check enclosed (make checks payable to Mayo Clinic)

☐ Credit Card □ Visa □ MasterCard □ Discover

Card Number __________________________ Expiration date MO/YR __________________________

Signature __________________________ Date __________________________