MAYO CLINIC
HORMONE THERAPY
In Menopause
– Uses and Conflicts

February 12 – 14, 2004
Fiesta Americana Grand Coral Beach Resort
Cancun, Mexico

THIS IS THE ONLY BROCHURE YOU WILL RECEIVE
COURSE DESCRIPTION

Hormone Therapy – Uses and Conflicts will examine the basic science and physiology of hormone therapy in menopause with emphasis on cellular, epidemiologic and practical aspects of treatment. The uses of estrogen, progesterone, and androgens will be emphasized along with detailed examination for their indications and contraindications. Alternative treatments including Selective Estrogen Receptor Modifier’s (SERM’s) and Complementary and Alternative Medicines (CAM) will also be examined critically. Recommendations for the continued use of hormones in menopause will be examined in an evidenced-based manner. Following this conference, participants should have expanded insight into variations of hormone therapy.

COURSE LEARNING OBJECTIVES

Upon completion of this conference, participants should be able to:
• Discuss the risks and benefits of the various hormones used in menopause
• Identify the role of differing progestins in estrogen therapy
• Explain estrogen’s effect on the nervous system
• Compare the effects of SERMs and Selective Progesterone Receptor Modulators in Menopause (SPERMs)
• Review the association of estrogen therapy and breast cancer
• Discuss the epidemiology of the Women’s Health Initiative (WHI) trial
• Summarize the knowledge of androgen use in the elderly woman
• Describe the effects of estrogen on lipid metabolism and the heart

INTENDED AUDIENCE

This conference is designed for family physicians, obstetricians, gynecologists, general internists, midlevel providers and anyone interested in women’s healthcare.

CONTINUING MEDICAL EDUCATION FOR PHYSICIANS

Mayo Foundation is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Mayo Foundation designates this educational activity for a maximum of 14.25 category 1 credits towards the AMA Physician’s Recognition Award. Each physician should claim only those credits that he/she actually spent in the educational 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.

EDUCATIONAL GRANT

This course is supported in part by an educational grant from Solvay Pharmaceuticals, in accordance with ACCME Standards.
DATE AND LOCATION

The Hormone Replacement Therapy course will be held February 12 – 14, 2004. The course will be held at the Fiesta Americana Coral Beach Resort, Cancun, Mexico.

A limited number of guestroom suites have been blocked for our group at a special course rate of $245, plus taxes, for single/double accommodations at the Fiesta Americana Grand Coral Beach Resort. To ensure accommodations and the discounted rate, please make your reservations prior to January 4, 2004 and identify yourself as a participant of the Mayo Clinic Hormone Therapy course.

LODGING ACCOMMODATIONS

As Fiesta Americana’s flagship resort hotel, the Coral Beach Cancun is clearly one of Mexico’s most splendid AAA Five-Diamond properties. This all-suite luxury resort provides superb features, facilities, and services appealing to the most discriminating guests.

Each guest suite features private balconies with spectacular ocean views, marble floors, and spacious floor plans. The suites also include climate control, direct-dial telephone, safety deposit box, mini-bar, hair dryer, TV, and in-room movies.

An array of five superb restaurants ranging from casual to elegant gourmet dining offer an extraordinary experience for all tastes. A fitness center with personal instructors, exercise machines, and aerobics classes, a spa offering massage therapy, steam baths and a full-service salon, and a multi-level pool offer a variety of activities for guests.

The hotel has a purified water system, multi-lingual staff, complimentary parking, and money exchange.

REGISTRATION

To register, complete the attached registration form and return by mail or fax. The registration fee includes tuition, course syllabus, continental breakfasts, refreshment breaks, and 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 January 30, 2004. No refunds will be made after January 30, 2004.
TRAVEL INFORMATION

Airlines: American Airlines and Northwest Airlines are offering reduced airfares for course participants. A 10% discount off the lowest available fare if booked more than 30 days in advance, or a 5% discount off the lowest available fare if booked less than thirty days prior to date of travel. To obtain reservations you may call the designated travel agency, AAA Travel, at 800-648-6718.

Passport Requirements: U.S. Citizens must have a current U.S. passport or state-issued birth certificate to enter Mexico.

Climate: Cancun averages more than 300 days of sunshine with temperatures ranging from 80-85 degrees from September through May each year.

Transportation from Airport to Resort: Course participants can make reservations for transportation from the Cancun International Airport to the Fiesta Americana Grand Coral Beach Resort by contacting International Incentive Travel (IIT) in Cancun. Each person will be met and greeted at the airport by bilingual uniformed staff. Their staff member will be holding a sign with the participant’s name for easy recognition. Course participants are encouraged to utilize the private transportation from the airport to the resort. Contact information and a reservation form is included in the brochure.

WELCOME RECEPTION

Thursday, February 12, 2004 – 6:00 - 7:30 p.m.
Attendees and their guest(s) are cordially invited to join the course faculty for a Welcome Reception on Thursday evening. This casual reception offers the perfect opportunity to meet the faculty and make connections with colleagues. Pre-registration is requested.

RECREATION/LEISURE ACTIVITIES

Located in the Yucatan Peninsula, Cancun was once the home of a peaceful Mayan empire which was later conquered by the Toltecs and Aztecs. Each of these ancient civilizations constructed fascinating fortified cities that still remain today. Just a short drive from the hotel, Tulum, Chichen Itza, Uxmal, and the national park at Xel-he offer an exciting view of Mexican history.

Tour – Xel-Ha or Tulum: An optional tour of Xel-Ha OR Tulum has been arranged and interested course participants may register for one of the tours by utilizing the registration form which is included on the Travel and Tour page the course brochure. There is time for participants to visit either Tulum or Xel-ha. A description of each tour is listed below.

Xel-Ha Park: Located 75 miles south of Cancun, Xel-Ha is the ideal paradise for nature lovers. A collection of coves, lagoons and caves where sea water merges with the fresh water of the Yucatan’s underground rivers, turning this extraordinary and beautiful place into the world largest natural aquarium. Recreational activities include the cove, a jungle tour on board the train, the archaeological zone, cenotes, the floating bridge, natural well, snorkel tour, scuba and sea trek as well as lessons and an opportunity to swim with the dolphins.

Tulum: The ancient walled city of Tulum lies about 1 hour and 45 minutes from Cancun. The Mayan ruin is magnificently situated high above the Caribbean Sea atop a high cliff. The archaeological site of Tulum dates from the Maya Post-Classic period (A.D. 900-1512) and is one of the largest fortified Mayan sites and famous landmarks along the Quintana Roo coastline.
FACULTY DISCLOSURE

As a provider accredited by ACCME, Mayo Foundation must ensure balance, independence, objectivity and scientific rigor in its educational activities. All faculty participating in a Mayo Foundation activity are required to disclose commitments to and/or relationships with pharmaceutical companies, biomedical device manufacturers or distributors, or others whose products or services may be considered to be related to the subject matter of the educational activity. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these commitments and/or relationships will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.
Program Schedule

THURSDAY, FEBRUARY 12, 2004

7:45 a.m.  Introduction and Welcome – Dr. Andrew E. Good
8:00 a.m.  An Epidemiologist’s Interpretation of the Evidence – Dr. Celine M. Vachon
8:45 a.m.  Estrogen’s Action in the Cell - A View Toward the Future
           Dr. Carolyn L. Smith
9:30 a.m.  Scientific Rationale for Androgen Therapy in Women – Dr. Morris Notolovitz
10:15 a.m. Discussion
10:40 a.m. Break
11:00 a.m. Non-hormonal Treatments of Hot Flashes – Dr. Thomas M. Kastner
11:45 a.m. Breast Cancer and HRT: The Issues – Dr. Lynn C. Hartmann
12:30 p.m. Discussion
1:00 p.m.  Adjourn
6 – 7:30 p.m. Reception

FRIDAY, FEBRUARY 13, 2004

8:00 a.m.  Non-“classical” Target Tissues of Estrogen – Dr. Virginia Miller
8:45 a.m.  Complementary Medicines and Menopause: Is There Evidence?
           Dr. Richard E. Blackwell
9:30 a.m.  Estrogen’s Effect on Brain, Balance, and Cognition – Dr. Stanley J. Birge
10:15 a.m. Discussion
10:40 a.m. Break
11:00 a.m. Progestins: The Bad Apples in HRT? – Dr. Andrew E. Good
11:45 a.m. Current Status of the WHI Trial and Summary – Dr. Lorraine A. Fitzpatrick
12:30 p.m. Discussion
1:00 p.m.  Adjourn
1:30 – 7:30 p.m. Optional Tour (Tulum and Xel-Ha)

SATURDAY, FEBRUARY 14, 2004

8:00 a.m.  Imaging and Diagnosis of Osterporosis – Dr.Larry Riggs
8:45 a.m.  Treatment of Osteoporosis – Dr. Lorraine Fitzpatrick
9:30 a.m.  SERM’s – Are They Good or Bad Substitutes? – Dr.Bilezikian
10:15 a.m. Discussion
10:40 a.m. Break
11:00 a.m. Lipids and HRT: Other Cardiac Risk Factors – Dr. John Miles
11:45 a.m. HRT and Cardioprotection: Myth or Truth – Dr. Sharon Mulvagh
12:30 p.m. Discussion
1:00 p.m.  Adjourn
Room Type
- Junior Suite Single or Double $245.00 USD + 12% Tax, per night, per room
- Junior Suite Triple $275.00 USD + 12% Tax, per night, per room

Above rates are in US Dollars, per room, per night based on single or double occupancy, European Plan (no meals included), plus 10% Federal VAT tax and 2% city occupancy Tax. Quad occupancy is not allowed. No additional charge for a maximum of two children twelve and under when sharing with one or two adults.

PAYMENT
Form of Payment to Guarantee Room:  
- Credit Card
- Bank Transfer

Credit Card Number______________________________________Expiration Date_____________________
Bank Name______________________________________________Date of Issue_____________________
Bank Account Under: Promotora Cariba Cancun, S.A. de C.V.
- Mexico
- USA
- Banco Bital
- Bank One
- Cta No. 4100889311
- Cta No. 1826345173
- Suc. 3051
- ABA 111000614
- Cancun, Q.Roo, México
- Dallas, TX, USA

Policies for Credit Card Payment
Please include with your Registration Form a copy of your credit card, both sides. We only accept the following credit cards: American Express, Visa, Master Card Credit Card. Expiration date must be after stay at resort.

Policies for Bank Transfer
Please include with your registration form a copy of your bank transfer or deposit slip.

Policies to Guarantee your Reservation
In order to guarantee your reservation, a deposit of two (2) nights plus any applicable taxes is required. This registration form authorizes us to charge two (2) nights plus any applicable taxes for your stay in the hotel. This amount will be credited to your room account upon arrival at the hotel.

Cancellation Policy
You will be allowed to cancel your reservation up to eight (8) days prior to your arrival day. Rooms canceled from seven (7) days prior to arrival to zero (day of arrival) will be charged two (2) nights plus any applicable taxes.

No Show Policy
In case of No Show, you will be charged two (2) nights plus any applicable taxes. This amount will be applied directly to your deposit.

Signature: ________________________ Date ________________________

Reservations Department - Lilia Ceh
Tel: 011 52/(998) 881-3200
Fax: 011 52/(998) 881-3273 OR 881-3263
E-mail: res2facb@posadas.com
**Hormone Replacement Therapy**

**Fiesta Americana Grand Coral Beach Cancun**

**February 12 – 14, 2004**

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<th>Middle Name or Initial</th>
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**GROUND TRANSPORTATION - $30 per person**

One way transportation Airport - Hotel via private car

**Minimum Two Persons**

Passengers will be met outside the terminal building by uniformed International Incentive Travel (ITT) personnel.

Price Includes:
- Luggage Handling (2 pieces per person)
- Gratuities for Drivers and IIT Staff

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<tr>
<th>Transportation</th>
<th>Number of People</th>
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| Tour to Tulum or Xel-Ha | Friday, February 13, 2004 | 1:30 p.m. – 7:00 p.m. | Number of People | $60 | $ |

| Total | $ | |

**PAYMENT**

In U.S. Dollars only, must be guaranteed with credit card.

- [ ] American Express
- [ ] VISA
- [ ] MasterCard

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For any changes or additions, please call, FAX or E-mail

Tel. 011-52-998-884-7880
Fax. 011-52-998-884-7914
E-Mail: priscilla_lopez@cancuntravel.com.mx
Hormone Replacement Therapy
Fiesta Americana Grand Coral Beach Cancun
February 12 – 14, 2004

Mail form and payment to:
Mayo School of Continuing Medical Education
200 First St SW
Rochester, MN 55905

Telephone: 800-323-2688 or 507-284-2509
FAX: 507-284-0532
Web Site: www.mayo.edu/cme
E-Mail: cme@mayo.edu

(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 □ 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________Country_____________

Home address___________________________________________________________________

City_________________State/PV________ZIP/Postal Code________Country_____________

Home Telephone (______)________________ Business Telephone (______)_______________

Int'l Telephone (Country code)_________(City code)_________Phone___________________

FAX__________________________________________________________________________

Please check if you have any special assistance needs or dietary restrictions.
Please indicate your needs here:

Payment

Registration Fee
Physicians $575 $ ______________
Residents, Physician Assistants and Nurse Practitioners $375 $ ______________
Welcome Reception #__________tickets requested (adult)
#__________tickets requested (child)

Total Payment Enclosed $ ______________

☐ Check enclosed (make checks payable to Mayo Foundation)
☐ Credit Card ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Card Number Expiration date MO/YR

Signature Date
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