15th Annual
WOMEN’S
HEALTH UPDATE

Save $75 when you register before January 31, 2019

CE.MAYO.EDU/WOMENSHEALTH2019
COURSE HIGHLIGHTS
Women's Health Issues
- Sex-specific topics in cardiology, gynecology, neurology, endocrinology, and pulmonology, as well as menopause medicine and breast health
- Case-based presentations
- Interactive Q & A sessions
- Engaging Mayo Clinic faculty

OPTIONAL ACTIVITIES:
Friday – March 1, 2019
Round-Table Discussions – Not-for-Credit (Must pre-register. Space is limited to 10 people each. Cost: $15 per person)
1. Menopausal Hormone Therapy - Managing Side Effects
2. WH Practice pearls - Recent Practice Guideline Changes
3. Osteoporosis Treatment Options

Saturday – March 2, 2019
Tai Chi-Yoga Class (on resort lawn) Complimentary - Limited Space (Must pre-register)

LEARNING OBJECTIVES
Upon conclusion of this program, participants should be able to:
- Describe an approach to management of pre-malignant breast lesions
- Formulate an approach to the management of weight gain in midlife women
- Explain integrative approaches to treating the symptoms of menopause
- Review strategies for treating bloating and constipation in women
- Explain the prevalence and diagnosis of hypoactive sexual desire disorder
- Describe the process of care model for hypoactive sexual desire disorder as published by ISSWSH (International Society for the Study of Women’s Sexual Health)
- Compare and contrast sex specific differences in dementia, concussion and stroke
- Explain the updated guidelines regarding management of hypertension and hyperlipidemia in women

Attendance at this Mayo Clinic 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
This course is designed for primary care physicians/practitioners, general internists, gynecologists, specialists in preventative care, and other health care professionals interested in women’s health.

MEETING LOCATION AND ACCOMMODATIONS
The Scott Resort & Spa, Scottsdale, Arizona
Reservation: (800) 528-7867 or (480) 945-7666
A limited block of guest rooms at The Scott Resort & Spa are available at a special course rate of $299 (resort fee of $12.00/day included in the room rate), up to quadruple occupancy per night. The rate cut-off is February 6, 2019. Group rates are available 3 days before and after the course dates, based on availability. Complimentary wireless high speed Internet and parking is provided.
REGISTRATION

<table>
<thead>
<tr>
<th>Registration Fees (in USD)</th>
<th>On or Before January 31, 2019</th>
<th>After January 31, 2019</th>
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<tbody>
<tr>
<td>Full Fee: Physician, Scientist</td>
<td>$630</td>
<td>$705</td>
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<tr>
<td>Reduced Fee: Resident, Fellow, NP, PA,</td>
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<tr>
<td>Allied Health Professional, Retiree</td>
<td>$530</td>
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Printed Syllabus $65 (Optional Purchase)
*Due to printing deadlines, orders must be received by February 14, 2019.
Visit the course website for more information on registering and our cancellation policy.

Thursday, February 28, 2019

6:45 a.m.  Registration & Continental Breakfast
7:20      Welcome Announcements

Moderators: Juliana M. Kling, M.D., M.P.H. and Suneela Vegunta, M.D.

Breast Health

7:30 Supplemental Screening in Women with Dense Breasts
Deborah J. Rhodes, M.D.

8:00 Management of Pre-Malignant Breast Lesions (DCIS, ADH)
Patricia A. Cronin, M.D.

8:30 Breast Cancer Treatment Update
Karen S. Anderson, M.D., Ph.D.

9:00 Q & A Session Session Faculty

9:20 Refreshment Break

Clinical Concerns in Midlife and Beyond

9:40 Osteoporosis Updates
Krupa B. Doshi, M.D.

10:10 Aging with Grace: How Women Age Differently (Preserving Strength, Help Women Avoid Frailty and Fractures)
Erum Jadoon-Khamash, M.D.

10:40 Management of Weight Gain in Midlife Women–What Works and How to Manage
Ekta Kapoor, M.B.B.S.

11:10 Q & A Session Session Faculty

11:30 Lunch (Provided)

12:15 p.m. Central Sensitization
Larry R. Bergstrom, M.D.

12:45 Menopause Management–CAM Therapies What Works: Therapies That are Effective
Denise M. Millstine, M.D.

1:15 Q & A Session Session Faculty

Bloating and Beyond

1:30 HPV- The Most Common STI
Margaret E. Long, M.D.

2:00 Treating Bloating and Constipation–Latest Treatment Options
Lucinda A. Harris, M.D.

2:25 Q & A Session Session Faculty

2:45 Refreshment Break

Sex Specific Neurologic Disorders

3:05 Concussion in Female athletes
Amaal J. Starling, M.D.

3:35 Sex, Gender and Dementia
Bryan K. Woodruff, M.D.

4:05 Headaches in Women
Rashmi B. Halker Singh, M.D.

4:35 Sex Differences in Stroke
Kara A. Sands, M.D.

5:05 Q & A Session Session Faculty

5:25 Adjourn
**Friday, March 1, 2019**

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>6:45 a.m.</td>
<td>Continental Breakfast</td>
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<td>6:45</td>
<td>Optional: Round Table Discussion Sessions</td>
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<td><em>(Must Pre-register/Limited space)</em>– $15 each</td>
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<tr>
<td></td>
<td>• Osteoporosis Treatment Options Bithika M. Thompson, M.D.</td>
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<td></td>
<td>• Menopausal Hormone Therapy–Managing Side Effects</td>
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<tr>
<td></td>
<td>Julianna M. Kling, M.D., M.P.H.</td>
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<td>• Women’s Health Practice Pearls–Recent Practice Guideline Changes</td>
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<td>Suneela Vegunta, M.D.</td>
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<td><strong>Moderators:</strong> Julianna M. Kling, M.D., M.P.H. and Suneela Vegunta, M.D.</td>
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**Hormones**

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<tr>
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<tbody>
<tr>
<td>7:30</td>
<td>Management of Hypoactive Sexual Desire Disorder (HSDD)</td>
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<tr>
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<td>Jacqueline M. Thielen, M.D.</td>
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<tr>
<td>8:00</td>
<td>Androgens and Women’s Health - What’s New for the Practicing Provider</td>
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<td>Suneela Vegunta, M.D.</td>
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<td>8:30</td>
<td>Contraception Update Megan N. Wasson, D.O.</td>
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<td>9:00</td>
<td>Overview and Update of PCOS Bithika M. Thompson, M.D.</td>
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<td>9:30</td>
<td>Q &amp; A Session Session Faculty</td>
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<td>9:55</td>
<td>Refreshment Break</td>
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**Potpourri**

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<tr>
<th>Time</th>
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<tr>
<td>10:15</td>
<td>Sex Differences in Substance Abuse Elena Volfson, M.D., M.P.H.</td>
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<tr>
<td>10:45</td>
<td>Management of Hypertension and HLD in Women: Guidelines and Evidence</td>
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<td>Anna Svatikova, M.D., Ph.D.</td>
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<td>11:15</td>
<td>Heart Failure Update Lisa M. LeMond, M.D.</td>
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<td>11:45</td>
<td>Lung Cancer in Women Helen J. Ross, M.D.</td>
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<tr>
<td>12:15 p.m.</td>
<td>Q &amp; A Session Session Faculty</td>
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<td>12:50</td>
<td>Adjourn</td>
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**Saturday, March 2, 2019**

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<tr>
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<tr>
<td>7:15 a.m.</td>
<td>Continental Breakfast</td>
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<tr>
<td>6:30</td>
<td>Optional: Tai Chi–Yoga class Complimentary - space is limited</td>
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<td></td>
<td>participants must register</td>
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<tr>
<td>7:50</td>
<td>Announcements</td>
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**Moderators:** Julianna M. Kling, M.D., M.P.H. and Suneela Vegunta, M.D.

**GI & ID**

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<tr>
<td>8:00</td>
<td>Update on Inflammatory Bowel Disease Talha A. Malik, M.D., M.P.H.</td>
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<tr>
<td>8:30</td>
<td>HIV in Women Update Mary J. Kasten, M.D.</td>
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<td>9:00</td>
<td>Colon Cancer Screening Update Sarah B. Umar, M.D.</td>
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<tr>
<td>9:30</td>
<td>Q&amp;A Session Session Faculty</td>
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<tr>
<td>10:00</td>
<td>Refreshment Break</td>
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**GU**

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<tr>
<td>10:20 a.m.</td>
<td>Management of GSM in Breast Cancer Survivors Paru S. David, M.D.</td>
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<td>10:50</td>
<td>Managing Pelvic Pain - Newer Management Strategies Johnny Yi, M.D.</td>
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<tr>
<td>11:20</td>
<td>Causes of Pelvic Pain: Vascular Congestion and Beyond Grace Knuttinen, M.D., Ph.D.</td>
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<tr>
<td>11:50</td>
<td>Q &amp; A Session Session Faculty</td>
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COURSE DIRECTORS

Juliana M. Kling, M.D., M.P.H.  Anita P. Mayer, M.D.  Suneela Vegunta, M.D.

MAYO CLINIC FACULTY

Karen S. Anderson, M.D., Ph.D.  Denise M. Millstine, M.D.
Larry R. Bergstrom, M.D.  Deborah J. Rhodes, M.D.
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Grace Knuttinen, M.D., Ph.D.  Elena Volfson, M.D., M.P.H.
Lisa M. LeMond, M.D.  Megan N. Wasson, D.O.
Margaret E. Long, M.D.  Bryan K. Woodruff, M.D.
Talha A. Malik, M.D.  Johnny Yi, M.D.

CREDIT

In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

AMA Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 17.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP This Live activity, 15th Annual Women’s Health Update, with a beginning date of 02/28/2019, has been reviewed and is acceptable for up to 17.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AOA This program has been accredited by the American Osteopathic Association for 17.50 credits of AOA Category 2-A.

ACOG The American College of Obstetricians and Gynecologists has assigned up to 18 cognate credits to this program.

Other Healthcare Professionals A certificate of attendance will be provided to other healthcare professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.
15th Annual
WOMEN’S
HEALTH UPDATE

THE SCOTT RESORT & SPA
SCOTTSDALE, ARIZONA
FEBRUARY 28, 2019–MARCH 2, 2019

SAVE THE DATE
March 5–7, 2020
DoubleTree Resort by Hilton Hotel
Paradise Valley, Scottsdale

MAYO CLINIC
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Scottsdale, Arizona 85259
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Email: mca.cme@mayo.edu
Phone: (480) 301-4580

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Phone registrations not accepted—online only