

The 2012 Brody School of Medicine Women's Health Conference, now in its 14th year, enables clinicians to engage in a discussion addressing the most clinically important topics relevant to women's health across the lifespan.

Studies show that women make up to 90 percent of the health care decisions for themselves and their families. The number of women ages 45 and older has increased significantly in the last ten years. In order to meet the healthcare demands of an aging population that traditionally experiences higher incidences of illnesses, we must work together to shed light on health improvement.

This conference is designed to empower health care providers to assist women in making informed decisions about health, well being and personal safety. The agenda is designed to provide camaraderie and instruction for physicians, midwives, nurse practitioners and physician assistants with a broad range of topics relevant to women's health. Faculty of the highest caliber will challenge you to reach out to women – your patients, your colleagues, professional associations, state leadership, health care advocacy organizations and others on the health issues of importance to your community, thereby creating today's and tomorrow's success stories for women's health.

Content of educational objectives will be met through didactic presentations with ample time for questions and answers, as well as informal exchange and networking. A comprehensive course syllabus is provided to all registrants.

Upon completion of this conference, participants should have a greater understanding and knowledge of strategies to integrate into practice new developments in the following:

SELECTED UROLOGICAL TOPICS IN WOMEN'S HEALTH • Review current thoughts on diagnosis and management of voiding dysfunction and urodynamics • Discuss the American Urological Association guidelines for workup and referral of hematuria • Identify the indications for treatment of nephrolithiasis with focus on the gravid patient

INFERTILITY: RECENT ADVANCES IN DIAGNOSIS AND MANAGEMENT • Discuss current status of diagnostic tests for infertility • Discuss the treatment plans for management of infertility • Discuss current trends in assisted reproductive technologies

WHAT TO TELL YOUR PATIENTS ABOUT MULTIPLE VITAMINS, VITAMIN D AND CALCIUM • Describe the confusing and sometimes conflicting evidence of harm from consuming certain vitamin and mineral supplements • Discuss the risks and benefits for women in various stages of life cycle of consuming multiple vitamin, mineral, vitamin D and calcium supplements • Describe dietary strategies to meet Dietary Reference Intakes (DRIs) for typical nutrient shortfalls in women's diets

MANAGEMENT OF DEPRESSION IN PREGNANCY: WHAT THE SAFEST OPTIONS ARE • Review the clinical criteria of depression and its evaluation • Examine arguments for and against use of antidepressants in this population • Learn the common (and new) risks associated with antidepressant use • Recognize special situations with depression in pregnancy and their management

THE DANCE: MINIMIZING WEIGHT GAIN WITH IMPROVED BLOOD GLUCOSE CONTROL? • Describe effective nutritional counseling strategies, tools and techniques that can be used to empower patients for lifestyle changes that can help prevent weight gain during treatment of Type 2 Diabetes • Describe anti-hyperglycemic agents and their effects on weight as single agents and in combination in patients with Type 2 Diabetes • Describe practical strategies to empower patients with Type 2 Diabetes to manage their weight and improve their glucose control through physical activity

THE OLDER WOMAN • Effectively utilize the new preventative Medicare benefits to the benefit of our older women patients • Assist our older patients in the process of advanced care planning, both for them and their families • Identify the needs of and locate resources for our patients who are care takers of their aging families

DISEASE SCREENING AND IMMUNIZATION RECOMMENDATIONS FOR ADULT WOMEN AND ADOLESCENT GIRLS • Review the role of screening in disease prevention and detection • Discuss commonly accepted screening guidelines for adult women and adolescent girls • Describe immunization recommendations for adolescents and young adult women

PRACTICAL USE OF CONTRACEPTIVES-SOMETIMES OUTSIDE THE FDA APPROVED GUIDELINES • Review the FDA approved package insert usage guidelines for various contraceptives methods • Discuss pros of using these strict guidelines in prescribing • Discuss cons of using these strict guidelines in prescribing • Practically speaking, what am I doing in the academic setting? • Practically speaking, what am I doing in the community setting?

Agenda

WOMEN'S HEALTH CONFERENCE – February 17, 2012

City Hotel and Bistro, Greenville, NC

Moderator: Heidi Grissom Bell, MD

- 7:45 Registration/Breakfast Buffet
- 8:15 Overview/Introductory Remarks
- 8:30 Selected Urological Topics in Women's Health
Jonathan H Taylor, MD
- 9:20 Infertility: Recent Advances in Diagnosis and Management
Clifford C. Hayslip, Jr., MD
- 10:10 Break
- 10:25 What to Tell Your Patients About Multiple Vitamins, Vitamin D and Calcium
Kathryn M. Kolasa, PhD, RD, LDN
- 11:15 Management of Depression in Pregnancy: What the Safest Options Are
Michael Lang, MD
- 12:05 Lunch with Faculty

Moderator: Dorothy W. Butler, MD, PhD

- 1:00 The Dance: Minimizing Weight Gain with Improved Blood Glucose Control?
Susan Bane, MD, PhD; Kay Craven, MPH, RD, LDN, CDE; and Jamie Messenger, PharmD, CPP
- 1:50 The Older Woman
Emily Bray, MD
- 2:40 Break
- 2:55 Disease Screening and Immunization Recommendations for Adult Women and Adolescent Girls
Lars Larsen, MD
- 3:45 Practical Use of Contraceptives-Sometimes Outside the FDA Approved Guidelines
Gwen Knuckles, MD, Ricky Watson, MD
- 4:35 Questions, Evaluation and Wrap-up
- 4:45 Adjourn

ACCREDITATION The Brody School of Medicine of East Carolina University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT The Brody School of Medicine of East Carolina University designates this live activity for a maximum of 7 AMA PRA Category 1 Credits™. Physicians should claim only those credits commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). Determination of credit is pending.

Target Audience

This conference has been designed to meet the continuing medical education needs of Physicians, Nurse Practitioners, Physician Assistants and Midwives involved in the management of women's health.

Faculty

Program Directors: Dorothy W. Butler, MD, PhD, Director of Women's Health Fellowship, Assistant Residency Director, Department of Family Medicine, Brody School of Medicine

Heidi Grissom Bell, MD, Assistant Professor, Department of Obstetrics and Gynecology, Brody School of Medicine

Guest Faculty

Susan M. Bane, MD, PhD, Associate Professor of Physical Education and Sports Studies at Barton College

Gwendolyn Knuckles, MD, Women's Health Center Greenville NC

Brody School of Medicine Faculty

Emily Bray, MD
Clinical Associate Professor
Department of Family Medicine
Department of Geriatrics

S. Kay Craven, MPH, RD, LDN, CDE
Nutrition Specialist and Adjunct Instructor
Certified Diabetes Educator
Department of Family Medicine

Clifford C. Hayslip, Jr., MD
Associate Professor
Division Chief of Reproductive Endocrinology & Infertility
Director of Residency Program
Department of Obstetrics and Gynecology

Kathryn M. Kolasa, PHD, RD, LDN
Professor Emeritus/Master Educator
Nutrition Consultant
University Health Systems
Department of Family Medicine

Michael Lang, MD
Clinical Assistant Professor
Department of Psychiatric Medicine

Lars C. Larsen, MD
Professor
Vice Chair for Academic Affairs and
Director, Education Division
Department of Family Medicine

Jamie D. Messenger, PharmD
Section Head, Pharmacotherapy
Clinical Assistant Professor
Department of Family Medicine

Jonathan H. Taylor, MD
Associate Clinical Instructor
Department of Surgery
Eastern Urological Associates
Greenville, North Carolina

Ricky Watson, MD
Clinical Assistant Professor
Assistant Residency Director
Department of Family Medicine

Registration Information

PREREGISTRATION IS REQUIRED to assure space and availability of handout materials, and fee is payable with registration. For your convenience, payment may be made by check or by VISA or MasterCard (your signature is required), and checks should be made payable to THE OFFICE OF CME.

Full refund will be made if registration is canceled prior to February 5th. Cancellations between February 6th and February 11th will be subject to a 20% handling charge. NO REFUNDS will be made for cancellations after February 11th.

REGISTRATION FEE: (Includes Scientific Session, Lunch, Breaks, and Materials)
\$125 Physicians/Other Doctorates
\$75 Other Health Professionals
\$50 ECU residents, med students*

*After February 7th on a space available basis, full-time students, residents, may register for the scientific session ONLY at no fee. HOWEVER, THOSE WISHING TO RECEIVE MATERIALS, BREAKS AND LUNCH MAY REGISTER AT ANYTIME FOR THE REDUCED FEE OF \$50.

A letter of confirmation, maps and other pertinent information will be sent upon receipt of your registration. Any individual requiring accommodation under ADA or for general information and registration assistance call: Office of CME at (252) 744-5208. For emergency calls to participants during program, call the City Hotel (252) 355-8300.