

## Women's Health Update – Online

### Activity Description

This online course is designed to widen access to the vital content recorded at the 15th Annual Women's Health Update 2019. The course was created in order to address the unique needs of women patients and their health care providers, based on the latest guidelines and recent medical topics. Online learners will gain comprehensive insight into relevant medical problems most prevalent in women, as well as a basic approach to addressing and improving common health concerns for the female population.

### Target Audience

This course is designed for primary care physicians/practitioners, general internists, gynecologists, specialists in preventative care, and other health care professionals who have an interest in women's health.

### Learning Objectives

- Review an approach to management of pre-malignant breast lesions.
- Formulate an approach to the management of weight gain in midlife women.
- Recall integrative approaches to treating the symptoms of menopause.
- Review strategies for treating bloating and constipation in women.
- Recall the prevalence and diagnosis of hypoactive sexual desire disorder.
- Recall the process of care model for hypoactive sexual desire disorder as published by ISSWSH.
- Compare and contrast sex specific differences in dementia, concussion, and stroke.
- Recall the updated guidelines regarding management of hypertension and hyperlipidemia in women.

### Accreditation Statement



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.

### Credit Statement(s)

#### AMA

The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 11.50 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Disclosure Summary

As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, 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 these relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

#### *Financial relationship(s):*

<b>Name</b>	<b>Nature of Relationship</b>	<b>Company</b>
Karen S. Anderson, M.D., Ph.D.	Consultant/Advisory Board	Immunomedics
	Grant/Research Support	Merck
	Stock/Shareholder	Provista Dx, FlexBioTech
Lucinda A. Harris, M.D.	Consultant	Shire - Prucalopride
Mary J. Kasten, M.D.	Stock/Shareholder	Pfizer, Aetna, Mylan, Baxter, Medtronic, 3M, Bristol Meyer, Cigna, Lily, Exel, Allergan, PTC Therapeutics

Amaal J. Starling, M.D.	Consultant	Alder, eNeura, Amgen, Eli Lilly & Company, Novartis
Bryan K. Woodruff, M.D.	Grant/Research Support	Roche

*No Financial relationship(s):*

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Tina H. Byun, M.D.	Kara A. Sands, M.D.
Patricia A. Cronin, M.D.	Jacqueline (Jackie) M. Thielen, M.D.
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Talha A. Malik, M.D., M.P.H.	Megan N. Wasson, D.O.
Deborah J. Rhodes, M.D.	Johnny Yi, M.D.

*Reference to off-label usage(s) of pharmaceuticals or instruments in their presentation:*

<b>Name</b>	<b>Manufacturer/Provider</b>	<b>Product/Device</b>
Lucinda A. Harris, M.D.	Shire	Prucalopride - chronic constipation and gastroparesis
Margaret E. Long, M.D.		Will comment on but not recommend HPV testing of non-cervix sites. HPV assays by multiple manufacturers.
Deborah J. Rhodes, M.D.		Molecular Breast Imaging for supplemental screening in mammographically dense breasts
Helen J. Ross, M.D.		Various: All off-label use will be disclosed at the time of presentation.
Jacqueline (Jackie) M. Thielen, M.D.		Testosterone
Elena Volfson, M.D., M.P.H.		Use of anticonvulsants for management of pain, cravings, addition, anxiety
Johnny Yi, M.D.	Botox, Allergan	will discuss off label use in pelvic floor myofascial pain
	Diazepam, Compounded suppositories	will discuss compounded use in myofascial pain
	Interstim-Medtronic	may discuss use in interstitial cystitis/chronic pelvic pain

**Mayo Disclaimer**

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

**Prerequisites for Participation**

There are no prerequisites needed prior to participating in this education activity.

**How to Obtain Credit**

To obtain credit, complete the post-test, evaluation and submit.

**Method of Participation**

Participation in this activity consists of reviewing the webcast and completing the post-test and evaluation.

### **Release and Expiration Dates**

Release Date: 12/30/2019

Expiration Date: 12/29/2022

### **Acknowledgement of Commercial Support**

No commercial support was received in the production of this activity.

### **Faculty and Course Director Listing and Credentials**

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