

# Transforming Women's Health 2021 – Online

## Activity Description

This course is designed to assist health care providers improve care of female patients based on emerging scientific and clinical evidence related to medical conditions that are unique to women, occur more frequently in women or present differently in women. The course includes presentations from key women's health specialty and subspecialty disciplines including obstetrics and gynecology, reproductive medicine, sexual health, menopausal medicine, cardiology, endocrinology, internal medicine and preventive medicine.

## Target Audience

This activity is appropriate for physicians including residents and fellows, along with allied health staff such as nurses, physician assistants, nurse practitioners and others with an interest in women's health.

## Learning Objectives

Upon conclusion of this activity, participants should be able to:

- Discuss the evaluation and treatment of low sexual desire in women
- Summarize the current guidelines and recommendations for management of depression in midlife women
- Summarize the latest guidelines on cervical cancer screening

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.

## 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

Mayo Clinic College of Medicine and Science designates this enduring materials activity for a maximum of 17.00 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ABIM

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 17.00 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

### AAFP

The AAFP has reviewed Transforming Women's Health - Online and deemed it acceptable for up to 17.00 Enduring Materials, Self-Study AAFP Prescribed credit. Term of Approval is from 06/15/2021 to 12/31/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Program Schedule (video length min/sec)

Video Length	Lecture Title and Faculty Name
<b><i>Gynecology Updates</i></b>	
0:31:42	New Guidelines for Cervical Cancer Prevention Margaret E. Long, M.D.
0:28:08	Contraception Update With Focus on the Perimenopausal Women Paru David, M.D.
0:24:45	Assisted Reproductive Techniques: What's New? Zaraq Khan, M.B.B.S.
0:30:57	Gynecology Updates Panel Margaret E. Long, M.D. Paru David, M.D. Zaraq Khan, M.B.B.S.
<b><i>Breast Health</i></b>	
0:22:41	Supplemental Screening in Women With Increased Breast Density Laruen F. Cornell, M.D.
0:31:34	Breast Cancer Prevention Strategies: Risk Reducing Medications and More Sandhya Pruthi, M.D.
0:31:46	Breast Health Panel Laruen F. Cornell, M.D. Sandhya Pruthi, M.D.
<b><i>Women's Sexual Health</i></b>	
0:34:08	Low Libido vs HSDD: An approach to Diagnosis and Management Risa Kagan, M.D.
0:36:56	Testosterone Supplemental in Women: Why, When, and How? Ekta Kapoor, M.B.B.S.
0:29:32	The Genitourinary Syndrome of Menopause: What Women's Health Professionals Need to Know Jacqueline (Jackie) M. Thielen, M.D.
0:30:26	Women's Sexual Health Panel Risa Kagan, M.D. Ekta Kapoor, M.B.B.S. Jacqueline (Jackie) M. Thielen, M.D.
<b><i>COVID: Lessons Learned</i></b>	
0:26:20	Sex Differences and COVID Michael Joyner, M.D.
0:30:29	Pulling Back the Sheets: Gender Inequities Exposed by the COVID-19 Pandemic Sharonne Hayes, M.D.
0:30:42	COVID: Lessons Learned Panel Michael Joyner, M.D. Sharonne Hayes, M.D.
<b><i>Endocrinology Conundrums</i></b>	
0:31:40	Obesity Management: 2020 Update Meera Shah, M.B., Ch.B
0:41:04	Osteoporosis Management: Pearls for the Busy Clinician

	Krupa B. Doshi, M.D.
0:25:53	Adrenal Fatigue: Fact or Fiction? Neena Natt, M.D.
0:31:16	Endocrinology Conundrums Panel Meera Shah, M.B., Ch.B Krupa B. Doshi, M.D.
<b>Potpourri</b>	
0:27:46	Hair Loss in Women: How to Win with Losing Ashley Wentworth, M.D.
0:30:31	Do These Genes Make Me Look Fast? Predictive Genomics in Practice Teresa Kruisselbrink, M.S., CGC, LCGC
0:32:23	Marijuana Use and Health: What the Patients and Providers Want to Know! Mark K. Edwin, M.D.
0:28:14	Supplements Women Use to Fix Everything Denise M. Millstine, M.D.
0:30:43	Potpourri Panel Ashley Wentworth, M.D. Teresa Kruisselbrink, M.S., CGC, LCGC Mark K. Edwin, M.D. Denise M. Millstine, M.D.
<b>Brain, Mind, Heart and Body</b>	
0:27:56	A New Era for Migraine Management Juliana VanderPluym, M.D.
0:44:01	Aches and Pains in Midlife Women: Menopausal Symptoms Versus Central Sensitization? Chris Aakre, M.D.
0:29:07	Evaluation and Treatment of Depression in Midlife Women Hannah Betcher, M.D.
0:28:48	Management of Heart Failure: Does Sex Matter? Lisa M. LeMond, M.D.
0:31:15	Brain, Mind, Heart and Body Panel Juliana VanderPluym, M.D. Chris Aakre, M.D. Hannah Betcher, M.D. Lisa M. LeMond, M.D.
<b>Menopause Management in 2021</b>	
0:47:44	Menopausal Hormone Therapy in 2021: A Clear Vision? Cynthia A. Stuenkel, M.D.
0:27:08	Bioidentical Hormones: What You Need to Know Julia A. Files, M.D.
0:32:03	Hormone Therapy 101: Practical Tips for the Busy Clinician Juliana (Jewel) M. Kling, M.D.
0:30:12	New and Novel Therapies for Vasomotor Symptom Management Stephanie S. Faubion, M.D., M.B.A.
0:37:53	Menopause Management in 2021 Panel Cynthia A. Stuenkel, M.D. Juliana (Jewel) M. Kling, M.D.

	Stephanie S. Faubion, M.D., M.B.A. Ekta Kapoor, M.B.B.S.
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## 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.

***Listed below are individuals with control of the content of this program who have disclosed...***

### ***Relevant financial relationship(s) with industry:***

<b>Name</b>	<b>Nature of Relationship</b>	<b>Company</b>
Risa Kagan, MD	Consultant	Amgen, Astellas, Cooper Surgical, Jazz Pharma, Lupin, Pharmavite, Therapeutics MD
	Speaker's Bureau	Cooper Surgical, Therapeutics MD
	Other	DMC Astellas, Fezolinetant phase 3 global clinical trials
Lisa LeMond, MD	Honoraria	Medtronic
Cynthia Stuenkel, MD	Other	Data and Safety Monitoring Board, ICON Clinical Research, LLC on behalf of Mithra Pharmaceuticals
Juliana Hendrika VanderPluym, MD	Consultant Grant/Research Support	TEVA Amgen

### ***No relevant financial relationship(s) with industry:***

<b>Name</b>	
Christopher Aakre, MD	Teresa Kruisselbrink, MS, CGC, LCGC
Hannah Betcher, MD	Margaret Long, MD
Lauren Cornell, MD	Kathy MacLaughlin, MD
Paru David, MD	Denise Millstine, MD
Krupa Doshi, MD	Neena Natt, MD
Mark Edwin, MD	Sandhya Pruthi, MD
Stephanie Faubion, MD, MBA	Meera Shah, MB, ChB
Julia Files, MD	Jacqueline Thielen, MD
Sharonne Hayes, MD	Ashley Wentworth, MD
Michael Joyner, MD	Debra Blomberg, MBA
Ekta Kapoor, MBBS	Amy Fratianni
Zaraq Khan, MBBS	Brittney Hickman
Juliana Kling, MD, MPH	

**References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:**

<b>Name</b>	<b>Manufacturer/Provider</b>	<b>Product/Device</b>
Christopher Aakre, MD	Generic	Gabapentin
Mark Edwin, MD	Multiple	Cannabis
Stephanie Faubion, MD, MBA	Multiple	Oxybutynin, Gabapentin, SSRI/SNRI
Julia Files, MD	Multiple	All bioidentical hormones
Risa Kagan, MD	Sprout	Filbanserin (not approved for PMP women, but was studied)
	Palatin	Bremelanotide for PMP women
	Compounded or small doses, male products	Testosterone for PMP women
Ekta Kapoor, MBBS	Off-label	Testosterone products
Margaret Long, MD	Roche	Cobas HPV test (not FDA approved for surveillance testing)
	Becton, Dickinson & Company	Onclarity (not FDA approved for surveillance testing)
	Digene	Hybrid Capture 2 (not FDA approved for surveillance testing)
	Hologic	Cervista (not FDA approved for surveillance testing)
Sandhya Pruthi, MD	Pfizer – Aromasin & Arimidex	Exemestane & Anastrozol – breast cancer risk reduction
Cynthia Stuenkel, MD	All manufacturers of menopausal hormone therapies	Menopausal hormone therapies
Jacqueline Thielen, MD	Multiple	Testosterone Vaginal laser therapy Platelet-rich plasma injections
Juliana Hendrika VanderPluym, MD	Multiple	Many migraine treatments are off-label and will be identified as such in the presentation

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

## **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.

## **Method of Participation**

Participation in this activity consists of reviewing the educational material, completing the learner assessment and evaluation.

## **How to Obtain Credit**

To obtain credit, complete the accreditation quiz - 80% maximum of 2 attempts, evaluation and submit.

## **Release and Expiration Dates**

Release Date:	June 21, 2021
Expiration Date:	December 31, 2021

## **Acknowledgement of Commercial Support**

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

## **Bibliographic Resources**

Bibliographic resources are provided within the activity.

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