

Program Schedule
16th Annual Women's Health Update
March 5-7, 2020

Thursday, March 5, 2020

6:45 a.m. **Registration & Continental Breakfast**

7:20 a.m. **Welcome & Introductions**

MODERATORS: Jewel M. Kling, M.D., M.P.H. and Suneela Vegunta, M.D.

BREAST HEALTH

7:30 a.m. **Supplemental Screening in Women with
Dense Breasts**
Christina A. Dilaveri, M.D.

8:00 a.m. **Identifying Patients High Risk for Breast Cancer
and Management Options**
Sandhya Pruthi, M.D.

8:30 a.m. **Integrative Medicine for the Cancer Survivor**
Denise M. Millstine, M.D.

9:00 a.m. **Question and Answer Session**

9:30 a.m. **Refreshment Break**

ENDOCRINOLOGY

9:45 a.m. **Thyroid Updates (Subclinical hypothyroidism,
hypothyroidism)**
Krupa B. Doshi, M.D.

10:15 a.m. **Diabetes Treatment Updates (Treatment Algorithm)**
Bithika M. Thompson, M.D.

10:45 a.m. **Eating Disorders (Screening and Basic Principles
of Treatment)**
Leslie A. Sim, Ph.D., L.P.

11:15 a.m. **Question and Answer Session**

11:45 a.m. **Lunch (provided)**

Thursday, March 5, 2020 *(continued)*

CARDIOLOGY

- 12:30 p.m. **Exercise as Medicine**
Robert Scales, Ph.D., M.S.
- 12:50 p.m. **Lipids in Women**
Ekta Kapoor, M.B.B.S.
- 1:10 p.m. **HTN in Women**
Mira T. Keddis, M.D.
- 1:30 p.m. **CVD Risk Stratifying in Women**
Anna Svatikova, M.D., Ph.D.
- 1:50 p.m. **Question and Answer Session**
- 2:20 p.m. **Refreshment Break**

POTPOURRI

- 2:35 p.m. **Unconscious Bias**
Kenneth G. Poole, Jr. M.D.
- 2:55 p.m. **Sports Injuries in Women**
Nancy M. Cummings, M.D.
- 3:15 p.m. **Headaches in Women**
Rashmi B. Halker Singh, M.D.
- 3:35 p.m. **Question and Answer Session**

GENITOURINARY SYSTEM

- 4:05 p.m. **Kidney Stones in Women**
Scott M. Cheney, M.D.
- 4:25 p.m. **Urinary Incontinence**
Johnny Yi, M.D.
- 4:45 p.m. **Genitourinary Syndrome of Menopause
and Recurrent UTI**
Jason J. Jameson, M.D.
- 5:05 p.m. **Question and Answer Session**
- 5:30 p.m. **Adjourn**

Friday, March 6, 2020

- 6:45 a.m. **Continental Breakfast**
- 6:45 a.m. **Roundtable Discussions: (Optional)**
- Medical Myths in Women's Health**
Suneela Vegunta, M.D.
- High Risk for Breast Cancer; Cases**
Sandhya Pruthi, M.D.
- Nutrition & Supplements in Cancer Survivors**
Heather E. Fields, M.D.
- Contraception for Noncontraceptive Reasons**
Paru S. David, M.D.

MODERATORS: Jewel Kling, M.D. & Suneela Vegunta, M.D.

CANCER AND GENES

- 7:30 a.m. **Genetic Cancers (An Overview of Testing Panel Options & How To Choose)**
Niloy Jewel Samadder, M.D.
- 8:00 a.m. **Radiation Therapy Update for Gynecologic Cancers**
Sujay A. Vora, M.D.
- 8:30 a.m. **Ovarian Cancer Update**
Nina J. Karlin, M.D.
- 9:00 a.m. **Pharmacogenomics for Primary Care**
Adrijana Kekic, Pharm.D., R.Ph.
- 9:30 a.m. **Question and Answer Session**
- 9:50 a.m. **Refreshment Break**

MENOPAUSE/HORMONES

- 10:10 a.m. **Overview of MHT & Guidelines**
Jewel M. Kling, M.D., M.P.H.
- 10:20 a.m. **Hormones: Formulation & Route (Estrogens & Progestogens)**
Suneela Vegunta, M.D.

Friday, March 6, 2020 (continued)

- 10:30 a.m. **Non-hormonal Medications for Vasomotor Symptoms**
Paru S. David, M.D.
- 10:40 a.m. **Custom Compounded Bioidentical Hormones**
Julia A. Files, M.D.
- 10:50 a.m. **Prescribing Hormone Therapy for the Cancer
Survivor - “Effects of Hormone Therapy on Incidence,
Recurrence and Prognosis of Various Cancers**
Carol L. Kuhle, D.O.
- 11:00 a.m. **Question and Answer Session**

FEMALE SEXUAL HEALTH

- 11:30 a.m. **Management of Hypoactive Sexual Desire
Disorder (HSDD)- “New HSDD Care Process”**
Carol L. Kuhle, D.O.
- 11:45 a.m. **Sexual Dysfunction from a Sex Therapist**
Jennifer A. Vencill, Ph.D., L.P.
- 12:00 p.m. **Pelvic Floor Physical Therapy for Sexual
Dysfunction**
Pauline Lucas, P.T., D.P.T., WCS
- 12:15 p.m. **Question and Answer Session**
- 12:45 p.m. **Adjourn**

Saturday, March 7, 2020

6:30 a.m. **Tai chi and Yoga Class - Optional (No Charge –
Must pre-register)**

7:15 a.m. **Continental Breakfast**

7:50 a.m. **Announcements**

DERMATOLOGY

8:00 a.m. **Acne, Rosacea Treatment Options**
Rochelle R. Torgerson, M.D., Ph.D.

8:30 a.m. **Fibromyalgia, SLE and Others in Women**
W. Leroy Griffing, M.D.

9:00 a.m. **Vulvar Dermatoses**
Alison J. Bruce, M.B., Ch.B.

9:30 a.m. **Dermatologic Manifestations of Systemic Disease**
Aaron R. Mangold, M.D.

10:00 a.m. **Question and Answer Session**

10:30 a.m. **Refreshment Break**

NEUROLOGY, PSYCH AND SLEEP

10:50 a.m. **How to Prevent Aging**
Amit A. Shah, M.D.

11:20 a.m. **Depression & Anxiety (Treatment update)**
Robert P. Bright, M.D.

11:50 a.m. **Sleep Problems in Women: An Update With Treatment Options**
Robin M. Lloyd, M.D.

12:20 p.m. **Update on Vitamin D and Fish Oil
(ASCEND, DREAM study)**
Tina H. Byun, M.D.

12:50 p.m. **Question and Answer Session**

1:20 p.m. **Adjourn**