



MAYO SCHOOL OF CONTINUOUS PROFESSIONAL DEVELOPMENT

13<sup>TH</sup> ANNUAL MAYO CLINIC

# WOMEN'S HEALTH UPDATE

THURSDAY – SATURDAY | THE SCOTT RESORT & SPA  
**MARCH 2 – 4, 2017** | SCOTTSDALE, ARIZONA



## Women's Health Issues:

- Cardiovascular Health, Breast Health, Gynecology and Menopause, Mental Health, Nutrition Issues and Palliative Care
- Case-based Presentations
- Interactive Question & Answer Sessions
- Engaging Guest and Mayo Clinic Faculty

## Course Directors:

Julia A. Files, M.D.

Marcia G. Ko, M.D.

Anita P. Mayer, M.D.

**\$75 DISCOUNT WHEN YOU REGISTER AT**

[www.ce.mayo.edu/node/22668](http://www.ce.mayo.edu/node/22668) (offer expires February 2, 2017)

Last year the hotel room block filled fast. Please make your room reservations early!

# General Information

## COURSE DESCRIPTION

This three-day conference will address a variety of health issues that are unique to women and/or highlight medical conditions that may cause different symptoms in women, or affect women differently than men, and thus, may require different treatment or prevention protocols. Issues such as: cardiovascular health, breast health, issues in menopause, cancer care, infectious disease and system-based medical disorders in women. The course format will include evidence-based and case-based presentations, use of interactive keypads and Q & A panel discussions with faculty.

## LEARNING OBJECTIVES

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

- Identify strategies to improve risk assessment for cardiovascular diseases in women.
- Review epidemiology transmission and risk reduction strategies for Zika Virus in women of reproductive age.
- Evaluate new therapies for the treatment of Multiple Sclerosis in women.
- Review management strategies for recurrent UTIs in women.
- Compare different dietary regimes to optimize weight management.
- Explain preventative therapy options for women at a high risk for breast cancer.
- Identify pharmacologic agents that can reduce women's level of risk for breast cancer.

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, nurse practitioners, physician assistants, general internists, gynecologists, specialists in preventative care, and other health care professionals who have an interest in Women's Health.

## GRANTS/EXHIBITS

At the time of this printing, a complete listing of commercial supporters (financial or in-kind) was not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting. Exhibits will be available for viewing at all scheduled breaks.

## CREDIT

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### AMA

Mayo Clinic College of Medicine designates this live activity for a maximum of 19.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ACOG

Application for CME credit has been filed with the American College of Obstetricians and Gynecologists. **Determination of credit is pending.**

### AANP

This education activity will be submitted to the American Association of Nurse Practitioners for approval of up to 19.0 contact hours of accredited education.

### AAFP

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

### AOA

This program has been accredited by the American Osteopathic Association for 19.0 credits of AOA Category 2-A.

### Other Health Care Professionals

A record of attendance will be available to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

## TRANSPORTATION

### Ground Transportation:

**Hertz** is offering a reduced daily rate for participants attending the course. Visit Hertz online, [www.hertz.com](http://www.hertz.com), and enter convention number (CV) **03NR0012** in the respective "Discount or Promo Code" section. Special rates include unlimited mileage and are subject to availability. Advance reservations are recommended; blackout dates may apply.

**Supershuttle Vans** offer airport transportation to and from the hotel.

To make reservations, call **(800) 258-3826** or **(602) 244-9000**.

Travel arrangements are the sole responsibility of the individual registrant.

# General Information

## RECREATION/LEISURE ACTIVITIES

Visit [www.visitphoenix.com](http://www.visitphoenix.com) or [www.experiencescottsdale.com](http://www.experiencescottsdale.com) for recreation and leisure activities.

## MEETING LOCATION & ACCOMMODATIONS

**The Scott Resort & Spa (Formerly the FireSky Resort & Spa)**  
4925 North Scottsdale Road • Scottsdale, AZ 85251  
(800) 528-7867 • [www.thescottresort.com](http://www.thescottresort.com)

The room block filled early last year, so please make your reservations early. A limited block of guest rooms at The Scott Resort & Spa have been reserved at a special course rate of \$289 (resort fee of \$12.00/day included in the room rate), up to quadruple occupancy per night. Group rates will be honored 3 days prior and 3 days following the course dates, based upon space availability. Guests of the conference will enjoy complimentary internet service in the guest room, lobby and meeting room, self-parking and nightly wine reception, as well as roundtrip portorage, daily newspaper, and 24 hour access to business center and fitness center. To receive the special rate, you must make reservations before the room block is filled or by the expiration date of **February 8, 2017**. To make your reservation, call (800) 528-7867 or (480) 945-7666 or reserve you room on-line at <https://tinyurl.com/WomensHealth2017>

Reservations will be taken following this date based upon resort room availability, at the contracted meeting rate. Attendees are responsible for their own reservations. The standard hotel reservation cancellation policy will apply to individual reservations, unless otherwise specified.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

# Program

## Thursday, March 2, 2017

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

### CARDIOLOGY

**Moderator:** Marcia G. Ko, M.D.

- 7:30 **Atrial Fibrillation** ..... Komandoor Srivathsan, M.D.
- 8:00 **Statin Decision Tree (AHA Risk Calculation)** ..... R. Todd Hurst, M.D.
- 8:30 **Pre-Operative Evaluation** ..... Susan G. Hagstrom, M.D.

### BREAST HEALTH

**Moderator:** Marcia G. Ko, M.D.

- 9:00 **Medical Therapy Options to Prevent Breast Cancer** ..... Sandhya Pruthi, M.D.
- 9:30 **Breast Cancer Update** ..... Donald W. Northfelt, M.D.
- 10:00 **Question and Answer Session**
- 10:20 **Refreshment Break**
- 10:40 **Screening Mammogram:  
How to Counsel Patients About Conflicting Guidelines** .... Sandhya Pruthi, M.D.
- 11:10 **Clinical Conundrums and Challenging Cases**
- 11:40 **Question and Answer Session**
- Noon **Lunch Provided**

### INFECTIOUS DISEASE

**Moderator:** Anita P. Mayer, M.D.

- 1:00 p.m. **Hepatitis C** ..... Thomas J. Byrne, M.D.
- 1:30 **Zika Virus in Reproductive Women –  
What We Need To Know?** ..... Roberto L. Patron, M.D.
- 2:00 **Menopause Update** ..... Juliana (Jewel) M. Kling, M.D., M.P.H.
- 2:30 **Emerging Therapies in Post-Menopausal Osteoporosis** ..... Marcia G. Ko, M.D.

# Program

- 3:00 **Question and Answer**
- 3:30 **Refreshment Break**
- 3:55 **Mastering Communication Skills with Our Patients and How to Break Bad News and Not Devastate the Patient**  
Edward T. Creagan, M.D., F.A.A.H.P.M. and Scott C. Litin, M.D.
- 4:55 **Question and Answer Session**
- 5:15 **Adjourn**

## Friday, March 3, 2017

- 6:45 a.m. **Continental Breakfast**
- 7:20 **Announcements**

### **SURVIVORSHIP AND CANCER CARE; PALLIATIVE CARE AND DERMATOLOGY**

**Moderator:** Anita P. Mayer, M.D.

- 7:30 **Lung Cancer** ..... Harshita R. Paripati, M.D.
- 8:00 **Ovarian and Uterine Cancers** ..... Javier F. Magrina, M.D.
- 8:30 **Survivorship (No Longer Receiving Chemo Treatment)** ... M. Helen Whited, M.D.
- 9:00 **Palliative Care: What the Primary Care Provider Needs to Know** ..... Sara E. Wordingham, M.D.
- 9:30 **Sexuality in the Aging Female** ..... Carol L. Kuhle, D.O.
- 10:00 **Question and Answer Session**
- 10:25 **Refreshment Break**
- 10:50 **Skin Care 101 from a Plastic Surgeon** ..... Raman Mahabir, M.D.
- 11:20 **Dermatology Update** ..... David L. Swanson, M.D.
- 11:50 **Question and Answer Session**
- 12:10 p.m. **Lunch Provided**

### **WELLNESS AND NUTRITION**

**Moderator:** Marcia G. Ko, M.D.

- 1:10 **Wellness & Nutrition – Lifestyle** ..... Heather E. Fields, M.D.
- 1:40 **Nutrition in Cancer/Cancer Prevention** ..... Denise M. Millstine, M.D.
- 2:10 **Question and Answer Session**
- 2:25 **What About That FODMAP Diet?** ..... Anita P. Mayer, M.D.
- 2:55 **Menopause, Obesity and the Gut Microbiome** ..... Julia A. Files, M.D.
- 3:25 **Question and Answer Session**
- 3:40 **Adjourn**

## Saturday, March 4, 2017

- 7:15 a.m. **Announcements**
- 7:50 **Continental Breakfast**

### **ENDOCRINE / NEUROLOGY**

**Moderator:** Julia A. Files, M.D.

- 8:00 **New Drugs for Diabetes** ..... Bithika M. Thompson, M.D.
- 8:30 **Endocrine: Thyroid/Adrenal Fatigue** ..... Irina Bancos, M.D.
- 9:00 **Update on Multiple Sclerosis** ..... Jonathan L. Carter, M.D.
- 9:30 **Question and Answer Session**
- 9:50 **Refreshment Break**

### **GYN/MENOPAUSE**

**Moderator:** Julia A. Files, M.D.

- 10:10 **Vaginal Dryness** ..... Richa Sood, M.D.
- 10:40 **Pelvic Pain** ..... Megan N. Wasson, D.O.
- 11:10 **Medical Urology** ..... Aqsa A. Khan, M.D.
- 11:40 **Testosterone: Sexual Health and More**  
Paru S. David, M.D. and Suneela Vegunta, M.D.
- 12:10 p.m. **Question and Answer Session**
- 12:35 **Meeting Adjourns**

## COURSE DIRECTORS

Julia A. Files, M.D.

Marcia G. Ko, M.D.

Anita P. Mayer, M.D.

## MAYO CLINIC FACULTY

Irina Bancos, M.D.

Thomas J. Byrne, M.D.

Jonathan L. Carter, M.D.

Edward T. Creagan, M.D., F.A.A.H.P.M.

Paru S. David, M.D.

Heather E. Fields, M.D.

Susan G. Hagstrom, M.D.

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Bithika M. Thompson, M.D.

Suneela Vegunta, M.D.

Megan N. Wasson, D.O.

M. Helen Whited, M.D.

Sara E. Wordingham, M.D.

**FACULTY DISCLOSURE:** As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, 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 this information will be published in the course materials so those participants in the activity may formulate their own judgments regarding the presentation.

**NATIONAL PHYSICIAN PAYMENT TRANSPARENCY PROGRAM:** Mayo Clinic College of Medicine complies with the requirements of the National Physician Payment Transparency Program OPEN PAYMENTS (Physician Payments Sunshine Act).

## Registration

Registration is available on our website at: <http://ce.mayo.edu/node/22668>

An email confirmation will be sent upon receipt of payment and completed registration.

If you do not receive your confirmation, or if you have any questions, please email us at [mca.cme@mayo.edu](mailto:mca.cme@mayo.edu) or call (480) 301-4580.

No refund will be granted unless a written notice of cancellation is received. If registration must be cancelled, tuition less a \$75 administrative fee, will be refunded when notification is received on or before February 16, 2017. No refunds will be made after this date.

Although it is not Mayo Clinic's policy to limit the number of registrants for a course, conference room facilities may necessitate closure of enrollment. Early registration is strongly recommended. Walk-in registrations cannot be guaranteed. Mayo Clinic will not be responsible for expenses incurred by individuals who are not confirmed for courses with a closed registration status. Costs incurred by the registrant such as airline/hotel fees or penalties are the responsibility of the registrant.

**ONLINE SYLLABUS:** Your registration fee includes access to an electronic syllabus that will be emailed prior to the course. This allows you to view, save, or print the syllabus before attending the course.

**PAPER SYLLABUS:** If you want to order a paper copy of the syllabus, (additional fee), please select it when you register online. All orders for a paper syllabus must be made in advance, no later than February 13, 2017.

**NOTE:** Additional copies will not be available at the course.

### For additional information, contact:

Mayo School of Continuous Professional Development  
13400 East Shea Boulevard • Scottsdale, Arizona 85259

Website: [ce.mayo.edu](http://ce.mayo.edu) • E-mail: [mca.cme@mayo.edu](mailto:mca.cme@mayo.edu) • Phone number: (480) 301-4580

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	On/Before 2/2/17	After 2/2/17
Physicians Active in Practice	\$620	\$695
Other (resident, allied health, retired)	\$520	\$595
Note: Please refer to course agenda for included meals and refreshment breaks.		
Paper copy of the syllabus	\$55	
Note: Due to printing deadlines, this option will not be available after 02/13/2017		

Mayo Clinic  
13400 East Shea Boulevard  
Scottsdale, Arizona 85259

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14th Annual Women's Health Update  
The Scott Resort, Scottsdale, Arizona  
March 1-3, 2018

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Website: <https://ce.mayo.edu> • E-mail: [mca.cme@mayo.edu](mailto:mca.cme@mayo.edu) • Phone: 480-301-4580

## UPCOMING COURSES

2nd Annual Update on Infectious Diseases for Primary Care

January 21-22, 2017 • Phoenix, Arizona

Sclerosis and Autoimmune Neurology

February 10-11, 2017 • Phoenix, Arizona

Mayo Clinic Gastroenterology & Hepatology 2017

March 16-19, 2017 • Orlando, Florida

Headache Symposium

March 17-19, 2017 • Phoenix, Arizona

Clinical Reviews

March 22-25, 2017 • Scottsdale, Arizona

## 13th Annual Women's Health Update

March 2-4, 2017

The Scott Resort & Spa  
Scottsdale, Arizona

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