

19th Annual Women's Health Update
March 23-25, 2023

Thursday, March 23, 2023

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

7:20 a.m. **Welcome Announcements**

MODERATOR(S)

SESSION Breast Health and Nutrition

7:30 a.m. **Management of Common Breast Symptoms
(Nipple Discharge / Breast Pain, Breast Lump)**
Sabrina Sahni, M.D.

8:00 a.m. **Breast Density: An Update – Supplemental
Screening and More**
Jessica L. Fraker, M.D.

8:30 a.m. **Nutrition to Manage Common Women's Health Problems**
Martina Mookadam, M.D.

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

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

SESSION Gynecology

9:45 a.m. **PMDD – Overview and Newer Management Options**
Marla A. DeWitt, M.D.

10:15 a.m. **Perimenopausal Bleeding**
Christopher C. DeStephano, M.D., M.P.H.

10:45 a.m. **Common Menstrual Cycle Abnormalities**
Sara Shihab, M.D.

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

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

Thursday, March 23, 2023 (continued)

SESSION	General Medicine
12:30 p.m.	GI Update: Diverticulitis, Colorectal Cancer Screening, C. Difficile Jamie Bering, M.D.
1:00 p.m.	Urinary Tract Infections (Diagnosis, Treatment and Managing Recurrent UTIs) Jamilah Shubeilat, M.D.
1:30 p.m.	Long COVID Osama A. Abulseoud, M.D.
2:00 p.m.	Question and Answer Session
2:30 p.m.	Adjourn

Friday, March 24, 2023

- 6:45 a.m. **Continental Breakfast**
- 6:45 a.m. **Roundtable Discussions: (Optional) 45 minutes each**
- Menopause Cases that Stump You!**
Taryn L. Smith, M.D.
- Narrative Medicine: Integrative Stories for Health**
Denise Millstine, M.D.
- Sexual Pain**
Suneela Vegunta, M.D. and Talia Sobel, M.D.
- 7:35 a.m. **Announcements**
- MODERATOR(S)**
- SESSION** **Hormones and More**
- 7:40 a.m. **Menopause Overview**
Jacqueline (Jackie) Thielen, M.D., FACP, NCMP
- 8:10 a.m. **Premature Ovarian Insufficiency: What Do We Need to Know?**
Ekta Kapoor, M.B.B.S.
- 8:40 a.m. **After Prescribing Hormone Therapy:
Troubleshooting Problems that Arise**
Suneela Vegunta, M.D.
- 9:10 a.m. **Non-Hormone Management of VMS**
Juliana (Jewel) M. Kling, M.D., M.P.H.
- 9:40 a.m. **Cardiovascular Health at Midlife and Menopause**
Chrisandra L. Shufelt, M.D.
- 10:10 a.m. **Question and Answer Session**
- 10:40 a.m. **Refreshment Break**

Friday, March 24, 2023 *(continued)*

SESSION	Potpourri
11:00 a.m.	Complex Trauma in Women and It's Influence on Health Shweta Kapoor, M.D., Ph.D.
11:30 a.m.	Common Mood Disorders Among Mid-Life Women Cynthia M. Stonnington, M.D.
12:00 p.m.	COVID / Monkey Pox What Else? Trends, Treatment Options, Future Directions Jamilah Shubeilat, M.D.
12:30 p.m.	Question and Answer Session
1:00 p.m.	Adjourn

Saturday, March 25, 2023

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

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

7:35 a.m. **Announcements**

MODERATOR(S)

SESSION Sexual Health

7:40 a.m. **Female Sexual Dysfunction: A Practical Approach
to Diagnosis and Management**
Talia Sobel, M.D.

8:10 a.m. **Pelvic Floor PT: Why is it Indicated and How
Does it Work?**
Pauline H. Lucas, P.T., D.P.T., W.C.S.

8:40 a.m. **Pelvic Pain Treatments**
Johnny Yi, M.D.

9:10 a.m. **Sexual Health for Mature Women**
Carol L. Kuhle, D.O., M.P.H.

9:40 a.m. **Question and Answer Session**

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

SESSION General Women’s Health Topics

10:30 a.m. **Cosmetic Dermatology and Facial Rejuvenation Surgeries**
Elika Hoss, M.D.

11:00 a.m. **Weight Management and Role of Bariatric Surgery**
Eleanna De Filippis, M.D.

11:30 a.m. **Breast Sizing (A Combined Presentation on
Breast Reduction and Breast Implants)**
William J. Casey, III M.D.

12:00 p.m. **Pain Medicine Update: Gender and Sex-Based Differences in Pain
Experience and Management**
Natalie Strand, M.D.

12:30 p.m. **Question and Answer Session**

1:00 p.m. **Adjourn**