# Women’s Health Update

March 21-23, 2023

**Thursday, March 21, 2024**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30 a.m.</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>7:20 a.m.</td>
<td>Welcome Announcements</td>
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**MODERATOR**

**SESSION**  

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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Breast Cancer Survivor Care:</td>
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<td>Best Practice Recommendations</td>
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<td></td>
<td>Daniela L. Stan, M.D.</td>
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<td>8:00 a.m.</td>
<td>Identification of High-Risk Women and Options for Screening and</td>
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<td>Risk Reduction</td>
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<td>Jessica L. Fraker, M.D.</td>
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<td>8:30 a.m.</td>
<td>Complications of Breast Cancer Treatments:</td>
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<td>What Should PCP’s Be Aware of for their Patients?</td>
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<td>TBD</td>
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<tr>
<td>9:00 a.m.</td>
<td>Question and Answer Session</td>
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<tr>
<td>9:30 a.m.</td>
<td>Refreshment Break</td>
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**SESSION**  

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<tr>
<td>9:45 a.m.</td>
<td>KEYNOTE: Lifestyle, Genetics and Breast Cancer Risk</td>
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<tr>
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<td>Holly Pederson, M.D.</td>
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<td>10:25 a.m.</td>
<td>Fibroids: Evaluation, Management and</td>
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<td>Addressing Disparities</td>
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<td>Michelle Y. Louie, M.D.</td>
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<td>10:55 a.m.</td>
<td>Abnormal Uterine Bleeding: Workup, Management and Beyond</td>
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<td>Megan C. Cheney, M.D., M.P.H.</td>
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<tr>
<td>11:25 a.m.</td>
<td>Question and Answer Session</td>
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*Program is subject to change*
Thursday, March 21, 2024 (continued)

11:45 a.m. Adjourn

OPTIONAL (separate fee)

SESSION The Menopause Society Menopause 101

1:00 p.m. Risks and Benefits of HT: Menopause 101 and Beyond
Jewel M. Kling, M.D., M.P.H.

Breast Health Basics
Holly Pederson, M.D.

Non Hormone Therapies for Menopause
Denise M. Millstine, M.D.

Cardiovascular Health in Menopause
Chrisandra L. Shufelt, M.D.

Midlife Weight Gain
Ekta Kapoor, M.B.B.S.

Cognition and Menopause
Pauline Maki, Ph.D.

5:00 p.m. Adjourn

Program is subject to change
Friday, March 22, 2024

6:45 a.m. Continental Breakfast

6:45 a.m. Optional Roundtable Discussions: 45 min each (separate fee)
    Menopause Cases
    TBD

    Sexual Health: Tips, Tricks, and Products
    Talia Sobel, M.D.

    Challenging Breast Cases: Tips by the Experts
    Jessica L. Fraker, M.D.

7:35 a.m. Welcome Announcements

MODERATOR

SESSION

Hormones, Bones and More

7:40 a.m. Menopause Hormones: Custom Compounding vs FDA – Basics and Beyond
    Julia A. Files, M.D.

8:10 a.m. Androgen Therapy for Women
    TBD

8:40 a.m. Osteoporosis Management
    Krupa B. Doshi, M.D.

9:10 a.m. Question and Answer Session

9:40 a.m. Refreshment Break

General Medicine

10:10 a.m. Evaluation and Management of Metabolic Associated Fatty Liver (including Brief Work up of Elevated LFTs)
    Blanca C. Lizaola-Mayo, M.D.

10:40 a.m. Estrogen Deprivation and Heart Disease
    Chrisandra L. Shufelt, M.D.

11:10 a.m. KEYNOTE – Cognition: Implications of Estrogen Including HT
    Pauline Maki, Ph.D.

Program is subject to change
Friday, March 22, 2024 (continued)

11:50 a.m.  Question and Answer Session

12:10 p.m.  Lunch (provided)

SESSION  Potpourri

1:00 p.m.  Cannabis and Women’s Health
Mark K. Edwin, M.D.

1:30 p.m.  Chronic Kidney Disease in Women: Evaluation and Management (including HTN Related to CKD Managed)
Evamaria Anvari, M.D.

2:00 p.m.  VTE: What’s the Approach to Evaluation and Treatment in 2023?
Fadi E. Shamoun, M.D.

2:30 p.m.  Question and Answer Session

3:00 p.m.  Refreshment Break

SESSION  Contraceptives: Contraception and More

3:30 p.m.  Emergency Contraception Options, Over the Counter Pills and More
TBD

4:00 p.m.  Long-Acting Reversible Contraceptives (LARCs): Pearls for Insertion and Managing Side Effects
Sara S. Shihab, M.D. and Shelly R. Crosson, P.A.-C.

4:30 p.m.  Adjourn

Program is subject to change
# Saturday, March 23, 2024

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<tr>
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<tr>
<td>6:30 a.m.</td>
<td>Yoga Class – Optional (No Charge – Must pre-register)</td>
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<tr>
<td>7:15 a.m.</td>
<td>Continental Breakfast</td>
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**MODERATOR**

**SESSION** | *Sex and Gender*

- **7:40 a.m.** Sexual Health in Women of Sexual Minorities  
  Talia Sobel, M.D.
- **8:10 a.m.** Biopsychosocial Approach Sexual Health  
  Jennifer A. Vencill, Ph.D., L.P.
- **8:40 a.m.** Approach to Sexual Health in Medical Conditions  
  Paru S. David, M.D.

- **9:10 a.m.** Question and Answer Session
- **9:40 a.m.** Refreshment Break

**SESSION** | *Mental Health / Mind-Body*

- **10:10 a.m.** Mental Health around Pregnancy  
  Neeta Jain, M.D.
- **10:40 a.m.** Insomnia Treatments (including CBT) for Women  
  Lois E. Krahn, M.D.
- **11:10 a.m.** Chronic Pain / Central Sensitization  
  Arya B. Mohabbat, Ph.D.
- **11:40 a.m.** Question and Answer Session

*Program is subject to change*
Saturday, March 23, 2024 (continued)

Hard Conversations

12:10 p.m.  Responding to Patients’ Questions About Reproductive Rights – Policy and Beyond
            Ellen C. Meltzer, M.D. and Lexi White

12:40 p.m.  End of Life Discussions
            Maisha T. Robinson, M.D.

1:10 p.m.   Adjourn

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