

# ***Women's Health Update***

## **March 21-23, 2023**

**Thursday, March 21, 2024**

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6:30 a.m.                      **Registration and Continental Breakfast**

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

### **MODERATOR**

**SESSION                      Breast**

7:30 a.m.                      **Breast Cancer Survivor Care:  
Best Practice Recommendations**  
Daniela L. Stan, M.D.

8:00 a.m.                      **Identification of High-Risk Women and  
Options for Screening and Risk Reduction**  
Jessica L. Fraker, M.D.

8:30 a.m.                      **Complications of Breast Cancer Treatments:  
What Should PCP's Be Aware of for their Patients?**  
**TBD**

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

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

**SESSION                      Gynecology**

9:45 a.m.                      **KEYNOTE: Lifestyle, Genetics and Breast Cancer Risk**  
Holly Pederson, M.D.

10:25 a.m.                      **Fibroids: Evaluation, Management and  
Addressing Disparities**  
Michelle Y. Louie, M.D.

10:55 a.m.                      **Abnormal Uterine Bleeding: Workup,  
Management and Beyond**  
Megan C. Cheney, M.D., M.P.H.

11:25 a.m.                      **Question and Answer Session**

***Program is subject to change***

**Thursday, March 21, 2024 (*continued*)**

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11:45 a.m.	<b>Adjourn</b>
	<b>OPTIONAL (separate fee)</b>
<b>SESSION</b>	<b>The Menopause Society Menopause 101</b>
1:00 p.m.	<b>Risks and Benefits of HT: Menopause 101 and Beyond</b> Jewel M. Kling, M.D., M.P.H.
	<b>Breast Health Basics</b> Holly Pederson, M.D.
	<b>Non Hormone Therapies for Menopause</b> Denise M. Millstine, M.D.
	<b>Cardiovascular Health in Menopause</b> Chrisandra L. Shufelt, M.D.
	<b>Midlife Weight Gain</b> Ekta Kapoor, M.B.B.S.
	<b>Cognition and Menopause</b> Pauline Maki, Ph.D.
5:00 p.m.	<b>Adjourn</b>

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## Friday, March 22, 2024

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6:45 a.m.	<b>Continental Breakfast</b>
6:45 a.m.	<b>Optional Roundtable Discussions: 45 min each (separate fee)</b>
	<b>Menopause Cases</b> <b>TBD</b>
	<b>Sexual Health: Tips, Tricks, and Products</b> Talia Sobel, M.D.
	<b>Challenging Breast Cases: Tips by the Experts</b> Jessica L. Fraker, M.D.
7:35 a.m.	<b>Welcome Announcements</b>
<b>MODERATOR</b>	
<b>SESSION</b>	<b>Hormones, Bones and More</b>
7:40 a.m.	<b>Menopause Hormones: Custom Compounding vs FDA – Basics and Beyond</b> Julia A. Files, M.D.
8:10 a.m.	<b>Androgen Therapy for Women</b> <b>TBD</b>
8:40 a.m.	<b>Osteoporosis Management</b> Krupa B. Doshi, M.D.
9:10 a.m.	<b>Question and Answer Session</b>
9:40 a.m.	<b>Refreshment Break</b>
	<b>General Medicine</b>
10:10 a.m.	<b>Evaluation and Management of Metabolic Associated Fatty Liver (including Brief Work up of Elevated LFTs)</b> Blanca C. Lizaola-Mayo, M.D.
10:40 a.m.	<b>Estrogen Deprivation and Heart Disease</b> Chrisandra L. Shufelt, M.D.
11:10 a.m.	<b>KEYNOTE – Cognition: Implications of Estrogen Including HT</b> Pauline Maki, Ph.D.

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## **Friday, March 22, 2024 (*continued*)**

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11:50 a.m.	<b>Question and Answer Session</b>
12:10 p.m.	<b>Lunch (provided)</b>
<b>SESSION</b>	<b>Potpourri</b>
1:00 p.m.	<b>Cannabis and Women's Health</b> Mark K. Edwin, M.D.
1:30 p.m.	<b>Chronic Kidney Disease in Women: Evaluation and Management (including HTN Related to CKD Managed)</b> Evamaria Anvari, M.D.
2:00 p.m.	<b>VTE: What's the Approach to Evaluation and Treatment in 2023?</b> Fadi E. Shamoun, M.D.
2:30 p.m.	<b>Question and Answer Session</b>
3:00 p.m.	<b>Refreshment Break</b>
<b>SESSION</b>	<b>Contraceptives: Contraception and More</b>
3:30 p.m.	<b>Emergency Contraception Options, Over the Counter Pills and More</b> <b>TBD</b>
4:00 p.m.	<b>Long-Acting Reversible Contraceptives (LARCs): Pearls for Insertion and Managing Side Effects</b> Sara S. Shihab, M.D. and Shelly R. Crosson, P.A.-C.
4:30 p.m.	<b>Adjourn</b>

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## **Saturday, March 23, 2024**

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

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

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

### **MODERATOR**

**SESSION                      Sex and Gender**

7:40 a.m.                      **Sexual Health in Women of Sexual Minorities**  
Talía 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**

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**Saturday, March 23, 2024 (*continued*)**

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**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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