

Women's Health Update

March 21-23, 2024

Thursday, March 21, 2024

6:30 a.m.	Registration and Continental Breakfast
7:20 a.m.	Welcome Announcements
MODERATORS	Ekta Kapoor, M.B.B.S., Juliana (Jewel) M. Kling, M.D., M.P.H. and Denise M. Millstine, M.D.
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.	Side Effects of Newer Breast Cancer Treatments: What PCPs Should Know Pooja Advani, M.B.B.S., M.D.
9:00 a.m.	Question and Answer Session
9:30 a.m.	Refreshment Break
9:45 a.m.	KEYNOTE: Lifestyle, Genetics and Breast Cancer Risk Lisa Larkin, M.D., FACP MSCP IF
SESSION	General Medicine
10:25 a.m.	Evaluation and Management of Metabolic Associated Fatty Liver (including Brief Work up of Elevated LFTs) Blanca C. Lizaola-Mayo, M.D.
10:55 a.m.	Cardiovascular Implications of Low Estrogen: From Puberty to Menopause Chrisandra L. Shufelt, M.D.
11:25 a.m.	Question and Answer Session

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.
	Cardiovascular Health in Menopause Chrisandra L. Shufelt, M.D.
	Non-Hormone Therapies for Menopause Denise M. Millstine, M.D.
3:00 p.m.	Refreshment Break
3:15 p.m.	Breast Health Basics Lisa Larkin, M.D., FACP MSCP IF
	Midlife Weight Gain Ekta Kapoor, M.B.B.S.
	Cognition and Menopause Pauline Maki, Ph.D.
5:00 p.m.	Adjourn

Friday, March 22, 2024

- 6:45 a.m. **Continental Breakfast**
- 6:45 a.m. **Optional Roundtable Discussions: 45 min each (separate fee)**
- Menopause Cases**
Susan N. Kok, M.D.
- 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**
- MODERATORS** Ekta Kapoor, M.B.B.S., Juliana (Jewel) M. Kling, M.D., M.P.H. and Denise M. Millstine, M.D.
- 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**
Susan Kok, M.D.
- 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**
- Hard Conversations**
- 10:10 a.m. **Navigating Contemporary Legal & Ethical Challenges in Women's Health: Reproductive Rights and End-of-Life Care**
Jill Gibson, M.D., Ellen C. Meltzer, M.D. Tyler K. Murphy, M.D. and Lexi C. White, J.D., Ph.D., HEC-C
- 11:10 a.m. **KEYNOTE – Cognition: Implications of Estrogen Including HT**
Pauline Maki, Ph.D.
- 11:50 a.m. **Question and Answer Session**

Friday, March 22, 2024 (continued)

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	Gynecology
3:30 p.m.	Fibroids: Evaluation, Management and Addressing Disparities Michelle Y. Louie, M.D.
4:00 p.m.	Abnormal Uterine Bleeding: Workup, Management and Beyond Megan C. Cheney, M.D., M.P.H.
4:30 p.m.	Question and Answer Session
4:45 p.m.	Adjourn

Saturday, March 23, 2024

6:45 a.m.	Continental Breakfast
7:35 a.m.	Welcome Announcements
MODERATORS	Ekta Kapoor, M.B.B.S., Juliana (Jewel) M. Kling, M.D., M.P.H. and Denise M. Millstine, M.D.
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 to Sexual Health Jennifer A. Vencill, Ph.D., ABPP, CST
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, M.D.
11:40 a.m.	Question and Answer Session
	Contraceptives: Contraception and More
12:10 p.m.	Emergency Contraception Options, Over the Counter Pills and More Margaret E. Long, M.D.
12:40 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.
1:10 p.m.	Question and Answer Session
1:25 p.m.	Adjourn

