

***12th Annual Contemporary
Women's Health Issues***

**Common Health Care Problems
in Women:**

***Case-Based Consideration of
Cost Containment Strategies
and Latest Advances***

Friday, November 6, 2009

Eric P. Newman Education Center
Washington University Medical Center, St. Louis

Co-Chairs

Abby S. Hollander, M.D. & Teresa L. Deshields, Ph.D.

Presented By



Please visit our website - <http://awn.wustl.edu>

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Washington University School of Medicine
Continuing Medical Education

COURSE OBJECTIVES: This course is designed for primary care physicians, obstetricians and gynecologists, psychiatrists and other health care providers of women. The intended result of this activity is enhanced knowledge/competence, performance and patient outcomes. After completion of this course, the participant should be able to:

- Identify depression in patients with medical illness and analyze treatment issues with respect to clinical challenges.
- Implement non-pharmacologic and pharmacologic strategies to manage dyslipidemia in women.
- Devise multi-dimensional pain treatment regimens and describe a basic algorithm for assessment of pain.
- Identify women at higher risk for breast cancer and implement interventions to reduce breast cancer risk.
- Summarize approaches to address common sleep problems.
- Discuss health issues of concern for survivors of childhood cancer.
- List medication options for treatment of osteoporosis.

GUEST FACULTY

Renuka Patel, M.D., Clinical Assistant Professor
Department of Neurology & Psychiatry
St. Louis University School of Medicine

WASHINGTON UNIVERSITY SCHOOL OF MEDICINE ACTIVITY FACULTY

Maria C. Dans, M.D., Assistant Professor of Medicine
Clinical Director, Palliative Care Services

Teresa L. Deshields, Ph.D., Clinical Assistant Professor of Medicine
Manager, Psycho-Oncology Services, Siteman Cancer Center

Kathryn Diemer, M.D., Assistant Professor of Medicine
Division of Bone & Mineral Diseases

Simon Fisher, M.D., Ph.D., Assistant Professor of Medicine
Division of Endocrinology, Metabolism and Lipid Research
Assistant Professor, Cell Biology and Physiology

Anne C. Goldberg, M.D., FACP, Associate Professor of Medicine
Division of Endocrinology, Metabolism and Lipid Research

Abby S. Hollander, M.D., Associate Professor of Pediatrics
Division of Pediatric Endocrinology and Diabetes
Medical Director, Child and Adolescent Ambulatory Services

Allison King, M.D., MPH, Assistant Professor
Program in Occupational Therapy
Department of Pediatrics, Division of Hematology and Oncology

Antonella L. Rastelli, M.D., Assistant Professor of Medicine
Division of Oncology

Beth A. Ward, M.D., Assistant Professor of Neurology

AGENDA

7:30am *Registration & Continental Breakfast*

8:00 **Welcome** - Anne Goldberg, M.D., FACP, AWN President

Session 1: Case Presentation A:

35 - year old Female Cancer Survivor with Pain and Sadness

8:10 **Breast Cancer Risk and Prevention**

Antonella Rastelli, M.D.

8:50 **Late Effects of Childhood Leukemia: Issues of Adult Survivorship** - Allison King, M.D., MPH

9:30 *Refreshment Break*

9:50 **An Overview of the Treatment of Depression with Co-morbid Medical Illness** - Renuka Patel, M.D.

10:30 **A Multidisciplinary Approach to the Assessment and Management of Pain** - Maria C. Dans, M.D.

11:10 **Panel Discussion with Faculty**

11:50 *Luncheon (to be provided)*

Session 2: Case Presentation B:

55 - year old Post-Menopausal Female with Obesity and Abnormal Lab Values

12:50pm **Osteoporosis Treatment (The Latest Drugs vs Vitamin D)**
Kathryn Diemer, M.D.

1:30 **Common Sleep Disorders** - Beth Ward, M.D.

2:10 *Refreshment Break*

2:50 **Strategies for Addressing the Epidemic of Obesity and Diabetes** - Simon Fisher, M.D., Ph.D.

3:10 **Women and Lipid Disorders-Treating Post-Menopausal Women** - Anne Goldberg, M.D., FACP

3:50 **Panel Discussion with Faculty**

4:30 *Adjourn*

ACCREDITATION: Washington University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT: Washington University designates this educational activity for a maximum of **7 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

DISCLOSURE POLICY: It is the policy of Washington University School of Medicine, Continuing Medical Education, to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All faculty participating in this activity are expected to disclose to the audience any financial interest or other relationship he/she has with the manufacturer(s) of any commercial product(s) discussed in an educational presentation.

GENERAL INFORMATION

Location: Eric P. Newman Education Center (EPNEC), www.epnec.wustl.edu
320 S. Euclid Ave., St. Louis, Missouri 63110 . Since meeting room temperatures are difficult to regulate to everyone's appeal, bringing a jacket or sweater is recommended. A map will be included with the registration acknowledgement.

Parking: Courtesy parking for paid registrants at the North Garage (on Euclid Avenue at Parkview Place). Please bring your ticket to the registration desk for validation. Validation for other medical center parking garages is not available.

Accommodations: Request the Washington University CME rate.

The Parkway Hotel (medical center campus, adjacent to conference center)
(314) 256-7777 toll free (866) 314-7700 www.theparkwayhotel.com
4550 Forest Park Blvd., St. Louis, MO 63110

Rates: \$129 Executive Level / \$149 Concierge Level (+tax)

Chase Park Plaza (5 blocks from the medical center campus)
(314) 633-3014 or toll free (877) 587-2427 www.chaseparkplaza.com
212-232 N. Kingshighway Blvd., St. Louis, MO 63108

Rate: \$162 One-Bedroom Suite (+tax)

Please Note: Washington University is not responsible for airline or hotel reservations. Please confirm seminar registration acceptance prior to purchase of non-refundable or penalty airline tickets.

Transportation/MetroLink: The Central West End MetroLink Station is conveniently located at the medical center on Euclid Avenue, ½ block south of EPNEC. The MetroLink trip from the airport to the medical center takes approx. 25 minutes and costs \$3.50. Taxis are available at the airport and cost approx. \$40 to the medical center.

Registration/Payment Policy: Your full payment in advance completes your registration and ensures your enrollment in this course. If you have not received an acknowledgment within two weeks of your registration submission, please call the CME office. Opportunities for on-site registration are limited and may be unavailable. To inquire about the availability to register on-site, please contact the CME office.

Cancellations: Seminar registration fee less \$25 administrative charge is refundable if cancellation is received in writing by October 28, 2009.

Special Needs: Continuing Medical Education at Washington University School of Medicine fully complies with the legal requirements of the Americans with Disabilities Act rules and regulations thereof. If any participant of this meeting is in need of accommodations, please do not hesitate to submit written requests at least one month prior to seminar date.

For Further Seminar Information: Website: cme.wustl.edu
Continuing Medical Education, Washington University School of Medicine
(314) 362-6891 (800) 325-9862 Fax (314) 362-1087 Email: CME@wustl.edu

Day of Seminar Only Telephone Number: (314) 747-6338

Minimum and Maximum Enrollments Have Been Established

ADVANCE REGISTRATION

12th Annual Contemporary Women's Health Issues Friday, November 6, 2009

To ensure proper spelling of your name, please print clearly.

First Name Initial Last Name Degree

Address

City/ State/ Zip

Office Telephone Number

Fax

Specialty

If you wish to receive CME announcements online, indicate your email address.

Medical School Graduate of: Wash Univ Other (Indicate) _____ Year ____

REGISTRATION FEES:

By Oct 28 After Oct 28

Physician \$145 \$165

Allied Health Professional \$ 95 \$115

Your full payment in advance completes your registration and ensures your enrollment in this course. Fees include enrollment, continuing education credits, educational materials, continental breakfast, refreshment breaks, luncheon and medical center parking.

CONVENIENT WAYS TO REGISTER

ONLINE Secure online registration available at: <http://cme.wustl.edu>.

MAIL completed form with your check payable to *Washington University*.
CME/WUSM, Campus Box 8063, 660 S Euclid Ave., St. Louis, MO 63110

FAX completed form with credit card information to (314) 362-1087

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Exp. Date _____ Signature _____

PHONE your registration to: (800) 325-9862 or (314) 362-6891
(Please have credit card information ready.)