



Women's Health Conference

Friday, February 22, 2019

The Education Center at Eastern AHEC
2600 W. Arlington Blvd., Greenville, NC

Jointly Provided by: The Department of Family Medicine, Department of Obstetrics and Gynecology and the Office of Continuing Medical Education of the Brody School of Medicine at East Carolina University and UNC Eshelman School of Pharmacy in association with Eastern Area Health Education Center



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The 2019 Brody School of Medicine Women's Health Conference, now in its 21st year, enables clinicians to engage in a discussion addressing the most clinically important topics relevant to women's health across the lifespan.

Studies show that women make up to 90 percent of the health care decisions for themselves and their families. The number of women aged 45 and older has increased significantly in the last ten years. In order to meet the health care demands of an aging population that traditionally experiences higher incidences of illnesses, we must work together to raise awareness about health promotion.

This conference is designed to empower healthcare providers to assist women in making informed decisions about health, well-being and personal safety. The agenda is designed to provide camaraderie and instruction for physicians, midwives, nurse practitioners, pharmacists and physician assistants with a broad range of topics relevant to women's health. Faculty of the highest caliber will challenge you to reach out to women – your patients, your colleagues, as well as to professional associations, state leadership, and health care advocacy organizations on the health issues of importance to your community, thereby creating tomorrow's success stories for women's health.

Content of educational objectives will be met through didactic presentations with ample time for questions and answers, as well as informal exchange and networking. A comprehensive online course syllabus is provided to all registrants.

Upon completion of this knowledge-based conference, participants should have a greater understanding of strategies to integrate into practice new developments in the following:

An Update on Screening

- Describe common limitations and weaknesses of published guidelines
- Review current guidelines as they apply to women's health
- Describe strategies for applying published guidelines to individual patients

Urinary Incontinence in Women

- Review incidence and etiology of urinary incontinence
- Examine pertinent history, physical exam and ancillary tests
- Describe conservative and medical management options
- Discuss referral recommendations for further evaluation and management

Women's Health and Travel

- Present interview findings of women who have traveled extensively and share their experiences from a health perspective
- Cover the present state of Zika as it relates to women
- Review basics of travel medicine for women

Update on Menopause

- Review the symptoms and clinical relevance of perimenopause and menopause
- Discuss the symptoms and physiology of perimenopause and menopause
- Review the findings of the WHI and the data on menopause treatment since the WHI was initially published
- Identify testing and treatment for the symptoms of menopause

Tackling the Prescription Drug Problem in Your Practice: An Outline for Evidence Based Narcotic Prescribing

- Review the statistics for prescription drug use and overdose in the US
- Explain the psychological basis for drug seeking behaviors
- Provide an algorithm for appropriate safety based opiate prescribing
- Discuss some common opiate prescribing challenges in practice

Polycystic Ovary Syndrome (PCOS): An Update on Diagnosis and Management

- Discuss the pathophysiology and diagnosis of PCOS
- Discuss the symptoms and complications of PCOS and treatment regimens
- Discuss the long term consequences of the disease and preventive strategies

Osteoporosis Update 2019

- Identify indications for bone densitometry testing
- Review appropriate diagnosis of osteoporosis
- Explore how to determine which patients may benefit from pharmacologic treatment to decrease fracture risk
- Discuss options for pharmacologic treatment in 2019
- Discuss recommendations on discontinuation of anti-resorptive therapy

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Agenda

Friday, February 22, 2019

- 7:30** **Registration and Breakfast Buffet**
- 8:00** **Welcome and Overview**
Sarah E. Smith, MD, FACOG
- 8:10** **An Update on Screening**
Joseph Lane Wilson, MD
- 9:10** **Urinary Incontinence in Women**
Hale Stephenson, MD
- 10:10** **Break**
- 10:25** **Women's Health and Travel**
Ricky Watson, MD
- 11:25** **Update on Menopause**
Sarah E. Smith, MD, FACOG
- 12:25** **Lunch**
- 1:15** **Tackling the Prescription Drug Problem in Your Practice: An Outline for Evidence Based Narcotic Prescribing**
Michael Lang, MD
- 2:15** **Polycystic Ovary Syndrome (PCOS): An Update on Diagnosis and Management**
Clifford C. Hayslip, Jr., MD
- 3:15** **Break**
- 3:30** **Osteoporosis Update 2019**
Fiona Cook, MD, FACE
- 4:30** **Summary and Q&A**
- 5:00** **Adjourn**

Who Should Attend

This conference has been designed to meet the continuing medical education needs of Physicians, Nurse Practitioners, Physician Assistants, Midwives, Pharmacists and other team members involved in the management of women's health.

Faculty

Program Directors

Sarah E. Smith, MD, FACOG

Clinical Associate Professor
Department Outpatient Medical Director
Department of Obstetrics and Gynecology
The Brody School of Medicine,
East Carolina University, Greenville, NC

Joseph Lane Wilson, MD

Assistant Residency Professor
Clinical Assistant Professor
Family Medicine Center
The Brody School of Medicine,
East Carolina University, Greenville, NC

Guest Faculty

Hale Stephenson, MD

Greenville OB/GYN
Physicians East

Brody School Of Medicine Faculty

Fiona Cook, MD, FACE

Clinical Professor
Division of Endocrinology
Department of Internal Medicine

Clifford C. Hayslip, Jr., MD

Professor, Chairman
Division Chief of Reproductive Endocrinology
and Infertility
Department of Obstetrics and Gynecology

Michael Lang, MD, FACP, DFAPA

Clinical Associate Professor
Departments of Psychiatry and Internal Medicine
Program Director- Internal Medicine/Psychiatry
Residency Program
Director- Electroconvulsive Therapy and
Transcranial Magnetic Stimulation Programs

Ricky Watson, MD, MSPH

Assistant Residency Director
Department of Family Medicine

Credit

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Brody School of Medicine at East Carolina University and UNC Eshelman School of Pharmacy in association with the Eastern Area Health Education Center. The Brody School of Medicine at East Carolina University is accredited by the ACCME to provide continuing medical education for physicians.

Credit: The Brody School of Medicine at East Carolina University designates this live activity for a maximum of 7.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credits commensurate with the extent of their participation in the activity.



The University Of North Carolina Eshelman School Of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. ACPE program # 0046-9999-19-053-L04-P provides 7.50 contact hours of continuing pharmacy education credit. To receive CE credit, participants must verify attendance, and complete the evaluation form(s) of this program. Participants must provide their name, email address, NABP e-Profile ID, and date of birth (MMDD) to receive credit. Statements of credit can be viewed and printed in CPE Monitor in approximately 2 to 3 weeks. It is the participant's responsibility to check CPE Monitor to verify credit has been uploaded. If credit is not shown please contact the provider
****No partial session credit will be given****

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). Determination of credit is pending.

EAHEC Contact Hours: Certificates reflecting 7.50 contact hours of education will be awarded at the completion of the program.

Registration Information

Registration is online only at www.easternahec.net and requires a current MyAHEC account.

Registration Fees (Includes Scientific Sessions, Breaks, Lunch and Online Handouts)

- \$135 MD, DO, PharmD or Other Doctorates
- \$ 80 Other Healthcare Professionals
- \$ 50 Residents/Students

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.

Handouts

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Program Location

This program is being held at the Eastern Area Health Education Center, 2600 W. Arlington Blvd. Greenville, NC

Eastern AHEC Cancellation Policy

Registration refunds, credit toward future Eastern AHEC learning activities, and substitutions are handled consistently for all Eastern AHEC continuing professional development (CPD) activities.

- To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity.
- No refunds will be given for cancellations less than one week prior to activity.
- For continuing professional development activities canceled more than one week prior to continuing professional development activity,
 - A \$35.00 cancellation fee will be deducted from the refund, OR
 - The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year, OR
- Substitutions are welcome; advance notification encouraged.

Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department of Disability Support Services at (252) 737- 1016 (V/TTY) at least five business days prior to the program.

Please be sure to bring a sweater or jacket for your comfort throughout the symposium.