WOMEN’S HEALTH CONFERENCE

June 9 – 11, 2016
Thursday – Saturday

SPONSORED BY:
UC DAVIS HEALTH SYSTEM
Office of Continuing Medical Education and
Women’s Cardiovascular Medicine Program

Monterey Plaza Hotel & Spa
Monterey, California

Maximum of 17.5
AMA PRA Category 1 Credits™
Thursday, June 9, 2016

7:00 am  Registration, Continental Breakfast, Visit Exhibits

8:00  State of-the-Art Lecture: Advances in Women’s Heart Health
Martha Gulati, MD

8:45  Exercise and Brain Health: Is there a Connection?
John C. Rutledge, MD

9:30  Panel Q & A

9:45  Break, Visit Exhibits

10:15  Contraception and Pre-Conception Counseling
Bimla Schwarz, MD

11:00  Lipid Screening and Treatment in Adolescents
Holly Gooding, MD

11:45  Panel Q & A

12:00 pm  Lunch

1:00  Case Discussions on Heart Disease in Women
Martha Gulati, MD and Amparo C. Villablanca, MD

1:45  Q & A

2:00  Special Workshop: Yoga for Body and Mind
Linda Larsen, RN-BC

3:00  Adjourn

Friday, June 10, 2016

7:00 am  Registration, Continental Breakfast, Visit Exhibits

7:00  Breakfast Roundtables
Optional, informal meet-the-faculty discussions
Seating is limited to ten per table, no pre-registration

1. Lipid Disorders
   John C. Rutledge, MD, Stephen Young, MD

2. Peripheral Vascular Disease
   Ehrin J. Armstrong, MD

3. Nutrition and Supplements
   Dianne Hyson, PhD

4. Stress Management
   Linda Larsen, RN-BC

8:00  State of the Art Lecture: New Advances in Lipid Management
Stephen Young, MD

8:45  Nutrition Supplements, Vitamin D and More
Dianne Hyson, PhD

9:30  Panel Q & A

9:45  Break, Visit Exhibits

10:15  Venous Thromboembolism in Women: Epidemiology, Risk Factors, Anticoagulants and Long-Term Prognosis
Richard White, MD

11:00  Gender Differences in Presentation and Outcomes in PAD
Ehrin J. Armstrong, MD

11:45  Panel Q & A

12:00 pm  Lunch

1:00  Case Discussions: Juggling Multiple Guidelines
Amparo C. Villablanca, MD

1:45  Q & A

2:00  Adjourn

7:00 - 8:30  Meet the Faculty Strolling Dinner and Wine Reception, Monterey Bay Aquarium
Private Viewing and Reception
Please see registration form
{Registration fee includes aquarium admission and strolling dinner/wine reception, additional fee for guest(s)}
Saturday, June 12, 2016

7:00 am  
Registration, Continental Breakfast, Visit Exhibits

7:00  
Breakfast Roundtables  
Optional, informal meet-the-faculty discussions  
Seating is limited to ten per table, no preregistration

5. Addiction and Drug Abuse  
Scott Fishman, MD

6. Adolescent Medicine  
Holly Gooding, MD

7. Menopause  
Elaine Waetjen, MD

8. Prevention of Kidney Disease  
Shubha Ananthakrishnan, MD

8:00  
General Approaches to Adolescent Wellness Care  
Holly Gooding, MD

8:45  
Prescription Drug Abuse and Opioid Prescribing: Emerging Guidelines  
Scott Fishman, MD

9:30  
Panel Q & A

9:45  
Break, Visit Exhibits

10:15  
Primary Evaluation of Abnormal Uterine Bleeding Among Women of Reproductive Age  
Catherine Cansino, MD

11:00  
Interventional Radiology and Women’s Health: Uterine Fibroid Embolization, Pelvic Congestion, Venous Ablation and More  
Catherine Vu, MD

11:45  
Panel Q & A

12:00  
Lunch (on your own)

1:00  
Renal Disease in Women  
Shubha Ananthakrishnan, MD

1:45  
Postmenopausal Symptoms, Pharmacotherapy and Alternative Therapies  
Elaine Waetjen, MD

2:30  
Panel Q & A

2:45  
Concluding Remarks

3:00  
Adjourn

Faculty

COURSE CHAIR  
Amparo C. Villablanca, MD  
Professor and Lazda Endowed Chair, Cardiovascular Medicine  
Director, Women’s Cardiovascular Medicine Program  
Division of Cardiovascular Medicine  
University of California, Davis

CARDIOVASCULAR SYMPOSIUM  
Moderator: Amparo Villablanca, MD

GUEST FACULTY  
Ehrin J. Armstrong, MD  
Director, Interventional Cardiology  
Co-Director, Vascular Laboratory  
VA Eastern Colorado Healthcare System  
Associate Professor of Medicine, Division of Cardiology  
Denver, CO

Holly Gooding, MD  
Assistant Professor of Medicine and Pediatrics  
Harvard Medical School  
Division of Adolescent/Young Adult Medicine, Boston Children’s Hospital  
Division of General Internal Medicine, Brigham and Women’s Hospital  
Boston, MA

Martha Gulati, MD  
Division Chief Cardiology  
UC Davis Medical Center Cardiology Outpatient Services  
Harrison Endowed Chair in Diabetes Research  
Division of Cardiovascular Medicine

Bimla Schwarz, MD  
Professor  
Department of Internal Medicine  
Division of General Medicine and Human Genetics

Richard White, MD  
Professor and Chief  
Division of General Medicine  
Department of Internal Medicine

GENERAL WOMEN’S HEALTH AND GYNECOLOGY SYMPOSIUM  
Moderator: Amparo Villablanca, MD

GUEST FACULTY  
Holly Gooding, MD  
Assistant Professor of Medicine and Pediatrics  
Harvard Medical School  
Division of Adolescent/Young Adult Medicine, Boston Children’s Hospital  
Division of General Internal Medicine, Brigham and Women’s Hospital  
Boston, MA

John C. Rutledge, MD  
Professor, Cardiovascular Medicine  
Harrison Endowed Chair in Diabetes Research  
Division of Cardiovascular Medicine

UC DAVIS FACULTY  
Shubha Ananthakrishnan, MD  
Assistant Clinical Professor  
Division of Nephrology  
Department of Internal Medicine

Catherine Cansino, MD  
Assistant Professor  
Medical Director, Outpatient Clinical Services  
Department of Obstetrics and Gynecology

Scott Fishman, MD  
Professor/Vice Chair  
Department of Anesthesiology and Pain Medicine

Elaine Waetjen, MD  
Professor  
Department of Obstetrics and Gynecology

CONFERENCE COORDINATOR  
Larry Jacinth, CMP  
Office of Continuing Medical Education  
UC Davis Health System
TARGET AUDIENCE
This activity is designed for primary care physicians, internists, specialists, and obstetricians/gynecologists. This knowledge based conference is also designed to meet the educational needs of nurses, nurse practitioners, physician assistants, dietitians, clinical pharmacists, and other allied health professionals who are part of multidisciplinary women’s health team.

EDUCATIONAL NEED
The UC Davis Health System is committed to discovering and sharing knowledge to advance health. This knowledge and evidence based course is designed to change physician competence through cutting edge information about new frontiers in heart disease in women, reproduction, and other key topics in women’s health and general gynecology. Faculty presenting and interacting with participants at this activity have been selected on the basis of their comprehensive clinical experience and academic excellence.

The conference will gather a prestigious group of physicians, nurses, and allied healthcare providers to learn practical, clinical information about cutting-edge therapeutic protocols, advances in diagnosis and management, and innovative translational research advances that impact women’s health care.

The 2016 Women’s Health Conference with symposia on cardiovascular and general women’s health will provide an update on health care for women and focus on gender-specific aspects and care of diseases occurring in women. Through lectures, panel discussions, question and answer sessions, breakfast roundtables, and case-based discussions the course is designed to address the sex and gender-based differences in many health conditions that affect women and men. There are few courses nationwide that address the broad scope of these issues.

EDUCATIONAL OBJECTIVES
At the end of the activity, participants should be able to:

Cardiovascular Symposium: June 9-10
• Discuss new advances in the management of lipid disorders
• Describe the connection between physical activity and brain health
• Identify new advances and challenges in pre-conception counseling and contraception
• Discuss approaches to lipid screening and treatment in adolescents
• Explain how to integrate multiple prevention guidelines into clinical practice
• Describe the benefits of yoga for the mind and body
• Name gender differences in peripheral arterial disease
• Describe the pros, cons and recommendations regarding vitamin D and nutrition supplements
• Identify the epidemiology and risk factors, as well as current anticoagulation approaches, for venous thromboembolism in women

General Women’s Health Symposium: June 11
• Explain current approaches to adolescent health
• Describe the epidemic of opioid drug abuse and emerging guidelines for prescribing opioids
• Discuss the evaluation of abnormal uterine bleeding in reproductive age women
• Identify alternative and pharmacotherapies for management of postmenopausal symptoms
• Discuss gender implications of renal disease
• State the role of interventional radiology in the management of women’s health issues
• Describe new advances in contraception and pre-conception counseling
CONFERENCE REGISTRATION

Please register early – space is limited.

Tuition is $500 for all attendees. **Confirmation of registration will be sent within two weeks after receipt of registration form.** The fees will increase after May 18, 2016.

Tuition includes three continental breakfasts, two luncheons, Thursday evening “Meet the Faculty Reception” (additional charge for guest, see registration form), refreshment breaks, electronic syllabus, and an online certificate of attendance. Tuition may be paid by check, American Express, Discover, MasterCard or VISA. Cash is not accepted. The Office of Continuing Medical Education reserves the right to cancel this conference. In such a case, a full refund will be given.

Registration forms received without payment will not be processed until payment is received, and payment must follow within 10 days. Early discount rates are honored if payment is received by the date noted on the registration form. After that date, the late fee is applied.

Cancellation and Refund Policy: A refund of tuition, less $75 administrative fee, will be allowed if requested in writing by May 18, 2016. No refunds will be provided after this date.

SYLLABUS

The electronic syllabus will be available to pre-registered attendees online prior to the conference for downloading and printing. A flash drive containing the syllabus will be distributed at the conference. There will be no printed syllabus for this activity.

ACCREDITATION

The University of California, Davis, Health System is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION

**Physician Credit:** The University of California, Davis, Health System designates this live activity for a maximum of 17.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**AAFP CREDIT**

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

**AMA PRA Category 1 Credits™ acceptable for other healthcare providers**

**Dietitian:** AMA PRA Category 1 Credits™ meet the requirements of the Commission on Dietetic Registration (CDR).

**Nurse:** For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credits™ (report up to 17.5 hours of credit and fill in “CME Category 1” for the provider number).

**Pharmacy:** The California Board of Pharmacy accepts coursework which meets the standard of relevance to pharmacy practice and has been approved for AMA PRA Category 1 Credits™.

**Physician Assistant:** The National Commission on Certification of Physician Assistants (NCCPA) states that AMA PRA Category 1 Credits™ are acceptable for continuing medical education requirements for recertification.

MONTEREY BAY AQUARIUM

Meet the faculty at the Monterey Bay Aquarium

Pre-registration and additional fee required (see enrollment form)

You and your guest(s) are invited to attend a private event scheduled in the Ocean’s Edge Wing of the Monterey Bay Aquarium on Friday, June 10, 2016, from 7:00 - 8:30 pm. This special evening will consist of a strolling dinner and wine reception while visiting with colleagues and the Women’s Health Conference faculty.
A block of rooms is being held for conference participants at rates of:

- **INLAND VIEW:** $211
- **PARTIAL OCEAN VIEW:** $261 single/double
- **HARBOR VIEW:** $321 single/double
- **HARBOR VIEW/BALCONY:** $401

Plus hotel and sales tax (extension dates may be available). After May 18, 2016, reservations will be on a space and rate available basis. Reservations should be made directly with the hotel – mention UC Davis Women’s Conference for special pricing.

Perched dramatically over the Monterey Bay, the Monterey Plaza Hotel & Spa combines elegant European architecture, sweeping coastal views and sophisticated style to create the perfect vantage point from which to enjoy the gentle sounds of the surf, the fresh scent of sea air and the sight of otters, seals and dolphins at play.

The Monterey Plaza’s central location on Cannery Row makes it easy to enjoy the area’s many attractions and activities, including the world-renowned Monterey Bay Aquarium just three blocks away. The range of activities and attractions nearby is nearly limitless. Launch a kayak from the hotel’s beach, play a round of golf at one of 19 local championship courses, go sailing, whale watch or scuba dive in the protected marine sanctuary of Monterey Bay. Walk to Fisherman’s Wharf, Old Town Monterey or the Maritime Museum, or take a scenic drive to Carmel, Pebble Beach, 17-Mile Drive or Big Sur.

**AIR TRAVEL**

- Monterey Regional Airport (MRY)
- San Jose International Airport (SJC)
- San Francisco International Airport (SFO)

The Office of Continuing Medical Education has arranged group rates with United Airlines. To obtain Groups and Meetings discount prices go to: http://www.united.com and enter Offer Code: ZVM6788442

**GROUND TRANSPORTATION**

- **Hertz Car Rental:** To obtain discounted rates go to http://www.hertz.com and enter Convention Number 04H70007.
- **National Car Rental:** Call 1 (800) CAR-RENT and request ID #5282865 for discounted rates.

**FOR FURTHER INFORMATION**

UC Davis Health System
Office of Continuing Medical Education
4610 X Street, Suite 2301
Sacramento, CA 95817
1 (866) CME4EDU (263-4338)
(916) 734-5390 Phone
(916) 734-0742 Fax
http://cme.ucdavis.edu

**BROCHURE ART CREDIT**

Brochure images courtesy of Accreditation Council for Continuing Medical Education, UC Davis Public Affairs, Monterey Plaza Hotel, and stock.adobe.com.
Registration Form (please print)

WOMEN’S HEALTH CONFERENCE
JUNE 9 – 11, 2016

Telephone: (916) 734-5390/Toll Free: 866-CME4EDU
Fax: (916) 734-0742

Please use ONE of these methods to register: (Do not mail if previously registered by telephone)

Mail this registration form and payment to:
Office of Continuing Medical Education
c/o UC Davis Cashier’s Office
PO Box 989062
West Sacramento, CA 95798-9062

Fax: (916) 734-0742

REGISTRATION FEES (Receipt/Confirmation will be mailed within two weeks)

All Participants
☐ Early Discount $500
☐ After May 18 $550

MONTEREY BAY AQUARIUM
Friday, June 10, 2016 7:00 – 8:30 pm
(Registration fee includes aquarium admission and strolling dinner/wine reception)

☐ I will attend the reception alone (no charge)
☐ I will not attend the reception
☐ I will attend the reception with guests: #________ adults @ $50 each guest = $_________
Name(s): __________________________________________

ELECTRONIC SYLLABUS
The electronic syllabus will be available to preregistered attendees online prior to the meeting for downloading and printing. A USB flash drive will be distributed at the conference.

If you need disability accommodations at the meeting, please let us know by May 18, 2016 and our representative will contact you.

Please note special dietary/food allergy requirements ______________________

For your protection, do not fax or email your registration form with credit card information. Please mail your registration or contact our Registrar at (916) 734-5390 for assistance if you would like to use a credit card.

Please check your payment method.
Mail this registration form and payment to: Office of Continuing Medical Education c/o UC Davis Cashier’s Office PO Box 989062 West Sacramento, CA 95798-9062
Telephone: (916) 734-5390/Toll Free: 866-CME4EDU
Fax: (916) 734-0742

For Office Use Only

REGISTRATION ONLINE AT: http://bit.ly/1USYAnT
WOMEN’S HEALTH CONFERENCE

June 9 – 11, 2016
Thursday – Saturday

HIGHLIGHTS:
• Physical Activity and Dementia
• Heart Disease in Women
• Nutritional Supplements and Vitamin D
• Management of Lipid Disorder in Children and Adults
• Adolescent Health
• Pharmacotherapy and Alternative Therapies for Menopausal Symptoms
• Stress Reduction and Mind/Body Connection Through Yoga
• Contraception and Pre-Conception Counseling
• DVT and Anticoagulants
• Peripheral Arterial Disease and Outcomes
• Making Sense of Multiple Guidelines
• Prescribing Opioids and Drug Abuse
• Evaluating Abnormal Uterine Bleeding
• Non-Surgical Approaches for Pelvic Disease
• Breakfast Roundtables, Case-Based Discussions, Didactic Lectures
• And more!

THIS ACTIVITY IS SELF-SUPPORTING AND RECEIVES NO STATE FUNDING.