

Cleveland Clinic Foundation

Presents

Inaugural

**Women's Sports Health Update:
Fitness, Injury and Bone Health**

Saturday, February 21, 2009

Cleveland Clinic Administrative Campus – Building 3, LL-120
Beachwood, OH 44122





Overview

New insights in the area of women's health, particularly as it relates to exercise and orthopedics will be highlighted in this one day course. Didactic presentations will be designed to educate providers on the assessment and management of medical problems in athletic and exercising women. Lectures will be used to promote an understanding of the unique problems faced by female athletes. Issues to be addressed include metabolic changes throughout the lifespan, sport-specific injuries and bone and joint health in women.

Target audience: Primary Care Physicians, Sports Medicine/Rehabilitation Providers

Learning Objectives

Upon completion of the activity, the participant will be able to:

- Identify metabolic changes during the female lifespan that may affect training.
- Recognize women's participation in and injuries related to the sport in which they are involved.
- Identify issues concerning female athlete bone health.
- Discuss current knowledge regarding anterior cruciate ligament (ACL) injury in female athletes.

Course Director

Susan M. Joy, M.D.

Director, Cleveland Clinic Women's Sports Health
Head Team Physician, Cleveland State University
Consultant, Cleveland Cavaliers

Planning Committee

Gary Calabrese, P.T.

Director, Cleveland Clinic Sports Health
and Orthopedic Rehabilitation

Tamara L. Murray, P.T.

Cleveland Clinic Sports Health and
Orthopedic Rehabilitation

Heather Nettle, M.A.

Coordinator, Exercise Physiology Services
Cleveland Clinic Sports Health and Orthopedic
Rehabilitation



Faculty

Gordon Blackburn, PhD

Program Director of Cardiac Rehabilitation
Cleveland Clinic Heart and Vascular Institute

Michele Dierkes, M.P.T., A.T.C.

Cleveland Clinic Sports Health and Orthopedic
Rehabilitation

Elizabeth File, M.D.

Associate Staff, Cleveland Clinic
Orthopaedic and Rheumatologic Institute

Paul Gubanich, M.D.

Director, Primary Care Sports Medicine Research
Cleveland Clinic Sports Health

Scott McLean, PhD

Assistant Professor, Athletic Training and
Movement Science
University of Michigan

Heather Nettle, M.A.

Coordinator, Exercise Physiology Services
Cleveland Clinic Sports Health and Orthopedic
Rehabilitation

Richard Parker, M.D.

Education Director, Cleveland Clinic Sports Health
Professor of Surgery
Head Team Physician, Cleveland Cavaliers

Maureen Pentz, P.T., A.T.C.

Cleveland Clinic Sports Health and Orthopedic
Rehabilitation

Michelle Riccardi, M.S., R.D., C.S.S.D., L.D.

Board Certified Specialist in Sports Dietetics
Cleveland Browns Team Sports Dietician

Ellen Rome, M.D., M.P.H.

Associate Chief of Staff, Cleveland Clinic
Section Head of Adolescent Medicine, Department
of General Pediatrics

Amory Starkey, M.P.T.

Cleveland Clinic Sports Health and Orthopedic
Rehabilitation

Cleveland Clinic
Celebrating 75 Years of Excellence in
CONTINUING MEDICAL EDUCATION



Women's Sports Health Update: Fitness, Injury and Bone Health

SATURDAY, February 21, 2009

Morning Session

7:30 am

Registration & Refreshments

8:00 am

Welcome

Female Athletic Participation and Injury – Where We Are in 2008

Susan Joy, M.D.

8:15 am

Physiology, Metabolism and Exercise Through the Years

Heather Nettle, M.A.

8:45 am

Fueling the Active Woman

Michelle Riccardi, M.S., R.D., C.S.S.D., L.D.

9:15 am

Heart Disease and Exercise

Gordon Blackburn, Ph.D

9:45 am

Question and Answer

Panel

9:55 am

Break with Exhibitors

10:10 am

ACL Injury Risk – What Are We Learning

Scott McLean, Ph.D



10:40 am

Strategies of Prevention

Maureen Pentz, P.T., A.T.C.

11:00 am

Question and Answer

Panel

11:10 am

Surgical Decision - Making About the Woman's Knee

Richard Parker, M.D.

11:40 am

Common Orthopaedic Complaints in Women

Susan Joy, M.D.

12:00 pm

Question and Answer

Panel

12:15 pm

Box Lunch in the Annex

Afternoon Session

1:00 pm

The Female Athlete Triad

Ellen Rome, M.D., M.P.H.

1:30 pm

Osteoporosis

Elizabeth File, M.D.

2:00 pm

Exercise and Pregnancy

Heather Nettle, M.A.



2:20 pm

Question and Answer

Panel

2:30 pm

Break with Exhibitors

2:45 pm

Concussion in the Female Athlete

Paul Gubanich, M.D.

3:05 pm

Sports Specialization in the Young Female

Susan Joy, M.D.

3:25 pm

Overhead Sports and the Throwing Athlete

Amory Starkey, M.P.T.

3:45 pm

The Female Runner

Michele Dierkes, M.P.T., A.T.C.

4:05pm

Question and Answer

Panel

4:15 pm

Wrap-up

4:30 pm

Adjourn



February 21, 2009

Cleveland Clinic Administrative Campus – Building 3, LL-120

GENERAL INFORMATION

Location

Cleveland Clinic Administrative Campus – Building 3, LL-120
25875 Science Park Drive, Beachwood, OH 44122

Information

Web Address: www.ccfcmec.org/womenssportshealth08

If you have any special needs that require additional assistance, please call us at 216-986-4254. Requests must be received at least two weeks prior to the course.

Registration and Cancellation

Pre-registrations are accepted by fax or online until 2:00 pm EST Monday, February 16, 2009.

In case of cancellation, a full refund will be made if cancelled by January 21, 2009.

After January 21 a \$50 cancellation fee will be deducted from your refund. Written notification of your cancellation is required.

For more information call 216-986-4254 or visit www.sports-health.org

Hotel Accommodations

Rooms are available for a Preferred Cleveland Clinic rate of \$129.00 + tax until **January 21, 2009**

Homewood Suites by Hilton, 25725 Central Parkway, Beachwood, OH 44122

Please call 216-464-9600 and mention CCF Women's Sports. Must be booked by **January 21, 2009** for this rate.

Parking

Parking is available in the lot at the Administrative Campus and is free.

Accreditation

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this educational activity for a maximum of **7.25 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity may be submitted for American Osteopathic Association Continuing Medical Education credit in Category 2.

This activity has been reviewed and is acceptable for up to **7.25** Prescribed credits by the American Academy of Family Physicians

This course has been approved by the Ohio Physical Therapy Association for **7.0** hours.

Cleveland Clinic Foundation is recognized by NATA-BOC to offer continuing education for certified athletic trainers. This course qualifies for **7.0** CEU's.

Nurses: The Ohio Board of Nursing will accept at face value the number of contact hours awarded for an educational activity that has been approved for CE by a nationally accredited system of CE approval. Therefore, the 7.25 physician AMA PRA Category I credits will be accepted for nursing credits.

Americans with Disabilities Act

The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Cleveland Clinic Sports Health at 216-986-4254 at least two weeks prior to the activity.



Faculty Disclosure

The Cleveland Clinic Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus

PRINTED MATERIAL Each participant will receive a CD containing the complete course syllabus

REGISTRATION INFORMATION ON NEXT PAGE

**Women's Sports Health Update: Fitness, Injury and Bone Health
Course #020522
February 21, 2009, Cleveland Clinic Administrative Campus**

REGISTRATION FEES:

FEE INCLUDES syllabus, continental breakfast and box lunch.

Payment must be received prior to admittance to the course. Purchase orders are not accepted.

CCF main campus, family health centers, and CCHS community hospital employees (physicians and non-physicians) should register online at the following web address.

www.ccfcmecme.org/womenssportshealth08

Once you register online, do not mail or fax in a registration form.

- \$195.00 Physician
- \$126.75 Comprecare Affiliate – Member ID#
- \$117.00 Alumnus
- \$156.00 Resident/Fellow/Nurse/Allied Health

Complete the information below if registering by mail or fax.

PLEASE PRINT

Last Name: _____

First Name: _____

Degree: _____

Specialty: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Fax Number: _____

E-mail address: _____

I require a vegetarian lunch

Total amount enclosed or to be charged: \$ _____

Make check payable to: *The Cleveland Clinic Educational Foundation*

Or charge the following account: Visa Master Card American Express Discover

Card Number: _____ Expiration Date: _____

3 Digit Credit Card Identification Number: _____

(on back of card)

Signature: _____

Not valid without signature

Fax Number: (216) 445-9406; Mailing address: The Cleveland Clinic Educational Foundation
PO Box 931653, Cleveland, OH 44193-1082