

# Women's Health Update 2010



**SESSION I**  
**Sexual Health –**  
**What's Hot, What's Not**



**SESSION II**  
**Essentials in Primary**  
**Care Women's Health**

**Friday, September 24, 2010**

Cleveland Clinic Administrative Campus Building #3 – Auditorium  
Beachwood, Ohio

Register Today:

[www.ccfcmecme.org/women10](http://www.ccfcmecme.org/women10)



## Overview

This activity presents practical, evidence-based discussions of current topics in women's health. An outstanding faculty of experts will present evidence-based lectures on a targeted selection of important topics of educational need related to women's health care for primary care practitioners.

The goal of this activity is to improve the knowledge of primary care providers and, thus, improve the quality of care for women.

This program on women's health is divided into two sections:

- Sexual health,
- Primary care in women's health.

## Target Audience

The course is directed to physicians, physician assistants, nurse practitioners, and nurses who provide primary care to women. Other health care professionals with an interest in women's health will also gain significant knowledge from this educational activity.

## Learning Objectives

After completing this activity, the participant will be able to do the following:

- Describe current and future treatment options for female sexual disorders;
- Discuss effective strategies for communicating with patients about their sexual concerns;
- Detail the diagnosis and management of male erectile dysfunction with a focus on the role of the female partner;
- Discuss various sexual problems that can occur during pregnancy and how to manage them;
- Review the role of human papilloma virus on oral/pharyngeal cancers;
- Summarize the prevalence, diagnosis, and treatment of several common thyroid diseases in women;
- Describe the most recent data on identification, prevention and treatment of heart disease in women;
- List the indications, efficacy, and safety of commonly used skin care products;
- Analyze the safety and efficacy of medical and surgical options for weight loss in obese women.

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## Course Directors

### **Carolyn F. Nemeck, MD**

Staff, Family Medicine  
Willoughby Hills Family Health Center  
Medicine Institute  
Cleveland Clinic

### **Andrea Sikon, MD, FACP**

Chair, Department of Internal Medicine  
Director, Primary Care Women's Health  
Assistant Professor of Medicine, Cleveland Clinic  
Lerner College of Medicine of Case Western  
Reserve University  
Medicine Institute  
Cleveland Clinic

## Course Co-Director

### **Jennifer Solivas-Maluyao, MD**

Staff, Internal Medicine  
Willoughby Hills Family Health Center  
Medicine Institute  
Cleveland Clinic

## Guest Faculty

### **Sheryl Kingsberg, MD**

Chief, Division of Behavioral Medicine  
University Hospitals Case Medical Center  
MacDonald Women's Hospital  
Professor, Department of Reproductive Biology  
Case Western Reserve University  
Immediate Past President, International Society  
for the Study of Women's Sexual Health  
Cleveland, OH

## Cleveland Clinic Faculty

### **Leslie Cho, MD**

Director, Women's Cardiovascular Center  
Staff, Department of Cardiovascular Medicine  
Heart and Vascular Institute

### **Jonathan Emery, MD**

Assistant Professor of Surgery  
Cleveland Clinic Lerner College of Medicine of Case  
Western Reserve University  
Staff, OB/GYN and Women's Health Institute

### **Melissa Li-Ng, MD**

Associate Staff  
Department of Endocrinology, Diabetes and Metabolism  
Endocrinology and Metabolism Institute

### **Christine Poblete-Lopez, MD**

Associate Program Director, Department of Dermatology  
Dermatology and Plastic Surgery Institute

### **Ellen S. Rome, MD, MPH**

Section Head, Adolescent Medicine  
Department of General Pediatrics  
Pediatric Institute

### **Susan Williams, MD, MS, FACN, FACP**

Staff  
Department of Internal Medicine  
Medicine Institute

### **Hadley Wood, MD**

Associate Staff  
Department of Urology  
Glickman Urological and Kidney Institute

# Women's Health Update 2010

## Agenda – Friday, September 24, 2010

7:15 am Registration/Continental Breakfast/Exhibits

### SESSION I

#### Sexual Health – What's Hot, What's Not

Moderator: *Carolyn F. Nemeec, MD*

- 8:00 am Welcome and Introductions  
*Carolyn F. Nemeec, MD*
- 8:15 am Female Sexual Disorders:  
Enhancing Communication Skills  
*Sheryl Kingsberg, MD*
- 9:00 am First-line Treatments for Female  
Sexual Dysfunction  
*Carolyn F. Nemeec, MD*
- 9:30 am Sex in Pregnancy: Myths and Facts  
*Jonathan Emery, MD*
- 10:00 am Break and Exhibits
- 10:30 am Oral/Pharyngeal Cancer: The New STI  
*Ellen S. Rome, MD, MPH*
- 11:00 am Erectile Dysfunction:  
The Couple's Disease  
*Hadley Wood, MD*
- 11:30 am Panel Discussion
- 12:00 pm Lunch and Exhibits

### SESSION II

#### Essentials In Primary Care Women's Health

Moderator: *Andrea Sikon, MD*

- 1:00 pm Welcome and Introductions  
*Andrea Sikon, MD*
- 1:15 pm Cardiovascular Disease in Women  
*Leslie Cho, MD*
- 2:05 pm Indications, Efficacy, and Safety of Skin  
Care Products  
*Christine Poblete-Lopez, MD*
- 3:00 pm Break and Exhibits
- 3:30 pm Weight Loss and Weight Management  
for the PCP  
*Susan Williams, MD*
- 4:20 pm Common Thyroid Disorders in Women  
*Melissa Li-Ng, MD*
- 5:00 pm Adjourn

*A 10-minute question and answer session is included in the afternoon speakers' allotted time.*

## PRIMARY CARE WOMEN'S HEALTH – WOMEN'S HOME FOR COMPLETE CARE

Serving as a medical home to women from age 18 through the complete lifecycle, the Cleveland Clinic provides comprehensive Primary Care Women's Health services with care and compassion that far exceed national quality standards.

Our Primary Care Women's Health (PCWH) provider panel is composed of board certified internal medicine and family medicine physicians, nurse practitioners, and physician assistants. Our PCWH providers collaborate to provide the ongoing support and education that female patients need to manage changes that occur throughout their lives. Our physicians consider the relationship with patients to be a partnership, one that is built on respect, courtesy, and confidentiality. Our providers work to coordinate care across the system to provide cohesive and superior care for women.



## GENERAL INFORMATION

### Location

Cleveland Clinic Administrative Campus  
Building #3 – Auditorium  
3050 Science Park Drive  
Beachwood, OH 44122

### Recommended Area Hotel

Hilton Cleveland East/Beachwood  
3663 Park East Drive  
Beachwood, OH 44122  
216-464-5950

### Parking

Free parking is available in the parking lot outside the building.

### Information

For further information about this course, contact the Center for Continuing Education at:

Local: 216-448-0770

Toll Free: 800-238-6750

Web Address: [www.cfcme.org/women10](http://www.cfcme.org/women10)

For questions about registering online, call 216-448-0777 or email [cmeregistration@ccf.org](mailto:cmeregistration@ccf.org)

### Registration and Cancellation

Pre registrations are accepted online until 1:00 pm ET **September 23, 2010**. To register after this date please do so on-site. In case of cancellation, a full refund will be made if canceled by **September 15, 2010**. After **September 15, 2010**, a \$50 cancellation fee will be deducted from your refund. Written notification of your cancellation is required to process your refund. **NO REFUNDS WILL BE ISSUED AFTER OCTOBER 31, 2010.**

### Faculty Disclosure

The Cleveland Clinic Foundation 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.

### 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 us at least two weeks prior to the activity.

### 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 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

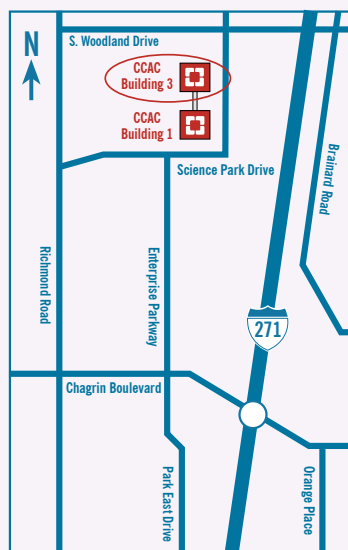
Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association Council on Continuing Medical Education for Category 2 credit.

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 *AMA PRA Category 1 Credits™* will be accepted for nursing credits.

### Directions

**From the North:** Take I-271 south to the Chagrin Blvd. exit. Turn right onto Chagrin Blvd. Turn right onto Enterprise Parkway. Turn right onto Science Park Drive. The surface lot is on the last driveway on your left. Drive to Building 3 (it is the building that is farther back on your right).

**From the South:** Take I-271 north to the Chagrin Blvd. exit. Turn left onto Chagrin Blvd. Go across the bridge and turn right onto Enterprise Parkway. Turn right onto Science Park Drive. The surface lot is on the last driveway on your left. Drive to Building 3 (it is the building that is farther back on your right).



# Registration Form

## Women's Health Update

Friday, September 24, 2010

Cleveland Clinic Administrative Campus  
Building #3 – Auditorium  
3050 Science Park Drive | Beachwood, OH 44122

Course No. 011710  
Office Use Only

Fee \_\_\_\_\_ Date \_\_\_\_\_  
MOP \_\_\_\_\_ CXL/Fee \_\_\_\_\_

### Fees:

Fee includes syllabus, continental breakfast, lunch, and refreshment breaks.

	Early Bird Rate Before August 24, 2010	After August 24, 2010	Onsite
Physician	\$150.00	\$175.00	\$200.00
Comprecare Affiliate Member	\$97.50	\$113.75	\$130.00
Resident*/Fellow*	\$100.00	\$125.00	\$150.00
Nurse	\$75.00	\$100.00	\$125.00
Allied Health Professionals	\$75.00	\$100.00	\$125.00
Other (Specify _____)	\$75.00	\$100.00	\$125.00

\*Letter from Program Director must be received in our office prior to the course to receive this fee.  
Payment must be received prior to admittance to the course. Purchase orders are not accepted.

### Register Online:

[www.ccfcmec.org/women10](http://www.ccfcmec.org/women10)

CCF main campus, family health centers, and CCHS  
community hospital employees (non-physicians) please  
register online at [www.ccfcmec.org/Women10](http://www.ccfcmec.org/Women10)

### Complete the information below if registering by mail or fax:

<b>PLEASE PRINT</b>		
Last Name:	First Name:	MI:
Degree/Title:	Specialty:	
Company Name:		
Mailing Address:		
City:	State:	Zip:
Phone:	Fax:	
Email Address:		
Practice Type: <input type="checkbox"/> Office-Based <input type="checkbox"/> Hospital Staff <input type="checkbox"/> Resident/Fellow <input type="checkbox"/> Other		
<input type="checkbox"/> I require a vegetarian lunch		

### MAKE CHECK PAYABLE TO: The Cleveland Clinic Education Foundation OR CHARGE TO THE FOLLOWING ACCOUNT:

<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express <input type="checkbox"/> Discover	
Card Number:	Expiration Date:
3 or 4 Digit Verification Number:	
Signature: <i>not valid without signature</i>	

Fax Number: 216-448.0783

Mailing address: The Cleveland Clinic Educational Foundation  
PO Box 931653, Cleveland, OH 44193-1082

For questions about registering, call 216.448.0777 or email [CMEregistration@ccf.org](mailto:CMEregistration@ccf.org)



**Cleveland Clinic**

The Cleveland Clinic Foundation  
Center for Continuing Education  
9500 Euclid Avenue, AC313  
Cleveland, Ohio 44195

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## SESSION II

**Essentials in Primary Care Women's Health**

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