Park Nicollet™

Obstetrics and Gynecology Update:

A Comprehensive Approach to Women's Health Issues

April 25 and 26, 2013

Location

Naegele Auditorium
Park Nicollet Clinic–St. Louis Park
3800 Park Nicollet Boulevard
St. Louis Park, Minn.
(View map and directions)

Audience

This program is designed for primary care physicians, physician assistants and nurse practitioners. Nurses and other members of the care team may also find it beneficial.

Description

Women play a vital role in their family's health. They make the majority of healthcare decisions for the family and they seek medical care more often than men do. Reproductive care and childbirth are the most common reasons women see a physician or other clinician, but nearly four in 10 women have a chronic condition that requires ongoing medical attention. Obstetrics and Gynecology Update is designed for primary care physicians who need practical information to care for the unique health needs of women.

This course provides the most recent guidelines and effective approaches for screening, diagnosing and managing varied conditions many women experience. Topics covered include menopause, breast and cervical cancers, osteoporosis, dermatologic issues and contraception.

Credit hours

Maximum of 8.75 *AMA PRA Category 1 Credits™.*

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

Cost

See printable registration form

Please contact us with questions or to register.

Phone: 952-993-3531
Toll-free: 1-888-786-3119
Fax: 952-993-3033
E-mail: mailto:cme@parknicollet.com

Agenda

Thursday, April 25, 2013

11:30 a.m. **Registration and box lunch**

12:15 p.m. **Welcome and announcements**

12:30 **Birth Control in Adolescents**
Patricia Welsh, MD
• New CDC guidelines for contraception

1:00 **Pap Smears**
Erica Berven, MD
• New recommendations
• Screening: Appropriate intervals
• Follow up
• HPV in older women

1:30 **Transition to Menopause**
Kathryn Babich, MD
• How to counsel patients
• When to test FSH
• When to stop birth control

2:00 **New Topics in the Genetics of Breast Cancer**
Katie Baker-Lange, MS, CGC and Megan Hanson, MS, CGC
• New options in genetic testing
• When to refer for counseling

2:30 **Refreshment break**

3:00 **Vulvodynia**
Bridget Keller, MD and Stacey Seibel, PhD
• Etiology of vulvar pain syndromes/pathophysiology
• Evaluation
• Contributing factors
• Treatment

3:45 **Vaginitis, STD Screening and Treatment**
Deborah Thorp, MD
• Yeast and BV: Traditional and complementary treatment
• STD screening: Who and when
• Treatment of common STDs, including multidrug resistant gonorrhea

4:15 **Adjourn**

Friday, April 26

7:15 a.m. **Registration and continental breakfast**

7:50 **Welcome and announcements**

8:00 **Breast Feeding**
Marta Simpson, RN and Coleen Wegner, RN
• Issues that arise

8:30 **Advance Care Planning**
Jennifer Olson, MD
• What is an advance directive?
• Who should have an advance directive?
• Advance care planning with our patients

9:00 **Evaluation and Management of Ovarian Cysts**
Andrea Messina, MD

9:30 **Urinary Incontinence**
Anna McNanley, MD
• Evaluation
• Who to refer
• Treatment

10:00 **Refreshment break**

10:30 **Inductions**
Jeanette Thomas, MD
• Prior to 39 weeks

11:00 **Integrative Medicine in Women's Health**
Nancy Van Sloun, MD

11:45 **Lunch**

12:45 p.m. **Multidimensional Aspects of Weight Loss**
Angela Fitch, MD

1:15 **How Can I Still Be Having Acne at My Age?!**
Rachel Hub, MD
• Dermatologic Issues in Women
• Melasma
• Perioral dermatitis

2:00 **Refreshment break**

2:30 **Osteoporosis**
Rowan DeBold, MD, PhD
• Screening
• Management and Vitamin D
• When to refer

3:00 **Menorrhagia**
Christine Goudge, MD
• Definition
• Menstrual cycle physiology and pelvic anatomy review
• Causes: Medical, hormonal, structural
• Work-up
• Treatment options: Medical, surgical

3:30 **Adjourn**

Faculty

Park Nicollet Health Services faculty

Kathryn Babich, MD
Obstetrics and Gynecology
Park Nicollet Clinic

Erica Berven, MD
Obstetrics and Gynecology
Park Nicollet Clinic

Rowan DeBold, MD, PhD
Adult Endocrinology
Park Nicollet Clinic

Angela Fitch, MD
Park Nicollet Melrose Institute

Christine Goudge, MD
Obstetrics and Gynecology
Park Nicollet Clinic

Megan Hanson, MS, CGC
Oncology
Park Nicollet Frauenshuh Cancer Center

Rachel Hub, MD
Dermatology
Park Nicollet Clinic

Bridget Keller, MD
Obstetrics and Gynecology
Park Nicollet Clinic

Katie Baker-Lange, MS, CGC
Oncology
Park Nicollet Frauenshuh Cancer Center

Anna McNanley, MD
Urogynecology
Park Nicollet Clinic

Andrea Messina, MD
Obstetrics and Gynecology
Park Nicollet Clinic

Jennifer Olson, MD
Center for Senior Services
Park Nicollet Clinic

Stacey Seibel, PhD, LP
Sexual Health
Park Nicollet Clinic

Marta Simpson, RN
Breast Feeding Center
Park Nicollet Clinic

Deborah Thorp, MD
Obstetrics and Gynecology
Park Nicollet Clinic

Jeanette Thomas, MD
Obstetrics and Gynecology
Park Nicollet Clinic

Nancy Van Sloun, MD
Internal Medicine
Park Nicollet Clinic

Patricia Welsh, MD
Obstetrics and Gynecology
Park Nicollet Clinic

Coleen Wegner, RN
Breast Feeding Center
Park Nicollet Clinic

Planning committee

Kathryn Babich, MD *Conference Chair* Obstetrics and Gynecology Park Nicollet Clinic	**Jane Oh, MD** Internal Medicine Park Nicollet Clinic
Andrea Messina, MD Obstetrics and Gynecology Park Nicollet Clinic	**Christine Bloom, MPH** Office of Continuing Medical Education Park Nicollet Institute
Shannon Neale, MD Family Medicine Park Nicollet Clinic	**Taylor Showalter** Office of Continuing Medical Education Park Nicollet Institute

Program overview

Women play a vital role in their family's health. They make the majority of healthcare decisions for the family and they seek medical care more often than men do. Reproductive care and childbirth are the most common reasons women see a physician or other clinician, but nearly four in 10 women have a chronic condition that requires ongoing medical attention. Obstetrics and Gynecology Update is designed for primary care physicians who need practical information to care for the unique health needs of women.

This course provides the most recent guidelines and effective approaches for screening, diagnosing and managing varied conditions many women experience. Topics covered include menopause, breast and cervical cancers, osteoporosis, dermatologic issues and contraception.

Conference format

A format of lectures, case presentations, small-group discussion and question-and-answer periods will be used. To encourage participation and active learning, the conference uses an interactive audience response system (ARS).

Educational objectives

Following this course, participants will be able to:

- Apply new screening, diagnostic and treatment advances in women's health to promote better health outcomes
- Manage conditions common in women, such as menopause, osteoporosis, bacterial vaginosis, dermatologic issues, urinary incontinence, menorrhagia and vulvodynia
- Recognize symptoms of specific health issues in women that require additional consultation

Accreditation

Park Nicollet Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education, Park Nicollet Institute, designates this live activity for a maximum of 8.75 *AMA PRA Category 1 Credit(s)™.* Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

Cancellation and refund policy

Substitutions are accepted at any time. If you cancel your registration at any time up to the start of the conference, there will be an administrative charge of $50. No refunds are given after the conference has started.

All continuing medical education activities are subject to cancellation. In the event that this conference would have to be cancelled, the Office of Continuing Medical Education, Park Nicollet Institute, is not responsible for any airfare, hotel or other costs incurred by participants.

Course location and facility

This conference will be held in the Naegele Auditorium on the seventh floor of Park Nicollet Clinic at 3800 Park Nicollet Blvd., St. Louis Park, Minnesota, conveniently located at the northeast intersection of Highway 100 and Excelsior Blvd. Follow the signs off Excelsior Blvd. to park in the free parking ramp.

For more detailed directions, call the Office of Continuing Medical Education at 952-993-3531. A map will be sent with your confirmation letter.

Please note that because our conference facilities are not equipped for infants and children, we ask that you make arrangements for childcare.

Hotel arrangements

If necessary, you may make arrangements at any of these conveniently located hotels:

Hotel Sofitel
5601 West 78th Street
1-800-876-6303
(5 miles south of Clinic at intersections of Hwys 494 & 100)

DoubleTree by Hilton Bloomington Minneapolis South
7800 Normandale Blvd.
952-835-7800
(5 miles south of Clinic at intersection of Hwys. 494 & 100)

DoubleTree Park Place Hotel
1500 Park Place Blvd.
1-800-222-8733
(3 miles northwest of Clinic at intersection of Hwys. 394 & 100)

REGISTRATION

Obstetrics and Gynecology Update:
A Comprehensive Approach to Women's Health Issues
Thursday and Friday, April 25 and 26, 2013

Register online
parknicollet.com/cme

Mail
Continuing Medical Education
Park Nicollet Institute
3800 Park Nicollet Blvd.
St. Louis Park, MN 55416

Phone
952-993-3531 or
888-786-3119

Fax
952-993-3033

Name_____
(including degree, as you want it to appear on your name badge)

Organization_____

Address_____

City_____ State _____ ZIP_____

Business phone_____ Fax_____

Email address_____

☐ Check here if you prefer not to receive Park Nicollet professional education program and product announcements via email.

If you have any special needs or dietary requests, call 952-993-3531 or 888-786-3119.

Tuition *(Includes electronic syllabus, refreshment breaks and lunch. A printed syllabus can be added for $40.) Circle amount paid.*

	Both days	Thursday only	Friday only
Physicians	$260	$120	$175
Other professionals/ Retirees/Residents	$215	$105	$150

Printed syllabus . . . $40

Payment Method

☐ Check—Make payable to Park Nicollet Institute.

☐ Credit card—Fax or phone your registration with credit card number or provide online at our website.

☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Card number _____ Exp. date_____

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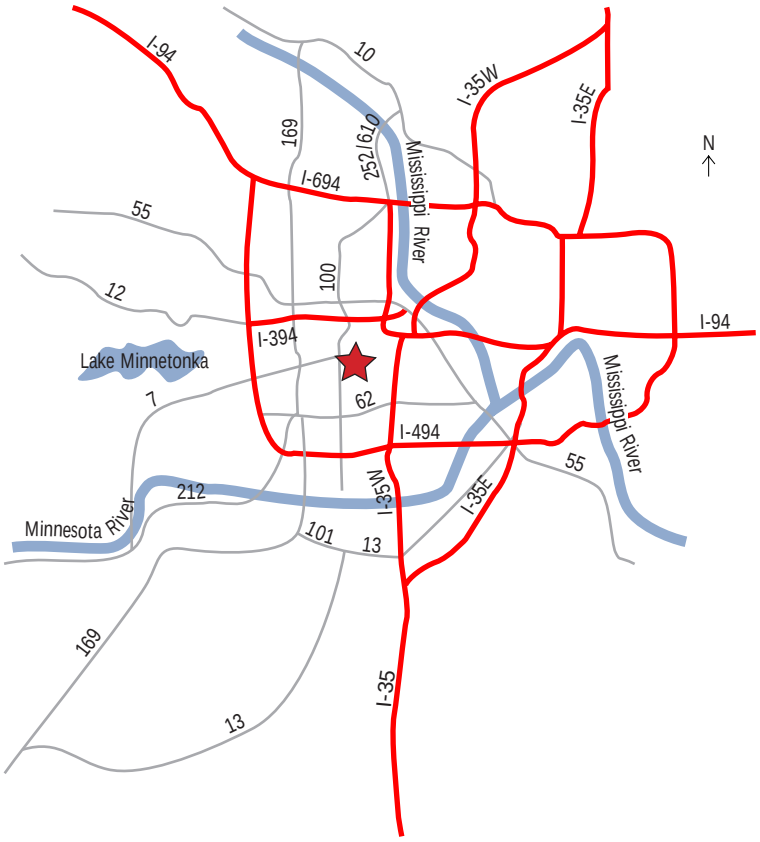
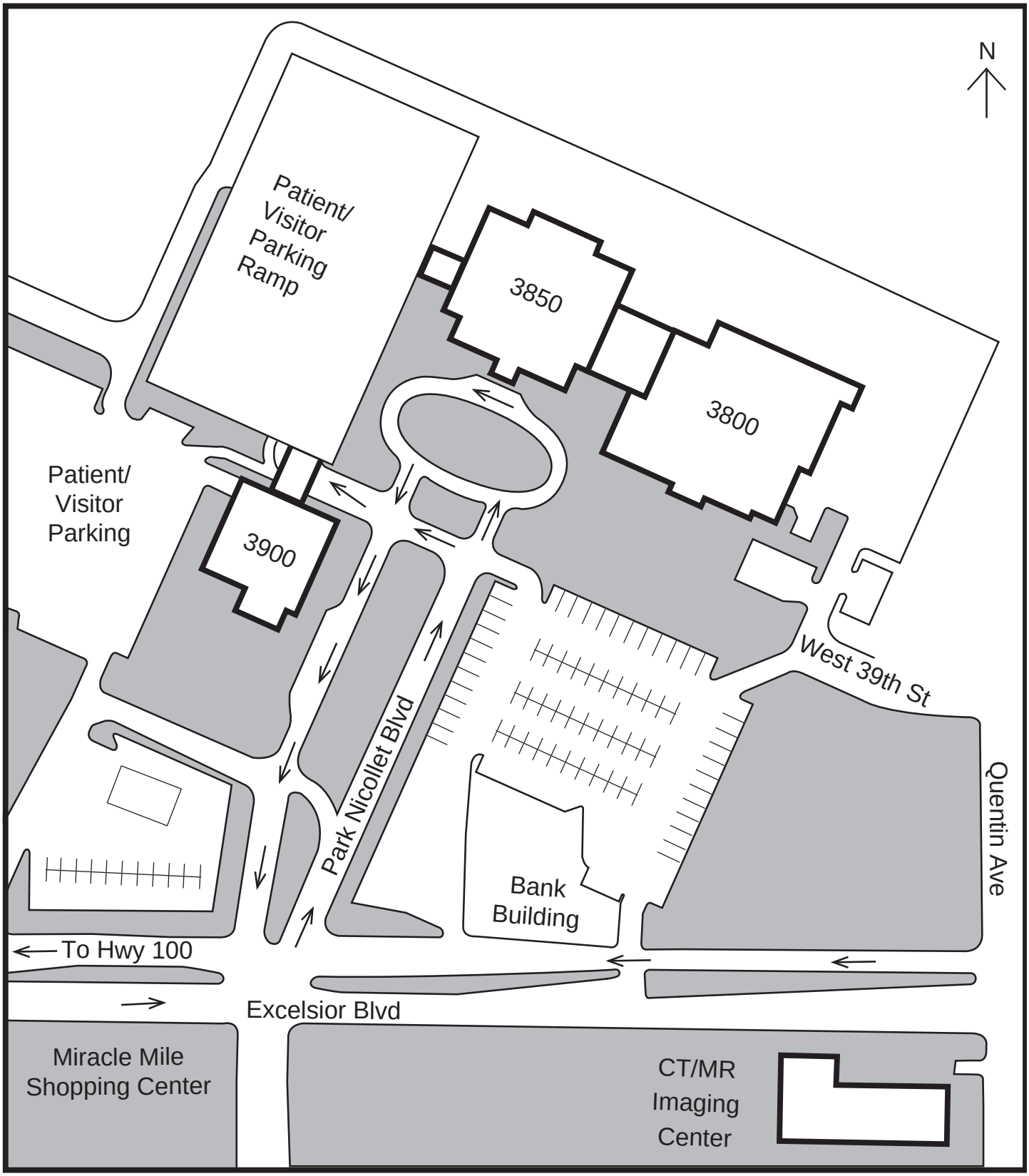
Park Nicollet Clinic—St . Louis Park



Hwy. 100 to Excelsior Blvd.; east to Park Nicollet Blvd. (across from Miracle Mile Shopping Center). Turn left into clinic and follow signs, going straight and then left to parking ramp. Parking is free. or,
Hwy 169 to Excelsior Blvd.; east about three miles to Park Nicollet Blvd. Turn left into clinic and follow signs, going straight and then left to parking ramp. Parking is free.

3800 Park Nicollet Blvd.
St. Louis Park, MN 55416
952-993-3123 (General Information)

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