



Health of Women 2025

May 2, 2025

Hilton Richmond Hotel & Spa / Short Pump, Richmond, VA

Register at vcu.cloud-cme.com/hw2025

**Presented by the VCU Institute for Women's Health and
VCU Health Continuing Education, in collaboration with**

**JOURNAL OF
Women's Health**

 Society for
Women's Health
Research

 **ACP** | Virginia
Chapter
American College of Physicians
Leading Internal Medicine, Improving Lives

**Women's Health
Reports**



VCU

The Health of Women 2025 features an exciting day of cutting edge content, providing novel strategies for the complex care of women. This year's agenda was developed following our valued approach of addressing women's health across the life span with the challenges and nuances of sex and gender medicine addressed throughout the conference. This event caters to the learning needs of primary care physicians, nurse practitioners, nurses, physician assistants, pharmacists and other health care professionals focused on women's health in family practice, internal medicine, and obstetrics and gynecology.

COURSE DIRECTORS & PLANNING COMMITTEE



Chair | Susan G. Kornstein, MD
Professor, Departments of Psychiatry and Obstetrics and Gynecology
Executive Director, Institute for Women's Health
VCU School of Medicine
Editor-in-Chief, Journal of Women's Health



Christine Isaacs, MD
Professor and Vice Chair, Department of Obstetrics and Gynecology
VCU School of Medicine



Co-Chair | Lisa Ellis, MD, MS, MACP, TIPC
Chief Wellness Officer, MCVP and VCU School of Medicine
Associate Clinical Professor, Departments of Internal Medicine and Obstetrics and Gynecology
Trauma Informed Professional Coach
VCU School of Medicine



Valerie Coleman, MSN, RNC, IBCLC, FILCA, LCCE, FACCE
Program Director, Lactation and Family Life Education
VCU Health
Director of Community Education, Institute for Women's Health



Scientific Program Chair | Wendy S. Klein, MD, MACP
Associate Professor Emeritus, Departments of Internal Medicine and Obstetrics and Gynecology
VCU School of Medicine
Medical Director Emeritus, Health Brigade



Kelly Goode, PharmD, FAPhA, FCCP
Professor and Director, PGY1 Community-Based Pharmacy Residency Program
VCU School of Pharmacy

COURSE OBJECTIVES

At the conclusion of this activity, learners will be able to:

- Describe recent advances in screening and treatment of topics related to women's health, as it relates to congestive heart failure and cardiometabolic disorders.
- Describe the pertinent current screening strategies for cervical cancer screening, utilizing the most recent screening guidelines.
- Identify evidenced based strategies currently in use with patients undergoing treatment for breast cancer.
- Explain how to provide care, counsel and education to patients with Substance-Use Disorder and provide tools to overcome barriers to recovery.
- Summarize the most current evidenced-based diagnosis and management strategies to address successful diabetic care with women.
- Recall evidence-based approaches to the management of gestational complications and cardiac risk in the pregnant patient.
- Review the most current research to treat genitourinary symptoms with vaginal estrogen.
- Discuss the impact of current and future national research in women's health
- Identify cutting-edge approaches to challenging cases of osteoporosis.

REGISTRATION

REGISTRATION FEES

\$295 Physician/PhD/Polymaker/Industry

\$195 Nurse/Allied Health Professional

VCU Health employees will receive a discounted rate.

Register online at vcu.cloud-cme.com/hw2025

CANCELLATION POLICY

Registration fee, less a 15% non-refundable administrative fee, will be refunded only if written notice of cancellation is received via email to ceinfo@vcuhealth.org on or before **April 18, 2025**. There will be no refunds after that date.

SCHEDULE

FRIDAY, MAY 2

All times are Eastern.

MORNING

- 7:45 **Introduction**
Susan Kornstein, MD and Marlon Levy, MD
- 8:00 **Cervical Cancer Screening & Prevention: Are You Up to Date?**
Tashima Lambert Giles, MD
- 8:45 **Heart Failure in Women: What's Different, What's New?**
Melissa Smallfield, MD
- 9:30 **Breast Cancer: Emerging Strategies**
Mary Helen Hackney, MD
- 10:15 **Refreshment Break**
Visit with exhibitors
- 10:45 **Substance Use Disorders in Women: Evaluation and Treatment Strategies**
Caitlin Martin, MD
- 11:30 **Bernadine Healy Award for Visionary Leadership in Women's Health**
The Importance of Women's Health Research
Carolyn Mazure, PhD

AFTERNOON

- 12:20 **Lunch**
Connect with your colleagues and visit with exhibitors
- 1:30 **Diabetes in Women: Best Practices**
Kristin Gill Hairston, MD
- 2:15 **Vivian Pinn Award for Excellence in Women's Health Research**
The Predictive Pregnancy: Gestational Complications and Cardiometabolic Risk
Janet Rich-Edwards, ScD, MPH
- 3:05 **Refreshment Break**
Visit with exhibitors
- 3:35 **Trudy Bush Lecture**
Vaginal Estrogen: Pearls for the Practitioner
Rachel Rubin, MD
- 4:25 **Challenging Cases in Bone Health**
Andrea Singer, MD
Dr. Singer's presentation is sponsored by the Women's Health Committee of the Virginia Chapter of the American College of Physicians.
- 5:05 **Closing Remarks**
- 5:10 **Adjourn**

WOMEN'S HEALTH AWARDS RECEPTION

5:15 pm to 6:30 pm

The Health of Women 2025 is all about education, networking, and honoring excellence in the field of women's health. This year we will be honoring the three leaders in our field, noted below, at the Friday evening Awards Reception.

All are welcome to attend this complimentary event! No CME or CEU credit offered.

Janet Rich-Edwards, ScD, MPH

Vivian Pinn Award for Excellence in Women's Health Research

Carolyn Mazure, PhD

Bernadine Healy Award for Visionary Leadership in Women's Health

Rachel Rubin, MD

Women's Health Public Policy & Advocacy Award

VIRTUAL PRE-CONFERENCE SYMPOSIUM

Hosted by the Society for Women's Health Research

Thursday, May 1 | Noon to 1:30 pm ET

Emerging Topics in Women's Health: Minding the Depression Gap

The Society for Women's Health Research (SWHR) is committed to making women's health mainstream



by promoting research on biological sex differences and increasing awareness of health conditions and diseases that disproportionately, differently, or exclusively affect women. Depressive disorders – one of the leading contributors to disability – have a disproportionate prevalence and impact on women. Depressive disorders include both major depressive disorder (MDD) and persistent depressive disorder (dysthymia), and from 2015 to 2018, there were statistically significant increases in major depressive episodes among adolescent girls (ages 12-17) and young adult women (ages 18-25). This symposium will discuss the impacts of depressive disorders on women's health, with special emphasis on chronic depression, physiological sex differences in disease, and disparities in clinical care. Panelists will present strategies as to how research, clinical, and policy stakeholders can collaborate to address persistent research gaps, disparities, and unmet needs in treating depression in women. Attendees will then engage in Q&A with the panel to discuss approaches to improve mental health outcomes for women across the lifespan.

Find out more at <https://bit.ly/swhr25>. Separate registration is required for this complimentary session. No CME or CEU credit offered.

FACULTY

Tashima Lambert Giles, MD

Associate Professor of Obstetrics and Gynecology
VCU School of Medicine

Mary Helen Hackney, MD

Professor of Internal Medicine/Oncology
Director of Community Oncology
VCU Massey Cancer Center

Kristin Gill Hairston, MD, MPH, FAHA

Professor of Endocrinology, Diabetes and Metabolism
Wake Forest University School of Medicine

Caitlin Martin, MD, MPH, FACOG, FASAM

Assistant Professor of Obstetrics and Gynecology
Director of ObGyn Addiction Services
VCU Institute for Drug and Alcohol Studies
VCU School of Medicine

Carolyn M. Mazure, PhD

Professor of Psychiatry and Psychology
Norma Weinberg Spungen and Joan Lebson Bildner Professor
in Women's Health Research
Director, Women's Health Research at Yale
Yale University School of Medicine

Janet Rich-Edwards, ScD, MPH

Associate Professor of Medicine and Epidemiology
Division of Women's Health, Department of Medicine
Harvard T.H. Chan School of Public Health
Harvard Medical School and Brigham and Women's Hospital

Rachel S. Rubin, MD

Assistant Clinical Professor of Urology
Medstar Georgetown University Hospital

Andrea J. Singer, MD, FACP, CCD

Associate Professor of Medicine and Obstetrics Gynecology
Director, Bone Densitometry
MedStar Georgetown University Hospital

Melissa Smallfield, MD

Associate Professor of Internal Medicine/Cardiology
Pauley Heart Center
VCU School of Medicine

LOCATION & LODGING

Hilton Richmond Hotel & Spa / Short Pump 12042 West Broad Street, Richmond VA, 23233

A limited number of rooms are being held at the special conference rate of \$174.00 USD per night, plus prevailing taxes (currently 14%).

Hotel conference rate reservation cutoff: April 10, 2025

Reserve online at <https://ce.vcuhealth.org/hw25hotel>.



ACCREDITATION AND EDUCATIONAL CREDIT



In support of improving patient care, VCU Health Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

VCU Health Continuing Education designates this live activity for a maximum of 7 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

VCU Health Continuing Education designates this activity for a maximum of 7 **ANCC contact hours**, including 3.15 pharmacotherapeutic contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



This activity provides 7 contact hours (0.7 CEUs) of continuing education credit.
ACPE Universal Activity Number (UAN):
JA4008237-0000-25-018-L01-P

NOTE FOR PHARMACISTS: VCU Health Continuing Education will upload the pharmacy-related continuing education information to CPE Monitor within 60 days of activity completion. Per ACPE rules, VCU Health Continuing Education does not have access nor the ability to upload credits requested more than 60 days after activity completion. It is the responsibility of the pharmacist or pharmacy technician to provide the correct information [NABP ePID and DOB (in MMDD format)] in order to receive credit for participating in a continuing education activity.

DISCLOSURE STATEMENT

In compliance with ACCME standards, all planner and presenter relationships with commercial supporters have been resolved according to VCU's Policy on Conflict of Interest. All presenting faculty affirm that they will employ the best available evidence from all sources to support any clinical recommendations made in their presentations. If learners detect any commercial bias in any presentation, they should document their observations in the activity evaluation.

ACCOMMODATIONS

All participants have the right to participate in this continuing education activity without discrimination due to age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex (sexual orientation, gender identity or expression and pregnancy), protected veteran status, marital status, genetic information, or any other protected characteristics under applicable federal, state, or local law. If you need accommodations to participate in this activity, please contact us at ceinfo@vcuhealth.org for more information.

DISCLAIMERS

Minimum and maximum numbers for attendance at this event have been established, and we reserve the right to substitute speakers/topics, adjust credit hours or cancel if necessary.

By attending this event you grant VCU Health Continuing Education the right at the event to record, film, photograph, or capture your likeness in any media and to distribute, broadcast, use, or otherwise disseminate, in perpetuity, such media without any further approval from or any payment to you.

COMPLAINT POLICY AND RESOLUTION PROCESS

All complaints must be made in writing to ceinfo@vcuhealth.org.

All complaints will be logged into the complaint log. The Director, Continuing Education will attempt to resolve the complaint within the first contact, when possible, and will respond to the client and customer's concerns within 5 business days of the initial complaint. At the time of the first contact, Director, Continuing Education will inform the complainant if more time will be needed to research the complaint.

If the complaint is still unresolved after communication with the Director, Continuing Education, or if the initial complaint is not addressed in a timely manner, the complainant may contact the President & CEO, UHS-PEP. The President & CEO will then contact the complainant and endeavor to resolve the complaint within 10 business days after being contacted.

The complaint log will be regularly reviewed to identify areas of operations and service that may require improvement. The Director, Continuing Education will research reoccurring complaint matters and recommend process and procedure changes, when appropriate. These changes will be noted on the Complaint Resolution Log, and any necessary policy and/or procedure updates will be made within 15 business days thereafter.

QUESTIONS AND INFORMATION

VCU Health Continuing Education
Box 980048 | Richmond, VA 23298
804.828.3640 or 800.413.2872 | ceinfo@vcuhealth.org

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