



VCU Institute for
Women's Health

The Health of Women 2021

June 25–August 13, 2021

Virtual Symposium Series

Register | vcu.cloud-cme.com/hw2021

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

**JOURNAL OF
Women's Health**

**Women's Health
Reports**

Following our valued approach of addressing women's health across the life span, we have put together the Health of Women 2021 as a seven-part virtual symposium series, filled with engaging lectures and discussions addressing the challenges and nuances of sex and gender medicine. The agenda has been carefully crafted to cater to the learning needs of primary care physicians, nurse practitioners, nurses, physician assistants, and other healthcare professionals focused on women's health in internal medicine, family practice 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



Co-Chair | Lisa Ellis, MD, MS, MACP

Associate Professor, Departments of Internal Medicine and Obstetrics and Gynecology
VCU School of Medicine
Executive Director of Provider and Trainee Wellness
VCU Health



Co-Chair | Phoebe A. Ashley, MD, FACC

Assistant Professor, Department of Internal Medicine
Division of Cardiovascular Medicine
Director, Internal Medicine M3 Clerkship
VCU School of Medicine

Wendy S. Klein, MD, MACP

Associate Professor Emeritus, Departments of Internal Medicine and Obstetrics and Gynecology
VCU School of Medicine and Institute for Women's Health

Lisa B. Phipps, PharmD, PhD

Director of Research Development and Learning Innovation
Institute for Women's Health
Education Coordinator, International Programme in Addiction Studies
Virginia Commonwealth University

Jo Lynne Robins, PhD, RN, ANP-BC, CHTP, AHN-C

Associate Professor, Department of Adult Health and Nursing Systems
Director, PhD Program
VCU School of Nursing

Patricia Selig, PhD, FNP-BC

Director, Center for Advanced Practice
VCU Health

Course Objectives

1. Describe recent advances in screening and treatment on a variety of topics related to women's health, including cardiovascular health, breast health, bone health, mental health, and reproductive health.
2. Explain current data that will facilitate the prevention, diagnosis, and management of disorders and diseases in women, including cardiovascular health, breast health, bone health, mental health, and reproductive health.
3. Identify evidence-based approaches to address the management of disorders and diseases in women, including cardiovascular health, breast health, bone health, mental health, and reproductive health.

Accreditation and Educational Credit



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

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

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

VCU Health Continuing Education designates this activity for a maximum of 14.5 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



This activity provides 14.5 contact hours of continuing education credit. ACPE Universal Activity Number (UAN): JA4008237-0000-20-084-L01-P

NOTE FOR PHARMACISTS: Upon closing of the online evaluation, VCU Health Continuing Education will upload the pharmacy-related continuing education information to CPE Monitor within 60 days. Per ACPE rules, VCU Health Continuing Education does not have access nor the ability to upload credits requested after the evaluation closes. 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 CE 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.

Series Schedule | June 25–August 13, 2021

Friday, June 25 | Cardiovascular Health

AFTERNOON

- 1:00 **Welcome**
1:05 **Hypertension Across the Lifespan: Women at Risk Throughout**
Karol Watson, MD, PhD
- 1:35 **Sex Differences in Cardiac Arrest: Effects on Treatment & Outcome**
Mary Ann Peberdy, MD
- 2:05 **Break**
2:10 **Exercise Prescription (ExRx) for Optimal Health: Considerations for the Female Patient**
Justin Canada, PhD, RCEP
- 2:40 **Closing**
2:45 **Live Q&A Session**
Moderator: Phoebe Ashley, MD
Justin Canada, PhD, RCEP; Mary Ann Peberdy, MD; and Karol Watson, MD, PhD
- 3:15 **Adjourn**

Friday, July 9 | Reproductive Health

AFTERNOON

- 1:00 **Welcome**
1:05 **Recurrent UTIs: Best Practice**
Catherine Matthews, MD
- 1:35 **Patient-Centered Contraception Counseling: A PATH Towards Equity**
Patty Cason, RN, MS, FNP
- 2:05 **Break**
2:10 **Guidelines & Updates in Women's Health that Snuck Out in 2020 (While We Were All Dealing With COVID-19!)**
Christine Isaacs, MD
- 2:40 **Closing**
2:45 **Live Q&A Session**
Moderator: Lisa Ellis, MD, MS
Patty Cason, RN, MS, FNP; Christine Isaacs, MD; and Catherine Matthews, MD
- 3:15 **Adjourn**

Friday, July 16 | COVID-19 & Mental Health

AFTERNOON

- 1:00 **Welcome**
1:05 **Sex & Gender Issues in COVID-19**
Jodie Dionne-Odom, MD, MSPH
- 1:35 **Intimate Partner Violence & Sex Trafficking in the Health Care Setting: Recognition and Response**
Suzanne Harrison, MD
- 2:05 **Break**
2:10 **Promoting Well-Being During COVID-19 for Women Health Care Providers**
Susan Thompson Hingle, MD
- 2:40 **Closing**
2:45 **Live Q&A Session**
Moderator: Susan Kornstein, MD
Jodie Dionne-Odom, MD, MSPH; Suzanne Harrison, MD and; Susan Thompson Hingle, MD
- 3:15 **Adjourn**

Friday, July 23 | Endocrine & Rheumatology

AFTERNOON

- 1:00 **Welcome**
1:05 **PCOS: An Update**
Kristen Gill Hairston, MD, MPH
- 1:35 **Which Diet is Best for Women to Reduce Cardiometabolic Risk?**
Salvatore Carbone, PhD, MS
- 2:05 **Break**
2:10 **Clinical Pearls in Assessing Joint Pain in Women**
Beth Rubinstein, MD
- 2:40 **Closing**
2:45 **Live Q&A Session**
Moderator: Phoebe Ashley, MD
Salvatore Carbone, PhD, MS; Kristen Gill Hairston, MD, MPH; and Beth Rubinstein, MD
- 3:15 **Adjourn**

Friday, July 30 | Menopause

Supported by an independent medical education grant from Pfizer.

AFTERNOON

- 1:00 **Welcome**
1:05 **Overview - Multidisciplinary Approach to Menopause**
JoAnn Pinkerton, MD
- 1:35 **Vasomotor Symptoms & Genitourinary Syndrome of Menopause**
Diane Pace, PhD, APRN, FNP-BC
- 2:05 **Break**
2:10 **Bone Health - Osteoporosis, Muscular Strength and Mobility**
Andrea Singer, MD
- 2:40 **Sexual & Psychological Health**
Sheryl Kingsberg, PhD
- 3:10 **Break**
3:15 **Live Q&A Session**
Moderator: Lisa Phipps, PharmD, PhD
Sheryl Kingsberg, PhD; Diane Pace, PhD, APRN, FNP-BC; JoAnn Pinkerton, MD; and Andrea Singer, MD
- 3:45 **Adjourn**

Friday, August 6 | Cancer & Health Update

AFTERNOON

- 1:00 **Welcome**
1:05 **45 is the New 26: An Update on HPV and Cancer Prevention**
Nicole Karjane, MD
- 1:35 **Breast Cancer: Neoadjuvant Therapy & the Emerging Role for Immunotherapy**
Harry Bear, MD, PhD
- 2:05 **Break**
2:10 **News You Can Use: Recent Studies That Have Changed My Practice**
Melissa McNeil, MD, MPH
- 2:40 **Closing**
2:45 **Live Q&A Session**
Moderator: Lisa Ellis, MD, MS
Harry Bear, MD; Nicole Karjane, MD; and Melissa McNeil, MD, MPH
- 3:15 **Adjourn**

Friday, August 13 | Health of Women Award Lectures

AFTERNOON

- 1:00 **Welcome**
1:05 ***Vivian Pinn Award for Outstanding Research in Women's Health***
Substance Use Disorders in Women: Intersection of Biology, Culture, Sex and Gender
Kathleen Brady, MD, PhD
- 1:35 ***Bernadine Healy Award for Visionary Leadership in Women's Health***
The History of Menopausal Hormone Therapy: Have We Delivered What We Promised?
Wulf Utian, MB BCh
- 2:05 **Break**
2:10 ***Excellence in Women's Health Policy & Advocacy Award***
The Future of Health Professions Education: Integrating Sex and Gender-Based Research
Alyson McGregor, MD, MA
- 2:40 **Closing**
2:45 **Live Q&A Session**
Moderator: Susan Kornstein, MD
Kathleen Brady, MD; Alyson McGregor, MD, MA; and Wulf Utian, MB BCh
- 3:15 **Adjourn**

Call for Abstracts

Digital posters will be available for viewing during the duration of the virtual symposium. Accepted abstracts will be published online in the Journal of Women's Health.

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Faculty

Harry D. Bear, MD, PhD

Walter Lawrence, Jr. Distinguished Professor of Oncology
Interim Associate Director for Clinical Research, Massey Cancer Center
Departments of Surgery and Microbiology & Immunology
Division of Surgical Oncology
VCU School of Medicine
Deputy Chair for Communications and Publications, NRG Oncology

Kathleen Brady, MD, PhD

Distinguished University Professor
Vice President for Research
Medical University of South Carolina

Justin M. Canada, PhD, RCEP

Assistant Professor, Department of Internal Medicine, Division of Cardiology
Exercise Physiologist
VCU School of Medicine

Salvatore Carbone, PhD, MS

Assistant Professor, Department of Kinesiology & Health Sciences
VCU School of Medicine

Patty Cason, RN, MS, FNP

Nurse Practitioner
Envision Sexual and Reproductive Health

Jodie A. Dionne-Odom, MD, MSPH

Associate Professor of Medicine, Division of Infectious Diseases
Chief of Women's Health at 1917 HIV Clinic
University of Alabama at Birmingham

Kristen Gill Hairston, MD, MPH

Associate Professor of Internal Medicine
Section of Endocrinology and Metabolism
Wake Forest School of Medicine

Suzanne M. Leonard Harrison, MD

Professor of Medicine
Associate Dean for Human and Organizational Potential
Southern Illinois University School of Medicine

Christine R. Isaacs, MD

Professor, Department of Obstetrics & Gynecology
Division Head, General Obstetrics and Gynecology
Medical Director of Midwifery Services
Division of General Obstetrics and Gynecology
VCU School of Medicine

Nicole W. Karjane, MD

Professor, Department of Obstetrics and Gynecology
Residency Program Director
VCU School of Medicine

Sheryl A. Kingsberg, PhD

Chief, Division of Behavioral Medicine
Department of Obstetrics and Gynecology
University Hospitals Cleveland Medical Center
Professor, Departments of Reproductive Biology and Psychiatry
Case Western Reserve University School of Medicine

Catherine Matthews, MD, FACOG, FACS

Professor, Fellowship Director
Co-Division Head Female Pelvic Health
Wake Forest Baptist Health

Alyson J. McGregor, MD, MA, FACEP

Associate Professor of Emergency Medicine
Warren Alpert Medical School of Brown University

Melissa A. McNeil, MD, MPH, MACP

Professor of Medicine and Obstetrics, Gynecology, and Reproductive Sciences
Chief, Section of Women's Health
Vice Chair of Education, Department of Medicine
University of Pittsburgh Medical Center

Diane Pace, PhD, APRN, FNP-BC, NCMP, IF, FAANP, FAAN

Professor, College of Nursing
Director, Special Academic Programs, College of Nursing
Associate Professor, College of Medicine, Department of Obstetrics and Gynecology
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Mary Ann Peberdy, MD

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JoAnn V. Pinkerton, MD, FACOG, NCMP

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Beth Rubinstein, MD

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Andrea Singer, MD, FACP, CCD

Associate Professor of Medicine, Department of Obstetrics and Gynecology
Director, Women's Primary Care
Director, Bone Densitometry
MedStar Georgetown University Hospital

Wulf H. Utian, MB BCH, PhD, DSc(Med), FRCOG, FACOG, FICS

Arthur Bill Professor Emeritus, Reproductive Biology, Case Western Reserve University
Director Emeritus, Obstetrics and Gynecology, University Hospitals of Cleveland
Honorary Founding President, Exec. Director Emeritus, NAMS
Emeritus Chair Scientific Board, RMR Inc.
Consultant, Gynecology and Women's Health, Cleveland Clinic
Founder and Honorary Past President, International Menopause Society

Karol Watson, MD, PhD

Professor of Medicine/Cardiology
Co-Director, UCLA Program in Preventive Cardiology
Director, UCLA Barbra Streisand Women's Heart Health Program
John Mazziotta, MD, PhD Term Chair in Medicine
David Geffen School of Medicine at UCLA



Registration | Online at vcu.cloud-cme.com/hw2021

Registration Fees

Physician/PhD/Policy maker/Industry - <i>full series</i>	\$295
Nurse/Allied Health Professional - <i>full series</i>	\$195
Student/Intern/Resident - <i>full series</i>	\$145
Individual Day	\$50

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 June 4, 2021**. There will be no refunds after that date.

Questions and Information

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

If special accommodations are needed, please contact us at the phone or email address above. VCU is an equal opportunity/affirmative action employer.

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.