



**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](https://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.

## 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](mailto:ceinfo@vcuhealth.org) for more information.

# 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 **Break**
- 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 **Break**
- 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 **Break**
- 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 **Break**
- 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 **Break**
- 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 **Break**
- 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.

[vcu.cloud-cme.com/hw2021](https://vcu.cloud-cme.com/hw2021)

## 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 Family Medicine and Rural Health  
Director of Clinical Programs  
Florida State University College of Medicine

### Susan Thompson Hingle, 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  
University of Tennessee Health Science Center

### Mary Ann Peberdy, MD

Professor, Departments of Internal Medicine and Emergency Medicine  
Division of Cardiology  
VCU School of Medicine

### JoAnn V. Pinkerton, MD, FACOG, NCMP

Professor of Obstetrics and Gynecology  
Division Director of Midlife Health  
University of Virginia Health System

### Beth Rubinstein, MD

Associate Professor, Department of Internal Medicine  
Division of Rheumatology, Allergy and Immunology  
VCU School of Medicine

### 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](https://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](mailto: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](mailto: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.*

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

The AAFP has reviewed Health of Women 2021 Virtual Symposium Series, and deemed it acceptable for AAFP credit. Term of approval is from 06/25/2021 to 08/13/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Credit approval includes the following session(s):

- 2.00 Online Only, Live AAFP Prescribed Credit(s)  
Friday, June 25 | Cardiovascular
- 2.00 Online Only, Live AAFP Prescribed Credit(s)  
Friday, July 9 | Reproductive Health
- 2.00 Online Only, Live AAFP Prescribed Credit(s)  
Friday, July 16 | COVID-19 & Mental Health
- 2.00 Online Only, Live AAFP Prescribed Credit(s)  
Friday, July 23 | Endocrine & Rheumatology
- 2.50 Online Only, Live AAFP Prescribed Credit(s)  
Friday, July 30 | Menopause
- 2.00 Online Only, Live AAFP Prescribed Credit(s)  
Friday, August 6 | Cancer & HealthUpdate
- 2.00 Online Only, Live AAFP Prescribed Credit(s)  
Friday, August 13 | Health of Women Award Lectures

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 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.

## Complaint Policy and Resolution Process

All complaints must be made in writing to [ceinfo@vcuhealth.org](mailto: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.

## 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.