



# Health of Women 2024

May 10-11, 2024 | Virtual Conference

Register at [vcu.cloud-cme.com/hw2024](https://vcu.cloud-cme.com/hw2024)

**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**

 Society for  
Women's Health  
Research



**VCU**

The Health of Women 2024 features a day and a half of content providing cutting-edge strategies for the complex care of women designed to positively impact health outcomes. 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 virtual event caters to the learning needs of primary care physicians, nurse practitioners, nurses, physician assistants 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



**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



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

Executive Director of Wellness for Providers and Trainees  
Associate Professor, Departments of Internal Medicine and Obstetrics and Gynecology  
Trauma Informed Professional Coach  
VCU School of Medicine



**Jo Lynne Robins, PhD, RN, ANP-BC, AHN-C, FAANP**

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



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

Professor of Medicine  
UCSF School of Medicine



**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 a variety of topics related to women's health, including cardiovascular health, breast health, bone health, mental health, reproductive health, and sex and gender differences that impact care.
- 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, reproductive health and sex and gender differences that impact care.
- Identify evidence-based approaches to management of disorders and diseases in women, including cardiovascular health, breast health, bone health, mental health, reproductive health, and sex and gender differences that impact care.

# Registration | Online at [vcu.cloud-cme.com/hw2024](https://vcu.cloud-cme.com/hw2024)

## Registration Fees

\$245 Physician/PhD/Policy maker/Industry

\$195 Nurse/Allied Health Professional

\$65 Residents and Fellows

Free for Health Profession Students (*Requires verification*)

**All registration types include online access to conference recordings for 30 days post conference.**

## 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 **April 26, 2024**. There will be no refunds after that date.

# Schedule | May 10-11, 2024

Featuring live presentations with live Q&A after each presentation

## Friday, May 10

All times are Eastern.

### MORNING

- 8:55 **Introduction**  
Susan Kornstein, MD
- 9:00 **Weighing in on Medical Management of Obesity**  
Susan Wolver, MD
- 9:45 **News You Can Use: Recent Studies That Have Changed My Practice**  
Melissa McNeil, MD
- 10:30 **Break**
- 10:45 **Trudy Bush Lecture**  
**Personalizing Hormone Therapy**  
Monica Christmas, MD
- 11:30 **Women's Health Public Policy & Advocacy Award**  
**Why Women's Health Access Matters**  
Carolee Lee

### AFTERNOON

- 12:15 **Extended Break**  
Break for lunch and connect with your colleagues
- 1:00 **Atrial Fibrillation in Women: Improving Outcomes**  
Kenneth Ellenbogen, MD
- 1:45 **MS in Women: Advances in Diagnosis & Care**  
Myla Goldman, MD
- 2:30 **Break**
- 2:45 **Vivian Pinn Award for Excellence in Women's Health Research**  
**Menopause Brain Fog: Is It Real?**  
Pauline Maki, PhD
- 3:30 **Current Challenges in Breast Imaging**  
Priti Shah, MD
- 4:15 **Bernadine Healy Award for Visionary Leadership in Women's Health**  
**Life After Dobbs**  
Jody Steinauer, MD
- 5:00 **Closing Remarks**
- 5:15 **Adjourn**

## Saturday, May 11

### MORNING

- 8:55 **Introduction**  
Susan Kornstein, MD
- 9:00 **Top Prescribing Errors in Women's Health**  
Sharon Gatewood, PharmD
- 9:45 **Common Rheumatology Challenges in Women**  
Huzaefah Syed, MD
- 10:30 **Break**
- 10:45 **Protecting Fragile Bone**  
Anne Lake, DNP
- 11:30 **2024 Update in Contraception**  
Frances Casey, MD
- 12:15 **Closing Remarks**
- 12:30 **Adjourn**

## Pre-Conference Symposium hosted by the Society for Women's Health Research

### Emerging Topics in Women's Health: Autoimmune Disease Challenge

Thursday, May 9 | Noon to 1:30 pm

The Society for Women's Health Research (SWHR) is dedicated to promoting research on biological sex differences and increasing awareness of health conditions and diseases that disproportionately, differently, or exclusively affect women. Sex and gender influences in autoimmune disorders are undeniable, with women representing more than 80% of the 23.5 million individuals in the United States living with autoimmune diseases. SWHR has taken on the charge to address persistent gaps in research, health care, and policies that could improve the lives of women living with these chronic inflammatory conditions.



Society for  
Women's Health  
Research

This symposium will discuss the impacts of autoimmune diseases on women's health across the lifespan, with special emphasis on pregnancy and maternal health, caregiving/parenting children with autoimmune disease, and the menopause transition. Panelists will present strategies as to how research, clinical, and policy stakeholders can collaborate to address persistent research gaps, disparities, and unmet needs in autoimmune disease care. Attendees will then engage in Q&A with the panel to discuss approaches to improve autoimmune health outcomes for women across the lifespan.

Find out more at <https://bit.ly/3Sz1hQn>. No CME or CEU credit offered for the complimentary pre-conference symposium.

## Faculty

### **Frances Casey, MD, MPH, FACOG**

Associate Professor of Obstetrics and Gynecology  
Section Director, Complex Family Planning  
VCU School of Medicine

### **Monica Christmas, MD, FACOG, MCMP**

Associate Professor of Obstetrics and Gynecology  
Director of the Menopause Program and Center for Integrated  
Women's Health  
Department of Obstetrics and Gynecology, Minimally Invasive  
Gynecology Section  
University of Chicago Medicine

### **Kenneth Ellenbogen, MD**

Martha M. and Harold W. Kimmerling Professor of Cardiology  
Director Electrophysiology and Pacing  
VCU School of Medicine

### **Sharon Gatewood, PharmD, BCACP, FAPhA**

Associate Professor of Pharmacotherapy & Outcomes Science  
VCU School of Pharmacy

### **Myla Goldman, MD, MSc**

Professor of Neurology  
Chief, Neuroimmunology Division  
VCU School of Medicine

### **Anna Lake, DNP, ONP-C, FNP-C, CCD**

Doctorate Nurse Practitioner - Orthopaedic Surgery  
and Rehabilitation  
Fracture Prevention Clinician/Coordinator  
Atrium Health Wake Forest Baptist

### **Carolee Lee**

Founder and CEO of WHAM  
WHAM (Women's Health Access Matters)

### **Pauline Maki, PhD**

Professor of Psychiatry, Psychology and OB/GYN  
Senior Director of Research, Center for Research on  
Women & Gender  
Associate Dean for Faculty Affairs  
University of Illinois College of Medicine

### **Melissa McNeil, MD, MPH, MACP**

Professor of Medicine, Clinical Educator  
Warren Alpert Medical School of Brown University  
Rhode Island Hospital  
Senior Women's Health Consultant  
Women's Health, VHA Central Office

### **Priti Shah, MD**

Director, Breast Imaging  
Assistant Professor, Department of Radiology  
Affiliate Faculty, VCU Institute for Women's Health  
VCU School of Medicine

### **Jody Steinauer, MD, PhD**

Philip D. Darney Distinguished Professor of Family Planning  
and Reproductive Health  
Director, Ryan Residency Training Program  
Director, Bixby Center for Global Reproductive Health  
Obstetrics, Gynecology and Reproductive Sciences  
University of California, San Francisco

### **Huzaefah Syed, MD, MPH**

Associate Professor of Internal Medicine  
Program Director, Rheumatology Fellowship  
VCU School of Medicine

### **Susan Wolver, MD, FACP, FOMA**

Associate Professor of General Internal Medicine  
Diplomate, American Board of Obesity Medicine  
VCU Medical Weight Loss Program  
VCU School of Medicine





## 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 9.75 **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 9.75 **ANCC contact hours**. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



This activity provides 9.75 contact hours (0.975 CEUs) of continuing education credit.  
ACPE Universal Activity Number (UAN):  
JA4008237-0000-24-014-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](mailto: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](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.

## 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)

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