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
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. Komstein, 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  
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**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 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  
Patty Cason, RN, MS, FNP  
1:35  Patient-Centered Contraception Counseling: A PATH Towards Equity  
Catherine Matthews, MD  
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 Komstein, 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

**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  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; 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  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; 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  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 Komstein, MD; Kathleen Brady, MD; Alyson McGregor, MD, MA; and Wulf Utian, MB BCh  
3:15  Adjourn

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**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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Facade

Harry D. Bear, MD, PhD
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Envision Sexual and Reproductive Health

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Director of Clinical Programs
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Associate Dean for Human and Organizational Potential
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Co-Division Head Female Pelvic Health
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Warren Alpert Medical School of Brown University

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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/Policymaker/Industry - full series $295
Nurse/Allied Health Professional - full series $195
Student/Intern/Resident - full series $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.
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 & Health Update
- 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.

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.