WOMEN’S HEALTH FOR PRIMARY CARE

Breckenridge, Colorado – The Village at Breckenridge
February 13 – 15, 2015

Participating Faculty

Michelle L. Matthews, MD
Associate Director, Reproductive Endocrinology
Director of 4th Year Medical Student Education
Carolinas Healthcare System

Teresa A. Pigott, MD
Professor and Associate Medical Director
Harris County Psychiatric Center
Department of Psychiatry & Behavioral Sciences
University of Texas Medical School at Houston

John A. Tayek, MS, MD, FACP, FACN
Professor of Medicine in Residence
David Geffen School of Medicine at UCLA
Director Nutrition Day in the USA
Harbor-UCLA Medical Center
Michelle L. Matthews, MD
Associate Director, Reproductive Endocrinology
Director of 4th Year Medical Student Education
Carolinas Healthcare System

Dr. Matthews received her undergraduate degree from Miami University in Oxford, Ohio and her medical degree from the Northeastern Ohio Universities College of Medicine. She completed an internship and residency in Obstetrics and Gynecology at Summa Healthcare System in Ohio followed by a fellowship in Reproductive Endocrinology at Rush-Presbyterian St. Luke’s Medical Center in Chicago.

Dr. Matthews is board certified in both Obstetrics and Gynecology and Reproductive Endocrinology. She is a member of the American College of Obstetrics and Gynecology, the Association of Professors of Obstetrics and Gynecology, American Society of Reproductive Medicine, the Society of Reproductive Surgeons, and the National Association of Pediatric and Adolescent Gynecology. She is currently the co-director of the Pediatric and Adolescent Gynecology Center at Carolinas Medical Center. She has been the recipient of numerous awards including the Association of Professors of Obstetrics and Gynecology (APGO) Excellence in Teaching Award. Dr. Matthews has published widely, been involved in many presentations, and serves as a board examiner for the American Board of Obstetrics and Gynecology as well as the medical director of the Avon Walk for Breast Cancer.
Teresa A. Pigott, MD
Professor and Associate Medical Director
Harris County Psychiatric Center
Department of Psychiatry & Behavioral Sciences
University of Texas Medical School at Houston

Dr. Pigott received her undergraduate degree from the University of Akron and her medical degree from the Northeastern Ohio Universities College of Medicine. After her internship and residency in the Department of Psychiatry at the Medical University of South Carolina, she also completed a Psychopharmacology Fellowship at the National Institute of Mental Health, Division of Intramural Research. She is Board Certified by the American Board of Psychiatry and Neurology and has additional certification in Clinical Psychopharmacology as recognized by The American Society of Clinical Psychopharmacology.

She is a member of the Anxiety Disorders of America, the Depression and Manic-Depression Association, the Society of Biological Psychiatry and the Association for the Advancement of Sciences.

She has received numerous awards including a Laughlin Fellowship from the American College of Psychiatrists and a Travel Fellowship from the American College of Neuropsychopharmacology. She was also named one of the "Best Doctors in America-Central Region" by Woodward and White, Inc (1996-99). Dr. Pigott has published articles in peer review journals and book chapters. She has also conducted over fifty clinical trials involving new psychotropic medication in patients with mood, anxiety and psychotic disorders.
John A. Tayek, MS, MD, FACP, FACN  
Professor of Medicine in Residence  
David Geffen School of Medicine at UCLA  
Director Nutrition Day in the USA  
Harbor-UCLA Medical Center  

Dr. Tayek currently serves as the Medical Director of Community Health Plan Internal Medicine at Harbor-UCLA Medical Center. He received a Bachelors of Arts Degree from California State University at Fullerton. He received his Masters of Science Degree from Columbia University where he was active in screening physicians for hypercholesterolemia and their risk for heart disease.

He received his medical degree from Wayne State University in Detroit Michigan. After an Internal Medicine residency at UCI Medical Center, he received his Clinical Nutrition Fellowship training at New England Deaconess Hospital and Harvard Medical School. He completed a second fellowship in Endocrinology and Metabolism at Harbor-UCLA Medical Center. Dr. Tayek is board certified in Internal Medicine, Endocrinology and Metabolism and in Clinical Nutrition. Dr. Tayek is a full time faculty member at the David Geffen School of Medicine at UCLA. As a full time faculty in the Division of Internal Medicine at the Harbor-UCLA Medical Center, he teaches Nurse Practitioners, Medical Students, Residents, Endocrinology Fellows and Junior Faculty.

As a Professor of Medicine-In Residence, he enjoys teaching and interacting closely with the Internal Medicine Residents and the Endocrinology Fellows in training at Harbor-UCLA. Dr. Tayek attends Inpatient Internal Medicine Service, Inpatient Endocrinology Consultation Service and maintains an active Internal Medicine and Endocrinology clinical practice within the Community Health Plan Clinic at Harbor-UCLA Medical Center. His clinical interests include Normal and Abnormal Liver Physiology, Diabetes, Hyperlipidemia and many others areas of Endocrinology. He is a Principle
Investigator on an NIH study and several other studies in the field of liver physiology, diabetes and clinical nutrition. His studies will attempt to improve the understanding of the role the liver plays in diabetes, cancer weight loss and metabolic syndrome.

He has published over 50 peer reviewed research article, several chapters, and over 60 abstracts at national meetings. In addition, he enjoys speaking to local physician and community groups on various topics in Endocrinology, Diabetes, Hyperlipidemia, Hospital Survival, Metabolic Response to Injury, Sepsis and several topics in Clinical Nutrition.
Friday Morning, February 13th:

6:30 am – 7:00 am
Registration and Hot Breakfast

7:00 am – 8:00 am – Michelle Matthews, MD
Abnormal Uterine Bleeding
Overview of normal/abnormal menstrual physiology/profile; menstrual disturbances; ovulatory and anovulatory uterine bleeding; other menstrual abnormalities; diagnosis and appropriate treatment options

8:00 am – 9:00 am – Michelle Matthews, MD
Menopausal Transition and Hormone Replacement Therapy
Estrogen analogs; options in estrogen therapy; designer estrogens; SERMs; HRTs; risks/benefits, especially in breast cancer and CHD

9:00 am
Session Adjourns

Friday Afternoon, February 13th:

4:00 pm – 5:00 pm – John A. Tayek, MS, MD, FACP, FACN
Osteoporosis
Diagnosis and treatment

5:00 pm – 6:00 pm – John A. Tayek, MS, MD, FACP, FACN
Managing Obesity
Etiology, complications; use of appetite suppressant medications; lifestyle modifications; current treatment options; when should surgery be performed

6:00 pm – 6:30 pm – John A. Tayek, MS, MD, FACP, FACN
Case Presentations

6:30 pm
Session Adjourns
Saturday Morning, February 14th:

6:30 am – 7:00 am
Hot Breakfast

7:00 am – 8:00 am – Teresa A. Pigott, MD
Depression in Women
Signs and symptoms of depression; treatment options

8:00 am – 9:00 am – John A. Tayek, MS, MD, FACP, FACN
Thyroid Disorders in Women
Management of thyroid disorders; postpartum thyroiditis

9:00 am
Session Adjourns

Saturday Afternoon, February 14th:

4:00 pm – 5:00 pm – Teresa A. Pigott, MD
Other Psychiatric Disorders
Social anxiety; mood disorders; PMS-practical management approaches

5:00 pm – 5:30 pm – Michelle Matthews, MD
Breast Cancer Screening
Comparison of recent breast cancer screening recommendations from USPSTF, ACOG/ACS/NCI/NCCN; Discussion of risks and benefits of screening at various ages; Review of the scientific basis for screening

5:30 pm – 6:00 pm – Michelle Matthews, MD
Management of Abnormal Pap Smears
Current recommendations for cervical cancer screening; incorporating the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into your practice; algorithm for the appropriate use of HPV testing
6:00 pm – 6:30 pm – Michelle Matthews, MD
Management of High-Risk HPV
The natural history of HPV infection in women and effectiveness of the HPV vaccine; determining appropriate candidates for the use of the HPV vaccine; management of women with prior history and recommendations for missed doses; storage and administration of vaccine; contraindications to use; CPT codes for billing

6:30 pm
Session Adjourns
Sunday Morning, February 15th:

6:30 am – 7:00 am
Continental Breakfast

7:00 am – 8:00 am – Teresa A. Pigott, MD
Anxiety Disorders
Symptoms and diagnoses; treatment options

8:00 am – 9:00 am – Teresa A. Pigott, MD
Case Presentations

9:00 am
Conference Adjourns

Target Audience
This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

Learning Objectives
Upon completion of this program, participants should be better able to:

• Distinguish between ovulatory and anovulatory uterine bleeding and other menstrual abnormalities and select appropriate treatment options
• Explain the process of menopausal transition (climacteric) and describe the potential risks/benefits of HRT option, especially in relation to breast cancer and cardiovascular disease
• Describe the management of HPV infection and abnormal pap smear results
• Identify current strategies for diagnosing and managing osteoporosis, thyroid disorders and obese patients
• Discuss the symptoms, diagnosis and treatment of anxiety
• Recognize and manage common symptoms of depression and other psychiatric disorders in women

Nursing Purpose Statement
To provide updates in primary care medicine to office based providers
Disclosure of Conflicts of Interest
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<th>Name of Faculty</th>
<th>Reported Financial Relationship</th>
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<td>Michelle Matthews, MD</td>
<td>No financial relationships to disclose</td>
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<tr>
<td>John A. Tayek, MS, MD, FACP, FACN</td>
<td>Grants/Research Support: Ajinomoto USA, NIH-NIDDM</td>
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<td>Speakers’ Bureau: Eisai, Jansen, Takeda</td>
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<td>MER content managers</td>
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<tr>
<td>MER nurse planner</td>
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All lectures incorporate time for questions and answers. Due to last-minute updates by the faculty, flash drives may differ from the actual presentations.
Accreditation

Physician Accreditation
Medical Education Resources is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation
Medical Education Resources designates this live activity for a maximum of 11 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Academy of Family Physicians
This Live activity, Women’s Health For Primary Care, with a beginning date of February 13, 2015 has been reviewed and is acceptable for up to 11 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

American Osteopathic Association
These programs are approved for 11 hours in Category 2-A by the American Osteopathic Association.

American College of Emergency Physicians
This program is approved by the American College of Emergency Physicians for a maximum of 11 hours of ACEP Category I credit.

Canadian Physicians
The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

American Academy of Physician Assistants
AAPA accepts certificates of participation for educational activities certified for Category I credit from AOACCME, Prescribed credit from AAFP, and AMA PRA Category 1 Credit(s)™ from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 11 hours of Category I credit for completing this program.

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This CE activity provides 11 contact hours of continuing nursing education.

Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 11 contact hours
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Universal Program Number: 0816-0000-15-XXX-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form. Certificates of credit will be provided at the conclusion of the activity. This activity is certified as Knowledge-based CPE.