HA WAI I’ S B I G I S L A N D

ESSENTIALS OF WOMEN’S HEALTH:
AN INTEGRATED APPROACH TO PRIMARY CARE
AND OFFICE GYNECOLOGY

July 4-9, 2010
HAPUNA BEACH PRINCE HOTEL
MAUNA KEA, BIG ISLAND, HAWAII

N O R T H L A K E T A H O E

ESSENTIALS OF PRIMARY CARE:
A CORE CURRICULUM FOR AMBULATORY PRACTICE

August 8-13, 2010
RESORT AT SQUAW CREEK
NORTH LAKE TAHOE, CALIFORNIA

PROGRAM CHAIR
Robert B. Baron, MD, MS
Professor of Medicine;
Associate Dean for Graduate
and Continuing Medical Education
Increasing appreciation of the unique needs of women patients and women's health care providers has created a need for innovative educational programs on women's health. This program, designed for family physicians, internists, gynecologists, nurses, nurse practitioners, physician assistants, pharmacists, and all others involved in providing quality health care for women, will provide a practical update on a full range of common but controversial issues in women's health. The course will serve to enhance the skills of those already working in women's health as well as help develop new skills for those expanding their work to include more primary care and office gynecology.

Developed and taught by UCSF faculty in both Primary Care Internal Medicine and Obstetrics and Gynecology, the course will present an integrated approach to women's health. Emphasis will be placed on new developments in preventive care and cardiovascular risk factors in women, issues in reproductive health, and clinical strategies in the diagnosis and treatment of common gynecologic complaints and common medical problems of women. Special emphasis will be placed on office skills needed for modern day practice including: enhanced skills in physical examination, office gynecology, sports medicine, and patient communication. The course will use interactive lectures, clinical vignettes, hands-on workshops, small group discussions, an audience response system, questions and answers, and a detailed syllabus.

This course is presented by the Division of General Internal Medicine, Department of Medicine, and the Department of Obstetrics, Gynecology, and Reproductive Sciences and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco.

The purpose of this course is to increase competence and improve clinician practice in women's health. We specifically anticipate improvements in skills and strategies to:

- Discuss and implement new guidelines in office-based preventive medicine for prevention and early detection of cancer with clinical exam, pap tests, genetic testing, diagnostic imaging;
- Select patients for optimum use of the HPV, influenza, and other recommended vaccines;
- Discuss and implement new guidelines for prevention and treatment of cardiovascular risk factors in women;
- Diagnosis and treat common problems in women's health including osteoporosis, breast cancer, obesity, diabetes, menopause, overactive bladder, incontinence, fibroids, ectopic pregnancy, abnormal bleeding, sexually transmitted infections, and atrial fibrillation;
- Assist in shared decision-making in contraception and therapeutic abortion;
- Diagnosis and treat common musculoskeletal complaints;
- Care for older patients presenting with dementia and to support their families;
- Communicate with patients and the legal system to prevent malpractice.
SUNDAY, JULY 4, 2010
4:00pm Course Registration
5:00 Welcome
5:10 Cancer Screening in Women: Is This More Controversial than It Needs to Be?
   Eliseo J. Perez-Stable, MD
6:00 Controversies in Pap Tests, HPV Screening, and the HPV Vaccine: Are We Doing Too Much on Every Front?
   Alison F. Jacoby, MD
7:10 Adjourn

MONDAY, JULY 5, 2010
Moderator: Alison F. Jacoby, MD
6:30am Continental Breakfast
7:00 Diagnosis and Treatment of Urinary Incontinence: As Simple as 1, 2, 3
   Mindy Goldman, MD
7:50 Preventing the Unintended: Contraception Update
   Karen R. Meckstroth, MD, MPH
8:40 Break
9:00 Abnormal Uterine Bleeding from Menarche to Menopause
   Vanessa Jacoby, MD, MAS
9:50 Fibroid Management in the 21st Century
   Alison F. Jacoby, MD
10:40 Adjourn

TUESDAY, JULY 6, 2010
Moderator: Robert B. Baron, MD, MS
6:30am Continental Breakfast
7:00 Current Issues in Diabetes Management
   Robert B. Baron, MD, MS
7:50 Hypertension in Women: What Might We Expect from JNC 8?
   Eliseo J. Perez-Stable, MD
8:40 Management of Atrial Fibrillation in 2010
   Katherine Julian, MD
9:30 Break
9:50 Concurrent Workshops (select one):
   A: Help for Hot Flashes: Menopause Treatment Pearls
      Mindy Goldman, MD
   B: Evaluation and Treatment of Common Musculoskeletal Complaints
      Katherine Julian, MD
11:20 Adjourn

WEDNESDAY, JULY 7, 2010
Moderator: Mindy Goldman, MD
6:30am Continental Breakfast
7:00 Updates in Breast Cancer and Women’s Health Issues Related to Treatment
   Mindy Goldman, MD
7:50 Current Issues in Treatment of Obesity
   Robert B. Baron, MD, MS
8:40 Management of Miscarriage: How Can We Improve a Difficult Experience?
   Karen R. Meckstroth, MD, MPH
9:30 Break
9:50 Concurrent Workshops (select one):
   C: What’s That: Recognizing Common Gynecologic Lesions
      Alison F. Jacoby, MD
   D: Keys to Preventing Malpractice Lawsuits
      William Kwong, JD
11:20 Adjourn

THURSDAY, JULY 8, 2010
Moderator: Eliseo J. Perez-Stable, MD
6:30am Continental Breakfast
7:00 Maximizing the Use of Vaccines Old and New
   Katherine Julian, MD
7:50 Prevention of CHD With Lipid Management and Aspirin: Matching Treatment to Risk
   Robert B. Baron, MD, MS
8:40 Women’s Health: Year in Review
   Eliseo J. Perez-Stable, MD
9:30 Break
9:50 Concurrent Workshops (select one):
   E: Building Better Bones: Case Studies in Osteoporosis
      Eliseo J. Perez-Stable, MD
   F: Comfort in the Clinic: Pain Management for Gynecological Clinic Procedures
      Karen R. Meckstroth, MD, MPH
11:20am Adjourn

FRIDAY, JULY 9, 2010
Moderator: Katherine Julian, MD
6:30am Continental Breakfast
7:00 Updates in Diagnosis and Treatment of Dementia
   Katherine Julian, MD
7:50 Sexually Transmitted Infections: New Tests, New Guidelines
   Alison F. Jacoby, MD
8:40 Break
9:00 Doctor I’m Bleeding: A Systematic Approach to 1st Trimester Bleeding
   Mindy Goldman, MD
9:50 Political and Ethical Issues in Abortion Today
   Karen R. Meckstroth, MD, MPH
10:40 Adjourn

Geriatric Credit
Changing patterns of medical practice are placing greater responsibility on primary care physicians. Increasingly difficult management decisions must now be made in the ambulatory setting. Moreover, primary care physicians must be increasingly competent in office skills and procedures more commonly associated with specialist practice. At the same time, many specialty-trained physicians – particularly obstetrician-gynecologists, traditionally-trained internists and medical subspecialists – are being asked to play an expanding role in primary care practice. Nurse practitioners and physician assistants are also playing an ever-increasing role. This course is designed to provide a comprehensive “core curriculum” in adult primary care. The course will serve as an excellent update and review for current primary care physicians and other primary care professionals, and as an opportunity for specialists to expand their primary care knowledge and skills. Particular emphasis will be placed on principles of primary care; office-based preventive medicine; practical management of the most common problems seen in primary care practice; and expanded skills in clinical examination and common office procedures. Special emphasis will be placed on skills in dermatology, gynecology and women’s health, neurology, nutrition, and interpretation of ECGs and diagnostic tests. The course will utilize formal lectures, hands-on workshops, case discussions, an audience response system, and questions and answers. A detailed syllabus will be provided for all participants. This course is presented by the Division of General Internal Medicine, Department of Medicine and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco School of Medicine.

The purpose of this course is to increase competence and improve clinician practice in primary care. We specifically anticipate improvements in skills and strategies to:

- Discuss and implement new strategies to: guidelines in office-based preventive medicine including cancer screening, management of cardiac risk factors, prevention of cerebrovascular disease, use of vaccines, and prevention of sexually transmitted infections;
- Manage common problems in women’s health including abnormal pap tests, hormone therapy, menopause, vaginitis, sexually transmitted infections, contraception, and office procedures;
- Develop strategies to care for common office problems including diabetes, hypertension, lipid disorders, stroke, delirium, dementia, epilepsy, congestive heart failure, and chronic kidney disease;
- Diagnose and treat common skin disorders and skin cancer;
- Counsel patients to lose weight and increase physical activity;
- Perform an effective problem-focused history and physical examination for evaluation and treatment of dermatologic, gynecologic, and neurological symptoms;
- Perform common office procedures in dermatology and gynecology;
- Order and interpret standard and new diagnostic tests;
- Interpret electrocardiograms.

ACCREDITATION
The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. UCSF designates this educational activity for 19.75 AMA PRA Category 1 Credit(s)™.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

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

Geriatric Medicine: The approved credits shown above include 14.00 credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

EDUCATIONAL OBJECTIVES

NORTH LAKE TAHOE, CALIFORNIA
ESSENTIALS OF PRIMARY CARE:
A CORE CURRICULUM FOR ADULT AMBULATORY PRACTICE

August 8-13, 2010

Lake Tahoe
SUNDAY, AUGUST 8, 2010
3:00pm  Registration
5:00  Welcome
5:05  Cervical Cancer Prevention and Screening: Update 2010
Robert B. Baron, MD, MS
5:55  Management of Hypertension: What Might We Expect from JNC 8?
Robert B. Baron, MD, MS
6:50  Adjourn

MONDAY, AUGUST 9, 2010
Moderator: Robert B. Baron, MD, MS
7:00am  Continental Breakfast
7:30  Prevention of CHD with Lipid Management and Aspirin: Matching Treatment to Risk
Robert B. Baron, MD, MS
8:20  The Role of Novel Biomarkers in Disease Prevention: CRP, Cystatin C, CT Calcium
Michael G. Shlipak, MD, MPH
9:10  Break
9:30  Advances in Prevention and Treatment of Stroke: What Every Primary Care Physician Needs to Know
S. Andrew Josephson, MD
10:20  Assessment and Treatment of Common Dermatologic Problems
Toby A. Maurer, MD
11:10  Adjourn

TUESDAY, AUGUST 10, 2010
Moderator: Jeffrey Kohlwes, MD MPH
7:00am  Continental Breakfast
7:30  Emerging Infections: What Every Physician Should Know
Jeffrey Kohlwes, MD, MPH
8:20  Detection and Treatment of Non-Melanoma Skin Cancers
Toby A. Maurer, MD
9:10  Differentiating Pigmented Skin Lesions and Melanoma
Toby A. Maurer, MD
10:00  Break
10:20  Concurrent Workshops (select one):
A: Interpreting ECGs: A Practical Approach for Simple and Complex Disorders
Jeffrey Kohlwes, MD, MPH
B: Mastering Office GYN Procedures
Michael S. Policar, MD, MPH
11:50  Adjourn

WEDNESDAY, AUGUST 11, 2010
Moderator: Michael S. Policar, MD, MPH
7:00am  Continental Breakfast
7:30  Sexually Transmitted Infections: Implications of the New CDC Guidelines
Michael S. Policar, MD, MPH
8:20  Dementia and Delirium: A Neurologist’s Approach to Altered Mental Status
S. Andrew Josephson, MD
9:10  Congestive Heart Failure: Update on Effective Monitoring and Treatment
Michael G. Shlipak, MD, MPH
10:00  Break
10:20  Concurrent Workshops (select one):
C: Dermatologic Procedures in Primary Care
Toby A. Maurer, MD
D: Rational Use of Diagnostic Tests: From the Old Standards to the Latest in Genetic Testing
Michael G. Shlipak, MD, MPH
11:50  Adjourn

THURSDAY, AUGUST 12, 2010
Moderator: Robert B. Baron, MD, MS
7:00am  Continental Breakfast
7:30  Current Controversies in Diabetes Care
Robert B. Baron, MD, MS
8:20  Advances in Primary Care: The Year’s Literature in Review
Jeffrey Kohlwes, MD
9:10  Modern Management of Menopause
Michael S. Policar, MD, MPH
10:00  Break
10:20  Concurrent Workshops (select one):
E: A Systematic Approach to Management of Obesity
Robert B. Baron, MD, MS
F: Clinical Dilemmas in Neurology: Using the Neurological Exam to Sort Out Clinical Problems
S. Andrew Josephson, MD
11:50  Adjourn

FRIDAY, AUGUST 13, 2010
Moderator: S. Andrew Josephson MD
7:00am  Continental Breakfast
7:30  Management of Epilepsy in Primary Care Practice
S. Andrew Josephson, MD
8:20  New Developments in Management of Chronic Kidney Disease
Michael G. Shlipak, MD, MPH
9:10  Current Controversies in Clinical Ethics
Jeffrey Kohlwes, MD, MPH
10:00  Adjourn

Geriatric Credit
Hapuna Beach Prince Hotel
Big Island, Hawaii
Situated along the Big Island's Kohala Coast, the Mauna Kea Resort features the Mauna Kea Beach Hotel and the newer Hapuna Beach Prince Hotel. For more details, visit www.princeresortshawaii.com.

A block of guestrooms has been reserved at the Hapuna Beach Prince Hotel at the following discounted rates:

- Hapuna Beach Terrace $199
- Hapuna Beach Partial Ocean $225
- Hapuna Beach Ocean View $240
- Hapuna Beach Premium Ocean $265
- Hapuna Beach Ocean Front $290
- 1 bedroom Ocean Suite $415

Rates are per room, per night, single/double, and subject to 11.416% occupancy tax; simply call toll-free 866-774-6236, or fax 808-944-4491 and identify yourself as a member of UCSF Women's Health conference to receive the special rates. Reservations must be received by June 4, 2010, to guarantee availability of accommodations; after this date, rooms will be provided on a space-available basis.

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Please take this into consideration when making your accommodation decisions.

ACCOMMODATIONS - NORTH LAKE TAHOE
Resort at Squaw Creek
North Lake Tahoe, California
Located in North Lake Tahoe's Squaw Valley – site of the historic 1960 Olympic Winter games, the Resort at Squaw Creek is the perfect location in which to learn and relax. For more details, visit www.squawcreek.com.

A block of guestrooms has been reserved at the Resort at Squaw Creek at the following discounted rates:

- Deluxe Guest Room $219
- Fireplace Suite $289
- Deluxe Fireplace Suite $309

Rates are per room, per night, single/double, and subject to 10% transient occupancy tax and a $15 per day resort fee; simply call (800)403-4434 and identify yourself as a member of UCSF Primary Care to receive the special rates. Reservations must be received by July 8, 2010, to guarantee availability of accommodations; after this date, rooms will be provided on a space-available basis.

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Kindly take this into consideration when making your decisions.

CHILDREN'S ACTIVITIES
Children will love playing with new Mountain Buddies. A day at the Resort at Squaw Creek could include any of these awesome activities:

- Swimming
- Arts and crafts
- Hiking
- Fun Zone arcade
- Biking
- Games
- Fishing
- Waterslide
- Tennis
- Nature trail

This fantastic addition to any kid vacation gives parents the option of selecting from full-day, half-day and evening sessions. All children must be 4-12 years of age and completely potty trained.

Reservations: For information or to reserve a spot for your child in our Mountain Buddies Program, please call (530) 583 6300, ext. 11, by 5pm the day prior. Cancellations are required 12 hours in advance.
UPCOMING CME COURSES

FEBRUARY IN PUERTO VALLARTA
Primary Care Medicine: Concepts and Controversies
February 14 - 19, 2010
Fiesta Americana Hotel • Puerto Vallarta, Mexico

APRIL IN HAWAII
Primary Care Medicine: Update 2010
April 4 - 9, 2010
Wailea Marriott • Maui, Hawaii

OCTOBER IN SAN FRANCISCO
Primary Care Medicine: Principles and Practice
October 27 - 29, 2010
Hotel Nikko • San Francisco, California

DECEMBER IN SAN FRANCISCO
Controversies in Women’s Health
December 9 - 10, 2010
Hotel Nikko • San Francisco, California

PROGRAM CHAIRS
Robert B. Baron, MD, MS
Professor of Medicine; Associate Dean for Graduate and Continuing Medical Education; Vice Chief, Division of General Internal Medicine

Alison F. Jacoby, MD
Associate Professor, Department of Obstetrics, Gynecology and Reproductive Sciences; Director, UCSF Comprehensive Fibroid Center

COURSE FACULTY
Eliseo J. Perez-Stable, MD
Professor of Medicine; Chief, Division of General Internal Medicine; Director, Medical Effectiveness Research Center for Diverse Populations

Mindy Goldman, MD
Professor, Department of Obstetrics, Gynecology, and Reproductive Sciences; Director, Women’s Cancer Care Program, UCSF Women’s Health and Carol Franc Buck Breast Care Center

Vanessa Jacoby, MD, MAS
Assistant Professor, Department of Obstetrics, Gynecology and Reproductive Sciences

COURSE FACULTY (CONT’D)
Katherine Julian, MD
Associate Professor of Medicine; Director, Primary Care Internal Medicine Residency

William Kwong, JD
Deputy Attorney General, Office of Attorney General, San Francisco, CA

Karen R. Meckstroth, MD, MPH
Associate Professor, Department of Obstetrics, Gynecology and Reproductive Sciences; Medical Director, UCSF Family Planning Services at Mt. Zion

PROGRAM CHAIR
Robert B. Baron, MD, MS
Professor of Medicine; Associate Dean for Graduate and Continuing Medical Education; Vice Chief, Division of General Internal Medicine

COURSE FACULTY
S. Andrew Josephson, MD
Assistant Professor of Neurology, Director, Neurohospitalist Program

COURSE FACULTY (CONT’D)
Jeffrey Kohlwas, MD, MPH
Associate Professor of Medicine; Director, PRIME Residency; Associate Program Director, Internal Medicine Residency

Toby A. Maurer, MD
Associate Professor of Dermatology; Chief of Dermatology, San Francisco General Hospital

COURSE FACULTY (CONT’D)
Michael S. Policar, MD, MPH
Associate Clinical Professor of Obstetrics, Gynecology and Reproductive Science; Medical Director, UCSF/Family PACT Program Support and Evaluation, CA Office of Family Planning, Sacramento, CA

Michael G. Shlipak, MD, MPH
Associate Professor of Medicine Chief, General Internal Medicine Section; San Francisco VA Medical Center
Mail to: UCSF Office of CME
P.O. Box 45368
San Francisco, CA 94145-0368
Fax: (415) 502-1795

☐ Dr.  ☐ Mr.  ☐ Mrs.  ☐ Ms.

Last Name  First  M.I.

Degree  Specialty

Address

City  State  Zip

Daytime Phone  Fax

Email

Address Label Code Letter (see address label: example, A, B, C, D, etc.) ____________________________

Would you like to be on our priority email list?  ☐ Yes  ☐ No

Date of birth to be used as OCME registrant number: ___ ___ / ___ ___ / X X

Please indicate if you have any special needs: ____________________________________________________

REGISTRATION FEES

ESSENTIALS OF WOMEN’S HEALTH:
An Integrated Approach to Primary Care and Office Gynecology
☐ $715  Practicing Physicians
☐ $565  Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows

Please enroll me for the following ESSENTIALS OF WOMEN’S HEALTH workshops:

☐ Register me for Workshop ____ (A or B) to be held 9:50-11:20am on Tuesday, July 6
☐ Register me for Workshop ____ (C or D) to be held 9:50-11:20am on Wednesday, July 7
☐ Register me for Workshop ____ (E or F) to be held 9:50-11:20am on Thursday, July 8

ESSENTIALS OF PRIMARY CARE:
A Core Curriculum for Adult Ambulatory Practice
☐ $715  Practicing Physicians
☐ $565  Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows

Please enroll me for the following ESSENTIALS OF PRIMARY CARE workshops:

☐ Register me for Workshop ____ (A or B) to be held 10:20-11:50am on Tuesday, August, 10
☐ Register me for Workshop ____ (C or D) to be held 10:20-11:50am on Wednesday, August,11
☐ Register me for Workshop ____ (E or F) to be held 10:20-11:50am on Thursday, August, 12

Make checks payable to UC Regents

Please charge my credit card:  ☐ Visa  ☐ MasterCard  ☐ AmEx  $ ____________________________

Card # ____________________________ Expiration date ___ ___ / ___ ___

Name on Card (Please Print) ____________________________ Authorized Signature ____________________________

Refund Policy: Cancellations received in writing before the first day of the course will be refunded, less a $75 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up to date information on the course at www.cme.ucsf.edu