HAWAII’S BIG ISLAND
ESSENTIALS OF WOMEN’S HEALTH: An Integrated Approach to Primary Care and Office Gynecology
July 1-6, 2018
WESTIN HAPUNA BEACH RESORT
MAUNA KEA, BIG ISLAND, HAWAII

NORTH LAKE TAHOE
ESSENTIALS OF PRIMARY CARE: A Core Curriculum for Ambulatory Practice
August 5-10, 2018
RESORT AT SQUAW CREEK
NORTH LAKE TAHOE, CALIFORNIA
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 general 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, patient counseling, common office procedures, assessment of new medical technologies and therapeutics, clinical nutrition, and reading the medical literature. The course will use interactive lectures, clinical vignettes, hands-on workshops, small group discussions, audience response, and questions and answers. A detailed syllabus will be provided.

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.

EDUCATIONAL OBJECTIVES
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:

- Implement new guidelines in office-based preventive medicine for prevention and early detection of cancer with clinical exam, pap tests, genetic testing, and diagnostic imaging;
- Implement new guidelines for prevention and treatment of cardiovascular risk factors in women;
- Diagnose and treat common problems in women's health including abnormal uterine bleeding, pelvic pain, incontinence, menopause, hypertension, high blood cholesterol, diabetes, atrial fibrillation, venous thromboembolism, hepatitis C, infertility, breast lumps, and breast cancer;
- Recognize and treat common lesions of the vagina, vulva, and cervix;
- Facilitate counseling and informed decision-making in preconception counseling, contraception, and abortion;
- Perform common office procedures in gynecology and contraceptive technology;
- Counsel patients about dietary change, exercise, vitamins, and supplements;
- Conduct evidence-based preoperative assessment;
- Utilize new developments in inpatient care that impact women's health;
- Effectively prescribe new diagnostic tests and new medications;
- Increase quality and decrease costs in medical practice;
- Become the best medical teacher you can be.

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 live activity for a maximum of 19.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Geriatric Medicine: The approved credits shown above include 8.25 geriatric credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME. This activity is designated for a maximum of 9.75 pharmacotherapeutic credits towards meeting the requirement for nursing pharmacology continuing education. Nurses should claim 0.1 CEUs for each contact hour of participation in designated pharmacotherapeutic continuing education.

Physician Assistants: AAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

Pharmacy: The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for AMA PRA Category 1 Credit™.

Maintenance of Certification: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 19.25 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

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

ACOG: Cognates have been applied for through the American College of Obstetricians and Gynecologists. Determination of credits is pending.
SUNDAY, JULY 1, 2018
4:00 pm  Registration and Check-In
Moderator: Robert B. Baron, MD, MS
5:00  Welcome and Course Overview  
Robert B. Baron, MD, MS
5:10  G  Cancer Screening For Women: What Works? What Doesn’t?  
Rebecca Jackson, MD
6:00  RxG  Managing Hypertension in 2018: How Do We Work With Conflicting Data and Conflicting Guidelines?  
Robert B. Baron, MD, MS
6:50 pm  Adjourn

MONDAY, JULY 2, 2018
6:30 am  Continental Breakfast  
Moderator: Robert B. Baron, MD, MS
7:00  RxG  Understanding Venous Thromboembolism  
Margaret Fang, MD
7:50  RxG  Current Strategies for Urinary Incontinence  
Jessica Beaman, MD
8:40  Coffee Break
9:00  RxG  Menopause: What’s New? What’s Safe?  
Sara Whetstone, MD
9:50  Rx  Best Practices in Contraception: Advances, Tips, and Tricks  
Jody Steinauer, MD, MAS
10:40 am  Adjourn

TUESDAY, JULY 3, 2018
6:30 am  Continental Breakfast  
Moderator: Rebecca Jackson, MD
7:00  G  Breast Imaging: Uses and Controversies  
Rebecca Jackson, MD
7:50  G  Abnormal Uterine Bleeding: Don’t Go With the Flow  
Sara Whetstone, MD
8:40  Coffee Break
9:00  Concurrent Workshops (select one):
A: Gynecologic Office Procedures: Maximizing Efficacy and Pain Control  
Sara Whetstone, MD
B: Being the Best Teacher You Can Be  
Bradley A. Sharpe, MD
11:20 am  Adjourn

WEDNESDAY, JULY 4, 2018
6:30 am  Continental Breakfast  
Moderator: Jessica Beaman, MD
7:00  RxG  Management of Hyperlipidemia and Cardiovascular Risk in Women: Balancing Benefits and Harms  
Robert B. Baron, MD, MS
7:50  Rx  Gynecologic Consequences of Obesity  
Sara Whetstone, MD
8:40  RxG  Hepatitis C: Diagnosis and Treatment  
Geoffrey Stetson, MD
9:30  Coffee Break
9:50  Concurrent Workshops (select one):
C: Vagina, Vulva, and Cervix: Lesions, Masses, Discharges, and Other Abnormalities  
Rebecca Jackson, MD
D: Nutrition and Weight Management in Office Practice  
Robert B. Baron, MD, MS
11:20 am  Adjourn

THURSDAY, JULY 5, 2018
6:30 am  Continental Breakfast  
Moderator: Jody Steinauer, MD, MAS
7:00  Top Ten Updates of 2017-2018 in Gynecology and Women’s Health  
Jody Steinauer, MD, MAS
7:50  Preconception Counseling and Counseling for Women Trying to Conceive  
Jessica Beaman, MD
8:40  RxG  Chronic Pelvic Pain: A Painless Approach  
Rebecca Jackson, MD
9:30  Coffee Break
9:50  Concurrent Workshops (select one):
E: A Deeper Exploration of Contraception and Abortion  
Jody Steinauer, MD, MAS
F: Clinical Challenges in Pre-Operative Assessment  
Geoffrey Stetson, MD
11:20 am  Adjourn

FRIDAY, JULY 6, 2018
6:30 am  Continental Breakfast  
Moderator: Bradley A. Sharpe, MD
7:00  RxG  Current Approaches for Atrial Fibrillation  
Margaret Fang, MD
7:50  RxG  Management of Diabetes Mellitus: Which Drugs for Which Patients?  
Robert B. Baron, MD, MS
8:40  RxG  Updates in Hospital Medicine for the Non-Hospitalist  
Bradley A. Sharpe, MD
9:20 am  Adjourn

Geriatric Credit  Rx Meetings Requirements for Pharmacotherapeutics
CEUs for NPs/Nurses
Increasingly difficult management decisions must now be made in the ambulatory setting. Primary care clinicians 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.

EDUCATIONAL OBJECTIVES
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:

- Implement new guidelines in office-based preventive medicine including cancer screening and management of cardiac risk factors;
- Develop strategies to care for common office problems including hypertension, lipid disorders, headache, back pain, diabetes, thyroid disorders, dementia, sleep disorders, and chronic pain;
- Manage common problems in women’s health including osteoporosis, contraception, and menopause;
- Diagnose and treat common skin disorders, skin infections, and skin cancer;
- Manage common problems in geriatrics;
- Counsel patients to improve eating habits, lose weight, and increase physical activity;
- Perform an effective problem-focused history and physical examination for evaluation and treatment of dermatologic and neurologic complaints;
- Perform common office procedures in dermatology;
- Counsel patients on decision-making at the end of life;
- Develop best practices for using opioids;
- Critically evaluate the medical literature in primary care and women’s health and apply the medical literature to clinical practice;
- Increase quality and decrease costs in medical practice.

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 live activity for 19.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

Geriatric Medicine: The approved credits shown above include 16.25 geriatric credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

Pharmacotherapeutics CEUs for Nurses: For the purposes of recertification the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME.

For the purpose of recertification the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME. This activity is designated for a maximum of 12.50 pharmacotherapeutic credits towards meeting the requirement for nursing pharmacology continuing education. Nurses should claim 0.1 CEUs for each contact hour of participation in designated pharmacotherapeutic continuing education.

Physician Assistants: AAPA accepts category 1 credit from AOAACCME. Prescribed credit from AAFP, and AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

Maintenance of Certification: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 19.50 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

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

SUNDAY, AUGUST 5, 2018
3:00 pm Registration and Check-In
Moderator: Robert B. Baron, MD, MS
5:00 Welcome and Course Overview
5:10 G Cancer Screening 2018: New Recommendations, New Controversies
6:00 G Managing Hypertension in 2018: How Do We Work With Conflicting Data and Conflicting Guidelines?
6:50 pm Adjourn

MONDAY, AUGUST 6, 2018
7:00 am Continental Breakfast
Moderator: Robert B. Baron, MD, MS
7:30 RxG Current and Emerging Strategies for Osteoporosis
8:20 RxG Best Practices for Diagnosis and Treatment of Headache
9:10 Coffee Break
9:30 RxG Palliative Care Pearls: What Works, What Doesn’t
10:20 RxG Common Dermatologic Problems: What the Primary Care Physician Needs to Know
11:10 am Adjourn

TUESDAY, AUGUST 7, 2018
7:00 am Continental Breakfast
Moderator: Douglas C. Bauer, MD
7:30 RxG Understanding Common Thyroid Disorders
8:20 RxG Modern Management of Back Pain
9:10 Management of Diabetes Mellitus: Which Drugs for Which Patients?
10:00 Coffee Break
10:20 Concurrent Workshops (select one):
   A: Advances in Primary Care: A Critical Review of the Year’s Most Important Papers
   B: Nutrition and Weight Management in Office Practice
11:50 am Adjourn

WEDNESDAY, AUGUST 8, 2018
7:00 am Continental Breakfast
Moderator: Toby A. Maurer, MD
7:30 RxG Skin Diseases in the Aging Patient
8:20 RxG Best Practices in Treating Pain and Prescribing Opioids
9:10 RxG Current Strategies for Managing Menopausal Symptoms
10:00 Coffee Break
10:20 Concurrent Workshops (select one):
   C: Dermatologic Procedures in Primary Care
   D: Understanding Patient Values and Preferences through Goals of Care and Advance Care Planning Conversations
11:50 am Adjourn

THURSDAY, AUGUST 9, 2018
7:00 am Continental Breakfast
Moderator: Judith M.E. Walsh, MD, MPH
7:30 Rx Best Practices in Contraception
8:20 RxG Delirium and Dementia: A Neurologist's Approach
9:10 RxG Modern Management of Sleep Disorders in Women
10:00 Coffee Break
10:20 Concurrent Workshops (select one):
   E: Mastering the High-Yield Neurological Examination
   F: Advances in Women’s Health: A Critical Review of the Year’s Most Important Papers
11:50 am Adjourn

FRIDAY, AUGUST 10, 2018
7:00 am Continental Breakfast
Moderator: Brook Calton, MD
7:30 RxG Clinical Issues in Geriatrics for Primary Care Practice
8:20 RxG Management of Lipid Disorders: Maximizing Benefits and Minimizing Harms
9:10 RxG Dermatologic Infectious Disease: Viral, Fungal and Bacterial Skin Diseases
10:00 am Adjourn

Geriatric Credit Rx Meets Requirements for Pharmacotherapeutics CEUs for NPs/Nurses
REGISTRATION INFORMATION
Tuition: $895  Practicing Physicians
$745  Nurses, Physician Assistants, Allied Health Professionals, and Physicians in Training
$40  Optional Printed Syllabus
Payment may be made by Visa, MasterCard, AmEx or check.

REGISTER VIA:
Online:  cme.ucsf.edu
Mail:  Complete course registration form and send with payment to:
UCSF Office of CME
P.O. Box 45368
San Francisco, CA  94145-0368

Fax:  Fax completed registration form to:
(415) 502-1795 (be sure to include your credit card number)

Phone:  To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.

On-Site Registration:  Registration is available on-site. Please check our website for up-to-date information on the course:  cme.ucsf.edu

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.

GREENER MEETING  - In an effort to save paper, the syllabi will be available electronically prior to each course. A printed syllabus book is also available for purchase for an additional $40.00.

ACCOMMODATIONS - HAWAII
Westin Hapuna Beach Resort
Big Island, Hawaii
Situated along the Big Island's sunny Kohala Coast lie two spectacular sister properties – the Mauna Kea Beach Hotel and the newly renovated Westin Hapuna Beach Resort. A block of guestrooms has been reserved at both the Hapuna Beach Prince Hotel and at the Mauna Kea Beach Hotel at the following discounted rates:

WESTIN HAPUNA BEACH RESORT:
Partial Ocean View  $235
Ocean View  $260
Premium Ocean View  $335

MAUNA KEA BEACH HOTEL:
Golf Vista  $355
Beach Front  $475
Ocean Front Deluxe  $565

Rates are per room, per night, single/double, and subject to occupancy tax; simply call toll-free (800) 882-6060, or fax (808) 880-3142 and identify yourself as a member of UCSF Women's Health conference to receive the special rates. The cutoff date is May 30, 2018 or until the group block is filled. After this date, rooms will be provided on a space available basis only. The conference takes place at the Hapuna property.
By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Please take this into consideration.

ADDITIONAL TRAVEL INFORMATION
For rental car and air transportation options, and children's programs at the host hotel, please visit our website at cme.ucsf.edu

ACCOMMODATIONS - NORTH LAKE TAHOE
Resort at Squaw Creek
North Lake Tahoe, California
Located in Squaw Creek’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  $229
Fireplace Suite  $279
Deluxe Fireplace Suite  $299

Rates are per room, per night, single/double, and subject to 10% transient occupancy tax and a $25 per day resort fee; simply call (800) 403-4434 and identify yourself as a member of UCSF Primary Care to receive the special rates. To make hotel reservations on-line, please visit cme.ucsf.edu and click on the hotel link in the Travel & Lodging section of the course webpage. The cutoff date is July 6, 2018 or until the group block is filled. After this date, rooms will be provided on a space available basis only.
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.

ADDITIONAL TRAVEL INFORMATION
For rental car and air transportation options, and children's programs at the host hotel, please visit our website at cme.ucsf.edu

Lake Tahoe

Hawaii
Upcoming CME Courses

**APRIL IN HAWAII**
Primary Care Medicine: Update 2018
April 1-6, 2018
Maui, Hawaii

**OCTOBER IN SAN FRANCISCO**
Primary Care Medicine: Principles and Practice
October 10-12, 2018
San Francisco, California

**DECEMBER IN SAN FRANCISCO**
Controversies in Women’s Health
December 6-7, 2018
San Francisco, California

### Hawaii
**PROGRAM CHAIRS**
Robert B. Baron, MD, MS
Professor of Medicine
Associate Dean for Graduate and Continuing Medical Education

Rebecca Jackson, MD
Professor of Obstetrics,
Gynecology & Reproductive Sciences and of Epidemiology & Biostatistics; Chief, Obstetrics,
Gynecology & Reproductive Sciences, Zuckerberg San Francisco General

**FACULTY**
(University of California, San Francisco)

Jessica Beaman, MD
Assistant Professor of Medicine

Margaret Fang, MD
Associate Professor of Medicine
Director, Anticoagulation Clinic
Director, Academic Hospital Medicine Fellowship

Bradley A. Sharpe, MD
Professor of Medicine
Chief, Division of Hospital Medicine

Jody Steinauer, MD, MAS
Professor of Obstetrics, Gynecology & Reproductive Sciences; Director, Bixby Center for Global Reproductive Health
Vice Chair of Education, Obstetrics, Gynecology & Reproductive Sciences

Geoffrey Stetson, MD
Assistant Professor of Medicine

Sara Whetstone, MD
Assistant Professor of Obstetrics, Gynecology & Reproductive Sciences

### Lake Tahoe
**PROGRAM CHAIR**
Robert B. Baron, MD, MS
Professor of Medicine
Associate Dean for Graduate and Continuing Medical Education

**FACULTY**
(University of California, San Francisco)

Douglas C. Bauer, MD
Professor of Medicine and of Epidemiology & Biostatistics

Brook Calton, MD, MHS
Assistant Professor of Medicine

John Engstrom, MD
Professor of Neurology
Program Director, Neurology Residency Program

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

Judith M.E. Walsh, MD, MPH
Professor of Medicine and Epidemiology and Biostatistics
Associate Director, UCSF Women’s Health
Primary Care Practice
UCSF Women’s Health Clinical Research Center
Mail to: UCSF Office of CME
P.O. Box 45368
San Francisco, CA 94145-0368
Fax: (415) 502-1795

☐ Dr. ☐ Ms. ☐ Mr. ☐ Mrs.

Last Name ___________________________ First Name ___________________________ 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: ___ / ___ / XX

☐ Please indicate if you have any special needs: ___________________________

REGISTRATION FEES

ESSENTIALS OF WOMEN’S HEALTH:
An Integrated Approach to Primary Care and Office Gynecology
☐ $895  Practicing Physicians
☐ $745  Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows
☐ $40  Printed Syllabus (optional)

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 3
☐ Register me for Workshop ___ (C or D) to be held 9:50-11:20am on Wednesday, July 4
☐ Register me for Workshop ___ (E or F) to be held 9:50-11:20am on Thursday, July 5

ESSENTIALS OF PRIMARY CARE:
A Core Curriculum for Adult Ambulatory Practice
☐ $895  Practicing Physicians
☐ $745  Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows
☐ $40  Printed Syllabus (optional)

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 7
☐ Register me for Workshop ___ (C or D) to be held 10:20-11:50am on Wednesday, August 8
☐ Register me for Workshop ___ (E or F) to be held 10:20-11:50am on Thursday, August 9

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 cme.ucsf.edu