20th Annual
Women’s Health Conference

Friday, February 16, 2018

The Education Center at Eastern AHEC
2600 W. Arlington Blvd., Greenville, NC

Provided by
The Department of Family Medicine, Department of Obstetrics and Gynecology and the Office of Continuing Medical Education of the Brody School of Medicine of East Carolina University in association with Eastern Area Health Education Center
The 2018 Brody School of Medicine Women’s Health Conference, now in its 20th year, enables clinicians to engage in a discussion addressing the most clinically important topics relevant to women’s health across the lifespan.

Studies show that women make up to 90 percent of the health care decisions for themselves and their families. The number of women aged 45 and older has increased significantly in the last ten years. In order to meet the health care demands of an aging population that traditionally experiences higher incidences of illnesses, we must work together to raise awareness about health promotion.

This conference is designed to empower healthcare providers to assist women in making informed decisions about health, well-being and personal safety. The agenda is designed to provide camaraderie and instruction for physicians, midwives, nurse practitioners, pharmacists and physician assistants with a broad range of topics relevant to women’s health. Faculty of the highest caliber will challenge you to reach out to women – your patients, your colleagues, as well as to professional associations, state leadership, and health care advocacy organizations on the health issues of importance to your community, thereby creating tomorrow’s success stories for women’s health.

Content of educational objectives will be met through didactic presentations with ample time for questions and answers, as well as informal exchange and networking. A comprehensive online course syllabus is provided to all registrants.

Upon completion of this knowledge-based conference, participants should have a greater understanding of strategies to integrate into practice new developments in the following:

**Dermatologic Conditions of Pregnancy**
- Identify common and uncommon conditions of the skin, hair, and nails associated with pregnancy
- Review treatment of dermatologic conditions associated with pregnancy and which can affect the health of the pregnancy

**Defining and Treating the Female Athlete Triad**
- Define the triad and recognize risk factors
- Recognize and screen for adverse events associated with the Female Athlete Triad
- Discuss nutritional needs and factors that contribute to malnutrition and energy deficiency
- Manage menstrual dysfunction and decreased bone density in the female athlete

**First Trimester Bleeding**
- Review guidelines to formulate and prioritize a complete differential diagnosis for first trimester bleeding
- Describe how to perform and/or interpret the appropriate physical exams, laboratory tests, and imaging studies for first trimester bleeding
- Identify the different treatment options and associated appropriate patient counseling that accompanies each for first trimester bleeding

**Contraception for Women with Chronic Medical Conditions**
- Review available contraception methods
- Discuss contraindications to the use of these methods
- Discuss appropriate contraception options for women with coexisting medical conditions

**HPV Disease of the Cervix: Screening and Management**
- Review the current guidelines for Pap testing and management
- Recognize appropriate pathways for abnormal Pap testing treatment and follow up
- Discuss options for the prevention of cervical dysplasia and cancer

**Primary Prevention of Cardiovascular Disease: Is Our Approach Any Different for Women?**
- Summarize the gender non-specific approach to primary prevention of cardiovascular disease
- Distinguish primary prevention recommendations that are specific to women
- Discuss emerging data that is pertinent to primary prevention in women
- Develop a clinical approach to the primary prevention of cardiovascular disease in women

**Anxiety and Postpartum Depression**
- Review the clinical criteria for depression and its evaluation in the pregnant woman
- Examine arguments for and against use of antidepressants in this population
- Learn the common (and new) risks associated with antidepressant use in pregnancy
- Recognize special situations with depression in pregnancy and their management
Agenda

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7:30  Registration and Breakfast Buffet

8:00  Welcome and Overview  
    Sarah E. Smith, MD, FACOG

8:10  Dermatologic Conditions of Pregnancy  
    Joseph Lane Wilson, MD

9:10  Defining and Treating the Female Athlete Triad  
    Evan Lutz, MD

10:10  Break

10:25  First Trimester Bleeding  
    James E. deVente, MD, PhD

11:25  Contraception for Women with Chronic Medical Conditions  
    Renee E. Mestad, MD

12:25  Lunch

1:15  HPV Disease of the Cervix: Screening and Management  
    Keith H. Nelson, MD

2:15  Primary Prevention of Cardiovascular Disease: Is our Approach Any Different for Women?  
    Jonathon Firnhaber, MD, MA

3:15  Break

3:30  Postpartum Depression  
    Michael Lang, MD

4:30  Summary and Q&A

5:00  Adjourn

Who Should Attend

This conference has been designed to meet the continuing medical education needs of Physicians, Nurse Practitioners, Physician Assistants, Midwives, Pharmacists and other team members involved in the management of women’s health.
Faculty

PROGRAM DIRECTORS
Sarah E. Smith, MD, FACOG
Clinical Associate Professor
Department Outpatient Medical Director
Department of Obstetrics and Gynecology
The Brody School of Medicine, East Carolina University, Greenville, NC

Joseph Lane Wilson, MD
Assistant Residency Professor
Clinical Assistant Professor
Family Medicine Center
The Brody School of Medicine, East Carolina University, Greenville, NC

BRODY SCHOOL OF MEDICINE FACULTY
James deVente, MD, PhD
Associate Professor
Resident Research Director
Vidant Medical Center
Medical Director of Obstetrics
Department of Obstetrics and Gynecology

Keith H. Nelson, MD
Associate Professor
Director of Residency Program
Department of Obstetrics and Gynecology

Jonathon Firnhaber, MD, MA
Vice Chair for Academic Affairs
Max R. and Catherine S. Joyner Distinguished Professorship in Primary Care Medicine
Education Division Director
Residency Division Director
Associate Professor
Department of Family Medicine

Credit

Accreditation: The Brody School of Medicine of East Carolina University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit: The Brody School of Medicine of East Carolina University designates this live activity for a maximum of 7.50 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

EAHEC Contact Hours: Certificates reflecting 7.50 contact hours of education will be awarded at the completion of the program.

Please be sure to bring a sweater or jacket for your comfort throughout the symposium.
Registration Information

**Pre-registration is required.** Advanced payment of fee is necessary to guarantee space. For your convenience, an e-syllabus which you can print from your computer is available at no extra charge. Payment may be made by check or by credit card. Registrations may be completed on-line at [www.easternahec.net](http://www.easternahec.net) or faxed to (252) 744-5229. Checks should be made payable to Office of CME.

**REGISTRATION FEES**

- $125  MD, DO, PharmD or Other Doctorates
- $ 75  Other Healthcare Professionals
- $ 50  Residents/Medical Students

**CANCELLATION POLICY**

Registration refunds, credit toward future Eastern AHEC learning activities, and substitutions are handled consistently for all Eastern AHEC continuing professional development (CPD) activities.
- To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity.
- No refunds will be given for cancellations less than one week prior to activity.
- For continuing professional development activities canceled more than one week prior to continuing professional development activity,
  - A $35.00 cancellation fee will be deducted from the refund, OR
  - The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year, OR
- Substitutions are welcome; advance notification encouraged.

**AMERICANS WITH DISABILITIES ACT**

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department of Disability Support Services at (252) 737-1016 (V/TTY) at least five business days prior to the program.

**PROGRAM LOCATION**

This program is being held at the Eastern Area Health Education Center, 2600 W. Arlington Blvd. Greenville, NC

*By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.*