Women’s Health 2008:
The 16th Annual Congress

March 28-30, 2008
The Williamsburg Lodge
Williamsburg, VA

Collaborating Organizations
American Academy of Medical Acupuncture
American Academy of Orthopaedic Surgeons
American Autoimmune Related Diseases Association
American College of Physicians
American Heart Association's Go Red for Women
American Thyroid Association
Arthritis Foundation
National Osteoporosis Foundation
National Stroke Association
National Women’s Health Resource Center
The North American Menopause Society
The Obesity Society
WomenHeart: The National Coalition for Women with Heart Disease

Supporters (as of 12/07)
This activity is supported by an educational grant from Endo Pharmaceuticals

Congress Chair
WENDY S. KLEIN, MD
Senior Deputy Director
VCU Institute for Women's Health
Deputy Editor, Journal of Women's Health

Congress Co-Chair
SUSAN G. KORNSTEIN, MD
Executive Director
VCU Institute for Women's Health
Editor-in-Chief, Journal of Women's Health
Conference Learning Objectives

After completing this activity, the participant should be better able to:

- Specify current data that will facilitate the prevention, diagnosis, and management of diseases in women
- Identify evidence-based approaches to address the management of reproductive health issues, including dysfunctional uterine bleeding, contraception, STDs, vulvovaginal disease, sexual health, and HPV prevention
- Describe recent advances relevant to endocrinologic diseases prevalent in women, including thyroid dysfunction and vitamin D deficiency, with special attention to the management of diabetes
- Identify recent advances in breast cancer screening and prevention
- Review state of the art approaches to care of the female patient, including the diagnosis and management of lupus, depression, fibromyalgia, osteoporosis, and eating disorders
- Describe recent advances relevant to the care of women with cardiovascular disease and stroke prevention
- Identify the role of lifestyle changes in health promotion, including nutrition, tobacco cessation, and stress management using humor
- Describe a multidisciplinary approach in clinical practice that will optimize women’s healthcare
- Explain current evidence and approaches to the prevention and management of obesity in women
- Review recent findings in the pathophysiology of menopause and perimenopause
- Identify evidence-based approaches to the management of vasomotor symptoms

Statement of Needs

This program is designed to provide physicians, nurses, and other healthcare professionals with a broad range of topics relevant to women’s health across the lifespan. Educational objectives will be met through didactic presentations in plenary sessions, with ample time for questions and answers, as well as informal exchange. A comprehensive course syllabus is provided to all registrants.
### Friday, March 28th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00</td>
<td><strong>FRIDAY EVENING SYMPOSIUM</strong></td>
</tr>
<tr>
<td>7:30</td>
<td>Challenges in Adolescent Health</td>
</tr>
<tr>
<td></td>
<td>Joycelyn Elders, MD</td>
</tr>
<tr>
<td>4:15</td>
<td>Diabetes in Pregnancy &amp; Lactation: Clinical Pearls</td>
</tr>
<tr>
<td></td>
<td>Thomas Peng, MD</td>
</tr>
<tr>
<td>5:00</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

### Saturday, March 29th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Yoga (optional) — Embrace the day with yoga!</td>
</tr>
<tr>
<td>7:45</td>
<td>Continental Breakfast &amp; Networking</td>
</tr>
<tr>
<td>8:30</td>
<td>IUDs &amp; Non-Oral Contraceptives: An Update</td>
</tr>
<tr>
<td></td>
<td>Catherine Matthews, MD</td>
</tr>
<tr>
<td>9:15</td>
<td>HPV &amp; STDs: New Findings, New Guidelines</td>
</tr>
<tr>
<td></td>
<td>Michael Rein, MD</td>
</tr>
<tr>
<td>10:00</td>
<td>Break and Diabetes Gizmos &amp; Gadgets</td>
</tr>
<tr>
<td>10:30</td>
<td>Fibromyalgia &amp; Depression: What the Research Tells Us</td>
</tr>
<tr>
<td></td>
<td>Lesley Arnold, MD</td>
</tr>
<tr>
<td>11:15</td>
<td>The Perimenopausal Years: Just the Facts</td>
</tr>
<tr>
<td></td>
<td>Nanette Santoro, MD</td>
</tr>
<tr>
<td>12:15</td>
<td>LUNCHEON</td>
</tr>
<tr>
<td></td>
<td>Headaches &amp; Hormones</td>
</tr>
<tr>
<td></td>
<td>Vincent T. Martin, MD</td>
</tr>
<tr>
<td></td>
<td>Supported by an unrestricted educational grant from Endo Pharmaceuticals</td>
</tr>
<tr>
<td>1:30</td>
<td><strong>AFTERNOON SESSION:</strong> DIABETES MANAGEMENT IN 2008</td>
</tr>
<tr>
<td></td>
<td>Moderator: Deborah Koehn, MD</td>
</tr>
<tr>
<td></td>
<td>Women, Weight &amp; Diabetes: The Role of Diet &amp; Nutrition in Health Promotion &amp; Disease Prevention</td>
</tr>
<tr>
<td></td>
<td>Robert Kushner, MD</td>
</tr>
<tr>
<td>2:15</td>
<td>Advances in Diabetes: The Oral Agents</td>
</tr>
<tr>
<td></td>
<td>Diana McNeill, MD</td>
</tr>
<tr>
<td>3:00</td>
<td>Break and Diabetes Gizmos &amp; Gadgets</td>
</tr>
<tr>
<td>3:30</td>
<td>Advances in Diabetes: The Insulins</td>
</tr>
<tr>
<td></td>
<td>John Clore, MD</td>
</tr>
<tr>
<td>8:30</td>
<td><strong>SATURDAY EVENING SYMPOSIUM</strong></td>
</tr>
<tr>
<td>8:30</td>
<td>Female Sexual Dysfunction: Pearls &amp; Pitfalls</td>
</tr>
<tr>
<td></td>
<td>James Simon, MD</td>
</tr>
</tbody>
</table>

### Sunday, March 30th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30</td>
<td>Yoga (optional) — Embrace the day with yoga!</td>
</tr>
<tr>
<td>7:00</td>
<td><strong>BREAKFAST SYMPOSIUM</strong></td>
</tr>
<tr>
<td></td>
<td>Women’s Health Centers: Secrets of Success</td>
</tr>
<tr>
<td></td>
<td>Panel: Paula Johnson, MD, MPH, Lisa Ellis, MD, and Melissa McNeil, MD, MPH</td>
</tr>
<tr>
<td>8:00</td>
<td>Lupus in Women: Issues Across the Lifespan</td>
</tr>
<tr>
<td></td>
<td>Rosalind Ramsey-Goldman, MD, DrPH</td>
</tr>
<tr>
<td>8:45</td>
<td>Dysfunctional Endometrial Bleeding: Best Evidence</td>
</tr>
<tr>
<td></td>
<td>David Archer, MD</td>
</tr>
<tr>
<td>9:30</td>
<td>Break</td>
</tr>
<tr>
<td>10:00</td>
<td>Osteoporosis: Advances in Management</td>
</tr>
<tr>
<td></td>
<td>Redonda Miller, MD</td>
</tr>
<tr>
<td>11:00</td>
<td>The Health of Our Daughters: Eating Disorders — Do Ask, Do Tell</td>
</tr>
<tr>
<td></td>
<td>Melissa McNeil, MD</td>
</tr>
<tr>
<td>11:45</td>
<td>Tobacco Cessation: Old Myths &amp; New Methods</td>
</tr>
<tr>
<td></td>
<td>Linda Hancock, FNP, PhD</td>
</tr>
<tr>
<td>12:30</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>
Women’s Health 2008: The 16th Annual Congress
Under the direction of Program Chair, Wendy S. Klein, MD, Senior Deputy Director of the VCU Institute for Women’s Health, this must-attend meeting will again provide outstanding faculty of the highest caliber, addressing the most clinically important topics in Women’s Health.

The VCU Institute for Women’s Health is one of only 20 National Centers of Excellence. It was established in 1999 to promote standards of excellence in women’s health care, to advance cutting-edge research, foster community outreach and regional collaboration, enhance women’s leadership, and provide training and education towards the goal of improving the health of women. Please visit our website at www.womenshealth.vcu.edu

The National Speaking of Women’s Health Foundation hosts conferences nationwide, with a unique approach combining health education with entertainment. For ten years, Speaking of Women’s Health (SWH) has worked at a grass roots level to educate women to make informed decisions about their health, well-being, and personal safety. In its mission to improve women’s health, SWH includes outreach programs for diverse women, community events, and innovative partnerships to support professional education.

Hotel and Travel Information
The Congress will be held at The Williamsburg Lodge in Williamsburg, VA. A block of rooms is being held at the conference rate of $165 for a superior room and $189 for a deluxe room. A limited number of rooms are available at the nearby Woodland Hotel and Suites. A superior room is $115 and a deluxe room/suite is $135 (shuttle or car ride to/from conference center). Call (800) 261-9530 between 8:30 am and 5:00 pm EST Monday through Friday, and ask for the Women’s Health 2008 conference rate, code WOMC08A. You may also reserve your hotel room online, and change or modify that reservation, at: https://resweb.passkey.com/go/womc08A

For flight information, please call our official travel agent, Wayne Coven, at Empress Travel: (800) 933-9054 or (212) 410-9990

Accreditation
Physician Accreditation: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Postgraduate Institute for Medicine (PIM) and VCU Institute for Women’s Health. PIM is accredited by the ACCME to provide continuing medical education (CME) for physicians.

Postgraduate Institute for Medicine designates this educational activity for a maximum of 24.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been reviewed and is accepted for up to 21.25 prescribed credits by the American Academy of Family Physicians.

Nursing Accreditation (CNA/ANCC): This educational activity for 24.25 contact hours is provided by Postgraduate Institute for Medicine (PIM).

PIM is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Postgraduate Institute for Medicine is approved by the California Board of Registered Nursing, Provider Number 1348S for 29.10 contact hours.

A statement of credit will be issued only upon receipt of a completed activity evaluation form and will be mailed to you within three weeks.

Disclosure of Conflicts of Interest: Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest they may have as related to the content of this activity. All identified conflicts of interest are thoroughly vetted by PIM for fair balance, scientific objectivity of studies mentioned in the materials or used as the basis for content, and appropriateness of patient care recommendations.

VCU is in full compliance with the ADA. If special physical or dietary accommodations are needed, please contact the conference organizer.

VCU is an equal opportunity/affirmative action university.
Our Distinguished Faculty

**CONGRESS CHAIR**
WENDY S. KLEIN, MD  
Senior Deputy Director  
VCU Institute for Women's Health  
Deputy Editor, *Journal of Women's Health*

**CONGRESS CO-CHAIR**
SUSAN G. KORNSTEIN, MD  
Executive Director  
VCU Institute for Women's Health  
Editor-in-Chief, *Journal of Women's Health*

DAVID GARDNER, MD  
Professor of Medicine  
Division of Endocrinology  
VCU School of Medicine

LINDA HANCOCK, FNP, PhD  
Office of Health Promotion  
Virginia Commonwealth University

MICHAEL HOLICK, MD, PhD  
Professor of Medicine, Physiology & Dermatology  
Chief, Division of Endocrinology  
Boston University School of Medicine

PAULA JOHNSON, MD, MPH  
Executive Director, Connors Center for Women's Health & Gender Biology  
Brigham & Women's Hospital  
Associate Professor of Medicine  
Harvard Medical School

KAREN JOHNSTON, MD, MSc  
Professor & Chair of Neurology  
University of Virginia Health System

DEBORAH KOEHN, MD  
Virginia Diabetes & Endocrinology Association

ROBERT KUSHNER, MD  
Professor of Medicine  
Director, Northwestern Hospital Wellness Institute  
Northwestern University School of Medicine

VINCENT T. MARTIN, MD  
Professor of Clinical Medicine  
University of Cincinnati College of Medicine

CATHERINE MATTHEWS, MD  
Associate Professor of Obstetrics & Gynecology  
VCU School of Medicine

MELISSA MCNEIL, MD, MPH  
Professor of Medicine  
Chief, Section of Women's Health  
University of Pittsburgh Medical Center

DIANA MCNEILL, MD, FACP  
Professor of Medicine  
Division of Endocrinology  
Duke University Medical Center 3158

REDONDA MILLER, MD, MBA  
Associate Professor of Medicine  
The Johns Hopkins University School of Medicine

THOMAS PENG, MD  
Professor of Obstetrics & Gynecology  
Director of Maternal-Fetal Medicine  
VCU School of Medicine

ROSALIND RAMSEY-GOLDMAN, MD, DrPH  
Professor of Medicine  
Division of Rheumatology  
Northwestern University Feinberg School of Medicine

MICHAELE REIN, MD  
Professor of Medicine  
Division of Infectious Diseases  
University of Virginia Health System

NANETTE SANTORO, MD  
Professor of Obstetrics & Gynecology  
Director, Division of Reproductive Endocrinology  
Albert Einstein College of Medicine

JAMES SIMON, MD  
Clinical Professor of Obstetrics & Gynecology  
George Washington University School of Medicine

ELIZABETH G. STEWART, MD  
Director, Stewart-Forbes  
Vulvovaginal Specialty Service  
Harvard Vanguard Medical Associates

JEROME STRAUSS, III, MD, PhD  
Dean, VCU School of Medicine  
Professor of Obstetrics & Gynecology

LARRY WICKERHAM, MD  
Associate Chair, National Surgical Adjuvant Breast & Bowel Project  
Protocol Officer, Breast Cancer Prevention Trial  
Professor of Oncology  
Drexel University School of Medicine

SEE THE FOLLOWING PAGE FOR CONGRESS REGISTRATION FORM

*Journal of Women’s Health* is a monthly, multidisciplinary peer-reviewed MEDLINE journal focusing on the diseases and conditions that hold greater risk for or are more prevalent among women. The Journal presents cutting-edge research and therapeutic options for the management of disease in women, as well as findings from gender-based biology that explain many of the known gender differences in disease, epidemiology, and health outcomes. The Journal is published both in print and online.

Editor-in-Chief: Susan G. Kornstein, MD, VCU Institute for Women’s Health  
Deputy Editor: Wendy S. Klein, MD, VCU Institute for Women’s Health

Visit our website at www.liebertpub.com/jwh

Journal Subscription Included with Registration
Women’s Health 2008: The 16th Annual Congress

March 28–30, 2008

An Outstanding Program Presented by an Outstanding Faculty

Please Check All Appropriate Boxes

Registration
- Physician/Industry Professional $425*
- Nurses $295*
- Resident/Intern/Fellow $195*

* Registration includes a one-year subscription to Journal of Women’s Health

Payment Options
- Enclosed is my check/money order for $ ____________________________
- Charge in the amount of $ ____________________________
  American Express  Visa/MasterCard  Discover

Card # ____________________________ Exp. Date ____________________________
Name on Card ____________________________ Billing Address ____________________________
Signature ____________________________

Women’s Health 2008: The 16th Annual Congress

March 28–30, 2008

Last Year’s Congress was Completely Sold Out, So Please Register Early to Ensure Availability

Special events are all included in the registration fees.

www.bioconferences.com/wh

Please print your contact information below:

Name ____________________________ Degree (s) ____________________________
Medical Specialty ____________________________ Title ____________________________
Affiliation ____________________________
Address ____________________________ State ____________ Zip ____________
Phone ____________________________ Fax ____________________________
E-mail ____________________________

Please send info on:
- Exhibiting Opportunities
- Sponsorship Opportunities
- Advertising in the Journal of Women’s Health

Cancellation Policy: Written cancellations received prior to February 22, 2008 will receive a refund minus an administrative charge of $100. Cancellation after this date is non-refundable; however, substitutions from the same company are welcomed. If for any reason this conference is cancelled, BioConferences International, Inc. is not responsible for covering airfare, hotel or other cost incurred by conference registrants.