



University of California
San Francisco

Hawaii's Big Island
Essentials of Women's Health:
An Integrated Approach to Primary Care and Office Gynecology



July 5-10, 2015 ◀

**Hapuna Beach Prince Hotel
Mauna Kea, Big Island, Hawaii**

North Lake Tahoe

Essentials of Primary Care:

A Core Curriculum for Ambulatory Practice

▶ **August 2-7, 2015**

**Resort at Squaw Creek
North Lake Tahoe, California**



Essentials Of Women's Health:

An Integrated Approach to Primary Care and Office Gynecology

JULY 5-10, 2015

Overview:

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, common office procedures, clinical nutrition, assessment of new medical technologies, and how to better read the medical literature. The course will use interactive lectures, clinical vignettes, hands-on workshops, small group discussions, an audience response system 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.

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, first trimester bleeding, chronic pelvic pain, amenorrhea, PCOS, hypertension, high blood cholesterol, diabetes, depression, somatic symptom disorders, Parkinson's disease and tremors, and arthritis;
- Facilitate counseling and informed decision-making in contraception;
- Examine patients and perform common office procedures in gynecology and contraceptive technology;
- Understand current guidelines for follow-up of abnormal pap and HPV tests;
- Evaluate and treat common musculoskeletal complaints and sports injuries;
- Counsel patients about current therapeutic options for obesity;
- 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 a maximum of **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.

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 **12.25** geriatric credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine

ACOG

Cognates have been applied for through the American College of Obstetricians and Gynecologists (ACOG.)

SUNDAY, JULY 5, 20154:00 pm *Registration and Check-In***Moderator:** Robert B. Baron, MD, MS5:00 **Welcome**Robert B. Baron, MD, MS &
Rebecca Jackson, MD
Leah S. Karliner, MD, MCR
Mindy R. Goldman, MD5:10 **G Cancer Screening 2015: Using Best Evidence to Guide Practice**6:00 **G Prevention and Screening for Breast Cancer: What's New?**6:50 pm *Adjourn***MONDAY, JULY 6, 2015**6:30 am *Continental Breakfast***Moderator:** Robert B. Baron, MD, MS7:00 **G Management of Lipid Disorders: Implications of the New Guidelines**

Robert B. Baron MD, MS

7:50 **G Keeping Up with Arthritis**

Carlin Senter, MD

8:40 *Break*9:00 **G Don't Let Depression Get You Down: Update on Mood Disorders**

Descartes Li, MD

9:50 **Is That a Contraindication to the Pill? Contraception in Medically Complicated Women**

Jody Steinauer, MD, MAS

10:40 am *Adjourn***TUESDAY, JULY 7, 2015**6:30 am *Continental Breakfast***Moderator:** Rebecca Jackson, MD7:00 **G From Wet to Dry: Helping Our Patients Manage Incontinence**

Rebecca Jackson, MD

7:50 **G Managing Menopause Medically and Naturally**

Mindy R. Goldman, MD

8:40 **Too Much, Too Little, Too Late: Management of Abnormal Uterine Bleeding**

Jody Steinauer, MD, MAS

9:30 *Break*9:50 **Concurrent Workshops (select one):****A: Mastering Office Procedures in Women's Health****B: Current Approaches for Obesity: Diet, Exercise, Medications, and Surgery**Mindy R. Goldman, MD
Robert B. Baron MD, MS11:20 am *Adjourn***WEDNESDAY, JULY 8, 2015**6:30 am *Continental Breakfast***Moderator:** Leah S. Karliner, MD, MCR7:00 **G Current Strategies for Parkinson's Disease and Tremors**

Leah S. Karliner, MD, MCR

7:50 **G Management of Diabetes Mellitus: A Primary Care Perspective**

Robert B. Baron MD, MS

8:40 **G Management of Common Knee Disorders: Everything You Knee'd to Know**

Carlin Senter, MD

9:30 *Break*9:50 **Concurrent Workshops (select one):****C: Office-based Procedures and Advanced Cases in Contraception, Early Pregnancy Loss, and Abortion**

Jody Steinauer, MD, MAS

G D: DSM 5 for Non-Psychiatrists: Practical Approaches to Mental Health Disorders

Descartes Li, MD

11:20 am *Adjourn***THURSDAY, JULY 9, 2015**6:30 am *Continental Breakfast***Moderator:** Carlin Senter, MD7:00 **G Reach for the Sky: Common Problems of the Shoulder**

Carlin Senter, MD

7:50 **G What's So Important about Specialized Gynecology Care after Breast Cancer?**

Mindy R. Goldman, MD

8:40 **Lumps, Bumps, Pain and Discharge: Benign Breast Disorders**

Rebecca Jackson, MD

9:30 *Break*9:50 **Concurrent Workshops (select one):****E: Abnormal Pap and HPV Cases: Practicing with the ASCCP Guidelines**

Rebecca Jackson, MD

F: Mastering the Musculoskeletal Exam and Office Procedures in Sports Medicine

Carlin Senter, MD

11:20 am *Adjourn***FRIDAY, JULY 10, 2015**6:30 am *Continental Breakfast***Moderator:** Jody Steinauer, MD, MAS7:00 **Ectopic, Early Pregnancy Loss, or Normal Pregnancy? Diagnosis and Management of First-Trimester Bleeding**

Jody Steinauer, MD, MAS

7:50 **G Modern Management of Hypertension: Where Do We Draw the Line?**

Robert B. Baron MD, MS

8:40 **Relieving Chronic Pelvic Pain**

Rebecca Jackson, MD

9:20 am *Adjourn***G = Geriatric Credit**



0569
University of California,
San Francisco
Office of CME
UCSF Box 0742
San Francisco, CA
94143-0742

For more information or to register online visit our
website at www.cme.ucsf.edu.

You may also reach us by calling the Office of of
Continuing Medical Education at (415) 476-4251
or emailing info@ocme.ucsf.edu.

Upcoming CME Courses

APRIL IN HAWAII

**Primary Care Medicine:
Update 2015**
April 5-10, 2015
Maui, Hawaii

OCTOBER IN SAN FRANCISCO

**Primary Care Medicine:
Principles and Practice**
October 8-10, 2015
San Francisco, California

DECEMBER IN SAN FRANCISCO

**Controversies in
Women's Health**
December 10-11, 2015
San Francisco, California

Hawaii

CHAIRS:

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

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

FACULTY:

(University of California, San Francisco)

Mindy R. Goldman, MD
Professor of Obstetrics, Gynecology &
Reproductive Sciences;
Director, Women's Cancer Care Program

Leah S. Karliner, MD, MCR
Associate Professor of Medicine and of
Epidemiology & Biostatistics

Descartes Li, MD
Professor of Psychiatry;
Director, UCSF Bipolar Program

Carlin Senter, MD
Assistant Professor of Medicine and
of Orthopaedic Surgery

Jody Steinauer, MD, MAS
Associate Professor of Obstetrics, Gynecology &
Reproductive Sciences; Assistant Director, Family
Planning Fellowship

Lake Tahoe

CHAIR:

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

FACULTY:

(University of California, San Francisco)

Soraya Azari, MD
Assistant Professor of Medicine; Associate Director,
UCSF Primary Care Residency Program,
San Francisco General Hospital

Anthony Luke, MD, MPH
Professor of Orthopaedics and of Family and
Community Medicine; Director, UCSF Primary Care
Sports Medicine

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

Michael S. Policar, MD, MPH
Professor of Obstetrics, Gynecology &
Reproductive Sciences

Dean Schillinger, MD
Professor of Medicine and Chief
Division of General Internal Medicine
San Francisco General Hospital

faculty

Essentials Of Primary Care:

A Core Curriculum for Adult Ambulatory Practice

AUGUST 2-7, 2015

Overview:

Changing patterns of medical practice are placing greater responsibility on primary care clinicians. 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 expanded 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 examination, procedural skills and clinical problem solving in dermatology, gynecology and women's health, orthopaedics and sports medicine, substance abuse, clinical nutrition, and health communication skills. 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.

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, CHF, COPD, diabetes, HIV, head injuries, overuse injuries, and atrial fibrillation;
- Manage common problems in women's health including contraception, menopause, amenorrhea, PCOS, STI's, and office gynecological procedures;
- Diagnose and treat common skin disorders and skin cancer;
- Counsel patients to lose weight, increase physical activity, and address issues of substance abuse;
- Perform an effective problem-focused history and physical examination for evaluation and treatment of dermatologic, gynecologic, and musculoskeletal complaints;
- Perform common office procedures in dermatology, gynecology and sports medicine;
- Counsel patients about diet, nutritional supplements, and smoking cessation;
- Communicate with patients and their families, particularly those with low English proficiency and/or health literacy;
- Advocate for high quality for all patients, especially the most vulnerable;
- Increase quality and decrease costs in medical practice.

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

Family Physicians

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Geriatric Medicine

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SUNDAY, AUGUST 2, 2015

3:00 pm *Registration and Check-In*

TAHOE

Moderator: Robert B. Baron, MD, MS

5:00 **Welcome**

Robert B. Baron, MD, MS
Dean Schillinger, MD

5:10 **G Optimizing the Care of Vulnerable and Underserved Populations**

6:00 **G Management of Lipid Disorders: Where Do We Stand with the New Practice Guidelines**

Robert B. Baron, MD, MS

6:50 pm *Adjourn*

MONDAY, AUGUST 3, 2015

7:00 am *Continental Breakfast*

Moderator: Robert B. Baron, MD, MS

7:30 **G Common Dermatologic Problems in the Age of Wider Access: What the Primary Care Physician Needs to Know**

Toby A. Maurer, MD

8:20 **G Updates in Management of COPD and Asthma**

Soraya Azari, MD

9:10 *Break*

9:30 **G Management of Diabetes: a Primary Care Perspective**

Robert B. Baron, MD, MS

10:20 **Updated Guidelines for Managing Menopausal Symptoms**

Michael S. Policar, MD, MPH

11:10 am *Adjourn*

TUESDAY, AUGUST 4, 2015

7:00 am *Continental Breakfast*

Moderator: Michael S. Policar, MD, MPH

7:30 **New Developments in Management of Sexually Transmitted Infections**

Michael S. Policar, MD, MPH

8:20 **G Dermatologic Infectious Disease: Viral, Fungal and Bacterial Skin Diseases**

Toby A. Maurer, MD

9:10 **Overuse Injuries: Solving a Challenging Puzzle**

Anthony Luke, MD

10:00 *Break*

10:20 **Concurrent Workshops (select one):**

A: Mastering Office Gynecological Procedures

Michael S. Policar, MD, MPH

B: Applying New Understandings About Health Communication Into Everyday Practice

Dean Schillinger, MD

11:50 am *Adjourn*

WEDNESDAY, AUGUST 5, 2015

7:00 am *Continental Breakfast*

Moderator: Toby A. Maurer, MD

7:30 **G Skin Diseases in the Aging Patient**

Toby A. Maurer, MD

8:20 **G Opioid Prescribing for Chronic Pain: An Evidence-based Approach**

Soraya Azari, MD

9:10 **Office Orthopaedics: MSK or not MSK? That is the Question**

Anthony Luke, MD, MPH

10:00 *Break*

10:20 **Concurrent Workshops (select one):**

C: Dermatologic Procedures in Primary Care

Toby A. Maurer, MD

D: Outpatient Management of Nicotine Addiction and Substance Use Disorders

Soraya Azari, MD

11:50 am *Adjourn*

THURSDAY, AUGUST 6, 2015

7:00 am *Continental Breakfast*

Moderator: Anthony Luke, MD, MPH

7:30 **Understanding Sports-related Head Injuries and Concussions**

Anthony Luke, MD, MPH

8:20 **G Modern Management of Hypertension**

Robert B. Baron, MD, MS

9:10 **G Atrial Fibrillation: New Guidelines, New Recommendations**

Dean Schillinger, MD

10:00 *Break*

10:20 **Concurrent Workshops (select one):**

E: Mastering the Musculoskeletal Exam and Office Procedures in Sports Medicine

Anthony Luke, MD, MPH

F: Current Approaches for Obesity: Diet, Exercise, Medications, and Surgery

Robert B. Baron, MD, MS

11:50 am *Adjourn*

FRIDAY, AUGUST 7, 2015

7:00 am *Continental Breakfast*

Moderator: Dean Schillinger, MD

7:30 **G Congestive Heart Failure: Effective Diagnosis, Monitoring, and Treatment**

Dean Schillinger, MD

8:20 **Contraception in Medically Complicated Women**

Michael S. Policar, MD, MPH

9:10 *Break*

9:30 **Understanding Amenorrhea and PCOS**

Michael S. Policar, MD, MPH

10:20 **HIV Medicine for the Generalist**

Soraya Azari, MD

11:10 am *Adjourn*

G = Geriatric Credit

REGISTRATION INFORMATION

Tuition:	\$795	Practicing Physicians
	\$655	Allied Health Professionals/ Physicians in Training
	\$35	Optional Printed Syllabus

Payment may be made by Visa, MasterCard, AmEx or check.

REGISTER VIA:

Online: www.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: www.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 transmitted electronically prior to each course. A printed syllabus book is also available for purchase for an additional \$35.00.

ACCOMMODATIONS - HAWAII

**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 both the Hapuna Beach Prince Hotel and at the Mauna Kea Beach Hotel at the following discounted rates:

Hapuna Beach Prince Hotel:

Hapuna Beach Terrace	\$236
Hapuna Beach Partial Ocean	\$256
Hapuna Beach Ocean View	\$277
Hapuna Beach Premium Ocean	\$308
Hapuna Beach Ocean Front	\$411
One Bedroom Ocean Suite	\$617

Mauna Kea Beach Hotel:

Mountain View	\$320
Plumeria Beach Front (Floors 2-4)	\$455
Ocean View (Floors 5-7)	\$545

Rates are per room, per night, single/double, and subject to 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. The cutoff date is **June 5, 2015** 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. Please take this into consideration when making your accommodation decisions.

Prince Keiki Club

Kids can have hours of fun with activities such as sandcastle building, pool swims, Hawaiian arts and crafts, and a whole lot more!

The Prince Keiki Club is available to Mauna Kea Resort guests ages 5-12 (no exceptions please). Program hours are 9:00 am - 5:00 pm, seven days a week. Space is limited. Please pre-register with the hotel concierge, ext. 3155.

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	\$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 \$18 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 www.cme.ucsf.edu and click on the hotel link in the Travel & Lodging section of the course webpage. The cutoff date is **July 2, 2015** 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.

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 the resort's Mountain Buddies Program, please call (530) 583-6300, ext. 11, by 5 pm the day prior.

Cancellations are required 12 hours in advance.

Additional Travel Information

For rental car and air transportation options please visit our website at www.cme.ucsf.edu.

MDM16M02 • LAKE TAHOE

ESSENTIALS OF PRIMARY CARE:

A Core Curriculum for Ambulatory Practice

August 2-7, 2015

Resort at Squaw Creek,

North Lake Tahoe, California

Online registration: www.cme.ucsf.edu
Registration Information: (415) 476-5808
Course Information: (415) 476-4251

Last Name	First	M.I.
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Degree	Specialty
--------	-----------

Address _____

City _____ State _____ Zip _____

Daytime Phone	Fax
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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

[illegible]

 Please indicate if you have any special needs: _____

Registration Fees

ESSENTIALS OF WOMEN'S HEALTH:

An Integrated Approach to Primary Care and Office Gynecology

- ☐ **\$795** Practicing Physician
☐ **\$655** Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows
☐ **\$35** 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 9:50-11:20 am on Tuesday, July 7
- ☐ Register me for Workshop ____ (C or D) to be held 9:50-11:20 am on Wednesday, July 8
- ☐ Register me for Workshop ____ (E or F) to be held 9:50-11:20 am on Thursday, July 9

ESSENTIALS OF PRIMARY CARE:

A Core Curriculum for Ambulatory Practice

- ☐ **\$795** Practicing Physician
- ☐ **\$655** Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows
- ☐ **\$35** Printed Syllabus (optional)

Please enroll me for the following **Essentials of Primary Care** workshops:

- ☐ Register me for Workshop ____ (A or B) to be held 10:20-11:50 am on Tuesday, August 4
- ☐ Register me for Workshop ____ (C or D) to be held 10:20-11:50 am on Wednesday, August 5
- ☐ Register me for Workshop ____ (E or F) to be held 10:20-11:50 am on Thursday, August 6

Check enclosed payable to UC Regents

Please charge my credit card: ☐ Visa ☐ MasterCard ☐ AmEx for \$ _____

Card #	Expiration date
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Name on Card (Please Print) _____ Authorized Signature _____

Refund Policy: Cancellations received in writing will be refunded, less a \$75 administrative fee for each course. No refunds will be made on cancellations received after that date.

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