ISSUES IN WOMEN’S HEALTH

Banff, Canada – RimRock Resort

August 12 – 14, 2010

Participating Faculty

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**Educational Objectives**
This program is oriented to primary care physicians, physician assistants, nurse practitioners, registered nurses and other health professionals involved in women’s health. Upon completion of this program, participants should be able to:

- Recognize and manage common symptoms of depression and other psychiatric disorders in women
- Describe the management and treatment of abnormal pap smears and HPV
- Explain the process of menopausal transition (climacteric) and describe the potential risks/benefits of HRT option, especially in relation to breast cancer and cardiovascular disease
- Identify current strategies for managing osteoporosis, thyroid disorders and obese patients
- Discuss the symptoms, diagnosis and treatment of Chronic Fatigue Syndrome (CFS)
- Distinguish between ovulatory and anovulatory uterine bleeding and other menstrual abnormalities and select appropriate treatment options

**Thursday, August 12th:**

7:30 - 8:00 am  
*Registration and Continental Breakfast*

8:00 - 8:10 am  
*Program Overview*

8:10 - 9:00 am  
*Abnormal Uterine Bleeding*  
Overview of normal/abnormal menstrual physiology/profile; menstrual disturbances; ovulatory and anovulatory uterine bleeding; other menstrual abnormalities; diagnosis and appropriate treatment options

9:00 - 9:50 am  
*Menopausal Transition and Hormone Replacement Therapy*  
Estrogen analogs; options in estrogen therapy; designer estrogens; SERMs; HRTs; risks/benefits, especially in breast cancer and CHD

9:50 - 10:00 am  
*Coffee Break*

10:00 - 10:30 am  
*Case Presentations – OB*

10:30 - 11:30 am  
*Osteoporosis*  
Diagnosis and treatment

11:30 am - 12:30 pm  
*Managing Obesity*  
Etiology, complications; use of appetite suppressant medications; lifestyle modifications; current treatment options; when should surgery be performed
Friday, August 13th:
8:00 - 8:30 am
Management of Abnormal Pap Smears
Current recommendations for cervical cancer screening; incorporating the 2007 ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into your practice; algorithm for the appropriate use of HPV testing

8:30 - 9:00 am
Management of High-Risk HPV
The natural history of HPV infection in women and effectiveness of the HPV vaccine; determining appropriate candidates for the use of the HPV vaccine; management of women with prior history and recommendations for missed doses; storage and administration of vaccine; contraindications to use; CPT codes for billing

9:00 - 10:00 am
Thyroid Disorders in Women
Management of thyroid disorders; postpartum thyroiditis

10:00 - 10:10 am
Coffee Break

10:10 - 10:40 am
Case Presentations – Endocrinologist

10:40 - 11:30 am
Depression in Women
Signs and symptoms of depression; treatment options

11:30 am - 12:30 pm
Other Psychiatric Disorders
Social anxiety; mood disorders; PMS-practical management approaches

12:30 pm
Session Adjourns

Saturday, August 14th
8:00 - 9:00 am
Chronic Fatigue Syndrome
Symptoms and diagnosis of CFS; treatment options

9:00 - 10:00 am
Case Presentations

10:00 - 10:15 am
Closing Comments and Course Evaluations

10:15 am
Seminar Adjourns
**HOTEL RATES/INFORMATION**

**Accommodations**
The discount rate at the Rimrock Resort Hotel in Banff, Canada is $329.00 for a Superior room, $339.00 for a Deluxe room, and $359.00 for a Premium room, per night (single or double occupancy). All rates are in Canadian currency. All room rates are subject to a 4% provincial tourism levy and the 5% Goods and Services Tax (subject to change). Non-residents of Canada are eligible for an exemption from the 5% G.S.T. (room portion and 50% of food and beverage) upon completion of an Assignment of Rights to Short Term Accommodation. Extra person charge is $33.00 per day, per person. Children under the age of 18 years, sharing a room with their parent(s), stay at no charge. The hotel allows a maximum of four adults per guest room.

A service charge of $8.00 per person, per day has been included in room rates to cover porterage and housekeeping.

Self-parking is available at a daily rate of $15.00. Valet parking is available at a daily rate of $25.00 per vehicle. Space for oversized vehicles is limited and may be restricted.

**Deposit Requirements/Cancellation Policy**
The hotel requires full payment of your room by July 8, 2010. Your room will not be held if payment is not received by this date. Cancellations received after July 8, 2010 will forfeit payment unless the room is resold by MER or the hotel. An Early Departure fee of $75.00 will be charged to individuals who check out prior to their scheduled departure date.

**Check-in/out times**
Check-in time is 4:00pm. While every effort is made to accommodate guests arriving before the check-in time, rooms may not be available. Luggage may be held at the Concierge desk until the guest rooms are ready.

Check-out time is 12:00pm. Requests to retain rooms beyond that hour should be directed to the Front Office Manager and may be subject to a late departure charge. Luggage may be held at the Concierge desk until time of departure.

Every effort is made to accommodate special rooming requests, but they cannot be guaranteed.

**Travel Arrangements**
For flight information or airline tickets, please contact Dani B. at Options Travel. You may contact Dani at 1-866-622-1602 extension 109 or by email at danib@optionstravel.com. Options Travel is an independent travel company. There is a per ticket processing fee. Please visit www.travel.state.gov for information on documents required for travel outside of the United States.
BANFF AREA INFORMATION

Location & Climate - Just 90 minutes along rolling foothills from Calgary rises the unrivalled beauty of Banff. Cradled in a vast valley protected by an unparalleled panorama of mountain peaks, Banff is an alpine oasis of activity, adventure, and awe-inspiring sights. The Rockies form a ruggedly majestic ring around Banff, inlaid with exquisite emerald and turquoise lakes.

Transportation – Coach Service and car rentals are available at Calgary International Airport. Coach Service from Calgary International Airport to Banff is approximately $45 one way. The Rimrock Resort offers a complimentary shuttle with service between the hotel and downtown Banff.

Ristorante Clasico - Gourmet Northern Italian cuisine with panoramic views.

Primrose Restaurant - All day dining in casual atmosphere with mountain views.

Larkspur Lounge - Cozy yet elegant setting near grand fireplace off lobby. Light snacks

Fitness and Spa: The Rimrock is proud to offer the latest in sports equipment and health facilities to there guests on a complimentary basis. The Fitness Facility is available at a rate of $5.00 per day or $10.00 per stay. The Rimrock Fitness and Spa includes an indoor swimming pool and hot tub, steam rooms, sauna, state of the art weight equipment and cardio-vascular exercise equipment and one North American squash court. Additional fees apply for rental of squash equipment, participation in scheduled aerobic classes, and use outside of regularly scheduled hours.

Activities

Canoeing and White Water Rafting - Discover Alberta’s wilderness rivers. Enjoy a leisurely canoe trip or a spectacular raft ride. Professionally guided tours are designed with your comfort, safety, and enjoyment in mind.

Cruising - It's anchors away at lake Minnewanka, Banff National Park's largest lake to discover the most spectacular scenery in the Canadian Rockies.

Cycling - Not all roads lead uphill. Within Banff National park there are miles of meandering cycle paths and challenging mountain bike trails.

Fishing - Minutes away from the hotel in tranquil silence, experience crystal clear lakes and rivers teeming with their famous lake trout. Boat, guide and tackle rentals are available.

Golf - The Banff Springs Hotel proudly presents one of the top ten golf courses in Canada, offering 27 holes situated amongst the breathtaking scenery of the Canadian Rockies.

Helicopter Rides, Hiking and Heli-Hiking - Choose from four pre-selected tours or meander along a river trail or challenge the back country on a guided heli-hike through the miles of adventure in the Banff National Park.

Horseback Riding - Everything from one hour trail rides to full day trips are available.

Hot Springs - Soothe yourself in the naturally heated mineral baths at the Sulphur Mountain Hot Springs.

Mountain Climbing - The challenge awaits you! The wilderness spirit can be found on an ascent of a peak in the Canadian Rockies.

Ride the Sky - Four gondola lifts operate in Banff and provide an unequalled bird’s eye view of the Park’s splendor, The are: Lake Louise, Mount Norquay, Sulphur Mountain and Sunshine Village Gondolas.

Indoor activities include: The Luxton Museum featuring Native art and artifacts before the Europeans arrival, The Park Museum featuring wildlife, taxidermy and park artifacts, The Whyte Museum of the Canadian Rockies featuring historical displays and many galleries, boutiques and cafes.

Currency

Visitors are advised to use Canadian currency. For the best rates, exchange money at Canadian Chartered Banks, Credit Unions or currency exchange outlets located throughout Banff.

For more information on Banff please visit: www.banfflake Louise.com

Hotel information: The Rimrock Resort Hotel
300 Mountain Avenue
Banff, Alberta, Canada T1L 1J2
403-762-3356

www.rimrockresort.com