



**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**WOMEN'S HEALTH FOR PRIMARY CARE:  
CARDIOLOGY/ENDOCRINOLOGY/GYNECOLOGY**

**Scottsdale, Arizona – The Phoenician  
December 4 – 6, 2020**

**Friday, December 4th:**

**7:00 am – 7:30 am**

**Registration and Hot Breakfast**

**7:30 am – 8:30 am – Gynecology**

**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

**8:30 am – 9:30 am – Gynecology**

**Menopausal Transition and Hormone Replacement Therapy**

Estrogen analogs; options in estrogen therapy; designer estrogens; SERMs; HRTs; risks/benefits, especially in breast cancer and CHD

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Gynecology**

**Cervical Cancer Screening Including HPV Management**

Current recommendations for cervical cancer screening; incorporating the 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 and managing results; determining appropriate candidates for the use of the HPV vaccine

**10:40 am – 11:40 am – Endocrinology**

**Osteoporosis**

Diagnosis and treatment

**11:40 am – 12:40 pm – Endocrinology**

**Managing Obesity**

Etiology, complications; use of appetite suppressant medications; lifestyle modifications; current treatment options; when should surgery be performed

**12:40 pm**

**Session Adjourns**

**Saturday, December 5th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Endocrinology**

**Thyroid Disorders in Women**

Management of thyroid disorders; postpartum thyroiditis

**8:30 am – 9:30 am – Endocrinology**

**Case Presentations**

Challenging case studies in women's endocrine health

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Gynecology**

**Management of Polycystic Ovary Syndrome (PCOS)**

Current diagnostic criteria and management of women with PCOS. Strategies for OCP selection and weight management for PCOS

**10:40 am – 11:40 am – Cardiology**

**Hypertension Update**

Most recent ACC/AHA Guideline; New goals of treatment; Special populations – diabetics, the elderly; Renal failure, resistant hypertension; Influence of frailty

**11:40 am - 12:40 pm – Cardiology**

**Arrhythmia Management for Primary Care**

Types and symptoms of arrhythmias; approach to the patient; when to refer, when to admit; atrial fibrillation; ventricular arrhythmias – when are they serious?

**12:40 pm**

**Session Adjourns**

## Sunday, December 6th:

**7:00 am – 7:30 am**

### **Continental Breakfast**

**7:30 am – 8:30 am – Cardiology**

#### **Work-up of Patients with Suspected CAD: Which Tests for Which Patients**

Risk factor evaluation; symptom evaluation; test selection including stress ECG, echo, nuclear and newer imaging modalities; role of CRP and EBCT; evaluating women – who needs coronary angiography?

**8:30 am – 9:30 am – Cardiology**

#### **Acute Coronary Syndromes: Initial Work-up and Treatment**

Emergency evaluation; diagnosing and treating ST segment elevation and non-ST segment elevation MIs

**9:30 am**

### **Conference Adjourns**

### **Target Audience**

This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

### **Learning Objectives**

Upon completion of this program, participants should be better able to:

- Distinguish between ovulatory and anovulatory uterine bleeding and other menstrual abnormalities and select appropriate treatment options
- 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
- Describe the management of HPV infection and abnormal pap smear results
- Discuss the current evidence and recommendations regarding polycystic ovary syndrome (PCOS)
- Identify current strategies for diagnosing and managing osteoporosis, thyroid disorders and obese patients
- Describe current diagnostic approaches to hypertension, arrhythmias, ACS and CAD
- Implement treatment strategies reflective of current evidence-based medicine for hypertension, arrhythmias, ACS and CAD

### **Learning Outcome**

To provide updates in primary care medicine to office based providers



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## Accreditation

### Physician Accreditation

Medical Education Resources is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### Credit Designation

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### ABIM MOC Recognition

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 12 (part II) 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.



### American Academy of Family Physicians



This Live activity, *Women's Health for Primary Care*, with a beginning date of December 4, 2020 has been reviewed and is acceptable for up to 12 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

### American Osteopathic Association

These programs are approved for 12 hours in Category 2-A by the American Osteopathic Association.

### American College of Emergency Physicians

This program is approved by the American College of Emergency Physicians for a maximum of 12 hours of ACEP Category I credit.

### Canadian Physicians

The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

### American Academy of Physician Assistants

AAPA accepts certificates of participation for educational activities certified for Category I credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit(s)<sup>TM</sup>* from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 12 hours of Category I credit for completing this program.

### Nursing Accreditation

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This CE activity provides 12 contact hours of continuing nursing education.

This activity is designated for 5.0 ANCC pharmacotherapeutic contact hours.

The American Academy of Nurse Practitioners (AANP) Certification Board recognizes and accepts continuing education (CE) contact hours from activities approved by AMA, ACCME, ANCC, AANP, AAFP and AACN.

Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 12 contact hours.

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Universal Program Number: 0816-0000-20-126-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.