The Health of Women Conference

May 14-16, 2020
Thursday - Saturday

LOCATION:
The Lodge at Sonoma
Renaissance Resort & Spa
Sonoma, CA

SPONSORED BY:
UC Davis Health
Office of Continuing Medical Education and Women's Cardiovascular Medicine Program

Register online at https://ces.ucdavis.edu/whc2020
CARDIOVASCULAR SYMPOSIUM
Theme: Cutting Edge Topics in Cardiovascular Disease in Women
ACKNOWLEDGEMENT – The Cardiovascular Symposium is sponsored by the Nora Eccles Treadwell Foundation
Moderator: Amparo Villablanca, MD

THURSDAY, MAY 14, 2020

7:00 - 7:50 AM  Registration, Continental Breakfast, Visit Exhibits
7:50 - 8:00    Welcome and Course Objectives
8:00 - 8:45    Cardiovascular Disease and Breast Cancer: Is There a Link?
                Annabelle Volgman, MD
8:45 - 9:30    Hypertension, Stress, and Mindfulness
                Beth Abramson, MD
9:30 - 9:45    Panel Q & A
                Annabelle Volgman, MD, and Beth Abramson, MD
9:45 - 10:15   Break
10:15 - 11:00  Obesity
                Seleda Williams, MD
11:00 - 11:45  Sex Differences in Ischemic Heart Disease
                Amparo Villablanca, MD
11:45 - 12:00  Panel Q & A
                Seleda Williams, MD, and Amparo Villablanca, MD
12:00 - 1:00 PM Lunch
1:00 - 2:20    Physician and Health Professional Wellbeing
                Liana Lianov, MD
2:30 - 3:30    Yoga for Body and Mind
                Linda Larsen, RN-Bc
3:30          Adjourn
5:00 - 6:30    Meet the Faculty Reception

FRIDAY, MAY 15, 2020

7:00 AM  Registration, Continental Breakfast, Visit Exhibits
7:00 - 8:00  Breakfast Roundtables  (1 CME Credit)
              Optional, informal meet-the-faculty discussions. Seating is limited to 10 per table, no pre-registration.
1. Dementia
               Rachel Whitmer, PhD
2. Stress and Heart Disease
               Beth Abramson, MD
3. Management of Lipid Disorders
               John Rutledge, MD, and Ira Goldberg, MD
4. Heart Disease Prevention
               Annabelle Volgman, MD
8:00 - 8:45  Identifying and Managing Younger Women at Risk for CVD
               Beth Abramson, MD
8:45 - 9:30  Triglycerides and Interesting Cases of Diet-Associated Hyperlipidemia
               Ira Goldberg, MD
9:30 - 9:45  Panel Q & A
               Beth Abramson, MD, and Ira Goldberg, MD
9:45 - 10:15 Break
10:15 - 11:00 Sex Differences in Atrial Fibrillation – Risk Assessment and Management
                Annabelle Volgman, MD
11:00 - 11:45 Diabetes, Drugs and Cardiovascular Disease
                Ira Goldberg, MD
11:45 - 12:00 Panel Q & A
                Annabelle Volgman, MD, and Ira Goldberg, MD
12:00 - 1:00 PM Lunch
1:00 - 1:45 Four Interesting Cases: Why the Social History Matters
               John Rutledge, MD
1:45 - 2:30  Dementia in Women
               Rachel Whitmer, PhD
2:30 - 2:45  Panel Q & A
               John Rutledge, MD, and Rachel Whitmer, PhD
2:45          Adjourn

Register online at https://ces.ucdavis.edu/whc2020
SUNDAY, May 16, 2021

7:00 AM  Registration, Continental Breakfast, Visit Exhibits

7:00 - 8:00  Breakfast Roundtables (1 CME Credit)
Optional, informal meet-the-faculty discussions. Seating is limited to 10 per table, no pre-registration.

5. Sports Medicine and Women
   Brandee Waite, MD

6. Pain and Addiction Medicine
   Alicia Agnoli, MD

7. Transgender Health
   Swati Rao, MD

8. Prenatal Screening Challenges
   Herman Hedriana, MD

8:00 - 8:45  Pain and Addiction in Women
   Alicia Agnoli, MD

8:45 - 9:30  Pelvic Pain
   Michele Trifiro, MD

9:30 - 9:45  Panel Q & A
   Alicia Agnoli, MD, and Michele Trifiro, MD

9:45 - 10:15  Break

10:15 - 11:00  Advanced Paternal Age: Are Pregnancy Outcomes Similar to Advanced Maternal Age?
   Herman Hedriana, MD

11:00 - 11:45  Revisiting the Well Woman Visit: Paps, Pelvic Exams, and More
   Catherine Cansino, MD

11:45 - 12:00  Panel Q & A
   Herman Hedriana, MD, and Catherine Cansino, MD

12:00 - 1:00 PM  Lunch (on your own)

1:00 - 1:45  Sports and Injury Prevention in Women
   Brandee Waite, MD

1:45 - 2:30  Transgender Health
   Swati Rao, MD

2:30 - 3:15  Gender Disparities in Firearm Injury and Death
   Amy Barnhorst, MD

3:15 - 3:30  Panel Q & A
   Brandee Waite, MD, Swati Rao, MD, and Amy Barnhorst, MD

3:30 - 3:45  Reflection and Concluding Remarks

3:45  Adjourn

Faculty

COURSE CHAIR
Amparo C. Villablanca, MD
   Professor and Lazda Endowed Chair in Cardiovascular Medicine
   Director, Women’s Cardiovascular Medicine Program
   Associate Director, Women’s Center for Health
   Division of Cardiovascular Medicine
   University of California, Davis

GUEST FACULTY
Beth Abramson, MD, MSc
   Emeritus Professor
   Preventive Cardiology Program
   Certified Yoga Therapist

Ira Goldberg, MD
   Clarissa and Edgar Bronfman, Jr. Professor and Chief
   Division of Endocrinology, Diabetes and Metabolism
   NYU Langone Health

Liana Lianov, MD
   American College of Lifestyle Medicine

Annabelle Volgman, MD
   McMillan Eydel Endowed Chair for Excellence in Clinical Cardiology
   Professor of Medicine
   Medical Director
   Rush Heart Center for Women

CATHEDRAL SYMPOSIUM

UC DAVIS FACULTY
Linda Larsen, RN-BC, RYT
   Emeritus
   Preventive Cardiology Program
   Certified Yoga Therapist

John C. Rutledge, MD
   Professor
   Cardiovascular Medicine
   Harrison Endowed Chair in Diabetes Research
   Division of Cardiovascular Medicine

Rachel Whitmer, PhD
   Professor and Chief
   Epidemiology Department
   Public Health Sciences

Seleda Williams, MD, MPH
   Professor of Medicine
   Volunteer Clinical Faculty
   Division of Endocrinology

UC DAVIS FACULTY
Alicia Agnoli, MD, MPH, MHS
   Assistant Professor
   Department of Family and Community Medicine

Amy Barnhorst, MD
   Associate Professor
   Psychiatry and Behavioral Sciences

Catherine Cansino, MD, MPH
   Associate Clinical Professor
   Department of Obstetrics and Gynecology

Herman Hedriana, MD
   Professor and Chief
   Maternal Fetal Medicine
   Department of Obstetrics and Gynecology

Swati Rao, MD
   Assistant Clinical Professor
   Department of Psychiatry and Behavioral Health
   Co-Medical Director
   Gender Health Center, Sacramento

Michael Trifiro, MD
   Assistant Clinical Professor
   Department of Obstetrics and Gynecology

Brandee Waite, MD
   Professor / Co-Director
   UC Davis Health Sports Medicine Fellowship Director and Section Chief
   PM&R Sports Medicine
   Department of Physical Medicine & Rehabilitation
TARGET AUDIENCE
This activity is designed for primary care physicians, internists, specialists, and obstetricians/gynecologists. This conference is also designed to meet the educational needs of nurses, nurse practitioners, physician assistants, dietitians, clinical pharmacists, and other allied health professionals who are part of multidisciplinary women’s health teams.

EDUCATIONAL NEED
UC Davis Health is committed to discovering and sharing knowledge to advance health. This knowledge and evidence-based course is designed to change physician competence through cutting-edge information about new frontiers in heart disease in women, reproduction, and other key topics in women’s health and general gynecology. Faculty presenting and interacting with participants at this activity have been selected on the basis of their comprehensive clinical experience and academic excellence.

The conference will gather a prestigious group of physicians, nurses, and allied health care providers to provide practical, clinical information about cutting-edge therapeutic protocols, advances in diagnosis and management, and innovative translational research advances that impact women’s health care. The Health of Women Conference with cardiovascular, general women’s health and gynecology symposia will provide an update on health care for women and focus on gender-specific aspects and care of diseases occurring in women. Through lectures, panel discussions, question and answer sessions, breakfast roundtables, and case-based discussions, the course is designed to address the sex and gender-based differences in many health conditions that affect women and men. There are few courses nationwide that address the broad scope of these issues.

EDUCATIONAL OBJECTIVES
At the end of the activity, participants will be able to:

**Cardiovascular Symposium - May 14-15, 2020**
- Discuss new advances in the management of hypertension and stress
- Describe the impact of obesity on women’s health
- Discuss the link between cardiovascular disease and breast cancer
- Learn how to practice wellness and mindfulness
- Describe the benefits of mindfulness for stress reduction
- Discuss the management of younger women at risk for heart disease
- Recognize sex differences in ischemic heart disease
- Describe sex differences in dementia
- Discuss sex differences in atrial fibrillation and its management
- Learn how to use diabetes drugs in patients with cardiovascular disease
- Discuss the impact of diet associated hyperlipidemia and triglycerides on risk
- Learn why the social history matters

**General Women’s Health Symposium: May 16, 2020**
- Understand prevention of sports injuries in women
- Describe new concepts in the well woman visit
- Discuss pain and addiction in women
- Understand how advanced paternal age affects pregnancy outcomes
- Discuss the differential diagnosis of pelvic pain and its management
- Describe key concepts in transgender health
- Learn gender disparities in firearm injury and death

Register online at https://ces.ucdavis.edu/whc2020
CONFERENCE REGISTRATION
Please register early - space is limited.
Tuition for this year's conference is as follows:

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<th></th>
<th>Early Bird</th>
<th>After 4/13/2020</th>
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<td>$570</td>
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Confimation of registration will be sent within two weeks after receipt of registration form. The fees will increase after Monday, April 13, 2020.
Tuition includes three continental breakfasts, two luncheons, Thursday evening “Meet the Faculty Reception” (additional charge for guest, see registration form), refreshment breaks, electronic syllabus, and a digital certificate of attendance. Tuition may be paid by American Express, Discover or Mastercard. UC Davis Conference and Event Services reserves the right to cancel this conference. In such a case, a full refund of tuition will be given. Registration forms received without payment will not be processed until payment is received, and payment must follow within 10 days. Early discount rates are honored if payment is received by the date noted on the registration form. After that date, the late fee is applied.
Cancellation and Refund Policy: A refund of tuition, less $75 administrative fee, will be allowed if requested in writing by April 13, 2020. No refunds will be provided after this date.

ACCREDITATION
The University of California, Davis, Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
The University of California, Davis, Health designates this Live activity for a maximum of 18.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CREDIT DESIGNATION
Nurses: For the purpose of recertification, the American Nurses Credentialing Center (ANCC) accepts AMA PRA Category 1 Credit(s)™ issued by organizations accredited by the ACCME.
Physician Assistants: Physician Assistants may claim a maximum of 18.25 Category 1 credits for completing this activity. The National Commission on Certification of Physician Assistants (NCCPA) accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society.

CALCULATING YOUR CREDIT
Attend All Sessions: Up to a maximum of 18.25 AMA PRA Category 1 Credit(s)™
General Session: Up to a maximum of 16.25 AMA PRA Category 1 Credit(s)™
Optional Breakfast Roundtable No. 1: 1 AMA PRA Category 1 Credit(s)™
Optional Breakfast Roundtable No. 2: 1 AMA PRA Category 1 Credit(s)™

ELECTRONIC EVALUATION AND CREDIT
Upon completion of the event, please take the online Qualtrics course evaluation survey. An email notification will be sent out by the UC Davis Health Office of Continuing Medical Education with instructions on how to download the course CME certificate no later than two weeks after the course is complete from the http://bit.ly/CMEReg website. For questions about your certificate, please email cmereg@ucdavis.edu or call (916) 734-5352.

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Accommodations

LOCATION

The Lodge at Sonoma
Renaissance Resort & Spa
1325 Broadway at
Leveroni & Napa Roads
Sonoma, CA 95476

HOTEL ACCOMMODATIONS
A block of rooms is being held for conference participants at the rate of $299 plus resort fees, hotel and sales tax. Extension dates may be available. After April 13, 2020 reservations will be on a space available basis. Reservations should be made directly with the hotel by calling 888-710-8008 or online.

Online Reservations: https://bit.ly/37lcsSm

By staying at the host hotel, you help the University of California, Davis meet its contractual obligations with the The Lodge at Sonoma Renaissance Resort & Spa and keep future registration fees reasonable. Please consider that when making your accommodation decisions. We encourage you to stay at the host hotel. Layered clothing is recommended as the meeting room temperature may be uncomfortable for some, depending on personal preferences. If you have any special needs due to a disability as specified in the Americans with Disabilities Act, please contact UC Davis Conference and Event Services at events@ucdavis.edu, so we may make the necessary accommodations for you.

SONOMA
While you are in the beautiful Sonoma/Napa Wine Country, take time to explore all that the region has to offer. Golf, cycling, wine tasting and more, the Sonoma/Napa Wine Country has a variety of leisure options to help you spend your free afternoons and evenings during the course. The Lodge at Sonoma Resort & Spa Concierge can assist you in making arrangements for your selected activities. You may contact them in advance at 707-343-8091 or visit them in the lobby of the hotel upon arrival.

FOR FURTHER INFORMATION
UC Davis Conference and Event Services
1050 Orchard Road
Davis, CA 95616
530-754-0677
events@ucdavis.edu

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