

**CME**

EIGHTH ANNUAL:

# **Women's Health** *in the 21st Century*

Monday, November 9, 2009

**Omaha Marriott Hotel  
10220 Regency Circle  
Omaha, Nebraska**

DESIGNED FOR:

- Physicians
- Psychologists
- Nurse Practitioners
- Physician Assistants
- Nurses
- Pharmacists
- Mental Health and Public Healthcare Providers

SPONSORED BY:

**Creighton University School of Medicine  
Department of Psychiatry and the  
Continuing Medical Education Division**

**Creighton**  
UNIVERSITY  
School of Medicine

## PURPOSE AND OBJECTIVES

**PURPOSE:** The conference will provide practitioners with the most recent information that will enhance knowledge, skills, performance and promote patient health. It will also review and update the following clinical issues in a woman's lifespan: place of spirituality in clinical practice; hypertension; Vitamin D and bone health; postmenopausal issues, hormone replacement; substance abuse, depression in the elderly, cancer prevention and holistic medicine. These topics will address practice gaps and integrate evidence-based information.

**OBJECTIVES:** *At the end of this program, the participants should be able to:*

- ✓ Describe ways to recognize, honor, and nourish your spirit while working as a healthcare provider
- ✓ Specify how the combination of spiritual awareness and medical knowledge could affect patient care
- ✓ Discuss the unique risks and special challenges women face for developing hypertension
- ✓ Review the current status of treatment for hypertension
- ✓ Discuss the benefits and place of Vitamin D for women's health
- ✓ Identify specific behaviors that can contribute to bone health and prevent fractures
- ✓ Identify management options for common postmenopausal issues
- ✓ Review new guidelines for use of hormones
- ✓ Explore specific problems faced by women with substance abuse disorders
- ✓ Discuss the importance of integrated medical-psychiatric care in the context of substance abuse treatment
- ✓ Recognize the prevalence and presentation of depression in the elderly
- ✓ Discuss treatment options and considerations for co morbid generalized anxiety and depression
- ✓ Determine early diagnosis, treatment and prevention of cancer for female patients
- ✓ Review current guidelines for cancer screening
- ✓ Develop an increased awareness and understanding of complementary adjuncts that enhance holistic wellness
- ✓ Describe the importance of a holistic approach in symptom management

## SCHEDULE

- 7:45 AM **Registration & Continental Breakfast**
- 8:05 AM **Welcome and Program Overview**  
*Morning Moderator: Shashi K. Bhatia, MBBS*
- 8:10 AM **Pre-Conference Interactive Warm-Up**
- 8:25 AM **Sustaining the Spirit**  
*Keynote Speaker: Linda Gabriel, PhD*
- 8:55 AM **Hypertension and Women's Health**  
*Anna Maio, MD*
- 9:40 AM **Vitamin D: Affecting Calcium, Bones and More**  
*Robert R. Recker, MD, MACP, FACE*
- 10:25 AM **Break**
- 10:40 AM **Postmenopausal Issues and Hormonal Replacement**  
*Jimmy P. Kandalavala, MD*
- 11:25 AM **Substance Abuse Treatment Update**  
*S. Pirzada Sattar, MD*
- 12:10 PM **Lunch**
- 12:55 PM **Welcome and Program Overview**  
*Afternoon Moderator: Shashi K. Bhatia, MBBS*
- 1:00 PM **Depression in the Elderly: Focusing on Women**  
*Prasad Padala, MD*
- 1:45 PM **Cancer Prevention and Screening in Female Patients**  
*Donald R. Frey, MD*
- 2:30 PM **Break**
- 2:45 PM **Complementary Adjuncts to Enhance Holistic Health**  
*Bernadette White, RN, MSN, APRNc, CHTP*
- 3:30 PM **Post-Conference Interactive Wrap-Up**
- 3:45 PM **Evaluation & Adjournment**



## Creighton University

### FACULTY

#### COURSE DIRECTOR

**Shashi K. Bhatia, MBBS**

Professor of Psychiatry and Pediatrics  
Division Director, Child & Adolescent Psychiatry  
Department of Psychiatry  
Creighton University School of Medicine

#### KEYNOTE SPEAKER

**Linda Gabriel, PhD**

Faculty Associate, Center for  
Health Policy and Ethics  
Assistant Professor  
Department of Occupational Therapy  
School of Pharmacy and Health Professions  
Creighton University

**Donald R. Frey, MD**

Vice President for Health Sciences  
Roland L. Kleeberger, MD, Professor of  
Family Medicine  
Creighton University

**Jimmy P. Kandalavala, MD**

Assistant Professor of Obstetrics & Gynecology  
and Family Medicine  
Department of Obstetrics & Gynecology  
Creighton University School of Medicine

**Anna Maio, MD**

Associate Professor of Medicine  
Chief, Division of General Internal Medicine  
Department of Medicine  
Creighton University School of Medicine

**Prasad Padala, MD**

Associate Professor  
Department of Psychiatry  
University of Nebraska Medical Center  
Community Psychiatry Division  
Omaha Veterans Affairs Medical Center

**Robert R. Recker, MD, MACP, FACE**

Professor of Medicine  
Chief, Endocrinology Division  
Director, Osteoporosis Research Center  
Department of Medicine  
Creighton University School of Medicine

**S. Pirzada Sattar, MD**

Robert Wood Johnson Fellow (DLRSA Program)  
Director, Addition Fellowship Training  
Medical Director, Psychiatric Services  
Jennie Edmundson Hospital  
Medical Director, Psychiatric Services  
Fremont Area Medical Center  
Assistant Professor of Psychiatry  
University of South Dakota School of Medicine  
Adjunct Associate Professor of Psychiatry  
University of Nebraska College of Medicine  
Associate Professor of Medicine  
Creighton University School of Medicine

**Bernadette White, RN,  
MSN, APRNc, CHTP**

Assistant Professor  
Nursing – Undergrad Faculty  
Creighton University School of Nursing

#### PLANNING COMMITTEE:

Shashi K. Bhatia, MBBS; Sally C. O'Neill, PhD;  
Davin Dickerson, RN, BS, BSN, MS, APRN;  
Jeff Klein, BSBA; and Cate Pogge, BA

#### CME PROGRAM REVIEW COMMITTEE:

Philip Brauer, PhD; Cristina Fernandez, MD;  
Devin Fox, MD; William Hunter, MD;  
Mark Malesker, PharmD; Marcus Maydew, MD;  
Lou Ann McStay, MD; Sally C. O'Neill, PhD;  
Thomas Quinn, PhD; Lisa Rice, MD; John R.  
Stone, MD, PhD; and Meera Varman, MBBS

# EDUCATIONAL CREDIT

The Creighton University School of Medicine designates this educational activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

AAPA accepts AMA category 1 credit for the PRA from organizations accredited by ACCME.

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

5.8 contact hours awarded. Creighton University Medical Center is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. NE 09-12H2.



The 8th Annual Women's Health is sponsored by the Nebraska Council for Continuing Pharmaceutical Education (NCCPE). NCCPE is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. Participants will be awarded 5.75 contact hours for attendance of all CE sessions on November 9, 2009, and completion of a program evaluation form - ACPE #128-000-09-065-L04-P. The 8th Annual Women's Health Conference is a knowledge-based CE activity.

The Board of Mental Health Practice no longer approves continuing education offerings, but may accept as continuing education for licensure and certification renewal, learning experiences as set out in the following attachments, provided they are planned and conducted for mental health practitioners, marriage and family therapists, professional counselors, or social workers, and if they are related to mental health practice.

## ACCREDITATION STATEMENT:

The Creighton University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## DISCLOSURE POLICY:

It is the policy of Creighton University School of Medicine, Continuing Medical Education Division, to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All faculty participating in this activity are expected to disclose to the audience any significant financial interest or other relationship he/she has with the manufacturer(s) of any commercial product(s) discussed in an educational presentation.



230039-811620

# REGISTRATION

P94

Please watch your email for conference confirmation!

## 5 EASY WAYS TO REGISTER



### 1 ON-LINE

Register on-line at:  
<http://cme.creighton.edu>



### 2 FAX

FAX: 1-402-280-5180



### 3 MAIL

Mail the registration form to:  
Creighton University School of Medicine  
Continuing Medical Education Division,  
601 N. 30th St., Suite 2130, Omaha, NE 68131-2100.  
Make check payable to Creighton University.



### 4 PHONE

Our staff will be happy to register you by phone.  
Just call Monday - Friday, 8:00 a.m. - 4:30 p.m.  
1-800-548-CMED (Continental USA) or 1-402-280-5659



### 5 ON-SITE

We would be happy to have you register at the conference. However, if your registration is not received at least 5 working days prior to the conference we cannot guarantee you seating or conference materials.

## Eighth Annual: Women's Health in the 21st Century

Monday, November 9, 2009

### Program Registration Fees:

Physicians, Nurse Practitioners Physician Assistants	\$95.00 (after Monday, October 26, 2009 @ \$115.00)
Pharmacists (includes pharmacy CEU credit)	\$77.00 (after Monday, October 26, 2009 @ \$97.00)
Nurses, Mental Health, Public Health, Other Healthcare Professionals	\$65.00 (after Monday, October 26, 2009 @ \$85.00)

**PLEASE REGISTER  
BY MONDAY,  
OCTOBER 26, 2009**

### REGISTRATION WILL BE COMPLETE AND CONFIRMATION SENT UPON RECEIPT OF REGISTRATION FEE.

(PLEASE TYPE OR PRINT)

What specific information would you like to receive at the conference?  
\_\_\_\_\_

Do you require any special accommodations (dietary, mobility, hearing, etc.) for the meeting?  Yes  No

If yes, please explain: \_\_\_\_\_

Are you an alumnus of Creighton University?  Yes  No

If yes, from which school did you graduate? \_\_\_\_\_

### E-mail (required for confirmation)

Name \_\_\_\_\_  
First MI Last (MD, NP, PA, RN etc.)

Specialty/Department \_\_\_\_\_ License Number \_\_\_\_\_  
(non-physician)

Address \_\_\_\_\_  
City, State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Office (\_\_\_\_\_) \_\_\_\_\_ Home (\_\_\_\_\_) \_\_\_\_\_

FAX: (\_\_\_\_\_) \_\_\_\_\_ Social Security Number X X X - X X - \_\_\_\_ (Last 4 Digits Only)

Please charge my for \$ \_\_\_\_\_

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on card (if different from above) - Please Print \_\_\_\_\_

Signature \_\_\_\_\_

I have enclosed a check made payable to Creighton University for this conference only in the amount of \$ \_\_\_\_\_

If you have already registered by phone and paid by credit card, it is not necessary to return this form.

THIS FORM MAY BE DUPLICATED

## REGISTER TODAY!

Please forward to a colleague if unable to attend

Creighton University School of Medicine presents:

# Eighth Annual: Women's Health In The 21st Century

Monday, November 9, 2009 • Omaha Marriott Hotel • 10220 Regency Circle • Omaha, NE

**REGISTRATION FEES:** Fee includes continental breakfast, lunch, and breaks. Physicians, Nurse Practitioners, Physician Assistants @ \$95 (after Monday, October 26, 2009 @ \$115.00). Pharmacists @ \$77 (includes pharmacy CEU credit) (after Monday, October 26, 2009 @ \$97.00). Nurses, Mental Healthcare and Public Healthcare Personnel \$65 (after Monday, October 26, 2009 @ \$85.00).

**CANCELLATION:** Please call 402-280-5659 or 1-800-548-CMED by **Monday, October 26, 2009**. Refund less \$20.00 if cancelling by **Monday, October 26, 2009**. *No refunds after Monday, October 26, 2009.*

**EMERGENCY PHONE:** (402) 399-9000. Identify the Creighton Women's Health program.

For more information or to register on-line visit Creighton University CME Division's website:  
<http://cme.creighton.edu>

**MEETING PLACE:** Omaha Marriott Hotel, 10220 Regency Circle, Omaha, Nebraska.  
800-228-9290 or 402-399-9000. <http://www.omahamarriott.com>.

**MEETING DIRECTIONS:** From Eppley Airfield: Abbott Drive South (left) to Downtown area. West (right) on Dodge Street to Regency Parkway exit. Turn left at first light; turn left at the next light (under Dodge Street). Turn right at split in road; turn right at Regency Circle. Hotel is on the right. From I-80: I-680 North to Dodge Street East. Exit Regency Parkway; turn left at first light. Turn right at Regency Circle. Hotel is on the right.

**LODGING:** The Omaha Marriott Regency is offering a rate of 139.00/night plus tax to guests that would like to stay during the meeting. Please reference the Creighton University program to receive the discounted rate. Reservations should be made prior to Monday, October 27, 2009, after this date subject to availability.

Or visit [www.visitomaha.com](http://www.visitomaha.com) for a list of hotels in the area.

**CLIMATE AND DRESS:** Casual dress is encouraged for the entire meeting. Temperature in meeting rooms can fluctuate. Layered clothing is suggested.

**A NOTE FOR THOSE WITH SPECIAL NEEDS:** Creighton University School of Medicine wishes to ensure that no individual with special needs is excluded, denied services, segregated or otherwise treated differently from other individuals because of the absence of auxiliary aids and services. If you are in need of auxiliary aids or services, please contact the Continuing Medical Education Division at 1-800-548-2633 or 402-280-5659.

**COURTESY:** For the concentration and comfort of our participants, we ask that all cell phones and pagers be silenced during the conference. Breaks are provided for your communication convenience. Thank you for your cooperation.

## FOR FURTHER INFORMATION

Creighton University School of Medicine  
Continuing Medical Education Division  
800-548-CMED or 402-280-1830  
E-mail: [cmeded@creighton.edu](mailto:cmeded@creighton.edu)  
<http://cme.creighton.edu>

## MONEY BACK GUARANTEE

We are convinced you'll leave our programs with more than enough information to earn back your investment many times over. But if you feel you haven't received your money's worth by the end of the program, you will receive a 100% refund of your registration.

*In the unlikely event this program is cancelled  
you will be notified by phone.*

School of Medicine  
Creighton  
UNIVERSITY

Please watch your  
email for conference  
confirmation!

230039-811620-7431-110

Creighton University School of Medicine  
Continuing Medical Education Division  
2500 California Street  
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