

Agenda

Thursday, December 6, 2018

Primary Health Care of Women

7:00-7:30 AM	Registration and Breakfast
7:30-7:45 AM	Welcome Remarks <i>Sahoko Little, MD and Carrie Bell, MD</i>
7:45-8:30 AM	Plenary Session #1: Update on Genetic Testing for Cancer—Beyond BRCA <i>Kathryn Huber-Keener, MD, PhD</i> , Cancer Genetics and Breast Health Fellow and Clinical Lecturer, Department of Obstetrics & Gynecology, Michigan Medicine
8:30-9:15 AM	Plenary Session #2: Women in Reproductive Age with Bipolar Disease <i>Samantha Shaw, MD</i> , Clinical Instructor, Department of Psychiatry, Michigan Medicine
9:15-9:30 AM	Break
9:30-10:15 AM	Plenary Session #3: Primary Care for African American Women <i>Ebony Parker-Featherstone, MD</i> , Assistant Professor, Departments of Family Medicine and Obstetrics & Gynecology, Michigan Medicine
10:15-11:00 AM	Plenary Session #4: Pediatric Weight Loss Strategy—What is Working in Pediatric Weight Management Programs? <i>Susan Woolford, MD, MPH</i> , Co-Director, Program on Mobile Technology to Enhance Child Health; Assistant Professor, Department of Pediatrics, Michigan Medicine
11:00-11:45 AM	Plenary Session #5: New HTN Guideline—Which One to Follow? Speaker: <i>Masahito Jimbo, MD, PhD, MPH</i> , Professor, Departments of Family Medicine and Urology, Michigan Medicine Panelists: <i>Kenneth Jamerson, MD</i> , Professor, Department of Internal Medicine, Michigan Medicine <i>Jeremy Sussman, MD, MS</i> , Assistant Professor, Department of Internal Medicine, Michigan Medicine <i>Rajiv Saran, MD, MS, MRCP</i> , Professor, Department of Internal Medicine, Michigan Medicine
11:45 AM-12:30 PM	Lunch

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Thursday, December 6, 2018, *continued*

12:30-1:15 PM	Plenary Session #6: Human Trafficking—How to Screen and How to Address <i>Christine Medaugh, MD</i> , Clinical Lecturer, Department of Family Medicine, Michigan Medicine
1:15-2:00 PM	Plenary Session #7: Breast Cancer Treatment and Shared Decision Making <i>Michael Scott Sabel, MD</i> , William W. Coon Collegiate Professor of Surgical Oncology and Chief, Division of Surgical Oncology, Department of Surgery, Michigan Medicine
2:00-2:15 PM	Break
2:15-2:45 PM	Concurrent Breakout Sessions: Group A <i>Group A sessions are repeated at 2:50 PM in Group B.</i> Session #A-1: Impact of Long-Term Hormone Therapy for Transgender Patients on Fertility <i>Daphna Stroumsa, MD, MPH</i> , Fellow, National Clinical Scholars Program and Clinical Lecturer, Institute for Healthcare Policy and Innovation and Department of Obstetrics & Gynecology, Michigan Medicine <i>Molly Moraveck, MD, MPH, MSci</i> , Director, Fertility Preservation; Assistant Professor, Departments of Obstetrics & Gynecology and Urology, Michigan Medicine
	Session #A-2: Persistent Bacterial Vaginosis <i>Diana Tec, DO</i> , Women's Health Fellow, Department of Family Medicine, Michigan Medicine
	Session #A-3: Identifying Distress and Providing Effective Supportive Interventions for Women with Breast Cancer <i>Anna Millard, LMSW, ACSW</i> , Clinical Social Worker, Department of Social Work, Michigan Medicine
	Session #A-4: Pregnancy After Bariatric Surgery—Challenges and Considerations <i>Angela Kuznia, MD, MPH</i> , Clinical Lecturer, Department of Family Medicine, Michigan Medicine
2:45-2:50 PM	Break

Agenda

Thursday, December 6, 2018, *continued*

2:50-3:20 PM

Concurrent Breakout Sessions: Group B

Group B sessions are a repeat of Group A at 2:15 PM.

Session #B-1: Impact of Long-Term Hormone Therapy for Transgender Patients on Fertility

Daphna Stroumsa, MD, MPH, Fellow, National Clinical Scholars Program and Clinical Lecturer, Institute for Healthcare Policy and Innovation and Department of Obstetrics & Gynecology, Michigan Medicine

Molly Moraveck, MD, MPH, MSci, Director, Fertility Preservation; Assistant Professor, Departments of Obstetrics & Gynecology and Urology, Michigan Medicine

Session #B-2: Persistent Bacterial Vaginosis

Diana Tec, DO, Women's Health Fellow, Department of Family Medicine, Michigan Medicine

Session #B-3: Identifying Distress and Providing Effective Supportive Interventions for Women with Breast Cancer

Anna Millard, LMSW, ACSW, Clinical Social Worker, Department of Social Work, Michigan Medicine

Session #B-4: Pregnancy After Bariatric Surgery—Challenges and Considerations

Angela Kuznia, MD, MPH, Clinical Lecturer, Department of Family Medicine, Michigan Medicine

3:20-3:25 PM

Break

3:25-3:55 PM

Concurrent Breakout Sessions: Group C

Group C sessions are repeated at 4:00 PM in Group D.

Session #C-1: Improving HPV Vaccination Rates—The Who, What, When and How of Convincing Your Patients and Their Parents for the HPV Vaccine

Alisa Young, MD, Assistant Professor, Department of Family Medicine, Michigan Medicine

Session #C-2: Easy Perinatal Interventions to Optimize Breastfeeding Experiences

Katherine Pasque, MD, IBCLC, Assistant Professor, Department of Obstetrics & Gynecology, Michigan Medicine

Agenda

Thursday, December 6, 2018, *continued*

3:25-3:55 PM

Concurrent Breakout Sessions: Group C, continued

Session #C-3: Gynecological Exam for Geriatric Population-What Do We Do for Women Over 65 Who Never Had HPV Tests Before?

Richard Lieberman, MD, Associate Professor, Departments of Obstetrics & Gynecology and Pathology, Michigan Medicine

Session #C-4: Hip Pain in Women

James Richardson, MD, Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine

3:55-4:00 PM

Break

4:00-4:30 PM

Concurrent Breakout Sessions: Group D

Group D sessions are a repeat of Group C at 3:25 PM.

Session #D-1: Improving HPV Vaccination Rates—The Who, What, When and How of Convincing Your Patients and Their Parents for the HPV Vaccine

Alisa Young, MD, Assistant Professor, Department of Family Medicine, Michigan Medicine

Session #D-2: Easy Perinatal Interventions to Optimize Breastfeeding Experiences.

Katherine Pasque, MD, IBCLC, Assistant Professor, Department of Obstetrics & Gynecology, Michigan Medicine

Session #D-3: Gynecological Exam for Geriatric Population-What Do We Do for Women Over 65 Who Never Had HPV Tests Before?

Richard Lieberman, MD, Associate Professor, Departments of Obstetrics & Gynecology and Pathology, Michigan Medicine

Session #D-4: Hip Pain in Women

James Richardson, MD, Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine

4:30 PM

Adjourn

Agenda

Friday, December 7, 2018

Primary Health Care of Women and Integrative Medicine

7:00-7:30 AM	Registration and Breakfast
7:30-7:45 AM	Welcome Remarks <i>Amy Locke, MD and Jill Schneiderhan, MD</i>
7:45-8:30 AM	Plenary Session #8: Medical Marijuana for Chronic Pain <i>Daniel Clauw, MD</i> , Director, Chronic Pain & Fatigue Research Center; Professor, Department of Anesthesiology, Michigan Medicine
8:30-9:15 AM	Plenary Session #9: Chronic Pelvic Pain From All Angles: Incorporating Integrative Medicine <i>Courtney Lim, MD</i> , Assistant Professor, Department of Obstetrics & Gynecology, Michigan Medicine <i>Jill Schneiderhan, MD</i> , Assistant Professor, Department of Family Medicine, Michigan Medicine
9:15-9:30 AM	Break
9:30-10:00 AM	Concurrent Breakout Sessions: Group E <i>Group E sessions are repeated at 10:05 AM in Group F.</i> Session #E-1: Evidence for Use of Yoga in Geriatric Populations <i>Cheryl LaMore, MD</i> , Assistant Professor, Department of Family Medicine, Michigan Medicine Session #E-2: Helping the Healers: How Presence and Reflection Help Us Care for Self <i>Nicole Figueroa, MSN, RN, AHN-BC</i> , Clinical Nursing Director, Department of Nursing, Michigan Medicine Session #E-3: Non-pharmacological Treatment for Vulvar Pain in Postmenopausal Women <i>Rajal Patel, MD</i> , Clinical Lecturer, Department of Obstetrics & Gynecology, Michigan Medicine Session #E-4: Pregnancy Dermatoses <i>Allison Darland, MD</i> , Clinical Lecturer, Department of Dermatology, Michigan Medicine
10:00-10:05 AM	Break

Agenda

Friday, December 7, 2018, *continued*

10:05-10:35 AM

Concurrent Breakout Sessions: Group F

Group F sessions are a repeat of Group E at 9:30 AM.

Session #F-1: Evidence for Use of Yoga in Geriatric Populations

Cheryl LaMore, MD, Assistant Professor, Department of Family Medicine, Michigan Medicine

Session #F-2: Helping the Healers: How Presence and Reflection Help Us Care for Self

Nicole Figueroa, MSN, RN, AHN-BC, Clinical Nursing Director, Department of Nursing, Michigan Medicine

Session #F-3: Non-pharmacological Treatment for Vulvar Pain in Postmenopausal Women

Rajal Patel, MD, Clinical Lecturer, Department of Obstetrics & Gynecology, Michigan Medicine

Session #F-4: Pregnancy Dermatoses

Allison Darland, MD, Clinical Lecturer, Department of Dermatology, Michigan Medicine

10:35-10:40 AM

Break

10:40-11:10 AM

Concurrent Breakout Sessions: Group G

Group G sessions are repeated at 11:15 AM in Group H.

Session #G-1: Lymphatic Massage

Gina Rogers, LMT, CMLDT, Massage Therapist and Lymphatic Program Director, Body Conscious Massage Therapy

Session #G-2: Top Five Supplements/Latest Evidence

Gregory Shumer, MD, MHSA, Assistant Professor, Department of Family Medicine, Michigan Medicine

Session #G-3: Talking to Teenagers About Sex

Erin Hendriks, MD, Assistant Professor, Department of Family Medicine, Michigan Medicine

Session #G-4: Dietary Approaches for Managing Hyperlipidemia

Erin Scarlett, MPH, RD, Registered Dietitian, East Ann Arbor Health Center, Michigan Medicine

11:10-11:15 AM

Break

Agenda

Friday, December 7, 2018, *continued*

11:15-11:45 AM

Concurrent Breakout Sessions: Group H

Group H sessions are a repeat of Group G at 10:40 AM.

Session #H-1: Lymphatic Massage

Gina Rogers, LMT, CMLDT, Massage Therapist and Lymphatic Program Director, Body Conscious Massage Therapy

Session #H-2: Top Five Supplements/Latest Evidence

Gregory Shumer, MD, MHSA, Assistant Professor, Department of Family Medicine, Michigan Medicine

Session #H-3: Talking to Teenagers About Sex

Erin Hendriks, MD, Assistant Professor, Department of Family Medicine, Michigan Medicine

Session #H-4: Dietary Approaches for Managing Hyperlipidemia

Erin Scarlett, MPH, RD, Registered Dietitian, East Ann Arbor Health Center, Michigan Medicine

11:45 AM-12:45 PM

Lunch

12:45-1:30 PM

Plenary Session #10: Clinical Case Discussion: Considering Conventional and Integrative Approaches to Anxiety

Stephen Warnick, MD, Assistant Professor, Departments of Family Medicine and Psychiatry, Michigan Medicine

Amy Locke, MD, Associate Professor, Department of Family Medicine, University of Utah

1:30-2:15 PM

Plenary Session #11: Prevention of Dementia: Evidence-based Approach

Neelum T. Aggarwal, MD, Associate Professor, Departments of Neurological Sciences and Rush Alzheimer's Disease Center, Rush University Medical Center

2:15-3:00 PM

Plenary Session #12: The Case for Vitamin D Supplementation: Summary of the Evidence and Recommendations

Christa Williams, MD, Family-Mother-Baby Service Chief; Clinical Lecturer, Department of Family Medicine, Michigan Medicine

3:00-3:10 PM

Break

Agenda

Friday, December 7, 2018, *continued*

3:10-5:00 PM

Integrative Medicine Concurrent Workshops

Workshop #1: Culinary Medicine

Amy Locke, MD, Associate Professor, Department of Family Medicine, University of Utah

Workshop #2: Managing Chronic Tension

Headaches with Massage Therapy

Grace Adams, LMT, BCTMB, Massage Therapist and Owner, Body Conscious Massage Therapy

Workshop #3: Wisdom at Work: An Introduction to Mindfulness for Professional Care Partners

Laura Rice-Oeschger, LMSW, Wellness Initiative Director, Department of Neurology, Michigan Alzheimer's Disease Center, Michigan Medicine

Workshop #4: Pilates and The Evidence for Post-Natal, Low Back and Active Aging

Elaine Economou, PMA-CPT, President and CEO, MOVE Wellness Studios

5:00 PM

Adjourn

Agenda

Saturday, December 8, 2018

Integrative Medicine

7:30-8:00 AM	Registration and Breakfast
8:00-8:15 AM	Welcome Remarks <i>Amy Locke, MD and Jill Schneiderhan, MD</i>
8:15-9:00 AM	Plenary Session #13: Autonomic Dysfunction and POTS: A Practical Guide <i>Wade Cooper, DO</i> , Associate Professor, Departments of Neurology and Anesthesiology, Michigan Medicine
9:00-9:45 AM	Plenary Session #14: Treating Musculoskeletal Pain and Dysfunction Without Drugs and Surgery <i>Jay Sandweiss, DO, C-NMM/DABMA, FAAMA</i>
9:45-10:00 AM	Break
10:00-10:45 AM	Concurrent Breakout Sessions: Group I <i>Group I sessions are repeated at 11:00 AM in Group J.</i> Session #I-1: Mindfulness Leadership: Building Support for Integrative Medicine in a Conservative Medical Setting <i>Maureen Anderson, MD</i> , Medical Director, Integrative Medicine, Department of Family Medicine, Beaumont Health
	Session #I-2: Acupressure for Dysmenorrhea <i>Eduard Drannikov, MD</i> , Integrative Medicine Fellow, Department of Family Medicine, Michigan Medicine
	Session #I-3: Pharmacogenetic Testing: When Is It Useful and Why Might Our Patients Ask Us to Do It? <i>Amy Pasternak, PharmD, BCPS</i> , Assistant Professor, Department of Clinical Pharmacy, Michigan Medicine
10:45-11:00 AM	Break
11:00-11:45 AM	Concurrent Breakout Sessions: Group J <i>Group J sessions are a repeat of Group I at 10:00 AM.</i> Session #J-1: Mindfulness Leadership: Building Support for Integrative Medicine in a Conservative Medical Setting <i>Maureen Anderson, MD</i> , Medical Director, Integrative Medicine, Department of Family Medicine, Beaumont Health

Agenda

Saturday, December 8, 2018, *continued*

11:00-11:45 AM

Concurrent Breakout Session: Group J, *continued*

Session #J-2: Acupressure for Dysmenorrhea

Eduard Drannikov, MD, Integrative Medicine Fellow,
Department of Family Medicine, Michigan Medicine

**Session #J-3: Pharmacogenetic Testing: When Is It
Useful and Why Might Our Patients Ask Us to Do
It?**

Amy Pasternak, PharmD, BCPS, Assistant Professor,
Department of Clinical Pharmacy, Michigan Medicine

11:45 AM-12:45 PM

Lunch

12:45-1:30 PM

Plenary Session #15: Mast Cell Activation Syndrome

Cem Akin, MD, PhD, Professor, Department of Internal
Medicine, Michigan Medicine

1:30-2:15 PM

**Plenary Session #16: Impact of the Environment on
Epigenetic Factors: Applications to Neurological
Disease Risk and Health**

Kelly Bakulski, PhD, Research Assistant Professor,
Department of Epidemiology, School of Public Health,
University of Michigan

2:15-3:00 PM

**Plenary Session #17: Making Behavioral Change
Work in Primary Care**

Amy Locke, MD, Associate Professor, Department of Family
Medicine, University of Utah

3:00 PM

Adjourn