

# WOMEN'S HEALTH

November 5, 2010

The Log Cabin  
Banquet & Meeting House  
Holyoke, MA

## Objectives

### TARGET AUDIENCE

This course is designed for primary care physicians, nurse practitioners, nurse midwives, physician assistants and nurses.

### WHY ATTEND?

According to the American Heart Association, 64% of women who died suddenly of coronary heart disease had no previous symptoms. Yet misperceptions still exist that Cardiovascular Disease is not a real problem for women. Heart disease and heart attacks claim the lives of more American women than men each year, and pose a greater threat to American women than all forms of cancer combined. The symptoms of a woman having a heart attack can be significantly different from those of a man. Therefore, primary care professionals face a greater challenge in diagnosing heart disease in women than in men.

Each year in the U.S., influenza causes 36,000 deaths and 226,000 hospitalizations. Pregnancy is one factor that creates a greater risk for serious problems related to the flu.

Some health problems are more common in women, such as osteoarthritis. Still others are unique to women, such as menopause. The debate over the use of HRT to treat menopausal symptoms continues and so do the challenges in care of the peri-menopausal and menopausal woman.

Women and men are thought to communicate very differently. Such differences can create misunderstandings and conflict. Conflict resolution techniques can have positive impact on collegial, interpersonal and patient interactions

### LEARNER OBJECTIVES

By participating in this program, you should be able to:

1. Describe the presentation and management of women with coronary artery disease.
2. Discuss strategies to simplify the evaluation and treatment of hypertension in the primary care setting.
3. Identify dangerous causes of atypical chest pain.
4. Discuss the advantages and disadvantages of current testing evaluations for atypical chest pain such as PERC criteria, d-dimer and CTA.
5. Discuss controversies in the treatment of women during peri-menopause and menopause.
6. Explain special issues related to flu prevention and treatment in pregnancy.
7. Discuss at least 2 risk factors for flu complications.
8. Describe the appropriate use of antivirals.
9. Discuss current therapy options for community acquired Pneumonia.
10. Identify the impact diet and exercise can have on managing personal energy, performance and engagement and practical strategies for incorporating healthy choices into your life.
11. Describe genetic and environmental factors that impact individuals' abilities to discern, engage and manage conflict.
12. Discuss the downstream impact of conflict on patient care and what you can do about it.

## Program

**8:00 Registration, Exhibits, and Continental Breakfast**

**8:30 Update: Cardiopulmonary Medicine in Women Prevention and Treatment of Cardiac Disease in Women**  
James B. Kirchhoffer, MD

**9:15 Office Management of Hypertension**  
Barbara A. Greco, MD

**10:00 Atypical Chest Pain: Which Patient, Which Test**  
Robert Baevesky, MD

**10:45 Break**

**11:00 Menopause 2010**  
Cynthia Sites, MD

**12:00 Lunch**

**12:45 Infectious Diseases 2010: Myth vs Truth**  
Sarah Haessler, MD

**1:45 Practical Strategies for Peak Performance in Every Day Life**  
Barbara L. Pelletier, RD  
Sandy Lyall, MEd

**2:45 Hot Tempers, Hot Flashes, Hot Seats**  
(*risk management study*)  
Jeannette Wolfe, MD &  
Sean E. Mahar

**4:15 Adjourn**

## Faculty

### Robert Baevesky, MD, FACEP

Assistant Professor of Emergency Medicine  
Tufts University School of Medicine  
Attending Physician  
Baystate Medical Center

### Barbara A. Greco, MD

Associate Clinical Professor  
Tufts University School of Medicine  
Attending Physician – Division of Nephrology  
Baystate Medical Center and  
Western New England Renal & Transplant Associates

### Sarah Haessler, MD

Assistant Professor  
Tufts University School of Medicine  
Attending Physician  
Hospital Epidemiologist  
Baystate Medical Center

### James B. Kirchhoffer, MD, FACC

Cardiologist  
Northampton Cardiology Associates

### Sandy Lyall, MEd, LMHC, NCC, CEAP

EAP Consultant  
Baystate Health

### Sean E. Mahar, MA

Senior Leader Development Consultant  
Professional & Organizational Development  
Baystate Health

### Barbara L. Pelletier, MS, RD

Director, Health and Wellness  
Department of Health, Wellness and WorkLife Solutions  
Baystate Health

### Cynthia Sites, MD

Division Chief  
Department of Obstetrics & Gynecology  
Baystate Medical Center

### Jeannette Wolfe, MD

Associate Professor of Emergency Medicine  
Tufts University School of Medicine  
Attending Physician  
Department of Emergency Medicine  
Baystate Medical Center

### FACULTY DISCLOSURE

The design and content of Baystate Health Continuing Education (CE) activities support quality improvement in healthcare and provide fair and balanced views of therapeutic options. Continuing Education activities sponsored by Baystate Health are provided without influence by any commercial interests. In accordance with the standards of our accrediting bodies (ACCME, ANCC/MARN, APA), Baystate Health requires that each individual in a position to control or influence the content of a Baystate Health CE activity discloses their relationships with commercial companies, and that real or apparent conflicts of interest are resolved in advance.

None of the members of the faculty or planning committee have commercial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients.

## Registration

LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

PROFESSION \_\_\_\_\_

HIGHEST PROFESSIONAL DEGREE \_\_\_\_\_

SPECIALTY \_\_\_\_\_

INSTITUTIONAL AFFILIATION \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

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ENTER YOUR CE ID NUMBER in ONE of the boxes to the right. Use your CE ID number to register for courses, access your CE transcript/credits, and confirm your registration.

### MAIL TO:

Baystate Continuing Education,  
Springfield, MA 01199-0001

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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

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### PAYMENT METHOD

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We do not store your full credit card number in this system.

If you are not a Baystate employee or attending physician, your CE ID number is:

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A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

- A. First initial of your first name  
B. Birthday month and day (2 digits each May 7 = 0507 **not** 57)  
C. Last four digits of social security number

OR

For Baystate employees or medical staff members  
Your CE number is your EN or PN Number

Baystate Employees EN \_\_\_\_\_

Attending Physicians/Medical Staff PN \_\_\_\_\_

[baystatehealth.org/learn](http://baystatehealth.org/learn)

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# Baystate Medical Center

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# Contemporary Topics in Women's Health

Sponsored by Baystate Health, WAAM  
(Women Advancing and Achieving in Medicine),  
Department of Emergency Medicine and  
Baystate Continuing Education  
(1.5 credits in risk management)

Friday  
November 5, 2010  
The Log Cabin  
Banquet & Meeting House  
Holyoke, MA

[www.baystatehealth.org/learn](http://www.baystatehealth.org/learn)

## Credits

### PHYSICIANS

Baystate Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Baystate Health designates this educational activity for a maximum of 6.75 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### NURSES

Baystate Health is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity carries a maximum 6.75 contact hours.

### DIETITIANS

This educational program provides 6.75 instructional hours. It is the dietitians' responsibility to maintain the required information for submission to the Commission.

## Location

This program will take place at The Log Cabin, 500 Easthampton Road, Holyoke, MA 01040. The Log Cabin phone number is 413-535-5077. The Log Cabin has free surface parking.

### DIRECTIONS

From the Mass Pike: Take Exit 4 to I-91 North. From I-91, take Exit 17B to Route 141 West. The Log Cabin is two miles ahead on the left.

From the North: Travel South on I-91. Take Exit 17 to Route 141 West. (Going toward Easthampton). The Log Cabin is two miles ahead on the left.

From the South: Travel North on I-91. Take Exit 17B to Route 141 West. The Log Cabin is two miles ahead on the left.

### SPECIFIC AIDS OR SERVICES

Please call Baystate Continuing Education at 413-322-4242, if under the Americans with Disabilities Act, you require specific aids or services during your visit to this continuing education program.

### OVERNIGHT ACCOMMODATIONS

Please go to [baystatehealth.org/learn](http://baystatehealth.org/learn) and click on the Directions and Lodging link. The list includes current rates, amenities and contact information for the overnight lodging options close to the course locations.

### YOUR COMFORT

Meeting room temperatures will fluctuate. Please dress in layers and bring a sweater.

For additional course listings and your transcript go to [www.baystatehealth.org/learn](http://www.baystatehealth.org/learn)

## Registration

### TUITION

#### Through October 22, 2010

|         |                 |
|---------|-----------------|
| On-line | Mail With Check |
| \$105   | \$115           |

#### After October 22, 2010

|         |                 |
|---------|-----------------|
| On-line | Mail With Check |
| \$115   | \$125           |

Tuition includes continental breakfast, lunch and refreshment break. There is no charge for parking.

### You can Register two ways:

On-line: at [www.baystatehealth.org/learn](http://www.baystatehealth.org/learn)  
Click on events & registration

**Returning Users:** Click the login link, enter your CE ID number and follow the registration process.

**New Users:** Select your course, complete the user profile, and complete the registration process. Your CE ID number and course confirmation will be e-mailed to the address you entered during registration.

**By Mail:** Complete the registration form below and mail it along with a check for the full course fee to Baystate Health Continuing Education, 361 Whitney Avenue, Holyoke, MA, 01040.

**If you must cancel,** telephone Baystate Health Continuing Education at 413-322-4242 and follow your call with a written refund request or FAX your cancellation request to 413-322-4259. All cancellations will incur a \$25 fee. We cannot refund cancellations received less than two weeks (10 business days) before the program date. For additional information, call Baystate Health Continuing Education at 413-322-4242 or e-mail [joanna.barnett@bhs.org](mailto:joanna.barnett@bhs.org)

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