



Continuing Education, Inc
UNIVERSITY AT SEA™

Presents

**Women's Health, Menopause, and Sexual
Medicine; Pediatric Urology**

16 AMA PRA Category 1 Credits™

16 ACPE Credits

1 Hour of Pharmacology for Nurse Practitioners

16.0 Contact Hours

San Juan, Puerto Rico

March 04 - 11, 2023

With

Karen E. Adams, MD, FACOG*, NCMP**

and

Pamela Ellsworth, MD

CONTINUING EDUCATION, INC.
Women's Health, Menopause, and Sexual Medicine; Pediatric Urology
 March 04 - 11, 2023

Agenda

March 4, 2023	6:30pm – 7:30pm	Informal Meet and Greet – Martini Bar, 4 th Floor
March 5, 2023 The Meeting Place, Engage Room 3 rd Floor	Time	Topic
	4:30pm – 5:30pm	Caring for perimenopause and menopause patients in 2023 – Dr. Adams
	5:30pm – 6:30pm	51 is Getting Younger all the Time: maximizing long-term health in menopause – Dr. Adams
March 6, 2023 The Meeting Place, Engage Room 3 rd Floor	Time	Topic
	4:30pm – 5:30pm	Evaluation and Management of Pediatric Urinary Incontinence – Dr. Ellsworth
	5:30pm – 6:30pm	Evaluation and Management of Nocturnal Enuresis – Dr. Ellsworth
March 7, 2023 The Meeting Place, Engage Room 3 rd Floor	Time	Topic
	4:30pm – 5:30pm	Mood and Menopause: diagnosis and treatment of Perimenopausal Mood Instability – Dr. Adams
	5:30pm – 6:30pm	I Can't Sleep and I'm Getting Fat: evaluating and treating the twin scourges of midlife – Dr. Adams
March 8, 2023 The Meeting Place, Engage Room 3 rd Floor	Time	Topic
	4:30pm – 5:30pm	Adolescent varicocele: Who to treat? Who to follow? – Dr. Ellsworth
	5:30pm – 6:30pm	Common pediatric urologic problems: What is normal? When to worry? – Dr. Ellsworth
March 9, 2023	No Events Today	
March 10, 2023 The Meeting Place, Engage Room 3 rd Floor	Time	Topic
	8:00am – 9:00am	Nutrition and the Aging Brain: can we prevent dementia? – Dr. Adams
	9:00am – 10:00am	Beyond Masters and Johnson: models of female sexuality – Dr. Adams
	10:00am –	Female Sexual Dysfunction: disorders of desire, arousal, and orgasm – Dr. Adams
	11:00am – 12	When Sex Hurts: causes and treatments of dyspareunia – Dr. Adams
	12 Noon – 1:00pm	Lunch on your own
	1:00pm – 2:00pm	Pediatric Urologic Emergencies – Dr. Ellsworth
	2:00pm – 3:00pm	Vesicoureteral reflux and UTIs – Dr. Ellsworth
	3:00pm – 4:00pm	Urolithiasis in Children and Adults – Dr. Ellsworth
	4:00pm – 5:00pm	Evaluation and Management of Hydronephrosis – Dr. Ellsworth
March 11, 2023	Have a Safe Trip Home	

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Faculty

Karen E. Adams, MD, FACOG, NCMP

Karen Adams MD, FACOG, NCMP has spent more than 30 years taking good care of women and teaching others to do the same. She is a Professor of Obstetrics and Gynecology at Oregon Health and Science University (OHSU), where she was the OHSU OBGYN Residency Program Director and Vice Chair for Education for 14 years. She is a North American Menopause Society Certified Menopause Practitioner and serves on the Education Committee of the International Society for the Study of Women's Sexual Health.

Dr. Adams is recognized as a national leader in OBGYN education. She has served on the Board of Directors of the Association of Professors of Gynecology and Obstetrics (APGO) and the ACGME Residency Review Committee for Obstetrics and Gynecology, an appointed board that accredits all 241 OBGYN residency programs and 85 OBGYN fellowship programs across the country. She co-directs the ACOG School for New Residency Program Directors, and she was a member of the ACGME Wellness Working Group, a national group of medical educators working to decrease burnout among medical students, residents, and practicing physicians. She has served as an oral board examiner for the American Board of OBGYN (ABOG) since 2008.

Dr. Adams has received numerous awards for teaching during her career, including the Faculty Mentor Award and the Faculty Gold Humanism Award from OHSU graduating medical school classes, and the 2017 Mentor of the Year Award from ACOG, the American College of OBGYN.

Together with Dr. Cirino, Dr. Adams founded and directs the Menopause and Sexual Medicine Program in the OHSU Center for Women's Health. The program brings together specialists in many fields to provide comprehensive health care for women in peri-menopause and beyond, with a special focus on women's sexuality in the second half of life. She is passionate about getting solid information into the hands of women and the providers who care for them. To accomplish that, she hosts an annual series of evening workshops for women, "A Toast to Midlife", in the OHSU Center for Women's Health. She has published more than 30 scientific articles and given hundreds of lectures nationally and internationally, including a January 2020 TEDx talk entitled "Sleep, Sex, and Menopausal Zest." Her website is www.dr.karenadams.com and her podcast, "Midlife Life with Dr. Karen" is launching in 2021. She combines her passions for women's health care and teaching to create engaging, accessible content for medical audiences that is firmly grounded in the realities of clinical care.

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Pamela Ellsworth, MD

Professor of Urology, University of Central Florida College of Medicine
Chief, Division of Urology
Nemours Childrens' Hospital
Orlando, Florida

Dr. Pamela Ellsworth graduated Summa Cum Laude from Boston College. She completed her medical school at University of Massachusetts Medical School, her urology residency at Dartmouth-Hitchcock Medical Center and her pediatric urology fellowship at University of Florida Gainesville/Nemours Jacksonville.

Dr. Ellsworth was awarded an Honorary AOA while on the staff at Dartmouth-Hitchcock Medical Center for her teaching skills. She became the first female full-time surgeon to become full professor at Brown University and received the resident teaching award while at Brown University.

She was awarded the Top Doctor Award for 2 years while at UMass Memorial Medical Center. Much of her career has been dedicated to education, both in the realm of pediatric and adult urology. The author of over 75 peer reviewed publications, over 50 book chapters and several books geared for the layperson, including 100 Questions and Answers about Prostate Cancer, with a 5th edition soon to be published.

Dr. Ellsworth has educated medical students, residents, peers and patients over the years.

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Disclosures

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Faculty members further affirm (1) that all recommendations involving clinical medicine given during presentations are based upon evidence that is accepted within the profession of medicine for the care of patients, (2) that any scientific research referred to in support or justification for a patient care recommendation conforms to the generally accepted standards of experimental design, data collection and analysis, and (3) that they will not present recommendations, treatments or manners of practicing medicine that are not within the definition of CME, or are known to have risks or dangers that outweigh the benefits, or are known to be ineffective in the treatment of patients.

Karen E. Adams, MD, FACOG, NCMP

Dr. Adams has reported no relationships with ineligible companies and has agreed to identify any off-label or investigational uses of pharmaceuticals or equipment referenced during all presentations.

Pamela Ellsworth, MD

Dr. Ellsworth has reported no relationships with ineligible companies and has agreed to identify any off-label or investigational uses of pharmaceuticals or equipment referenced during all presentations.

Accreditation Statements

Joint Accreditation

In support of improving patient care, Continuing Education, Inc./University at Sea™ is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians

Designation: Continuing Education, Inc. designates this live activity for a maximum of 16 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists

Designation: Continuing Education, Inc. designates this live activity for a maximum of 16 ACPE Credits.

Nurses

Designation: Nurses completing this educational activity will receive a maximum of 16 contact hours.

Disabilities among participants

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Topics and Objectives

Pediatric Urologic conditions are common and may persist into adulthood. The evaluation and management of many of these conditions has changed over the years to improve outcomes, yet education of primary care providers regarding these changes may be delayed. This educational activity is intended to provide current information on the evaluation and management of these common pediatric urologic conditions and identify indications for referral to a pediatric urologist

- **Evaluation and Management of Pediatric Urinary Incontinence**
 - Develop a behavioral therapy regimen for the management of urinary incontinence in children
- **Nocturnal Enuresis**
 - Be familiar with the treatment options for nocturnal enuresis
- **Adolescent varicocele: Who to treat? Who to follow?**
 - Perform an examination for evaluation of varicocele and indications for referral to a pediatric urologist
- **Common pediatric urologic problems: What is normal? When to Worry?**
 - Discuss the common pediatric urologic problems and identify when to refer to specialist
- **Pediatric Urologic Emergencies**
 - Discuss pediatric urologic emergencies and the impact of prompt referral to an emergency room
- **Urolithiasis: Evaluation and Management in Adults and Children**
 - Be aware of the signs/symptoms of urolithiasis, the recommended radiologic evaluation, medical therapy and metabolic workup of individuals with urolithiasis
- **Evaluation and Management of Hydronephrosis**
 - Differentiate different causes of hydronephrosis and develop an appropriate approach to management
- **Evaluation and Management of Vesicoureteral Reflux**
 - Discuss changes in the evaluation and management of vesicoureteral reflux

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After completing the course, participants will be familiar with typical and atypical presentations of menopause, risks and benefits of hormone therapy in various settings, and both hormonal and non-hormonal treatments for common menopausal symptoms.

They will understand causes of sexual pain in women, understand the importance of a team approach to treating sexual pain, and be able to knowledgeably prescribe both hormonal and non-hormonal treatments for sexual dysfunction.

- **Caring for perimenopause and menopause patients in 2023: diagnosis, common symptoms, treatments**
 - Understand the physiology of perimenopause and menopause
 - Utilize the 2022 Position Statement of the North American Menopause Society to inform care of midlife women experiencing perimenopause and menopause
- **51 is Getting Younger all the Time: maximizing longterm health in menopause**
 - Explain the differences in cardiac response to HT in younger menopausal women versus older menopausal women
 - Individualize care for symptomatic menopausal women with medical comorbidities
 - Consider the effect of hormone therapy in promoting bone health
- **Mood and Menopause: diagnosis and treatment of Perimenopausal Mood Instability**
 - Differentiate perimenopausal mood instability (PMI) from major depressive disorder (MDD) and generalized anxiety disorder (GAD)
 - List effective treatments for PMI including psychological and pharmacological approaches
- **I Can't Sleep and I'm Getting Fat: evaluating and treating the twin scourges of midlife**
 - Recognize the signs and symptoms of common sleep disorders and list behavioral and pharmacologic treatments for them
 - Define the common disease of obesity and list effective psychotherapeutic and medical treatments
- **Nutrition and the Aging Brain: can we prevent dementia?**
 - Understand how nutrition impacts brain changes with aging
 - Describe what we can learn from the Blue Zones and other research about nutrition and healthy aging brain
 - Develop skills to talk with patients and ensure a brain-healthy diet is accessible to them
- **Beyond Masters and Johnson: models of female sexuality**
 - Describe the four major models of female sexual behavior
 - Utilize the four models to counsel patients with concerns regarding their sexual function
- **Female Sexual Dysfunction: disorders of desire, arousal, and orgasm**
 - Be familiar with the DSM-V diagnostic categories of female sexual dysfunction
 - Utilize the ISSWSH Process of Care to manage hypoactive sexual desire disorder
 - List at least 2 behavioral and 2 pharmacological treatment options for female sexual dysfunction
- **When Sex Hurts: causes and treatments of dyspareunia**
 - Utilize a stepwise approach to diagnosis of dyspareunia
 - Explain and initiate treatment when appropriate