



Continuing Education, Inc
UNIVERSITY AT SEA™

Presents

**Updates in Primary Care and Women's Health: Key
Topics and Strategies**

16 AMA PRA Category 1 Credits™

16 ACPE Credits

Up to 16 (part II) MOC points in medical knowledge in the American Board of Internal
Medicine's (ABIM) Maintenance of Certification (MOC) program

2 Hours of Pharmacology for Nurse Practitioners

16.0 Contact Hours

Miami, Florida

June 24 - July 01, 2023

With

Corey Evans, MD

and

Bruce D. Shephard, MD, FACOG

Updates in Primary Care and Women's Health: Key Topics and Strategies

June 24 - July 01, 2023

Agenda

June 24, 2023	Meet and Greet – 6:30pm – 7:30pm Boleros, 5th Floor. Families and Guests Invited	
June 25, 2023	5:00pm – 6:00pm	Networking and Cse Discussions – Vintages, 8 th Floor
June 26, 2023 Educational Sessions Brilliance Room, Conference Center 3rd Floor	Time	Topic
	9:00am – 10:00am	Cutting Edge Nutrition - Dr. Evans
	10:00am – 11:00am	Abnormal Uterine Bleeding: Newer Terminology and Management - Dr. Shephard
	11:00am – 12 Noon	Exercise and Exercise Prescription – Dr. Evans
	12 Noon – 1:00pm	Lunch on your own
	1:00pm - 2:00pm	Treating and Screening for STDs: Current CDC Guidelines – Dr. Shephard
	2:00pm – 3:00pm	Case Studies in Common Thyroid Disorders –Dr. Evans
	3:00pm – 4:00pm	Update on Hormonal Contraception: the Move towards LARC – Dr. Shephard
June 27 th , 2023	9:00am – 10:00am	Networking and Case Discussions – Café Promenade, 5 th Floor
June 28 th , 2023	5:30pm – 6:30pm	Networking and Case Discussions – Vintages, 8 th Floor
June 29, 2023 Educational Sessions Brilliance Room, Conference Center 3rd Floor	Time	Topic
	8:30am – 9:30am	Medications and Pregnancy: an Overview with new FDA Guidelines – Dr. Shephard
	9:30am – 10:30am	Case Studies in Pituitary and Adrenal Problems – Dr. Evans
	10:30am – 11:30am	Hormonal Alternatives in Managing Menopause: Guidelines from the North American Menopause Society – Dr. Shephard
	11:30am – 12:30pm	Screening Patients for Coronary Artery Disease and Risk Stratification – Dr. Evans
June 29, 2023 Educational Sessions Brilliance Room, Conference Center 3rd Floor	Time	Topic
	9:00am – 10:00am	Screening for Cancer in our Patients – Dr. Evans
	10:00am – 11:00am	Communicating with Patients: Medical Writing, Health Literacy, Medical Websites and more – Dr. Shephard
	11:00am – 12 Noon	Healthy Behavior Change – Dr. Evans
	12 Noon – 1:00pm	Lunch on your own
	1:00pm - 2:00pm	Obesity and Pregnancy – Dr. Shephard
	2:00pm – 3:00pm	Medical Errors – Dr. Evans
	3:00pm – 4:00pm	Osteoporosis – What Professionals need to know – Dr. Shephard
June 30 th , 2023	Have a Safe Trip Home	

Faculty

Corey Evans, MD

Dr. Evans has been a family physician and educator for forty years. After six years in a rural family practice in South Carolina, he moved to Florida to begin teaching, as an Associate Director in the Florida Hospital Family Practice Program in Orlando. He also was picked as the team physician for the Orlando Magic. In 1994 he accepted a position of Director of the Bayfront Medical Center's Family Practice Program in St. Petersburg. In 2001 he returned to private practice and also became the Director of Medical Education at St. Anthony's Hospital. He was also asked to be a physician for the Tampa Bay Rays Team, and these positions continued for the next 20 years. He is board certified in Family Medicine, Sports Medicine, Geriatric Medicine, and Palliative Care.

Originally from San Clemente, California, Dr. Evans attended Occidental College in LA, then St. Louis Medical School in Missouri, where he graduated Summa Cum Laude. His family practice residency was at University of Missouri, Columbia where he was a Chief Resident. Dr. Evans tries to play the guitar poorly, and loves water sports. He teaches extensively at the national FP meetings with a special interest in exercise testing.

Bruce D. Shephard, MD, FACOG

Dr. Shephard is Affiliate Associate Professor of Obstetrics and Gynecology at the University of South Florida College of Medicine in Tampa, Florida. He graduated Phi Beta Kappa from the University of California, Berkeley, attended medical school at the University of California, San Francisco, and completed his Ob-Gyn residency at the University of Miami, Florida.

A former McCain Fellow at the American College of Obstetricians and Gynecologists and principal author of "The Complete Guide to Women's Health," Dr. Shephard is a frequent speaker and writer on women's health issues. A previous president of the Hillsborough County Medical Association, he currently serves as president of the HCMA Foundation. Dr. Shephard serves on HMO medical advisory boards for Wellcare and AVMed health plans and as a medical case reviewer for both the Health Resources and Services Administration and the Agency for Health Care Administration, Florida. A 2009 selectee of the Marquis' Who's Who in Medicine and Healthcare, he received the Albert N. Marquis Lifetime Achievement Award in 2018.

He graduated Phi Beta Kappa from the University of California, Berkeley, attended medical school at the University of California, San Francisco, and completed his Ob-Gyn residency at the University of Miami, Florida.

A former McCain Fellow at the American College of Obstetricians and Gynecologists, Dr. Shephard is principal author of "The Complete Guide to Women's Health." and a frequent speaker and writer on women's health issues. He previously served as president of the Hillsborough County Medical Association and is member of the HCMA Board of Trustees.

Dr. Shephard serves on HMO medical advisory boards for Wellcare and AVMed and is a medical reviewer for EQ Health Solutions, which contracts with the Agency for Health Care Administration, Florida. A 2009 selectee of the Marquis' Who's Who in Medicine and Healthcare, he received the Albert N. Marquis Lifetime Achievement Award in 2018.

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.

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

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Nurses

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

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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.

Corey Evans, MD

Dr. Evans 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.

Bruce D. Shephard, MD, FACOG

Dr. Shephard 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.

Topics and Objectives

- **Abnormal Uterine Bleeding: Newer Terminology and Management**
 - Apply current techniques of endometrial ablation as a viable alternative to hysterectomy
- **Treating and Screening for STD's: Current CDC Guidelines**
 - Utilize current CDC Guidelines in managing sexually-transmitted disease
- **Update on Hormonal Contraception: the Move towards LARC**
 - Discuss contraceptive use and risks including current and newer contraceptive options
- **Medications and Pregnancy: an Overview with newest FDA Guidelines**
 - Identify meds to use, meds to avoid, and meds to consider in pregnancy
- **Hormonal Alternatives in Managing Menopause: Guidelines from the North American Menopause Society**
 - Apply current hormone therapy guidelines to menopausal patients using an individualized approach
- **Communicating Skills: Medical Writing, Health Literacy, Medical Websites and more**
 - Assess and utilize objective health information from a range of internet sources for both providers and patients
- **Obesity and Pregnancy**
 - Apply currently recommended strategies in managing risks associated with obesity in pregnancy
- **Eat or live; get the healthiest diet**
 - Teach patients the benefits of healthy eating
- **Get your hinny moving: Exercise & exercise prescription**
 - How to motivate our patients to get the exercise they need
- **Thyroid disease case studies**
 - Apply the new thyroid guidelines to hypo, hyper & nodules
- **Case studies in adrenal & pituitary problems**
 - Develop a screening to identify parathyroid, pituitary and adrenal problems and treat them.
- **Cardiac risk stratification & testing of adults**
 - Apply proper screening tools to detect & stratify heart disease
- **Screening for cancer: Latest recommendations**
 - Physicians need to know the latest evidence-based screening tests
- **Healthy behavior change: What works**
 - How do we effect healthy behavior change in our patients
- **Medical Errors**
 - Recognize and prevent common performance and diagnostic errors
 - Describe the elements of a root cause analysis
 - Identify risk management measures designed to prevent high-risk medical errors.
- **Osteoporosis**
 - Educate patients on prevention strategies utilizing healthy lifestyle habits and possibly medication for at-risk women
 - Have a strategy for monitoring essential to identify failure to improve BMD or adverse side effects requiring a change in medication