

International Society for the Study of Women's Sexual Health



Fall Course

Scottsdale, AZ - USA

DoubleTree Resort by Hilton Hotel Paradise Valley November 14-16, 2014

Jointly provided by: International Society for the Study of Women's Health and

Center for Continuing and Outreach Education at Rutgers Biomedical and Health Sciences

SSTAR Society for Se/Therapy & Research

In conjunction with:

The Society for Sex Therapy and Research (SSTAR) Case Conference November 13, 2014

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// WELCOME MESSAGE

Dear Registrant,

We are excited to welcome you to the new expanded Fall Course jointly provided by the International Society for the Study of Women's Sexual Health and Rutgers, The State University of New Jersey. This year we returned to the site of so many past successful courses, Scottsdale, Arizona. In response to the request from past registrants for more time, we start the course earlier on Friday. We hope this will address those needs.

The basic topics and teaching objectives of the course remain in place. All content has been updated, and some of the interesting specialty lectures have been changed. Moving forward the ISSWSH course faculty will change from course to course, with some repeat lecturers and qualified local speakers being brought onto the faculty as time and location allow. This will maintain the flavor of the course while allowing it to evolve. Potential attendees of the courses include (but or not limited to) physicians, residents, students, nurse practitioners, physical therapists and sex therapists.

This year we have returned to a format that allows all registrants an opportunity to attend all five breakout sessions on Saturday and on Sunday, rather than having to pick and choose each day. We believe this will be beneficial both to the attendees and to the course instructors. You will also have an opportunity to hear case studies first hand from patients with distressing sexual health problems, and the changes to their lives with treatment. Finally, with the expanded hours we are including lunch on Friday as part of the program. For the kick-off of this new feature we are having a sponsored lunch with a special guest speaker discussing advocacy

Sue W. Goldstein, BA, CCRC, IF Interim Education Chairman

// ISSWSH BOARD OF DIRECTORS 2014-2015

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// CME INFORMATION

Activity Overview and Description

The primary goal of the meeting is to serve as a multidisciplinary forum in which to discuss the clinical assessment and management, ethical and societal issues, and outcome of sex therapy interventions in clinical cases.

Target Audience

This educational activity will be of interest to physicians, residents, students, nurse practitioners, physical therapists and sex therapists.

Learning Objectives

Upon completion of this activity, participants should be better able to:

- Describe the broad epidemiology, prevalence, classification systems and models for female sexual disorders in clinical practice.
- Develop skills that allow for discussing sexual concerns with female patients; review content to be covered in screening and diagnosis.
- Utilize demonstration interviews with live patients and their partners to teach optimal sexual problem history taking.
- Describe the various diagnostic tests needed to properly diagnose a women with sexual dysfunction.
- Identify the impact of common gynecologic conditions on women's sexual health; integrate evidence-based practice.
- Distinguish patterns of sexuality during pregnancy and the postpartum; Recognize strategies that will facilitate counseling and discussion with patients on expected changes in sexual health during pregnancy and the postpartum.
- · Describe components of cognitive-behavior sex therapy.
- Cite rational and logical use of off-label treatments affecting central excitatory and inhibitory neurotransmitters.
- Describe the relationship between common psychiatric disorders in women, particularly depression, and female sexual dysfunctions and provide an evidenced-based approach to the appropriate use of

psychopharmacological agents in this clinical context.

- Describe the nature of gender dysphoria, its etiology and treatment options; Cite the changes in the standards of care for the treatment of gender dysphoria that have been designed to keep up to date with new advances and to remove unnecessary hurdles to access care.
- Identify the psychosocial and physiologic factors that can negatively impact a woman's sexual function following a cancer diagnosis and treatment; Apply a multidisciplinary treatment approach to female sexual dysfunction in the cancer survivor.
- Describe the potential positive and negative impact of various contraceptive methods on sexual function.
- Learn the true prevalence of dyspareunia; Learn the important anatomic landmarks to examine in an exam for a woman with dyspareunia.
- Describe the possible sources of sexual pain related to skin, musculoskeletal, infective, pharmacologic and genitourinary factors.
- Know the three most common causes of dyspareunia;
 Learn the appropriate aspects of the medical history and physical examination that determine the cause of the dyspareunia.
- Describe the vulvoscopic presentations of VIN and nonneoplastic vulvar dermatologic conditions, indicating when to biopsy for diagnostic purposes.
- Characterize HPV and other possible vulvar diseases that may be seen through the course of examining women presenting with dyspareunia and therefore can be successfully treated.
- Learn to recognize which subset of women will benefit from the surgical treatment of dyspareunia; Learn the proper techniques for vulvar vestibulectomy.
- Apply relevant data and appropriate individual choices to the education of patients in order to guide them through the process of HT decision making; Analyze the major differences in available HT choices to help individualize the treatment and enhance the benefits while decreasing the risks for the menopausal patient.
- Discuss the efficacy and safety of testosterone therapy for Hypoactive Sexual Desire Disorder in women.
- · Identify the benefits and risks associated with off

// CME INFORMATION

label testosterone use for Hypoactive Sexual Desire Disorder (distressing low sexual desire); Compare and contrast the off label use of various FDA-approved male products in women and compounded testosterone treatment options.

- Recognize the clinical manifestations of Genitourinary Syndrome of Menopause; Apply evidence-based treatment options, both hormonal and nonhormonal, to the management of GSM.
- Characterize the pharmacologic agents and devices being developed for FSD.
- Characterize the underlying pathophysiologies leading to PGAD and thus direct therapeutic strategies more appropriately.
- Recognize lichen sclerosus, lichen planus, lichen simplex chronicus; Learn the proper treatment for these vulvar dermatoses.
- Distinguish when to use which diagnostic test in which specific patient.
- Discriminate between the use of oral vs non-oral estrogens, in particular with respect to differences and outcomes; Alter dosing and regimen in response to patient concerns and problems with HT; Apply better counseling about what patients should anticipate from and report about their use of HT; Offer the full range of progestogen options with respect to dose and regimen to better suit specific patient needs.
- Describe the specific assessment and treatments for sexual dysfunction related to musculoskeletal factors.
- Implement the patient-centered, collaborative motivational interviewing technique Ask-Tell-Ask in sexual problem counseling for female sexual dysfunctions.
- Describe the common ICD and CPT codes relevant to sexual medicine.
- Describe a total vestibulectomy with vaginal advancement flap and why a partial vestibulectomy is not a practical option for a positive patient outcome.
- Cite the causes and treatment of hormonally mediated vestibulodynia; Outline the causes and treatment of hypertonic pelvic floor muscle dysfunction; Describe the causes and treatment of neuroproliferative vestibulodynia and of desquamative inflammatory

vaginitis.

- Apply principals of diagnosis and treatment algorithm to real life situations.
- Review the goals of office-based counseling for nonmental health professionals.
- Describe the specific action and indications for use of vaginal lubricants, moisturizers and vulvar creams in the treatment of sexual dysfunction.
- Describe the impact of cross-cultural norms and practices on women's sexual health; Integrate evidencebased, culturally competent practice in addressing sexual concerns that arise in caring for women from diverse racial and ethnic backgrounds.

Method of Participation

In order to meet the learning objectives and receive continuing education credits, participants are expected to check in at the registration desk each day of the program, attend the program and complete an on-line evaluation and credit request form at the conclusion of the activity. A letter certifying your attendance and credit verification will be emailed to you upon completion of the online evaluation survey and credit request form.

// CME INFORMATION

Accreditation

RUTGERS

Physicians

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Rutgers, The State University of New Jersey and the International Society for the Study of Women's Sexual Health. Rutgers, The State University of New Jersey is accredited by the ACCME to provide continuing medical education for physicians.

Rutgers, The State University of New Jersey designates this live activity for a maximum of 19.25 *AMA PRA Category 1 Credits*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

APA Accreditation Statement

ISSWSH is approved by the American Psychological Association to sponsor continuing education for psychologists. ISSWSH maintains responsibility for this program and its content. Full attendance is required for psychologists; no partial credits will be offered for partial attendance.

NPWH Accreditation Statement

This activity has been evaluated and approved by the Continuing Education Approval Program of the National Association of Nurse Practitioner in Women's Health for 19.00 contact hours of continuing education credit including 4.00 contact hours of pharmacology content. NPWH Activity no.14-08. Each participant should claim only those contact hours that he/she actually spent in the educational activity.

Furthermore we have applied for AASECT credits.

Policy: Filming, Photography, Audio Recording, and Cell Phones

No attendee/visitor at the ISSWSH 2014 Fall Course meeting may record, film, tape, photograph, interview, or use any other such media during any presentation, display, or exhibit without the express, advance approval of the ISSWSH Executive Director. This policy applies to all ISSWSH members, nonmembers, guests, and exhibitors, as well as members of the print, online, or broadcast media.

// FACULTY INFORMATION

Fall Course Chairman

Sue W. Goldstein, BA, CCRC, IF

Program Coordinator, San Diego Sexual Medicine San Diego, CA

Fall Course Faculty

Alan M. Altman, MD, IF

Private Practice, Dr. Altman Consultative Gynecology Aspen, CO

Eli Coleman, PhD

Professor and Chair in Sexual Health Director, Program in Human Sexuality University of Minnesota Medical Center Minneapolis, MN

Andrew T. Goldstein, MD, FACOG, IF

Private Practice, Center for Vulvovaginal Disorders Washington, DC/New York, NY/Annapolis, MD

Irwin Goldstein, MD, IF

Clinical Professor of Surgery at University of California, San Diego

Director, Sexual Medicine Alvarado Hospital Director, San Diego Sexual Medicine San Diego, CA

Crista Elcira Johnson-Agbakwu, MD, MSc, IF

Obstetrics & Gynecology, Maricopa Integrated Health Systems

Phoenix, AZ

Susan Kellogg-Spadt, PhD, CRNP, IF

Director of Female Sexual Medicine, Center for Pelvic Medicine at Academic Urology of PA, LLC Rosemont, PA

Sheryl A. Kingsberg, PhD, IF

Division Chief, OB/GYN Behavioral Medicine at UH Case Medical Center

Professor of OB/GYN and Psychiatry at Case Western Reserve University School of Medicine Cleveland, OH

Sharon J. Parish, MD, IF, NCMP

Professor of Medicine in Clinical Psychiatry, Weill Cornell Medical College

Director of Medical Services, NY Presbyterian Hospital, Westchester Division

New York, NY

Peer Review

In order to help ensure content objectivity, independence, and fair balance, and to ensure that the content is aligned with the interest of the public, CCOE has resolved all potential and real conflicts of interest through content review by a non-conflicted, qualified reviewer. This activity was peer-reviewed for relevance, accuracy of content, and balance of presentation by:

Tami Rowen, MD, MS

Clinical Instructor

Obstetrics/Gynecology & Reproductive Sciences University of California San Francisco School of Medicine San Francisco, CA

// DISCLOSURE DECLARATIONS

In accordance with the disclosure policies of Rutgers and to conform with ACCME and FDA guidelines, individuals in a position to control the content of this educational activity are required to disclose to the activity participants:

1) the existence of any relevant financial relationship with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients, with the exemption of non-profit or government organizations and non-health care related companies, within the past 12 months; and 2) the identification of a commercial product/device that is unlabeled for use or an investigational use of a product/device not yet approved.

Faculty

Alan M. Altman, MD, IF has disclosed the following relevant financial relationships:

- Speaker: Novogyne, Shiongi
- Member, Scientific Advisory Board: Sprout Pharmaceuticals

Eli Coleman, PhD, LP has disclosed the following relevant financial relationships:

- Grant/Research Support: National Institute of Mental Health
- Consultant: Sexual Health Advisory Board, Church & Dwight Inc.

Andrew T. Goldstein, MD FACOG, IF has disclosed the following relevant financial relationships:

 Member, Scientific Advisory Board: Emotional Brain, Inc.

Irwin Goldstein, MD, IF has disclosed the following relevant financial relationships:

- Grant/Research Support: Apricus, Emotional Brain, Neogyn, Trimel
- Consultant: Apricus, Exploramed, Strategic Science & Technologies
- Speaker: Ascend, Shionogi

 Member, Scientific Advisory Board: Apricus, Emotional Brain, Intimina, Neogyn, Strategic Science & Technologies

Sue W. Goldstein, BA, CCRC, IF has disclosed the following relevant relationships:

- Grant/Research Support: Apricus, Emotional Brain, Neogyn, Trimel
- Consultant: Apricus, Exploramed, Strategic Science & Technologies
- Speaker: Ascend, Shionogi
- Member, Scientific Advisory Board: Apricus, Emotional Brain, Intimina, Neogyn, Strategic Science & Technologies

Crista Elcira Johnson-Agbakwu, MD, MSc, IF has disclosed the following relevant relationships:

 Grant/Research Support: The National Institute on Minority Health and Health Disparities (NIMHD), Patty Brisben Foundation for Women's Sexual Health

Susan Kellogg-Spadt, PhD, CRNP, IF has disclosed the following relevant relationships:

• Consultant: Neongyn, Novo Nordisk, Shionogi, Sprout

Sheryl A. Kingsberg, PhD, IF has disclosed the following relevant relationships:

- Grant/Research Support: Palatin, Trimel
- Consultant: Apricus, Metagenics, Novo Nordisk, Palatin, Pfizer Inc., Shionogi, Sprout, Strategic Science & Technologies, Teva, Trimel
- Member, Scientific Advisory Board: Apricus, Emotional Brain, Metagenics, Sprout, Viveve
- Stock Shareholder: Vieve

Sharon J. Parish, MD, IF, NCMP has disclosed the following relevant relationships:

- Speaker: Pfizer, Inc.
- Member, Scientific Advisory Board: Emotional Brain, Pfizer, Inc., Sprout

// DISCLOSURE DECLARATIONS

Peer Reviewer

Tami Rowen, MD, MS has no relevant financial relationships to disclose.

Rutgers Staff

Elizabeth Ward, MSJ, Executive Director and Tristan Nelsen, MNM, CMP, Senior Program Manager, have no relevant financial relationships to disclose.

International Society for the Study of Women's Sexual Health Staff

David Casalod, Executive Director, Tessa Benitez, Association Manager and Vivian Gies, Meeting Manager have no relevant financial relationships to disclose.

Off-Label/Investigational Use

This activity contains information on commercial products/ devices that are unlabeled for use or investigational uses of products not yet approved. Faculty will disclose off-label/ investigational uses within their presentations.

Disclaimer

The views expressed in this activity are those of the faculty. It should not be inferred or assumed that they are expressing the views of any manufacturer of pharmaceuticals or devices, Rutgers or the International Society for the Study of Women's Health.

It should be noted that the recommendations made herein with regard to the use of therapeutic agents, varying disease states, and assessments of risk, are based upon a combination of clinical trials, current guidelines, and the clinical practice experience of the participating presenters. The drug selection and dosage information presented in this activity are believed to be accurate. However, participants are urged to consult all available data on products or procedures before using them in clinical practice.

Rutgers and the International Society for the Study of Women's Health reserve the right to modify the activity content and faculty if necessary.

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For questions or concerns regarding this activity, please call the ISSWSH Executive Office at +1 (218) 461 5115.

// PROGRAM - FRIDAY NOVEMBER 14, 2014

All sessions will take place in the Center Ballroom, unless shown otherwise.

11:00 a.m. - 11:15 a.m.

Welcome/Introduction/Housekeeping

Sharon J. Parish, MD, IF, NCMP & Sue W. Goldstein, BA, CCRC, IF

11:15 a.m. - 11:45 a.m.

Epidemiology/Models/Classification

Sharon J. Parish, MD, IF, NCMP

11:45 a.m. - 12:15 p.m.

Sexual History/Psychological & Psychosocial History/ Screening Questionnaires

Sheryl A. Kingsberg, PhD, IF

12:15 p.m. - 1:00 p.m.

Patient Demos (2), Commentary

Moderator: Sharon J. Parish, MD, IF, NCMP

Individual (Screening): Susan Kellogg-Spadt, PhD, CRNP, IF Couple (Assessment Interview): Sheryl A. Kingsberg, PhD, IF

1:00 p.m. - 1:50 p.m.

Industry Lunch Symposium

Location: South Ballroom

1:50 p.m. - 2:00 p.m.

Break

Location: Foyer

2:00 p.m. - 2:30 p.m.

Diagnostic Testing/Genital Pathophysiology

Irwin Goldstein, MD, IF

2:30 p.m. - 2:55 p.m.

Gynecologic Conditions and Sexual Dysfunction

Crista Elcira Johnson-Agbakwu, MD, MSc, IF

2:55 p.m. - 3:20 p.m.

Sexual Health in Pregnancy and Post-Partum

Crista Elcira Johnson-Agbakwu, MD, MSc, IF

3:20 p.m. - 3:50 p.m.

Psychological and Behavioral Therapies

Sheryl A. Kingsberg, PhD, IF

3:50 p.m. - 4:05 p.m.

Break with Exhibitors

Location: Foyer

4:05 p.m. - 4:20 p.m.

Central Mechanisms of FSD/Central Agents to Treat

FSD

Irwin Goldstein, MD, IF

4:20 p.m. - 4:45 p.m.

Psychiatric Disorders and Sexual Dysfunction

Sharon J. Parish, MD, IF, NCMP

4:45 p.m. - 5:15 p.m.

Understanding Mechanisms of Gender Dysphoria and

its Treatment
Eli Coleman, PhD

5:15 p.m. - 5:40 p.m.

Cancer and Sexuality

Irwin Goldstein, MD, IF

5:40 p.m. - 6:30 p.m.

Contraception and Sexual Function: Panel Discussion

Moderator: Susan Kellogg-Spadt, PhD, CRNP, IF

Faculty: Andrew T. Goldstein, MD, FACOG, IF

Irwin Goldstein, MD, IF

Crista Elcira Johnson-Agbakwu, MD, MSc, IF

6:30 p.m. - 6:45 p.m.

Q & A

6:45 p.m. - 7:30 p.m.

Y Welcome Reception

Location: Foyer

// PROGRAM - SATURDAY NOVEMBER 15, 2014

All sessions will take place in the Center Ballroom, unless shown otherwise.

7:15 a.m. - 8:00 a.m.

Breakfast

Location: Foyer

8:00 a.m. - 8:05 a.m.

Housekeeping

Sue W. Goldstein, BA, CCRC, IF

8:05 a.m. - 8:25 a.m.

Prevalence of Dyspareunia, Normal Anatomy

Andrew T. Goldstein, MD, FACOG, IF

8:25 a.m. - 8:55 p.m.

Physical Exam, Vulvoscopy, Pelvic Floor, Labs

Susan Kellogg-Spadt, PhD, CRNP, IF

8:55 p.m. - 9:35 p.m.

Causes of Dyspareunia

Andrew T. Goldstein, MD, FACOG, IF

9:35 a.m. - 9:50 a.m.

HPV, VIN and Vulvar Disease

Susan Kellogg-Spadt, PhD, CRNP, IF

9:50 a.m. - 10:20 a.m.

Treatment of Dyspareunia: Medical, Physical Therapy

Susan Kellogg-Spadt, PhD, CRNP, IF

10:20 a.m. - 10:35 a.m.

Treatment of Dyspareunia: Surgical

Andrew T. Goldstein, MD, FACOG, IF

10:35 a.m. - 10:50 a.m.

Sexual Pain Q&A

10:50 a.m. - 11:05 a.m.

Break with Exhibitors

Location: Foyer

11:05 a.m. - 11:45 a.m.

Hormonal Therapy: Estrogens and Progestogens

Alan M. Altman, MD, IF

11:45 a.m. - 12:15 p.m.

Androgen Treatment Guidelines and Safety Concerns

Sharon J. Parish, MD, IF, NCMP

12:15 p.m. - 12:30 p.m.

Androgen Treatment Panel: Practical Considerations

Sharon J. Parish, MD, IF, NCMP

Irwin Goldstein, MD, IF

12:30 p.m. - 12:50 p.m.

Genitourinary Syndrome of Menopause/Local

Estrogen/New Emerging Therapy

Sharon J. Parish, MD, IF, NCMP

12:50 p.m. - 1:05 p.m.

Q&A

1:05 p.m. - 1:55 p.m.

Lunch with the Faculty: Practice Models

Location: South Ballroom

1:55 p.m. - 2:05 p.m.

Break

Location: Foyer

2:05 p.m. - 2:25 p.m.

Future Treatment Strategies for FSD

Irwin Goldstein, MD, IF

2:25 p.m. - 2:35 p.m.

PGAD patient

Moderator: Susan Kellogg-Spadt, PhD, CRNP, IF

// PROGRAM - SATURDAY NOVEMBER 15, 2014

2:35 p.m. - 2:55 p.m.

PGAD

Irwin Goldstein, MD, IF

2:55 p.m. - 3:10 p.m.

Break with Exhibitors

Location: Foyer

3:10 p.m. - 6:00 p.m.

Breakout Session I

Station 1: Vulvar Dermatoses

Location: Center Ballroom

Andrew T. Goldstein, MD, FACOG, IF

Station 2: Diagnostics I

Location: Rio Verde Room Irwin Goldstein, MD, IF

Station 3: Menopause Management: Cases

Location: Sonora Room Alan M. Altman, MD, IF

Station 4: Pelvic Floor Muscle Exam and Physical

Therapy

Location: San Carlos Room

Susan Kellogg-Spadt, PhD, CRNP, IF

Station 5: Sexual Health Patient Education: Ask-Tell-

Ask

Location: Chaparral Room

Sharon J. Parish, MD, IF, NCMP (speaker)

Eli Coleman, PhD

Sue W. Goldstein, BA, CCRC, IF

Crista Elcira Johnson-Agbakwu, MD, MSc,IF

Sheryl A. Kingsberg, PhD, IF

// PROGRAM - SUNDAY NOVEMBER 16, 2014

All sessions will take place in the Center Ballroom, unless shown otherwise.

7:00 a.m. - 7:30 a.m.

T Breakfast

Location: Foyer

7:30 a.m. - 7:35 a.m.

Housekeeping

Sue W. Goldstein, BA, CCRC, IF

7:35 a.m. - 7:50 a.m.

Coding and Billing

Susan Kellogg-Spadt, PhD, CRNP, IF

7:50 a.m. - 8:10 a.m.

Panel: Surgical Interventions - Videos and Cases

Andrew T. Goldstein, MD, FACOG, IF Irwin Goldstein, MD, IF

8:10 a.m. - 8:20 a.m.

P Break: grab snack and go to breakout

Location: Foyer

8:20 a.m. - 11:10 a.m.

Breakout Session II

Station 1: Evaluation of Sexual Pain

Location: Sonora Room

Andrew T. Goldstein, MD, FACOG, IF

Station 2: Diagnostics II: Clinical Cases

Location: Rio Verde Room Alan M. Altman, MD, IF Irwin Goldstein, MD, IF Station 3: Office Based Sex Therapy

Location: Chaparral Room

Sheryl A. Kingsberg, PhD, IF (speaker) Sue W. Goldstein, BA, CCRC, IF

Sharon J. Parish, MD, IF, NCMP

Station 4: Sexual Enhancers: Moisturizers, Lubricants

and Accessories

Location: San Carlos Room

Susan Kellogg-Spadt, PhD, CRNP, IF

Station 5: Cross-Cultural Sexual Health Dialogues

Location: Center Ballroom

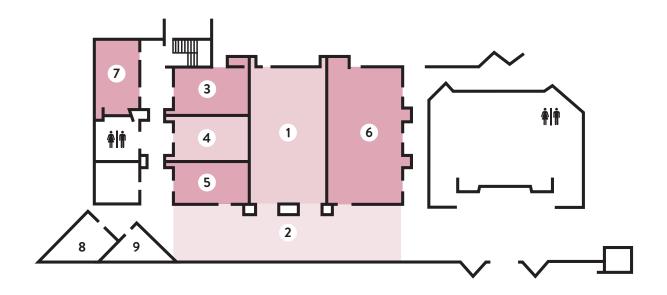
Crista Elcira Johnson-Agbakwu, MD, MSc, IF

11:15 a.m. - 11:30 a.m.

Conclusion and Course Wrap-up

Sue W. Goldstein, BA, CCRC, IF & Sharon J. Parish, MD, IF, NCMP

// FLOOR PLAN



- (1) CENTER BALLROOM (MAIN SESSION ROOM)
- (2) FOYER (TECHNICAL EXHIBITION)
- 3 SAN CARLOS ROOM
- 4 SONORA ROOM
- (5) RIO VERDE ROOM
- 6 SOUTH BALLROOM
- (7) CHAPARRAL ROOM
- (8) EXECUTIVE BOARDROOM
- 9 DIRECTOR'S BOARDROOM



