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Contact Details
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// WELCOME MESSAGE

Dear Registrant,

We are excited to welcome you to the new expanded Spring 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 welcome you to our nation’s capital. 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. You will note that the ISSWSH course faculty changes 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, physician assistants, 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, during lunch on Saturday you will have the opportunity to eat lunch with a member of the faculty to discuss practice models. We hope you will have time to interact with faculty and other course attendees throughout the course.

Sue W. Goldstein, BA, CCRC, IF
Interim Education Chair
ISSWSH BOARD OF DIRECTORS 2015-2016

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Scientific Program Chair
Debra Herbenick, PhD, MPH

Scientific Program Co-Chair
Melissa A. Farmer, PhD
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
Potential attendees of the courses include (but or not limited to) physicians, residents, students, nurse practitioners, physician assistants, physical therapists and sex therapists.

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

- (1) Describe the broad epidemiology, prevalence, classification systems and models for female sexual disorders in clinical practice. (2) Identify changes from DSM IV to DSM V.
- (1) Utilize demonstration interview with a live patient, and her partner when a couple is involved, to teach optimal sexual problem history taking.
- (1) Develop skills that allow for discussing sexual concerns with female patients. (2) Review content to be covered in screening and diagnosis.
- (1) Cite the pathophysiology of hormonal, vascular and neurologic causes of sexual dysfunction in women; (2) Describe the various diagnostic tests needed to properly diagnose a women with sexual dysfunction.
- (1) Describe the indications for use of and differences between vaginal lubricants, moisturizers and vulvar creams in the treatment of sexual dysfunction. (2) List potential irritants and caustic additives that may hinder sexual comfort; (3) Discuss the types of vibrators and their use; (4) Apply the PLISSIT model and behavioral therapy principles in clinical practice.
- (1) Describe the specific assessment for sexual dysfunction related to psychosexual factors. (2) List contemporary sex therapy techniques for female sexual dysfunction.
- (1) Cite and describe rational and logical use of off-label treatments affecting central excitatory neurotransmitters.
- (1) Describe the relationship between common psychiatric disorders in women, particularly depression, and female sexual dysfunctions. (2) Assess the latest evidenced-based approach to the appropriate use of psychopharmacological agents in this clinical context.
- (1) Discuss relationship between OAB and sexual dysfunction in women. (2) Describe how placement of a sub-urethral sling can cause orgasmic disorders.
- (1) Differentiate between differentiate among of orgasms. (2) Describe various aspects of orgasm compromise.
- (1) Discuss the impact of breast cancer and its therapy on female sexual health. (2) Identify how to address sexual problems in breast cancer patients. (3) Describe supportive measures used to treat sexual dysfunction in breast cancer survivors. (4) Identify the controversy surrounding the usage of hormonal products in women with breast cancer. (5) Apply a multidisciplinary treatment approach to female sexual dysfunction in the breast cancer survivor (sexual rehabilitation).
- (1) Manage sexual problems in gynecology cancer patients. (2) Apply a multidisciplinary treatment approach to female sexual dysfunction in the gynecologic cancer survivor (sexual rehabilitation).
- (1) Describe the potential positive impact of various contraceptive methods on sexual function. (2) Identify the potential negative impact of various contraceptive methods on sexual function.
- (1) Discuss true prevalence of dyspareunia. (2) Identify important anatomic landmarks to examine in an exam for a woman with dyspareunia.
- (1) Describe the possible sources of sexual pain related to skin, musculoskeletal, neuroproliferative, hormonal and genitourinary factors. (2) Explain the technique for systematic assessment of the vulva, vestibule and pelvic floor muscles.
- (1) Define the three most common causes of dyspareunia. (2) Explain the appropriate causes of the medical history and physical examination that determine the cause of the dyspareunia.
- (1) Describe the vulvoscopy presentations of VIN and non-neoplastic vulvar dermatologic conditions. (2) Explain when to biopsy for diagnostic purposes.
(1) Describe 4 types of oral medication that can be used in the treatment of dyspareunia. (2) Review the purpose and efficacy of pelvic floor PT when treating patients with dyspareunia.

(1) Describe a total vestibulesectomy with vaginal advancement flap and excisional therapy for introital constriction. (2) Explain why a partial vestibulesectomy is not a practical option for a positive patient outcome.

(1) Apply relevant data and appropriate individual choices to the education of both practitioners and patients in order to guide them through the process of menopausal HT decision making. (2) Analyze the major differences in available hormone therapies to help individualize the treatment and enhance the benefits while decreasing the risks for the menopausal patient.

(1) Discuss the efficacy and safety of testosterone therapy for Hypoactive Sexual Desire Disorder in women.

(1) Identify the benefits and risks associated with off label testosterone use for Hypoactive Sexual Desire Disorder (distressing low sexual desire); (2) Compare and contrast the off label use of various FDA-approved male products in women and compounded testosterone treatment options.

(1) Recognize the clinical manifestations of Genitourinary Syndrome of Menopause (GSM) and the underlying pathology. (2) Apply evidence-based treatment options, both hormonal and nonhormonal, to the management of GSM.

(1) Describe the impact of benign gynecologic disorders on sexual function from clinical experiences and from studies. (2) Integrate information and education for patients in the diagnostic and therapeutic process. (3) Apply the best practice treatment (evidence based or experienced based) in the case of dysfunctions.

(1) Discuss the pharmacologic agents being developed for FSD and review the off-label treatments currently used for this indication. (2) Describe the devices in use and being developed for FSD.

(1) Cite the causes and treatment of hormonally mediated vestibulodynia. (2) Outline the causes and treatment of hypertonic pelvic floor muscle dysfunction, neuroproliferative vestibulodynia and of desquamative inflammatory vaginitis.

(1) Distinguish when to use which diagnostic test in which specific patient. (2) Explain the difference between various sexual dysfunctions in women based on the diagnostic testing results.

(1) Determine a biopsychosocial diagnosis of your menopausal patient assessing her individual health needs and priorities. (2) Describe the difference between oral and non-oral estrogens routes of administration with respect to differences in risk. (3) Develop a dosing and regimen plan in response to patient concerns and side effects with a particular hormone therapy. (4) Apply better counseling to patients in anticipation of common complications/side effects from their use of hormone therapy. (5) Describe progestogen options with respect to dose and regimen to improve patient care.

(1) Describe the specific assessment for sexual dysfunction related to musculoskeletal factors. (2) Explain contemporary treatments for sexual dysfunction related to musculoskeletal factors.

(1) Discuss the purpose of the Ask-Tell-Ask technique in sexual problem counseling for female sexual dysfunctions. (2) Implement the patient-centered, collaborative motivational interviewing technique Ask-Tell-Ask in a practice setting.

(1) Describe the specific assessment for sexual dysfunction related to musculoskeletal factors. (2) Explain contemporary treatments for sexual dysfunction related to musculoskeletal factors.

(1) Discuss the purpose of the Ask-Tell-Ask technique in sexual problem counseling for female sexual dysfunctions. (2) Implement the patient-centered, collaborative motivational interviewing technique Ask-Tell-Ask in a practice setting.

(1) Describe and name the common ICD and CPT codes relevant to sexual medicine.

(1) Describe the underlying pathophysiology leading to PGAD. (2) Discuss therapeutic strategies with specific pathophysiology of PGAD.

(1) Recognize and treat lichen sclerosus, lichen planus, lichen simplex chronicus.

(1) Apply principles of diagnosis and treatment algorithm to real life situations.

(1) Review the goals of office-based counseling for non-mental health professionals. (2) Apply office-based counseling techniques with standardized patients.

(1) Describe the specific action and indications for use of vaginal lubricants and moisturizers. (2) Discuss over the counter products used in the treatment of sexual dysfunction.

(1) Explain the biopsychosocial model of sexual function and the barriers to implementing it in a practice setting.
(2) Discuss the financial implications of an integrated sexual medicine practice, how to avoid business pitfalls and provide value added services to complement patient care.

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 online evaluation and credit request form at the conclusion of the activity. A letter certifying your attendance and credit verification will be mailed to you within 30 days following completion of the online evaluation and credit form.

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 18.25 AMA PRA Category 1 Credits™. 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.
FACULTY INFORMATION

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Spring Course Co-Chair
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Spring Course Faculty
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Nahariya, Israel

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Director, Sexual Medicine Alvarado Hospital
Director, San Diego Sexual Medicine
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Susan Kellogg-Spadt, PhD, CRNP, IF
Director of Female Sexual Medicine, Center for Pelvic Medicine at Academic Urology of PA, LLC
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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

James A. Simon, MD, CCD, NCMP, IF, FACOG
George Washington University
Washington, DC

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:

Alyse M. Kelly-Jones, MD
Mintview Women’s Care
Charlotte, NC

Becky K. Lynn, MD
University of Missouri
Colombia, MO

Tami Rowen, MD, MS
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

Johannes Bitzer, MD, IF has no relevant financial relationships to disclose.

Jacob Bornstein, MD has no relevant financial relationships to disclose.

Shari Goldfarb, MD has disclosed the following relevant financial relationships:
- **Grant/Research Support:** Susan G. Komen Breast Cancer Foundation, Berg Pharma LLC, Health Tell, Fidia Pharma USA
- **Speaker:** Celgene

Andrew T. Goldstein, MD, FACOG, IF has disclosed the following relevant financial relationships:
- **Grant/Research Support:** Palatin Technologies, Inc.
- **Member, Scientific Advisory Board:** Strategic Sciences and Technologies

Irwin Goldstein, MD, IF has disclosed the following relevant financial relationships:
- **Grant/Research Support:** Emotional Brain, Nuelle, Palatin, SST, TherapeuticsMD
- **Consultant:** Nuelle, SST
- **Speaker:** Ascend, Shionogi, Vertical Pharmaceuticals
- **Member, Scientific Advisory Board:** Apricus, Emotional Brain, Lelo, Shionogi, Sprout, SST

Sue W. Goldstein, BA, CCRC, IF has disclosed the following relevant financial relationships:
- **Grant/Research Support:** Emotional Brain, Nuelle, Palatin, SST, TherapeuticsMD
- **Consultant:** Nuelle, SST
- **Speaker:** Ascend, Shionogi, Vertical Pharmaceuticals
- **Member, Scientific Advisory Board:** Apricus, Emotional Brain, Lelo, Shionogi, Sprout, SST

Susan Kellogg-Spadt, PhD, CRNP, IF has disclosed the following relevant financial relationships:
- **Consultant:** Neogyn
- **Speaker:** Shionogi, Novo Nordisk
- **Member, Scientific Advisory Board:** Nuelle, Lelo

Sharon J. Parish, MD, IF, NCMP has disclosed the following relevant financial relationships:
- **Speaker:** Pfizer Inc.
- **Member, Scientific Advisory Board:** Pfizer Inc., Sprout Pharmaceuticals, Emotional Brain, Strategic Science Technologies

James A. Simon, MD, CCD, NCMP, IF, FACOG has disclosed the following relevant financial relationships:
- **Grant/Research Support:** AbbVie, Inc., Actavis, PLC., Agile Therapeutics, Bayer Healthcare LLC., New England Research Institute, Inc., Novo Nordisk, Palatin Technologies, Teva Pharmaceutical Industries Ltd, TherapeuticsMD
- **Speaker:** Amgen Inc., Eisai, Inc., Merck, Noven Pharmaceuticals, Inc., Novo Nordisk, Shionogi Inc.
- **Patent Holder:** US Patent 4,816,257. Method for Producing and In Vivo Environment Suitable for Human Embryo Transfer
// DISCLOSURE DECLARATIONS

Peer Reviewers
Becky K. Lynn, MD and Tami Rowen, MD, MS have no relevant financial relationships to disclose.
Alyse M. Kelly-Jones, MD has disclosed the following relevant financial relationships: Consultant and speaker for Shionogi

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.

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For questions or concerns regarding this activity, please call the ISSWSH Executive Office at +1 (218) 461 5115.
Welcome / Introduction / Housekeeping
Sharon J. Parish, MD, IF, NCMP &
Sue W. Goldstein, BA, CCRC, IF

Epidemiology / Models / Classification / DSM5
Sharon J. Parish, MD, IF, NCMP

Patient Demos (2), Commentary
Moderator: Sharon J. Parish, MD, IF, NCMP
Individual (Screening): Susan Kellogg-Spadt, PhD, CRNP, IF
Couple (Assessment Interview): James A. Simon, MD, CCD, NCMP, IF, FACOG

Sexual History / Psychological & Psychosocial History / Screening Questionnaires
Sharon J. Parish, MD, IF, NCMP

Genital Pathophysiology / Diagnostic Testing
Irwin Goldstein, MD, IF

Psychological and Behavioral Therapies
Sue W. Goldstein, BA, CCRC, IF

Efficacy of Sex Therapy
Susan Kellogg-Spadt, PhD, CRNP, IF

Central Mechanisms of FSD/Central Agents to treat FSD
Irwin Goldstein, MD, IF

Psychiatric Disorders and Sexual Dysfunction
Sharon J. Parish, MD, IF, NCMP

Incontinence, OAB and Sexuality
Irwin Goldstein, MD, IF

Breast Cancer and Sexuality
Guest lecture: Shari Goldfarb, MD

Gynecologic Cancer and Sexuality
Johannes Bitzer, MD, IF

Contraception and Sexuality: Panel Discussion
Moderator: Susan Kellogg-Spadt, PhD, CRNP, IF
Faculty: Johannes Bitzer, MD, IF
Andrew T. Goldstein, MD, FACOG, IF
Irwin Goldstein, MD, IF
James A. Simon, MD, CCD, NCMP, IF, FACOG

Q & A

Welcome Reception
Location: Foyer
## PROGRAM - SATURDAY APRIL 11, 2015

All sessions will take place in **Constitution A**, unless shown otherwise.

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<th>Event</th>
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<td>07:00 a.m. - 07:55 a.m.</td>
<td>Breakfast</td>
<td>Constitution B</td>
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<tr>
<td>07:55 a.m. - 08:00 a.m.</td>
<td>Housekeeping</td>
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<tr>
<td>08:00 a.m. - 10:55 a.m.</td>
<td>Sexual Pain Mini-Course</td>
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<tr>
<td>08:00 a.m. - 08:20 a.m.</td>
<td>Prevalence of Dyspareunia, Normal Anatomy</td>
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<tr>
<td></td>
<td>Andrew T. Goldstein, MD, FACOG, IF</td>
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<tr>
<td>08:20 a.m. - 08:50 a.m.</td>
<td>Physical Exam, Vulvoscopy, Pelvic Floor, Labs</td>
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<td>Susan Kellogg-Spadt, PhD, CRNP, IF</td>
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<tr>
<td>08:50 a.m. - 09:30 a.m.</td>
<td>Causes of Dyspareunia</td>
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<td>Andrew T. Goldstein, MD, FACOG, IF</td>
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<tr>
<td>09:30 a.m. - 09:45 a.m.</td>
<td>HPV, VIN and Vulvar Disease</td>
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<td>Susan Kellogg-Spadt, PhD, CRNP, IF</td>
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<tr>
<td>09:45 a.m. - 10:15 a.m.</td>
<td>Treatment of Dyspareunia: Medical, Physical Therapy</td>
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<td>Susan Kellogg-Spadt, PhD, CRNP, IF</td>
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<td>10:15 a.m. - 10:45 a.m.</td>
<td>Treatment of Dyspareunia: Surgical Interventions</td>
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<td>Jacob Bornstein, MD</td>
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<td>10:45 a.m. - 10:55 a.m.</td>
<td>Sexual Pain Q&amp;A</td>
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<td>10:55 a.m. - 11:10 a.m.</td>
<td>Break with Exhibitors</td>
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<tr>
<td>11:10 a.m. - 11:50 a.m.</td>
<td>Hormonal Therapy: Estrogens and Progestogens</td>
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<td>James A. Simon, MD, CCD, NCMP, IF, FACOG</td>
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<tr>
<td>11:50 a.m. - 12:20 p.m.</td>
<td>Androgen Treatment Panel: Guidelines and Safety Concerns</td>
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<td>Sharon J. Parish, MD, IF, NCMP</td>
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<tr>
<td>12:20 p.m. - 12:35 p.m.</td>
<td>Androgen Treatment Panel: Practical Considerations</td>
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<td>Irwin Goldstein, MD, IF</td>
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<td>12:35 p.m. - 12:55 p.m.</td>
<td>Genitourinary Syndrome of Menopause: Evaluation and Therapy</td>
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<td>James A. Simon, MD, CCD, NCMP, IF, FACOG</td>
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<tr>
<td>12:55 p.m. - 01:05 p.m.</td>
<td>Q &amp; A</td>
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<td>01:05 p.m. - 01:55 p.m.</td>
<td>Lunch with the Faculty: Practice Models</td>
<td>Constitution B</td>
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<td>01:55 p.m. - 02:05 p.m.</td>
<td>Break</td>
<td>Foyer</td>
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<td>02:05 p.m. - 02:35 p.m.</td>
<td>Gynecologic Conditions and Sexual Dysfunction</td>
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<td>Johannes Bitzer, MD, IF</td>
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PROGRAM - SATURDAY APRIL 11, 2015

All sessions will take place in Constitution A, unless shown otherwise.

02:35 p.m. - 02:55 p.m.

**Future Treatment Strategies for FSD**
*James A. Simon, MD, CCD, NCMP, IF, FACOG*

02:55 p.m. - 03:10 p.m.

**Break with Exhibitors**
*Location: Foyer*

03:10 p.m. - 06:00 p.m.

**Breakout Session I**

**Station 1: Evaluation of Sexual Pain**
*Location: Constitution A*
*Jacob Bornstein, MD*
*Andrew T. Goldstein, MD, FACOG, IF*

**Station 2: Diagnostics I**
*Location: Arlington*
*Irwin Goldstein, MD, IF*

**Station 3: Menopause Management: Cases**
*Location: Cabin John*
*Johannes Bitzer, MD, IF*
*James A. Simon, MD, CCD, NCMP, IF, FACOG*

**Station 4: Pelvic Floor Muscle Exam and Physical Therapy**
*Location: Roosevelt*
*Susan Kellogg-Spadt, PhD, CRNP, IF*

**Station 5: Sexual Health Patient Education: Ask-Tell-Ask**
*Location: Wilson*
*Sharon J. Parish, MD, IF, NCMP (speaker)*
*Shari Goldfarb, MD*
*Sue W. Goldstein, BA, CCRC, IF*
PROGRAM - SUNDAY APRIL 12, 2015

All sessions will take place in Constitution A, unless shown otherwise.

07:00 a.m. - 08:00 a.m.
Breakfast
Location: Constitution B

08:00 a.m. - 08:05 a.m.
Housekeeping

08:05 a.m. - 08:20 a.m.
Coding and Billing
Susan Kellogg-Spadt, PhD, CRNP, IF

08:20 a.m. - 08:40 a.m.
PGAD
Irwin Goldstein, MD, IF

08:40 a.m. - 08:50 a.m.
Break: Grab a snack and go to breakout
Location: Foyer

08:50 a.m. - 11:40 a.m.
Breakout Session II

Station 1: Vulvar Dermatoses
Location: Constitution A
Andrew T. Goldstein, MD, FACOG, IF

Station 2: Diagnostics II: Clinical Cases
Location: Arlington
Irwin Goldstein, MD, IF

Station 3: Office Based Sex Therapy
Location: Cabin John
Sharon J. Parish, MD, IF, NCMP (speaker)
Johannes Bitzer, MD, IF
Sue W. Goldstein, BA, CCRC, IF

11:45 a.m. - 12:00 p.m.
Conclusion and Course Wrap-up
Sue W. Goldstein, BA, CCRC, IF
Sharon J. Parish, MD, IF, NCMP

Station 4: Sexual Enhancers: Moisturizers, Lubricants and Accessories
Location: Roosevelt
Susan Kellogg-Spadt, PhD, CRNP, IF

Station 5: The Business of Sexual Medicine: How Not To Go Bankrupt While Doing a Good Job
Location: Wilson
James A. Simon, MD, CCD, NCMP, IF, FACOG

11:45 a.m. - 12:00 p.m.
Conclusion and Course Wrap-up
Sue W. Goldstein, BA, CCRC, IF
Sharon J. Parish, MD, IF, NCMP
International Society for the Study of Women's Sexual Health

Fall Course 2015
Scottsdale, AZ - USA
DoubleTree Resort by Hilton Hotel Paradise Valley
October 9-11, 2015

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