

PROGRAM OBJECTIVE:

To provide Yearly Update of Pertinent Medical Topics in Women's Health for the Healthcare Providers of Military Beneficiaries.

By the end of the presentations, the participant will know the following:

LECTURE OBJECTIVES:

1. PRACTICAL ADVICE ON HOW TO GET PATIENTS TO LOSE WEIGHT

Speaker: Dr. Ken Fujioka

Director, Nutrition and Metabolic Research Center, Scripps Clinic, Del Mar

Director, Center for Weight Management, Scripps Clinic, La Jolla

Chair, Clinical Management of Obesity Section, The Obesity Society

- a) How to prescribe a diet
- b) How to go about weight loss in the diabetic
- c) Be able to understand why it is so difficult to lose weight

2. FOOD AS MEDICINE

Speaker: Andrea Ogden, RD

Registered Dietitian, Scripps Center for Integrative Medicine, La Jolla

- a) Understand the relationship between inflammation and food
- b) Become familiar with the phytonutrients and food characteristics that have an influence on the body's ability to fight disease and manage symptoms
- c) Acquire simplified language to effectively educate patients on the power of food in the disease management process

3. HEREDITARY ASPECTS OF FEMALE CANCERS

Speaker: Michelle Applegarth, MS, CGC

Certified Genetic Counselor, Naval Medical Center San Diego

- a) Become familiar with red flags for hereditary cancer syndromes that include female cancers
- b) Identify patients who are appropriate candidates for Genetic Cancer Risk Assessment
- c) Understand benefits, risks, and limitations of genetic testing for hereditary cancers

4. VACCINE PREVENTABLE INFECTIOUS DISEASES: LATEST UPDATE

Speaker: Nimfa Teneza-Mora, LCDR, MC, USN

Staff, Infectious Diseases Division, Dept of Internal Medicine, Naval Medical Center San Diego

- a) Understand gender differences in vaccine side effects and efficacy
- b) Be knowledgeable in the latest update on flu vaccines, including H1N1 virus
- c) Be informed with the vaccine preventable infectious bioterrorism agents

5. EVALUATION OF MANAGEMENT STRATEGIES FOR AGC PAP SMEARS

Speaker: Jessica Shank, LT, MC, USN

Chief Resident, Dept of Obstetrics & Gynecology, Naval Medical Center San Diego

- a) Be familiar with the results of the 2008 survey of the rate of appropriate referral and management of atypical glandular cells (AGC) on cervical screening cytology
- b) Know the American Society for Colposcopy and Cervical Pathology (ASCCP) 2006 Guidelines for Atypical Glandular Cells

- c) Be aware of educational materials and resources available to providers with respect to the 2006 ASCCP Guidelines, and management strategies for Atypical Glandular Cells

6. WOMEN'S SKIN HEALTH THROUGHOUT LIFE CYCLE

Speaker: Kimberly Maino, CDR, MC, USN

Assistant Chair, Department of Dermatology, Naval Medical Center San Diego, and Section Head, Division of Procedural Dermatology

- a) Understand the natural history of the skin aging process
- b) Know the diagnosis, treatment and prevention of common types of skin cancer
- c) Be familiar with controversies in vitamin D, cosmetics, and to gain fundamental knowledge in good skin care

7. ACL INJURY PREVENTION IN FEMALE ATHLETES

Speaker: Kathryn Scarretta, LT, MC, USN

Chief Resident, Dept of Orthopedics, Naval Medical Center San Diego

- a) Know the environmental, anatomical, and hormonal causes of anterior cruciate ligament (ACL) injury
- b) Be familiar with the main reasons for female ACL tears
- c) Understand the diagnosis, treatment options, and prevention for ACL injury

8. OPERATIONAL MEDICINE IN FORWARD DEPLOYMENT: EMF IRAQ & EMF KUWAIT

Speaker: Eimaneh Mostofian, LT, MC, USN

*Obstetrician & Gynecologist/General Surgeon, 1st Marine Logistics Group, 1st Medical BN, Al Taqqadum, FOB Sahl Sinjar, 345th CSH Mosul, Iraq. Aug 2008 to Mar 2009
Staff Obstetrician & Gynecologist, Dept of Ob/Gyn, Naval Hospital Camp Pendleton*

Speaker: Robert Behrmann, MAJ, MC, USA

Squadron Surgeon 3rd Amored Cavalry Regiment, Mosul (FOB Marez), Iraq. Oct 2008 to Dec 2008

Staff Obstetrician & Gynecologist, Dept of Ob/Gyn, Naval Medical Center San Diego

Speaker: Jason Heaton, LCDR, MC, USN

Obstetrician & Gynecologist/General Surgeon, Camp Arifjan, Kuwait. Jan 2009 to Jul 2009

Staff Obstetrician & Gynecologist, Dept of Ob/Gyn, Naval Medical Center San Diego

- a) Understand the medical resources and support available in forward deployed military settings
- b) Be familiar with operational medicine and case experiences in the theatre
- c) To know the factors that limit conventional medical practices in deployment

9. HEALTH CARE FOR WOMEN VETERANS

Speaker: Lisa Roybal, CDR (ret), NC, USN

Women Health Nurse Practitioner

Women Veterans Program Manager, US Dept of Veteran Affairs, VHA

- a) To understand the changing demographics of the women veteran
- b) To be knowledgeable of the health care services available to our veterans
- c) To learn how to navigate in the nation's largest integrated health care delivery system, the Veterans Health Administration (VHA)