



# Conversations About Women's Health

## Let's Talk About ... Taboo Topics with **GIRLS ONLY**®

### *Boosting Your Mood and Serenity, Maintaining Your Sexual Appetite and Overcoming Urinary Incontinence*

Join our panel of nationally renowned experts for a special evening filled with fun and frank discussions about topics women frequently face but find too personal, difficult or embarrassing to talk about. The cast of **GIRLS ONLY**®, an original comedy duo that celebrates the honor, truth, humor and silliness of being female, will work with our doctors to give you a humorous take on the realities of anxiety, depression, sexuality and urinary incontinence.

#### **In these presentations, you'll learn how to:**

- » Identify strategies to maintain mental wellness
- » Gain techniques to self-manage distress and anxiety
- » Recognize signs of clinical depression and anxiety that may need treatment
- » Understand the common causes of female sexual dysfunction
- » Appreciate healthy behaviors that promote sexual satisfaction
- » Become familiar with psychological, pharmacological, and physical methods to address female sexual dysfunction
- » Understand the two different types of incontinence
- » Explore non-invasive treatment options for urinary incontinence
- » Understand that the decision for surgery is determined by the patient

## Special pre-event appearance!

The Pink Life Saver mobile coach  
Screening mammograms available from 4-6 p.m.  
Call 303.848.1030 to schedule or walk-in.  
Insurance card required.

## Agenda

- 5 p.m.** Registration and light dinner
- 5:50 p.m.** Welcome and improv with **GIRLS ONLY**
- 6 p.m.** *Boosting Your Mood and Serenity*, Alexis Giese, MD
- 6:25 p.m.** **GIRLS ONLY**
- 6:40 p.m.** *The Hunger Game: Maintaining Sexual Appetite after 40*, Julia Kavanagh, MD
- 7:05 p.m.** **GIRLS ONLY**
- 7:20 p.m.** *Laugh out Loud with Confidence*, Karlotta M. Davis, MD, MPH
- 7:45 p.m.** Question and answer session with the experts
- 8:05 p.m.** **GIRLS ONLY**
- 8:30 p.m.** Adjourn

**Date:** Tuesday, March 15

**Time:** 5-8:30 p.m.

**Where:** [Anschutz Inpatient Pavilion 2](#)  
Conference Center Auditorium  
12605 E. 16th Ave., Aurora

**Cost:** \$15 per person, includes entertainment and light dinner

**Parking:** Free valet parking will be available, and information will be emailed to you in advance of the event.

**RSVP:** Reserve now, space is limited. RSVP by March 10, 2016 at [uchealth.org/LetsTalkGirlsOnlyTaboos](http://uchealth.org/LetsTalkGirlsOnlyTaboos)

**Contact:** Chiara Del Monaco, 720.848.4023



Helen and Arthur E. Johnson  
Depression Center

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## Our Speakers

### ***“Boosting Your Mood and Serenity”***



**Alexis Giese, MD**, Professor, Psychiatry, Family Medicine; Director of Community Programs, Helen and Arthur E. Johnson Depression Center

Stress and anxiety are part of everyone's lives. However, there are things you can do to manage them and improve your mood, mental focus and sense of well-being. This talk will cover evidence-based strategies for preventing depression and decreasing anxiety and present a range of management and treatment options.

Dr. Giese is the director of Community Programs at the Helen and Arthur E. Johnson Depression Center and professor in the departments of psychiatry and family medicine at University of Colorado School of Medicine. She is a leader and innovator in improving behavioral health access and services and is active in local and state health systems, as well as national consulting.

### ***“The Hunger Game: Maintaining Sexual Appetite after 40”***



**Julia Kavanagh, MD**, Assistant Professor, Internal Medicine, Women's Integrated Services in Health

In this presentation, Dr. Kavanagh will discuss the normal range of female sexual desire and sexual satisfaction from midlife onward. Lifestyle practices associated with improved sexual satisfaction will be reviewed. Also, medicinal and non-medicinal remedies to enhance sexual stimulation will be described.

Dr. Kavanagh received a master's degree in genetics from Oregon State University followed by a medical degree from the Oregon Health Science University in Portland. Before joining the UHealth's WISH clinic, she was a faculty member at the University of North Carolina and also worked at the Richmond Veterans Hospital.

### ***“Laugh out Loud with Confidence”***



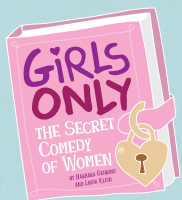
**Karlotta M. Davis, MD, MPH**, Professor of Clinical Practice, Obstetrics and Gynecology-Urogynecology and Reconstructive Pelvic Surgery

What happens when you cough, laugh or sneeze to cause leak of urine? Why do we have the overwhelming urge to void when we place the key in the door and need to rush to the bathroom? Can Kegel contractions really help? Dr. Davis will explain how to get control of your bladder symptoms, how to do Kegel contractions and how appropriate choices of what you drink can influence your symptoms.

Dr. Karlotta Davis received her medical degree from the University of Michigan Medical School and her Master of Public Health degree from Johns Hopkins University. Denver's *5280 Magazine* cited Dr. Davis as a top doctor in Female Pelvic Medicine and Reconstructive Surgery in 2012, 2013, 2014 and 2015 and best OB/GYN doctor in 1998. She was also named Top OB/GYN for the Consumers' Research Council of America, and has received awards in patient safety and surgical teaching excellence.

Dr. Davis chose the field of female pelvic medicine and reconstructive surgery because she believes that incontinence and prolapse is a hidden epidemic, noting that many women do not bring up their concerns in this area with their doctors. Outside of work, Dr. Davis is an accomplished musician and enjoys playing flute and piccolo with the Colorado Wind Ensemble, the Aurora Symphony Orchestra, and the Melomania Orchestra.

### ***GIRLS ONLY – The Secret Comedy of Women***



GIRLS ONLY is an original comedy that celebrates the honor, truth, humor and silliness of being female. With a two-woman cast and audiences full of raucous, laughing ladies, the show is a unique examination of all things girly. Born out of the earnest and sweetly ridiculous writings the two authors discovered in their girlhood diaries, the GIRLS ONLY mix of sketch comedy, improvisation, audience participation, and hilarious songs and videos will remind you that underneath, women all have very funny and very charming feminine similarities.