

# 17<sup>th</sup> Annual WOMEN'S HEALTH



UNIVERSITY OF COLORADO  
ANSCHUTZ MEDICAL CAMPUS



## SYMPOSIUM

GO TO [CWHR.ORG](http://CWHR.ORG) TO REGISTER

**Saturday, February 23, 2019**

### General Information

*This program is designed to meet the educational needs of physicians, physician assistants, nurse practitioners, nurses, medical students, cardiac rehabilitation specialists, diabetes educators, and many others involved in women's health.*

### Accreditation

The University of Colorado School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Colorado School of Medicine designates this live activity for a maximum of 4.5 AMA PRA Category 1 Credits.™

### Learning Objectives

**At the conclusion of this activity, participants should be able to**

1. Identify and consider implementation of methods to engage patients and their support systems in diagnosis, treatment, and continuing support of depression during pregnancy and postpartum.
2. Develop skills in delivering action plans for the treatment of depression, anxiety, and substance abuse that can be used with patients in their own practices.
3. Identify approaches to build bridges to other community resources for mental health treatments they cannot offer within their practice.
4. Delineate differences in physiology and pharmacokinetics/pharmacodynamics between men and women which could lead to potential variation in treatment response with medications used in the management of diabetes and cardiovascular disease.
5. Understand the role of non-invasive imaging and non traditional labs in calculating cardiovascular disease risk.
6. Learn how to talk about the 2018 Physical Activity Guidelines and help patients adhere to these guidelines by using technological tools that are available.

# Agenda

7:30–8:00 AM Registration and Continental Breakfast

8:00 AM Introduction and Welcome

Judy Regensteiner, PhD

Director, Center for Women's Health Research

## Session 1

8:15 AM *Management of Mental Health during the Perinatal Period for Non-Psychiatrists*

Camille Hoffman, MD

8:45 AM *Managing Mental Health and Substance Abuse Needs in Primary Care with Limited Time and Resources*

Shandra Brown-Levey, PhD

Amy Huebschmann, MD

9:45 AM Panel: Questions and Answers

10:15 AM Break

## Session 2

10:45 AM *Treatment Considerations in Diabetes and Cardiovascular Disease: Does Sex Matter?*

Robert Page, PhD

11:15 AM *Going Beyond the Cardiovascular Disease Risk Calculator: The Role of Non-Invasive Imaging and Non-Traditional Labs*

Irene Schauer, MD, PhD

11:45 AM *New Physical Activity Guidelines: What do they Mean and How to Inform Your Patients*

Judy Regensteiner, PhD

12:15 PM Panel: Questions and Answers

1:00 PM Conference adjourns

## Presented by

Center for Women's Health Research  
University of Colorado School of Medicine

## Sponsored by

University of Colorado School of Medicine  
Office of Continuing Medical Education  
and Professional Development



# Featured Presenters



School of Medicine

UNIVERSITY OF COLORADO  
ANSCHUTZ MEDICAL CAMPUS

## **Shandra Brown-Levey, PhD**

Instructor of Family Medicine  
Department of Family Medicine

## **Camille Hoffman, MD**

Associate Professor of Maternal Fetal Medicine  
Departments of Obstetrics and  
Gynecology and Psychiatry

## **Amy Huebschmann, MD**

Associate Professor of Medicine  
Division of General Internal Medicine  
Department of Medicine  
Lead Scientist, Community Outreach,  
Center for Women's Health Research

## **Robert Page, PhD**

Professor of Pharmacy  
Skaggs School of Pharmacy and  
Pharmaceutical Sciences

## **Irene Schauer, MD, PhD**

Associate Professor of Medicine  
Division of Endocrinology, Metabolism,  
and Diabetes  
Department of Medicine

## **Judy Regensteiner, PhD**

Professor of Medicine  
Division of General Internal Medicine  
Department of Medicine  
Director, Center for Women's Health Research

## **Registration** *This symposium will fill to capacity. Early registration is encouraged.*

Registration is \$30. NOTE: To register online and pay using your credit card, please visit [www.cwhr.org](http://www.cwhr.org).

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

(Please print name as you would like it to appear on your CME certificate)

Degree \_\_\_\_\_ (Necessary for CME Certification) Practice name/organization: \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Please indicate if you have any special assistance needs: \_\_\_\_\_

**Please enclose check payable to the University of Colorado/CWHR  
with the completed form and mail to:**

University of Colorado/CWHR  
Mail Stop C-263  
12348 E. Montview Blvd.  
Aurora, CO 80045



**AMERICANS WITH DISABILITY ACT STATEMENT**  
Please indicate if you have any need for auxiliary aids  
or special assistance services:  
\_\_\_\_\_

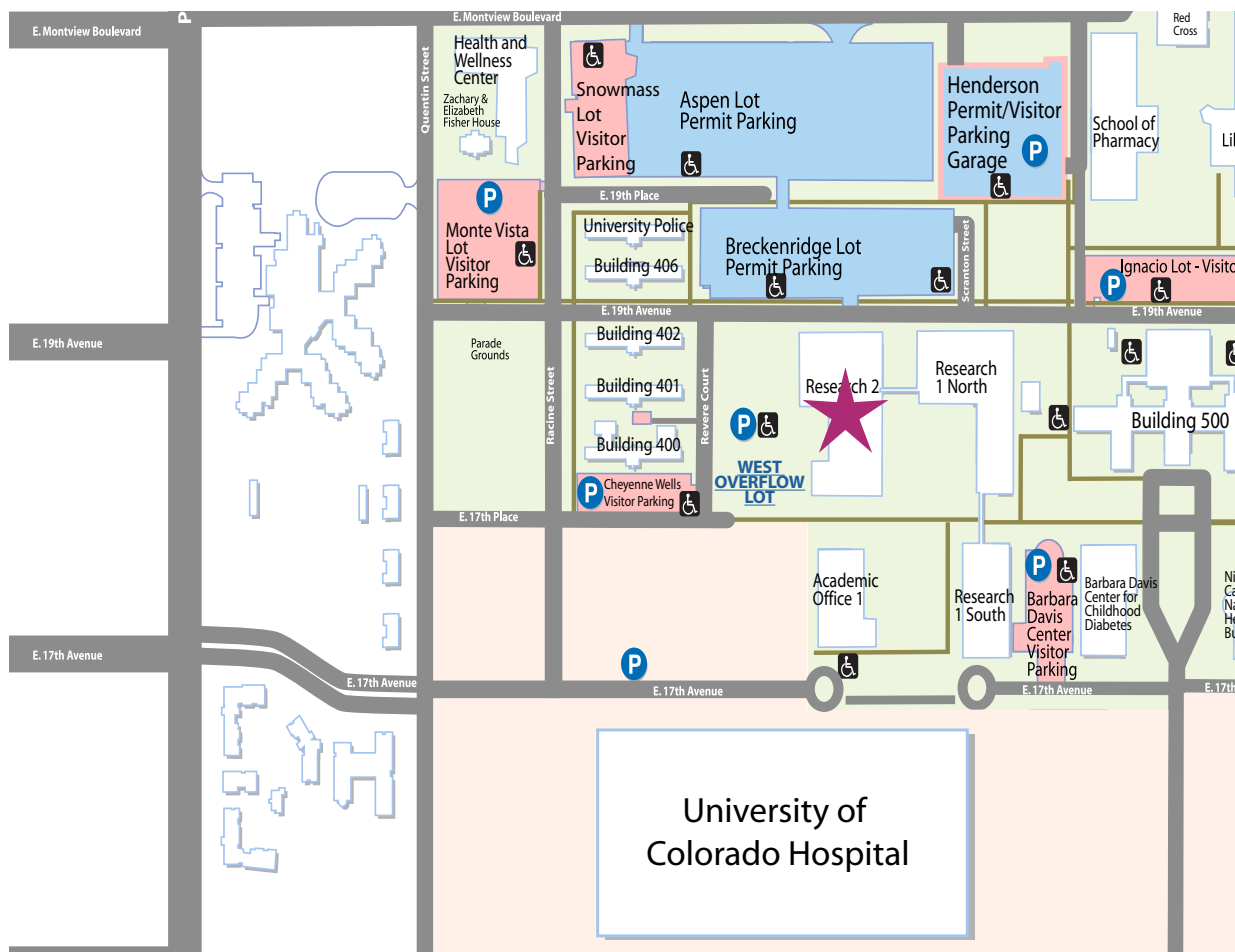
If you need to cancel your registration, full refunds will be issued through February 16, 2018.  
The registration fee cannot be refunded after February 16, 2018.

**QUESTIONS?**  
Call 303-724-0305 or  
email [cwhr@ucdenver.edu](mailto:cwhr@ucdenver.edu)

# Directions and Parking

## Anschutz Medical Campus

Krugman Conference Room, Research Complex 2  
12700 East 19<sup>th</sup> Ave.  
Aurora, CO 80045



### **From Downtown Denver:**

Head East on Colfax. Turn left on Quentin Street (one street east of Peoria) to enter the University of Colorado Anschutz Medical Campus. Proceed North on Quentin and turn right at the 3rd stop sign. Park at the Cheyenne Wells Lot or the Ignaciolot. The Krugman Conference Room is located in the Research Complex 2 Building. Additional visitor lots (Monte Vista and Snowmass) are close by.

### **From the North:**

From I-70, take the Peoria exit traveling south to Colfax. Turn left on Colfax heading east. Turn left on Quentin Street (one street east of Peoria) to enter the University of Colorado Anschutz Medical Campus. For parking, follow the directions above in the Downtown Denver section.

### **From the South (via I-225):**

Take I-225 North to the Colfax exit. Turn left at the light on Colfax heading west. Turn right on Quentin St. (last street before the intersection of Peoria and Colfax). For parking, follow the directions above in the Downtown Denver section.