

# Woman's Health Update Online Course

## Activity Description

This online course offers discussions on a variety of health issues that are unique to women. It highlights medical conditions that may cause different symptoms in women or affect women differently than men and thus, may require different treatment or prevention protocols. Updates include common breast symptoms, breast reconstruction, UTIs, diverticulitis, premenstrual dysphoric disorder, COVID, monkeypox infections, menopause and mood, premature menopause, androgens, and troubleshooting hormone therapy. In addition, several topics on sexual health are covered including female sexual physiology, and causes and management of sexual difficulties. Many other topics discussing cosmetic concerns, sports injuries, weight management, and regenerative medicine are explored.

## Target Audience

This course is designed for primary care physicians/practitioners, general internists, gynecologists, specialists in preventative care, and other healthcare professionals (PAs, NPs and RNs) who have an interest in women's health.

## Learning Objectives

Upon conclusion of this activity, participants should be able to:

- Analyze an approach to breast cancer screening with newer imaging modalities
- Analyze an approach to breast cancer risk assessment utilizing a personalized genomic approach
- Recognize recent approaches in infectious disease care including UTI and novel infections
- Review care of the aging patient, including screening, and osteoporosis
- Recognize current strategies in weight management and aesthetic dermatology
- Describe updates in gastrointestinal issues, migraine and mental health
- Recognize the role of menopausal hormone therapy for managing perimenopausal and menopausal symptoms
- Describe a plan to manage the side effects of menopausal hormone therapy
- Recognize a plan for the management of female sexual dysfunction and pelvic pain
- Describe the role of sex therapy after cancer treatment
- Recognize the various treatment options of pelvic organ prolapse
- Recognize the racial disparities in the prevalence and management of uterine fibroids

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

## Credit Statement(s)

### AMA

Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 28.50 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## **ANCC**

Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 28.50 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

## **AAFP**

The AAFP has reviewed Updates in Family Medicine Online Course and deemed it acceptable for up to 28.50 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 08/14/2023 to 08/14/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)<sup>™</sup> toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

## **AOA**

The American Osteopathic Association designates this program for a maximum of 28.50 AOA Category 2-A credits.

## **ACOG**

ACOG The American College of Obstetricians and Gynecologists has assigned 28.50 cognate credits to this program

## **Other Healthcare Professionals**

A record of attendance will be provided to all registrants for requesting credits in accordance with state nursing boards, specialty societies or other professional associations.

## **Disclosure Summary**

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

***Listed below are individuals with control of the content of this program who have disclosed...***

### ***Relevant financial relationship(s) with ineligible companies:***

Name	Nature of Relationship	Company
2023		
Elena Anna (Eleanna) O. De Filippis, M.D., Ph.D.	Consultant	Eli Lilly and Company
Ekta Kapoor, M.B.B.S.	Grant/Research Support Intellectual Property Consultant	Mithra Pharmaceuticals Lisa Health, Inc. Well Found Inc.; Astellas Pharma Inc.; Mithra Pharmaceuticals; Scynexis
Juliana (Jewel) M. Kling, M.D., M.P.H.	Consultant	Kindra; Triangle Insights Group
Sabrina Sahni, M.D.	Consultant	Astellas Pharma US, Inc.; The FemHealth Project
Natalie H. Strand, M.D.	Consultant	Aurora Spine; Abbott Laboratories; AlphaSights; Biotronik, Inc.; Nevro

		Corporation; Nimbus Medical; Saluda Medical US
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**All relevant financial relationships listed for these individuals have been mitigated.**

**No relevant financial relationship(s) with ineligible companies:**

Name	
2021	
Dawn M. Mussallem, D.O., DipACLM Suneela Vegunta, M.D. Amit A. Shah, M.D. Rashmi B. Halker Singh, M.D. Taryn L. Smith, M.D.	Stephanie S. Faubion, M.D., M.B.A. Johnny Yi, M.D. Ekta Kapoor, M.B.B.S. Paru S. David, M.D.
2022	
Margaret E. Long, M.D. Krupa B. Doshi, M.D. Lida A. Mina, M.D. Sandhya Pruthi, M.D. Juliana M. Kling, M.D., M.P.H. Paru S. David, M.D. Michelle Y. Louie, M.D.	Denise M. Millstine, M.D. Aoife M. Egan, M.B., B.Ch., Ph.D. Deborah E. Elam, L.Ac. Ekta Kapoor, M.B.B.S. Suneela Vegunta, M.D. Jennifer A. Vencill, Ph.D., L.P. Johnny Yi, M.D.
2023	
Martina Mookadam, M.D. Sara S. Shihab, M.D. Christopher C. DeStephano, M.D., M.P.H. Marla A. Dewitt, M.D. Jessica L. Fraker, M.D. Osama A. Abulseoud, M.D. Jamie Bering, M.D. Jamilah Shubeilat, M.B.B.S., M.D. Cynthia M. Stonnington, M.D. Shweta Kapoor, M.D., Ph.D. William J. Casey, III M.D. Talia Sobel, M.D.	Elika Hoss, M.D. Jacqueline (Jackie) Thielen, M.D., FACP, NCMP Suneela Vegunta, M.D. Carol L. Kuhle, D.O., M.P.H. Pauline H. Lucas, P.T., D.P.T., W.C.S. Johnny Yi, M.D. Michael Hovan, M.D. Megan Wasson, D.O. Lisa Houston, APRN, F.N.P., M.S. Denise M. Millstine, M.D. Chrisandra L. Shufelt, M.D. Corinne Irish

**References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:**

Name	Manufacturer/Provider	Product/Device
2021		
Johnny Yi, M.D.	Allergan	Botox
2022		
Margaret E. Long, M.D.	Roche; Digene; Hologic and Becton; Dickinson and Company	HPV testing other than screening
Sandhya Pruthi, M.D.	AstraZeneca Pfizer	Anastrozole Exemestane
Johnny Yi, M.D.	Intuitive Surgical	SP 1098 platform
2023		

Jessica L. Fraker, M.D.	GE, Hologic, and Siemens	CEM (contrast-enhanced mammogram) for screening purposes
Ekta Kapoor, M.B.B.S.	Multiple compounding pharmacies	Transdermal testosterone in women
Juliana (Jewel) M. Kling, M.D., M.P.H.	Generic	SSRI/SNRI, gabapentin, clonidine, depo-MPA, stellate ganglion block, oxybutynin
Talia Sobel, M.D.	AMAG Pharmaceutical  Generic  Sprout Pharmaceuticals	Bremelanotide for postmenopausal HSDD Testosterone for postmenopausal HSDD Flibanserin for postmenopausal HSDD
Johnny Yi, M.D.	Allergan	Botox

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

## Disclaimer

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

## Prerequisites for Participation

There are no prerequisites needed prior to participating in this education activity.

## Method of Participation

Participation in this activity consists of reviewing the educational material, completing the learner assessment and evaluation.

## How to Obtain Credit

To obtain credit, complete the assessment, evaluation and submit.

## Release and Expiration Dates

Release Date: August 14, 2023  
Renewal Date: (If applicable)  
Expiration Date: August 13, 2026

## Acknowledgement of Commercial Support

No commercial support was received in the production of this activity.

## Faculty and Course Director Listing and Credentials

Course Director(s)  
Juliana (Jewel) M. Kling, M.D., M.P.H.  
Ekta Kapoor, M.B.B.S.  
Denise M. Millstine, M.D.

Suneela Vegunta, M.D.

Faculty

Amit A. Shah, M.D.

Aoife M. Egan, M.B., B.Ch., Ph.D.

Carol L. Kuhle, D.O., M.P.H.

Chrisandra L. Shufelt, M.D.

Christopher C. DeStephano, M.D., M.P.H.

Cynthia M. Stonnington, M.D.

Dawn M. Mussallem, D.O.

Deborah (Debbie) E. Elam, L.Ac.

Denise M. Millstine, M.D.

Ekta Kapoor, M.B.B.S.

Elena Anna (Eleanna) O. De Filippis, M.D., Ph.D.

Elika Hoss, M.D.

Jacqueline (Jackie) M. Thielen, M.D.

Jamie Bering, M.D.

Jamilah Shubeilat, M.B.B.S., M.D.

Jennifer A. Vencill, Ph.D., L.P.

Jessica L. Fraker, M.D.

Johnny Yi, M.D.

Juliana (Jewel) M. Kling, M.D., M.P.H.

Krupa B. Doshi, M.D.

Lida A. Mina, M.D.

Margaret E. Long, M.D.

Marla A. DeWitt, M.D.

Martina Mookadam, M.D.

Michelle Y. Louie, M.D.

Natalie H. Strand, M.D.

Osama A. Abulseoud, M.D.

Paru S. David, M.D.

Pauline H. Lucas, P.T., D.P.T., W.C.S.

Rashmi B. Halker Singh, M.D.

Sabrina Sahni, M.D.

Sandhya Pruthi, M.D.

Sara S. Shihab, M.D.

Shweta Kapoor, M.D., Ph.D.

Stephanie S. Faubion, M.D., M.B.A.

Suneela Vegunta, M.D.

Talia Sobel, M.D.

Taryn L. Smith, M.D.

William J. Casey, III M.D.

## **Bibliographic Resources**

Marjoribanks J, Farquhar C, Roberts H, Lethaby A, Lee J. Long-term hormone therapy for perimenopausal and postmenopausal women. *Cochrane Database Syst Rev.* 2017 Jan 17;1(1):CD004143. doi: 10.1002/14651858.CD004143.pub5. PMID: 28093732; PMCID: PMC6465148.

Delamater L, Santoro N. Management of the Perimenopause. *Clin Obstet Gynecol.* 2018 Sep;61(3):419-432. doi: 10.1097/GRF.0000000000000389. PMID: 29952797; PMCID: PMC6082400.

Santoro N, Roeca C, Peters BA, Neal-Perry G. The Menopause Transition: Signs, Symptoms, and Management Options. *J Clin Endocrinol Metab.* 2021 Jan 1;106(1):1-15. doi: 10.1210/clinem/dgaa764. PMID: 33095879.

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