Please look inside this brochure for more details.

5th Annual Conference on

Challenges in Sexual Healthcare

Including topics on: Sexual Disorders, Menopause, Low Libido, Bacterial Vaginosis, Testosterone, and much more...

The Naples Beach Hotel & Golf Club

NAPLES, FLORIDA MAY 13-16, 2020

SPONSORED BY



A Non-Profit Corporation for Continuing Medical & Nursing Education









"This was a very educational and entertaining conference that addressed important but not discussed topics. I am looking forward to making some changes in my practice." – B. Chao, MD

"Please keep these conferences going. Sexual health is vital to our practices and these topics are not covered well enough through other means. We need this information." – A. Lawry, CNM

"Love the format of sessions with short days. Great speakers and so informative. Love this conference." – N. Haripotepornkul, MD

Register On-Line...

for this conference or view other educational conferences at

www.symposiamedicus.org

CONFERENCE DESCRIPTION

Sexual health is a dynamic and multifaceted phenomenon that is closely linked to the overall quality of life. A critical issue cutting across many fields of health and well-being, sexual health can affect many aspects including intimacy, reproductive health, disease prevention, clinical care, policy, advocacy, health equality, and the social determinants of health. Determining the etiology of sexual complaints in all persons is often a complex process. The healthcare provider must be a cautious detective, exploring medical, psychological, and environmental issues.

At our 5th Annual Conference on Challenges in Sexual Healthcare, primary care physicians, nurse midwives, nurse practitioners, PAs, and nurses will share information, innovations, and advances in sexual health and develop conversations about supporting healthy sexuality. The goal of this conference is to increase knowledge and enhance the competence of attendees. Emphasis will be placed on practical application of the evidence-based topics presented.

Topics for this year's conference have been selected based on the educational needs determined from the identified professional practice gaps. The gaps were derived from a variety of sources including evaluations and outcomes data from past participants; clinical expert input; Symposia Medicus' online survey; and other medical and nursing data.

Conference format will include didactic lectures, case studies, and question and answer sessions.

An outstanding faculty has been assembled for this conference. Each member was selected based on their individual area of expertise and ability to communicate current, evidence-based, and practical information to participants.

You are sure to enjoy our 5th Annual Conference on Challenges in Sexual Healthcare while sharing ideas and experiences with colleagues from across the country in the beautiful setting of Naples, Florida.

CONFERENCE OBJECTIVES

As a result of participating in this conference, you should have increased knowledge and enhanced competence to...

- Utilize validated tools to identify a patient's sexual function concern(s)
- Recognize signs and symptoms of sexual problems related to common primary care conditions
- Review how to prescribe testosterone based on published guidelines
- · Describe the scope and treatment of bacterial vaginosis
- Discuss the practical and clinical implications of new emerging data on self stimulators and other sexual accessories for the treatment of sexual problems

ATTENDEE REQUIREMENTS

At the conclusion of attending this conference, participants are entitled to a certificate of credit which will be available online. Successful completion of this activity is determined by attending the live activity, review of the educational session materials, and submission of the case studies test, surveys, and attendance verification form. Each participant should only claim credit commensurate with the extent of their participation in the activity.

ACCREDITATION

This educational activity was planned and produced in accordance with the **ACCME** and **ANCC** Essentials and Standards relating to continuing medical and nursing education.

Symposia Medicus is accredited by the **Accreditation Council for Continuing Medical Education (ACCME)** to provide continuing medical education for physicians.

Symposia Medicus is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

CONTINUING EDUCATION CREDIT

Physicians

Symposia Medicus designates this live activity for a maximum of 19 AMA PRA Category 1 Credits TM . Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ΔΔFP

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending. Please check our website for updated credit information.**

ACOG

Application has been made with the American College of Obstetricians & Gynecologists (ACOG) for cognates, Formal Learning. Please check our website for updated credit information.

Certified Nurse Midwives

The American Midwifery Certification Board (AMCB) accepts Category 1 CME approval from organizations accredited by the ACCME.

PA:

NCCPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of 19 hours of Category 1 credit for completing this program.

Nurse Practitioners/Nurses

The **ANCC** contact hours awarded for completion of this conference are 19.

Provider is also approved by the **California Board of Registered Nursing**, Provider #CEP2335, for 22.8 contact hours.

Pharmacists

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for AMA PRA Category 1 CreditTM

Pharmacology Content for Prescriptive Authority

A maximum of 4 hours in pharmacology content for prescriptive authority may be earned by attending this educational conference. Sessions awarding pharmacology content for prescriptive authority are denoted with an Rx in the schedule. Please contact your state's Board of Nursing for specific educational requirements as requirements may vary state to state.

EDUCATIONAL RESOURCES

Each registrant will have online access to session materials. The session materials will be available for download approximately one week prior to the conference (you'll receive an email with instructions). If you wish to receive a hard copy of the session materials, please check the box on the registration form in this brochure.

If you are unable to attend this conference, extra copies of the session materials (either paper, flash drive, or digital copy) will be available one week after the conference. The cost is \$65 for a hard copy, \$30 for a flash drive, and \$25 for the digital copy. To place your order, please email publications@symposiamedicus.org.

NEARBY ATTRACTIONS / GROUND TRANSPORTATION

To receive additional information about the conference hotel, location, tours and/or nearby attractions, and ground transportation, please visit our website at www.symposiamedicus.org.



CONFERENCE FACULTY

Laurie A. Birkholz, MD, NCMP

Medical Director Holland Hospital Women's Health Physician Lakeshore Health Partners Zeeland, Michigan

Michael Krychman, MDCM, MPH Conference Co-Chair

AASECT Certified Sexual Counselor Executive Director of the Southern California Center for Sexual Health & Survivorship Medicine Newport Beach, California

Andrew M. London, MD, MBA

Assistant Professor Department of Obstetrics & Gynecology Johns Hopkins School of Medicine Baltimore, Maryland Associate Director Maryland Center for Sexual Health Lutherville, Maryland

Leah S. Millheiser, MD, FACOG Conference Co-Chair

Clinical Assistant Professor Director, Female Sexual Medicine Program Department of OB/GYN Stanford University School of Medicine Palo Alto, California

Ashlev H. Tapscott, DO

Sexual Health Institute of the Carolinas Carolina Urology Partners Huntersville, North Carolina

DISCLOSURE STATEMENT

Consistent with ACCME and ANCC guidelines, it is the policy of Symposia Medicus to ensure balance. independence, objectivity, and scientific rigor in all educational activities. Prior to the planning of this educational activity, all individuals in a position to influence and/or control the content of continuing education activities have been asked to disclose all relevant financial relationships within the past 12 months. Beyond disclosure of relevant financial relationships, faculty are required to disclose when they plan to discuss pharmaceuticals and/ or medical devices that are not approved by the FDA and/or medical or surgical procedures that involve an unapproved or "off-label" use of an approved device or pharmaceutical. Symposia Medicus is committed to providing learners with commercially unbiased continuing education activities. This information is intended to assist learners in forming their own judgments about the content presented. Disclosure information will be included in the session materials for this activity. and speakers will provide a slide disclosure for each presentation, and will also verbally disclose on-site.

CONFERENCE SCHEDULE

Wednesday, May 13

7:00am Registration & Check-in 8:00 Welcome & Introduction Michael Krychman, MDCM, MPH The CliffsNotes on Female Sexual 8:15 Disorders: Making a Diagnosis in 10 Minutes or Less Leah S. Millheiser, MD 9:00 Menopause & Hormones (Rx = 25 minutes)

Andrew M. London, MD, MBA

9:45 **Ouestions & Answers Group Discussion** Faculty Panel & Audience

10:15 **Break**

Sexual Health & Primary Care: 10:30 Diabetes, Thyroid Dysfunction, and Depression (Rx = 20 minutes) Laurie A. Birkholz, MD, NCMP

Testosterone & PSA for Men: 11:15 Who, What, Where, When, and How

(Rx = 20 minutes)Ashley H. Tapscott, DO

Noon **Highlights in Complementary & Alternative Medicine in Sexuality**

(Rx = 15 minutes)

Michael Krychman, MDCM, MPH

12:45pm **Questions & Answers Group Discussion** Faculty Panel & Audience

1:30 Adjourn for the Day

5:30-**Group Reception**

(Faculty, Participants, and Guests) 7:00

Thursday, May 14

8:00am From A (adnexa) to V (vulva) and **Everything In-Between: How Common Gynecologic Conditions Affect Sexual Function** Leah S. Millheiser, MD

Sexual Pain Syndromes in Women 8:45

(Rx = 10 minutes)

Andrew M. London, MD, MBA

9:30 **Questions & Answers Group Discussion**

Faculty Panel & Audience

10:00

10:15 The Effects of Cardiovascular Disease on Sexual Health & Intimacy

> (Rx = 20 minutes)Laurie A. Birkholz, MD, NCMP

Transgender & Penile Surgery 11:00

(Rx = 5 minutes)Ashley H. Tapscott, DO 11:45 **Everything Bacterial Vaginosis**

(Rx = 10 minutes)

Andrew M. London, MD, MBA

12:30pm **Questions & Answers**

Group Discussion Faculty Panel & Audience

Adjourn for the Day 1:15

Friday, May 15

8:00am What's Hot & Not in Sexual Paraphenalia

(Rx = 35 minutes)

Michael Krychman, MDCM, MPH

9:00 Pills & Potions for Men: Good & Bad

> (Rx = 20 minutes)Ashley H. Tapscott, DO

10:00 Break

Low Libido in Women: Everything You 10:15

Ever Wanted to Know & More

Leah S. Millheiser, MD

11:15 **Questions & Answers**

Group Discussion Faculty Panel & Audience

12:15pm Adjourn for the Day

Saturday, May 16

Cancer & Sex: How to Help Patients

Navigate the Changes & Challenges

(Rx = 20 minutes)

Laurie A. Birkholz, MD, NCMP

8:45 The Horizon of Sexual Relationships:

From Asexuality, Open Relationships to **Swinging & More** (Rx = 20 minutes) Michael Krychman, MDCM, MPH

9:30 **Questions & Answers Group Discussion**

Faculty Panel & Audience

10:00 Break (hotel check-out, if applicable)

Mind-Blowing Sex Through Mindfulness 10:15

Leah S. Millheiser, MD

Why Sexual Health is Important: 11:00 Sexual Health = General Health

(Rx = 10 minutes)

Laurie A. Birkholz, MD, NCMP

The Business of Sexual Medicine 11:45

(Rx = 10 minutes)

Michael Krychman, MDCM, MPH

12:30pm **Questions & Answers**

Group Discussion

Faculty Panel & Audience

1:15 Conference Adjourns

Rx = Pharmacology Content for Prescriptive Authority will be granted for these sessions



CONFERENCE REGISTRATION, LODGING, & TRAVEL INFORMATION

Enrollment for this conference is limited in order to provide the best possible learning environment. **Early registration is advised.**

You can register and receive conference lodging group rates by reserving the following ways:

- On-line at our website, <u>www.symposiamedicus.org</u>; OR
- Call Monday-Friday, 8:30am-5:00pm (Pacific Time), (925) 969-1789 with Visa, MasterCard, American Express, or Discover; OR
- . By mail, make check payable to Symposia Medicus and send with registration form to 399 Taylor Blvd., Suite 201, Pleasant Hill, CA 94523-2287

Visit www.symposiamedicus.org or call (925) 969-1789 for additional questions or information.

CONFERENCE REGISTRATION INFORMATION

TUITION:	EARLY If postmarked by March 4, 2020	REGULAR If postmarked after March 4, 2020		
Physicians	\$695	\$795		
Residents, Nurses, PAs & All Others	\$595	\$695		

- Discounts are available for retired healthcare providers, active U.S. military, and groups of three
 or more. For more information, please contact Symposia Medicus prior to registering.
- · Tuition includes continuing education, online access to session materials, and break refreshments for conference registrants. Tuition also includes group reception for faculty, registrants, and their
- Conference registration will be confirmed via email

AIR TRAVEL INFORMATION

The Naples Beach Hotel & Golf Club is located 12 minutes from Naples Municipal Airport (APF) and 40 minutes from the Southwest Florida International Airport (RSW)/Ft. Myers and is served by most major airlines. For information on ground transportation, please visit our website

Symposia Medicus has arranged for discount fares with Delta and United airlines for this conference. Reservations can be made either through your travel agency or through the airlines at the website of Convention Desk numbers listed below.

In order to receive the discounted rate, you or your travel agent must refer to the Symposia Medicus Group ID number listed here.

Delta Airlines	For discounts on Delta Airlines, please visit www.delta.com , enter in your travel plans and then click on the "Advanced Search" link located below the "Passenger" box. Once you click on this link, a panel will appear and you will need to insert https://www.delta.com/mth/ in the "Meeting Code" box. For questions, please call the Delta Airlines Convention Desk at (800) 328-1111.
United Airlines	For discounts on United Airlines, please visit www.united.com and click on Advanced Search, located on the bottom left corner of the "Book Travel" box. Once you click on this link, another page will appear. At the bottom of this page, you will insert

CAR RENTAL DISCOUNT

For conference discounts, Symposia Medicus has made arrangements with AVIS and Budget Car Rentals. Reservations can be made by phone; please refer to the conference code and the conference/airport location when making your reservations. Please see below:

AVIS
www.avis.com
800-331-1600
AWD # B766625
Budget
www.budget.com
800-772-3773
BCD # U076767

CONFERENCE LODGING INFORMATION

Conference group rates have been arranged at The Naples Beach Hotel & Golf Club. Rooms at our group rates are limited and on a first come, first served basis. PLEASE RESERVE EARLY as rooms may sell out and/or room rates may increase. If you wish to extend your stay, group rates may be available three days before and three days after the conference.

Two nights' deposit (room rate only) must accompany your reservation. The balance of your lodging, hotel fees as stated below, and all incidental charges are due to the hotel. The hotel accepts most major credit cards.

GROUP RATES STATED BELOW INCLUDE DAILY BUFFET BREAKFAST FOR TWO PEOPLE

Type of Room	Group Rates (Single/Double Occupancy)	Description
Hotel View	\$279/night	Rooms range from 298-440 sq. ft. with views of the hotel grounds and golf course. Rooms include a refrigerator, coffee maker, hair dryer, iron & ironing board, in-room safe, flat-screen TV, and a patio or balcony.
Gulf View	\$329/night	Rooms range from 298-440 sq. ft. with partial views of the Gulf of Mexico. Rooms include a refrigerator, coffee maker, hair dryer, iron & ironing board, in-room safe, flat-screen TV, and a patio or balcony.
Superior Gulf View (Very limited, reserve early)	\$369/night	Rooms range from 298-600 sq. ft. with a direct front view of the Gulf of Mexico. Rooms include a refrigerator, coffee maker, hair dryer, iron & ironing board, in-room safe, flat-screen TV, and a patio or balcony.
1-Bedroom Hotel View Suite (Very limited, MUST call Symposia Medicus to reserve)	\$419/night	Suites range from 725-781 sq. ft. and differ by view. All suites include a balcony, refreshed tropical décor,
1-Bedroom Gulf View Suite (Very limited, MUST call Symposia Medicus to reserve)	\$469/night	remodeled, enlarged bathrooms with new showers, remodeled, enlarged bathrooms with new showers, vanities, and fixtures, as well as a separate bedroom from the living room, a dining area, and kitchenette.

Above group rates include: Complimentary wireless internet, in-room coffee, in-room safe, unlimited local phone calls, use of pool and beach chairs, towels, and umbrellas (based on availability), and unlimited use of the Fitness Center.

TERMS & CONDITIONS

Hotel Policies

- Above conference group rates are per room, per night and do not include 12% state and local taxes
- . Maximum occupancy is four (4) in hotel rooms and six (6) in suites, regardless of age
- · Mandatory additional person charges (below) include additional lodging fee, daily buffet breakfast, taxes, and gratuities:
- Children 5 years and under are FREE
- Children 6 to 12 years old are \$15/person, per night
 Occupants 13 years and older are \$31/person, per night
- . Bed Type Requests: You can select one or two beds; however, requests cannot be guaranteed until check-in
- Rollaway beds are available at an additional cost of \$10 per night (subject to availability and change)
- · Cribs are available on a complimentary basis (subject to availability and change)
- . Check-in time is 4:00pm and check-out time is noon. A late check-out can only be confirmed on the date of departure by the front desk. Late check-outs are based on availability and additional charges may apply.
- Credit/Debit Card Policy: Upon check-in, the hotel requires a credit card or debit card to ensure that funds are available. Holds are placed on your account for your entire stay, plus \$50 per day for incidentals; however, the amount may be immediately deducted from your account. The length of time for which these holds remain on your credit or debit account varies from bank to bank.
- . Parking: Self and valet parking are complimentary

Cancellation Policies

- . Conference cancellations must be made in writing (via email or mail) to Symposia Medicus and a refund, less a 10% processing fee, will be given. No refunds will be made if cancellation is received after April 8, 2020; however, tuition, less 10% processing fee, may be applied to a future Symposia Medicus conference
- · Per our hotel contract, hotel reservation cancellations must be made in writing to Symposia Medicus and you will receive a full refund if emailed/postmarked by March 11, 2020. Between March 12, 2020 and April 8, 2020, one night's deposit is forfeited. After April 9, 2020, no hotel refunds can be made
- All cancellations must be emailed to <u>registrar@symposiamedicus.org</u> OR mailed to Symposia Medicus. If mailed, it must be postmarked by the dates stated above.
- In the unlikely event of conference cancellation by Symposia Medicus, full tuition and, if reservation was made with Symposia Medicus, hotel deposit refunds will be made. Symposia Medicus will not be responsible for refunding travel or any other expenses



CONFERENCE LOCATION

Naples is graced with miles of white-sand beaches, beautiful weather, sumptuous restaurants, fine shopping, and entertainment. The Naples Pier, first erected in 1888, is the city's symbol and a popular fishing and dolphin-spotting destination.

The Naples Beach Hotel & Golf Club promises you an experience you'll always remember. Try kayaking or paddle boarding, or just take a walk along the white-sand beach and enjoy a short siesta in a cozy beach chair. Take a dip at Poolside, a multi-pool complex, just steps from the sand. The large recreational pool is perfect for play and exercise, while the smaller, more secluded, adult-only pool is just right for relaxing. The complex also includes two whirlpools and Poolside's bar and grill, which serves cool drinks, spirits, and light fare overlooking the pools and the beach.

Enjoy the sun by getting in a game at the tennis courts or golf course. With more than 80 championship golf courses in the Naples area, Naples is the self-titled "Golf Capital of the World", claiming to have more holes per capita than any other community.

Just a short drive away is **Everglades National Park**, the largest subtropical wilderness in the United States – a place where you can tour the park with a ranger, photograph birds, take an afternoon hike, spot alligators basking in the sun, or ride an airboat through the marshes.

Whatever your pleasure, you'll be sure to find it in Naples, at our 5th Annual Conference on Challenges in Sexual Healthcare.

For our complete calendar of conferences, please visit www.symposiamedicus.org. Brochures are available approximately 8 months prior to each conference.

2019 CALENDAR OF FUTURE CONFERENCES

1509	30th Annual Fall Conference on Hot Topics in Primary Care	Maui, Hawaii	Oct 16-19
1511	27th Annual Fall Conference on Issues in Women's Health	Grand Cayman, Cayman Islands	Oct 23-26
1514	Current Issues in Women's Health	Danube River Cruise (AMA Waterways – AmaLea)	Nov 8-15
1515	Hot Topics in Urgent & Emergent Care	Danube River Cruise (AMA Waterways – AmaLea)	Nov 8-15
1517	25th Annual Conference on Women's Health: Care of Women Over 50	Guanacaste, Costa Rica	Nov 20-23
1519	9 25th Annual Conference on Challenges in Gynecology New York City, New York		
	2020 CALENDAR OF FUTURE C	ONFERENCES	
1522	27th Annual Conference on Office GYN & Women's Health for the Primary Care Provider	Oahu, Hawaii	Feb 5-8
1529	2nd Annual Winter Conference on Hot Topics in Women's Health	Big Sky, Montana	Feb 11-15
1526	27th Annual Spring Conference on Women's Health	Tulum, Riviera Maya, Mexico	Mar 18-21
1534	7th Annual Spring Conference on Integrative Medicine in Women's Health	Napa, California	Apr 29-May 2
1532	Hot Topics in Pediatric Emergencies	Norwegian Fjords Cruise (Celebrity Cruises – Silhouette)	Jun 27-Jul 4
1535	3rd Annual Conference on Challenges in Mental Healthcare for the Primary Care Provider	Napa, California	Jul 8-11
1539	Current Issues in Women's Health	Alaska Cruise (Celebrity Cruises – Solstice)	Jul 24-31
1541	21st Annual Summer Conference on Women's Health	Paradise Island, Bahamas	Aug 5-8
1542	21st Annual Fall Conference on Integrative Medicine in Women's Health	Tucson, Arizona	Sep 9-12
1544	31st Annual National Conference on Women's Health Care	Las Vegas, Nevada	Sep 14-16
1546	Challenges in Obstetrics & Gynecology	Best of Italy Cruise (Celebrity Cruises – Constellation)	Sep 24-0ct 3
1549	28th Annual Fall Conference on Issues in Women's Health	Big Island, Hawaii	Oct 21-24
1550	31st Annual Fall Conference on Hot Topics in Primary Care	Paradise Island, Bahamas	Nov 4-7
1555	26th Annual Conference on Women's Health: Care of Women Over 50	Grand Cayman, Cayman Islands	Nov 18-21

New York City, New York

Dec 18-19

1558 26th Annual Conference on Challenges in Gynecology

CONFERENCE & LODGING REGISTRATION FORM

Register on-line at www.symposiamedicus.org

OR COMPLETE THIS FORM AND MAIL WITH APPROPRIATE PAYMENT TO:



PLEASE PRINT LEGIBLY: (Show name and one degree)

Symposia Medicus 399 Taylor Blvd., Suite 201 Pleasant Hill, CA 94523-2287 Phone: (925) 969-1789

SYMPOSIA MEDICUS

5th Annual Conference on

Challenges in Sexual Healthcare

The Naples Beach Hotel & Golf Club NAPLES, FLORIDA May 13-16, 2020

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✓	TYPE OF ROOM	GROUP RATES	Maximum (six (6) in su	guestroom occupancy is fo	our (4) in hotel r	ooms and	
	Hotel View	\$279/night	 Mandatory 	additional person char	ges (below) inc	ludes additional	
	Gulf View	\$329/night	- Children	ee, daily buffet breakfas 5 years and under are FRE	ΞE		
	Superior Gulf View (Limited, reserve early)	\$369/night	- Children	6 to 12 years old are \$15/ ts 13 years and older are \$	berson, per nial	ht night	
N/A	*1-Bedroom Hotel View Suite	\$419/night	Rollaways & \$10 per pic	& Cribs: Rollaway beds are ht. Cribs are available on	e available at an	additional cost of	f
N/A	*1-Bedroom Gulf View Suite	\$469/night	Both are su	bject to availability.	a complimental	y basis.	
*Ve	ry limited availability. Must call S (925) 969-1789 to res						
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Other (Comments/Requests	Please circle names of the room oc	cupants (other than you,) who are registered for this confe	erence		
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By registering, you agree to the Terms & Conditions as stated in this brochure.
Please note that all information contained in this brochure is subject to change without notice.
ALL INFORMATION PROVIDED BY REGISTRANTS WILL REMAIN CONFIDENTIAL TO SYMPOSIA MEDICUS.