

Female Sexual Health & Menopause Symposium

Speaking the Unspoken



Opening minds and breaking stigmas, University Hospitals first-ever Female Sexual Health & Menopause Symposium is the premier event to orient to a new standard of care in genitourinary women's health. Leveraging the multidisciplinary insights of the organization's newfound Female Sexual Health Division, attendees will leave equipped with the knowledge and conversational tools to empower women to discuss their sexuality and sexual health concerns. Network with experts and learn how you can provide a unique and open environment of care for optimum female health and well-being.

Organized in partnership between University Hospitals Urology Institute and the Department of Obstetrics & Gynecology

Who Should Attend:

Gynecologists, Urologists, Women's Health APP's, Primary Care Providers, Internists, Physical Therapists, Psychologists & Other Providers/Community Members who celebrate Female Sexual Health

Location: University Hospitals

Tinkham Veale University Center, Case Western Reserve University, Cleveland, OH

Learning Objectives:

- Identify vasomotor symptoms and possible treatment options
- Recall the International Society for the Study of Women's Sexual Health Guidelines for Testosterone Therapy
- Recognize the symptoms of Genitourinary Syndrome of Menopause
- List vulvar conditions associated with Menopause



11:00 – 11:30 am: Onsite Registration & Sign-In

11:30 am – 12:30 pm: Catered Lunch & Industry Mingle

12:30 – 12:45 pm: Welcome & Opening Remarks

12:45 – 1:30 pm: Multidisciplinary Team, Personalized Approach: Introducing University Hospitals Female Sexual Health Division

- Sheryl Kingsberg, PhD; Rachel Pope, MD, MPH; Jean Marino, APRN-CNP, NCMP, IF; Anna Myers, MSN, APRN-CNP, CUNP, IF; Karen Connor, PT, DPT, PRPC; Erika Kelley, PhD

1:30 – 2:00 pm: Vasomotor Symptoms

- Lisa Larkin, MD, FACP, NCMP, IF, Founder & CEO, Ms. Medicine/President & CEO, Lisa Larkin, MD and Associates/Internist

2:00 – 2:30 pm: Testosterone for HSDD

- Sharon Parish, MD, Professor of Medicine in Clinical Psychiatry/Professor of Clinical Medicine, Weill Cornell Medical College

2:30 – 2:45 pm: Q&A w/ Lisa Larkin, MD, FACP, NCMP, IF & Sharon Parish, MD

- Moderator: Rachel Pope, MD, MPH

2:45 – 3:00 pm: BREAK

3:00 – 3:30 pm: Genitourinary Syndrome of Menopause

- Rachel Rubin, MD, IF, NCMP, Assistant Clinical Professor in Urology, Georgetown University Hospital/OB/GYN

3:30 – 4:00 pm: Vulvar Conditions and Menopause

- Susan Kellogg Spadt, PhD, CRNP, IF, CFC, FCST, Director, Female Sexual Medicine, Center for Pelvic Medicine/Professor, OB/GYN, Drexel University College of Medicine

4:00 – 4:15 pm: Q&A w/ Rachel Rubin, MD, IF, NCMP & Susan Kellogg Spadt, PhD, CRNP, IF, CFC, FCST

- Moderator: Stephanie Teal, MD

4:15 – 4:30 pm: BREAK

4:30 – 5:30pm: Keynote

- Jen Gunter, MD, Two-Time New York Times Best-Selling Author & TED Podcast Host/OB/GYN & Pain Medicine Physician

5:30 – 5:45 pm: Goodbye & Closing Remarks

5:45 – 6:15 pm: Book Signing w/ Jen Gunter, MD

MEETING LOCATION

Tinkham Veale University Center

11038 Bellflower Road
Cleveland, OH 44106
(216) 368-5681

The Tinkham Veale University Center is located in the heart of University Circle. The conference will be held in the Kelvin & Eleanor Smith Foundation Grand Ballroom on the second floor. Persons with disabilities should inform Tinkham Veale staff of any special services required.

Parking

Guests are encouraged to park in the underground garage located at Campus Center Parking Garage (Lot S-29), 11172 East Boulevard, Cleveland, Ohio 44106. You are responsible for your own parking charges.

ACCREDITATION

Case Western Reserve University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Case Western Reserve University School of Medicine designates this live activity for a maximum of:

4.0 AMA PRA Category 1 Credits™

Physicians should claim only the credits commensurate with the extent of their participation in the activity.

REGISTRATION INFORMATION

Tuition:

- Physicians/Physicians Assistants/Advance Practice Nurses: \$150
- Allied Health Professionals/Community: \$125
- Trainee/Resident/Medical Student: \$100

Early bird pricing (\$25 discount) is offered through Friday, July 1!

Registration Closes:

Saturday, July 30, or Capacity Reached

Cancellation Policy:

Full refunds will be made for cancellations on or prior to Friday, July 29 only.

A cancellation received after that date requires an administrative fee of \$100.00. Please direct questions to medcme@case.edu.

ACKNOWLEDGEMENTS

University Hospitals Female Sexual Health and Menopause Symposium thanks its academic and industry partners for their contributions to this program. A complete listing of supporters will be provided in materials present at the event. Acceptance of funding in support of this program does not constitute endorsement of any product or manufacturer.



Keynote: Jen Gunter, MD

Two-Time New York Times Best-Selling Author & TED Podcast Host

Dr. Jen Gunter is an OB/GYN and pain medicine physician, and the author of two New York Times best-selling books, *The Menopause Manifesto*, and *The Vagina Bible* (translated into 15 languages and counting). She has written for the NY Times, the Globe and Mail, Glamour, Cosmopolitan and numerous other outlets. You can find her opinions regularly posted on Substack ([TheVajenda.com](https://www.thevajenda.com)), Twitter (@drjengunter) and Instagram (DrJenGunter). Jen is the host of TED's highly-rated podcast, *Body Stuff with Dr. Jen Gunter*, and her TED Talk, "Why can't we talk about periods?" was the third most popular TED Talk of 2020. Jen is also the host of *Jensplaining*, the top-rated series on CBC Gem.

Jen has been called Twitter's resident OB/GYN and the world's most famous gynecologist. She is a fierce advocate for facts and tirelessly calls out those who exploit pseudoscience for financial and political profit. Dr. Gunter is on a mission to help people separate medical fact from fiction with her writing and activism.

Lisa Larkin, MD, FACP, NCMP, IF

Founder & CEO, Ms. Medicine/President & CEO, Lisa Larkin, MD and Associates

Trained at Yale and the University of Chicago, Dr. Lisa Larkin is a board-certified internist and midlife women's health expert who has practiced in both academics and private practice since 1991 in Cincinnati, Ohio. Dr. Larkin is passionate about raising the standard of care for women and advancing evidence-based women's healthcare. She is currently Founder and CEO of Ms.Medicine, a national health care organization dedicated to advancing women's health on a broader scale through innovation in care delivery models and consumer and clinician education. She is also Founder and President of Lisa Larkin, MD and Associates, an independent, multispecialty practice, where she continues to practice, offering comprehensive primary care and women's specialty health care through a direct care membership model. Considered a national expert in menopause management, sexual medicine and breast cancer risk assessment and prevention, and migraine, Dr. Larkin is a well-known clinician educator, and lectures frequently at physician CME programs and educational events on women's health topics. Dr. Larkin formerly served as Associate Professor and Division Director of Midlife Women's Health and Primary Care at the University of Cincinnati College of Medicine and as the Director of the UC Health Women's Center (2012-2016). She is a Fellow of the American College of Physicians, a certified menopause clinician (NCMP), a Fellow of and past member of the Board of Directors of ISSWSH (International Society for the Study of Women's Sexual Health), and currently serves on the Board of Trustees of NAMS (North American Menopause Society).



Rachel Rubin, MD, IF, NCMP

Assistant Clinical Professor in Urology, Georgetown University Hospital

Dr. Rachel Rubin is a board-certified urologist and sexual medicine specialist. She is an assistant clinical professor of Urology at Georgetown University and works in a private practice in the Washington DC region. She is one of only a handful of physicians fellowship trained in male and female sexual medicine. Dr. Rubin is a clinician, researcher, and vocal educator in the field of sexual medicine. She completed her medical and undergraduate training at Tufts University, her urology training at Georgetown University, and her fellowship training under Dr. Irwin Goldstein in San Diego. In addition to being education chair for the International Society for the Study of Women's Sexual Health (ISSWSH), she also serves as an Associate Editor for the *Journal Sexual Medicine Reviews*.





Susan Kellogg Spadt, PhD, CRNP, IF, CFC, FCST

Director, Female Sexual Medicine, Center for Pelvic Medicine/Professor, OB/GYN, Drexel University College of Medicine

Susan Kellogg-Spadt PhD, CRNP, IF, CSC, FCST is the Director of Female Sexual Medicine at The Center for Pelvic Medicine in Bryn Mawr, Pennsylvania. Dr. Kellogg performs direct patient care, consultative services as a vulvovaginal and pelvic pain specialist, researcher, educator, sexual dysfunction clinician and therapist. Dr. Kellogg is Professor of OB/GYN at Drexel University College of Medicine; Professor of Human Sexuality at Widener University and Clinical Associate faculty at the University of Pennsylvania and Thomas Jefferson University in Philadelphia. Dr. Kellogg is a certified sexuality counselor and therapist. She has authored and coauthored several books, chapters and peer reviewed articles in the field of sexual medicine. She has been featured in The New York Times and on the Today Show, 20/20, CNN, and the Discovery Channel.



Sharon Parish, MD

Professor of Medicine in Clinical Psychiatry/Professor of Clinical Medicine, Weill Cornell Medical College

Dr. Sharon J. Parish is a Professor of Medicine in Clinical Psychiatry and Professor of Clinical Medicine at the Weill Cornell Medical College and the Director of Medical Services at the New York Presbyterian Hospital/Westchester Division. She received her medical degree from Albany Medical College of Union University, completed her residency in Internal Medicine at George Washington University Hospital, and behavioral medicine fellowship at New York University/Bellevue Hospital Center. Dr. Parish is an internal medicine physician who is a fellow of the International Society for the Study of Women's Sexual Health (ISSWSH) and a North American Menopause Society Certified Menopause Practitioner. For 22 years (1992-2014), she was a clinician educator on the faculty of the Albert Einstein College of Medicine and the clinical staff of Montefiore Hospital, Bronx NY, where she had a large primary practice and an array of teaching and administrative responsibilities. Currently (2014-present), her internal medicine practice focuses on behavioral health, menopause, and sexual medicine for female and male patients at Weill Cornell Medicine in New York City.

Dr. Parish has a special interest in practice, training, and research in behavioral health, sexual medicine, and menopause. She has designed many educational programs on sexual health; menopause; alcohol and substance use disorders; psychiatric care for the medical patient; sexual medicine and other specialized communication skills; and curriculum development for undergraduate, graduate, and postgraduate medical education across multiple disciplines. She has authored many publications and online materials on an array of related topics. Her academic activities have also included participation in international and national society committees and consultantships; lectures, symposia, and web-based educational programs; and national and international society leadership roles.

She is Past President of the ISSWSH (2014-2018), Chair of the ISSWSH Clinical Practice Guidelines Committee (2016-2023), member of the ISSWSH Board of Directors, and past Chair of the ISSWSH Education Committee (2002-2014). She is a member of the International Society for Sexual Medicine (ISSM) Board of Directors (2018-2022) and Consultation and Guidelines Committee. Dr. Parish is an Associate Editor for Sexual Medicine Reviews (2017-present) and previously Associate Editor for CME (2006-2014) and Assistant Editor for Female Medical/Surgical for the Journal of Sexual Medicine (2014-2016).

SPEAKERS: FACULTY

Rachel Pope, MD, MPH

Division Chief, Female Sexual Health, University Hospitals Urology Institute
Global Health Scholar, UH Roe Green Center for Travel Medicine & Global Health
Assistant Professor, CWRU School of Medicine
OB/GYN

Stephanie Teal, MD

Chair, Department of Obstetrics and Gynecology, UH Cleveland Medical Center
Obstetrician and Gynecologist-in-Chief, University Hospitals
Clinical Professor, CWRU School of Medicine

Sheryl Kingsberg, PhD

Licensed Clinical Psychologist
Chief, Division of Behavioral Medicine, Department of Obstetrics and Gynecology, UH Cleveland Medical Center
Professor, Departments of Reproductive Biology, Psychiatry and Urology, CWRU School of Medicine

Jean Marino, APRN-CNP, NCMP, IF

Women's Health Certified Nurse Practitioner, Department of Obstetrics and Gynecology & Urology Institute, UH Cleveland Medical Center

Anna Myers, MSN, APRN-CNP, CUNP, IF

University Hospitals Urology Institute, General Urology, Female Sexual Health & Pelvic Medicine
Certified Women's Health, Family & Urology Nurse Practitioner
AASECT Certified Sexuality Counselor
Clinical Assistant Professor, CWRU School of Medicine PA Program

Karen Connor, PT, DPT, PRPC

Clinical Specialist
Certified Pelvic Rehabilitation Provider, University Hospitals Rehabilitation & Sports Medicine

Erika Kelley, PhD

Psychologist, Department of Obstetrics and Gynecology & Urology Institute, UH Cleveland Medical Center
Assistant Professor, CWRU School of Medicine

QUESTIONS: UROLOGYINSTITUTE@UHHOSPITALS.ORG

The policy of the Case Western Reserve University School of Medicine CME Program (CWRU) requires that the Activity Director, planning committee members and all activity faculty (that is, anyone in a position to control the content of the education activity) disclose to the activity participants all relevant financial relationships with commercial interests. Disclosure will be made to activity participants prior to the commencement of the activity. CWRU also requires that faculty make clinical recommendations based on the best available scientific evidence and that faculty identify any discussion of "off-label" or investigational use of pharmaceutical products or medical devices.



Bonafide

