

ESSENTIALS OF WOMEN'S HEALTH: AN INTEGRATED APPROACH TO PRIMARY CARE AND OFFICE GYNECOLOGY



June 30 - July 5, 2013 HAPUNA BEACH PRINCE HOTEL MAUNA KEA, BIG ISLAND, HAWAII

ESSENTIALS OF PRIMARY CARE: A CORE CURRICULUM FOR AMBULATORY

PRACTICE



PROGRAM CHAIR

Robert B. Baron, MD, MS Professor of Medicine Associate Dean for Graduate and Continuing Medical Education August 4-9, 2013 RESORT AT SQUAW CREEK NORTH LAKE TAHOE, CALIFORNIA

HAWAII'S BIG ISLAND **ESSENTIALS OF WOMEN'S HEALTH:** AN INTEGRATED APPROACH TO PRIMARY CARE AND OFFICE GYNECOLOGY

June 30- July 5, 2013

Increasing appreciation of the unique needs of women patients and women's health care providers has created a need for innovative educational programs on women's health. This program, designed for family physicians, internists, gynecologists, nurses, nurse practitioners, physician assistants, pharmacists, and all others involved in providing quality health care for women, will provide a practical update on a full range of common but controversial issues in women's health. The course will serve to enhance the skills of those already working in women's health as well as help develop new skills for those expanding their work to include more primary care and office gynecology. Developed and taught by UCSF faculty in both primary care internal medicine and obstetrics and gynecology, the course will present an integrated approach to women's health. Emphasis will be placed on new developments in preventive care and cardiovascular risk factors in women, issues in reproductive health, and clinical strategies in the diagnosis and treatment of common gynecologic complaints and common medical problems of women. Special emphasis will be placed on office skills needed for modern day practice including: enhanced skills in physical examination, common office procedures, clinical nutrition, assessment of new medical technologies, and how to better read the medical literature. The course will use interactive lectures. clinical vignettes, hands-on workshops, small group discussions, an audience response system and guestions and answers. A detailed syllabus will be provided. This course is presented by the Division of General Internal Medicine, Department of Medicine, and the Department of Obstetrics, Gynecology, and Reproductive Sciences and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco.

The purpose of this course is to increase competence and improve clinician practice in primary care. We specifically anticipate improvements in skills and strategies to:

- Implement new guidelines in office-based preventive medicine ഗ for prevention and early detection of cancer with clinical ш exam, pap tests, genetic testing and diagnostic imaging; >
- Implement new guidelines for prevention and treatment of cardiovascular risk factors in women; . C
- Provide vaccinations to adults and adolescents;
- · Diagnose and treat common problems in women's health m including cervical dysplasia, hypertension, high blood Ο cholesterol, obesity, diabetes, osteoporosis, abnormal ٩L uterine bleeding, fibroids, incontinence, ectopic pregnancy, chronic pelvic pain, benign breast disorders, breast cancer, and dementia;
- DUCATION/ · Facilitate counseling and informed decision-making in contraception and abortion;
 - Examine patients and perform common office procedures in gynecology;
- · Diagnose and treat pediatric and adolescent patients with gynecologic concerns; ш
 - · Provide empathic and professional communication with all patients.

ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UCSF designates this live activity for a maximum of 20.25 AMA PRA Category 1 Credits™.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit** is pending.

Geriatric Medicine:

The approved credits shown above include **11.75** geriatric credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine

ACOG: Cognates have been applied for through the American College of Obstetricians and Gynecologists (ACOG.)



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SUNDAY, JUNE 30, 2013

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4:00 pm 5:00	Course Registration Welcome	Robert B. Baron, MD, MS Alison F. Jacoby, MD
5:10 G	Current Controversies in Breast and Cervical Cancer Screening	Rebecca Jackson, MD
6:00 G	Ovarian Cancer Screening and Principles of Adnexal Mass Evaluation	Alison F. Jacoby, MD
7:10	Adjourn	
	IULY 1, 2013 Robert B. Baron, MD, MS <i>Continental Breakfast</i>	
7:00 G	Current Controversies in Lung, Colon, and Skin Cancer Screening	Jeffrey Tice, MD
7:50 G 8:40	Prevention of Cardiovascular Disease in Women Break	Robert B. Baron, MD, MS
9:00 G 9:50 10:40	Management of Hypertension in Women Preventing the Unintended: Update in Contraception Adjourn	Eliseo J. Perez-Stable, MD Jody Steinauer, MD, MAS
	JULY 2, 2013	
6:30 am	Alison F. Jacoby, MD Continental Breakfast	
7:00 G 7:50	What Every Clinician Needs to Know About Abortion Lumps, Bumps, and Pain: Management of Common Breast Disorders	Jody Steinauer, MD, MAS Rebecca Jackson, MD
8:40	Common Issues in Pediatric and Adolescent Gynecology	Alison F. Jacoby, MD
9:30 9:50	Break Concurrent Workshops (select one): A: You Make the Call: Recognizing Common Gynecologic Lesions	Alison F. Jacoby, MD
11.00	B: Management of Obesity: A Systematic Approach	Robert B. Baron, MD, MS
11:20	Adjourn AY, JULY 3, 2013	
Moderator:	Eliseo Perez-Stable, MD	
6:30 am 7:00 G	Continental Breakfast Vaccinations for Adult and Adolescent Women	Eliseo J. Perez-Stable, MD
7:50 G 8:40 G 9:30	Current Issues in Diabetes Management Breast Cancer Evaluation and Treatment Break	Robert B. Baron, MD, MS Jeffrey Tice, MD
9:50	Concurrent Workshops (select one): C: Contraception Challenges: Case Studies and IUD Insertion Practicum	Jody Steinauer, MD, MAS
G	D: Common Problems in Older Women: Using Geriatric Principles in Everyday Practice	Eliseo J. Perez-Stable, MD
	Adjourn (, JULY 4, 2013	
Moderator:	Jeffrey Tice, MD	
6:30 am 7:00 <mark>G</mark>	Continental Breakfast Vitamins and Supplements in Women's Health: An Evidence-based Approach	Jeffrey Tice, MD
7:50 G	New Developments in Osteoporosis	Eliseo J. Perez-Stable, MD
8:40	Abnormal Uterine Bleeding: From Menarche to Menopause	Vanessa Jacoby, MD, MAS
9:30 9:50	Break Concurrent Workshops (select one):	
	E: Case Studies in Cervical Dysplasia: How Would You Manage These Patients?	Rebecca Jackson, MD
	F: Clinical Dilemmas in Genetic Testing: A Case-based Approach	Jeffrey Tice, MD
11:20 am	Adjourn	
FRIDAY, JU Moderator: 6:30 am	Rebecca Jackson, MD Continental Breakfast	
7:00	Chronic Pelvic Pain: Current Strategies for Evaluation and Management	Rebecca Jackson, MD
7:50	Why Am I Bleeding? Management of First Trimester Bleeding	Alison F. Jacoby, MD
CLOSING A 8:40 G	DDRESS Caring for Challenging Patients in Women's Health: Insights into Empathy and Professionalism	Jody Steinauer, MD, MAS
9:30	Adjourn G Geriatric Credit	

NORTH LAKE TAHOE, CALIFORNIA **ESSENTIALS OF PRIMARY CARE:** A CORE CURRICULUM FOR ADULT AMBULATORY PRACTICE August 4-9, 2013

Changing patterns of medical practice are placing greater responsibility on primary care clinicians. Increasingly difficult management decisions must now be made in the ambulatory setting. Primary care clinicians must be increasingly competent in office skills and procedures more commonly associated with specialist practice. At the same time, many specialty-trained physicians, particularly obstetrician/gynecologists, traditionally trained internists and medical subspecialists are being asked to play an expanding their role in primary care practice. Nurse practitioners and physician assistants are also playing an ever-increasing role. This course is designed to provide a comprehensive core curriculum in adult primary care. The course will serve as an excellent update and review for current primary care physicians and other primary care professionals and as an opportunity for specialists to expand their primary care knowledge and skills.

Particular emphasis will be placed on principles of primary care, office-based preventive medicine, practical management of the most common problems seen in primary care practice, and expanded skills in clinical examination and common office procedures. Special emphasis will be placed on examination and procedural skills in dermatology, gynecology and women's health, and sports medicine. The course will utilize formal lectures, hands-on workshops, case discussions, an audience response system, and questions and answers. A detailed syllabus will be provided for all participants.

This course is presented by the Division of General Internal Medicine, Department of Medicine and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco School of Medicine.

The purpose of this course is to increase competence and improve clinician practice in primary care. We specifically anticipate improvements in skills and strategies to:

- Implement new guidelines in office-based preventive ഗ medicine including cancer screening, management of ш cardiac risk factors, and exercise;
 - · Manage common problems in women's health including contraception, abnormal pap tests, menopause, osteoporosis, and office gynecological procedures;
- EDUCATIONAL OBJECTIV Develop strategies to care for common office problems including hypertension, CAD, CHF, chronic kidney disease, diabetes, atrial fibrillation, shoulder, knee and hip disorders, and dementia and delirium:
 - Diagnose and treat common skin disorders and skin cancer;
 - Counsel patients to lose weight, increase physical activity, and address issues of substance abuse;
 - Perform an effective problem-focused history and physical examination for evaluation and treatment of dermatologic, gynecologic, musculoskeletal and neurologic complaints;
 - · Perform common office procedures in dermatology, gynecology, and orthopaedics;
 - Interpret the strengths and weaknesses of different types of clinical studies.

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UCSF designates this live activity for 20.25 AMA PRA Category 1 Credits[™].

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of** credit is pending.

Geriatric Medicine: The approved credits shown above include 17.25 credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.



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Lake Tahoe

		Registration	
3:00 pr 5:00		Welcome	Robert B. Baron, MD, MS
5:10	G	Cancer Screening 2013: Using Best Evidence to Guide Practice	Judith M. E. Walsh, MD, MPH
6:00	G	Current Strategies in Hypertension: Getting Ready for JNC 8	Robert B. Baron, MD, MS
6:50 pr	m	Adjourn	
		AUGUST 5, 2013	
Moder 7:00 ar		Robert B. Baron, MD, MS Continental Breakfast	
	G	Vaccinations in Adults and Adolescents	Katherine A. Julian, MD
8:20 9:10	G	Management of CAD: a Primary Care Perspective Break	Michael G. Shlipak, MD, MPH
9:30 10:20	G G	Preventing the Unintended: Update in Contraception Assessment and Treatment of Common Dermatologic Problems	Jody Steinauer, MD, MAS Toby A. Maurer, MD
11:10 a	am	Adjourn	
TUES	DAY,	AUGUST 6, 2013	
7:00 ar		Robert B. Baron, MD, MS Continental Breakfast	
7:30	G	Every Patient is an Athlete	Carlin Senter, MD
8:20	G	Detection and Treatment of Non-melanoma Skin Cancers	Toby A. Maurer, MD
9:10	G	Differentiating Pigmented Skin Lesions and Melanoma	Toby A. Maurer, MD
10:00 10:20		Break Concurrent Workshops (select one):	
	G	A: Physical Exam Skills and Office Procedures in Orthopaedics	Carlin Senter, MD
	G	B: Substance Abuse Disorders in Primary Care: a Practical Approach	Katherine A. Julian, MD
11:50 a	am	Adjourn	
		AY, AUGUST 7, 2013	
Moder 7:00 ar		Jody Steinauer, MD, MAS Continental Breakfast	
7:00 ai 7:30		Cervical Dysplasia: Current Guidelines for	Jody Steinauer, MD, MAS
8:20	G	Abnormal Pap and HPV Tests Prevention and Treatment of Dementia	Kothoring A Julian MD
9:10	G	Chronic Kidney Disease: What the Generalist Needs to Know	Katherine A. Julian, MD Michael G. Shlipak, MD, MPH
10:00		Break	
10:20	G	Concurrent Workshops (select one): C: Mastering Office Gynecological Procedures	Jody Steinauer, MD, MAS
11:50 a	am	D: Management of Obesity: a Systematic Approach Adjourn	Robert B. Baron, MD, MS
		/, AUGUST 8, 2013	
Moder	ator:	Judith M.E. Walsh, MD, MPH	
7:00 ar		Continental Breakfast	
7:30	G	New Developments in Osteoporosis: Screening, Prevention and Treatment	Judith M.E. Walsh, MD, MPH
8:20 9:10	G G	Common Knee Problems: What You "Knee'd" to Know Diagnosis and Management of Common Shoulder and Hip Complaints	Carlin Senter, MD Carlin Senter, MD
10:00		Break	
10:20		Concurrent Workshops (select one): E: Dermatologic Procedures in Primary Care	Toby A. Maurer, MD
		F: Advances in Women's Health 2013: a Critical	Judith M.E. Walsh, MD, MPH
11:50 a		Review of This Year's Most Important Papers	
	am	Adjourn	
FRID		Adjourn	
Moder	Y, Al	Adjourn JGUST 9, 2013 Katherine Julian, MD	
Moder 7:00 ar	Y, Al ator:	Adjourn JGUST 9, 2013 Katherine Julian, MD <i>Continental Breakfast</i>	Katherine A Julian MD
Moder	Y, Al	Adjourn JGUST 9, 2013 Katherine Julian, MD	Katherine A. Julian MD Robert B. Baron MD MS
Moder 7:00 ar 7:30	Y, Al rator: m G	Adjourn JGUST 9, 2013 Katherine Julian, MD <i>Continental Breakfast</i> Management of Atrial Fibrillation 2013 Management of Diabetes: a Primary Care Perspective Break Congestive Heart Failure: Effective Monitoring	
Moder 7:00 ar 7:30 8:20 9:10 9:30	rator: m G G	Adjourn JGUST 9, 2013 Katherine Julian, MD <i>Continental Breakfast</i> Management of Atrial Fibrillation 2013 Management of Diabetes: a Primary Care Perspective <i>Break</i> Congestive Heart Failure: Effective Monitoring and Treatment	Robert B. Baron MD MS Michael G. Shlipak, MD, MPH
Moder 7:00 ar 7:30 8:20 9:10	rator: m G G	Adjourn JGUST 9, 2013 Katherine Julian, MD <i>Continental Breakfast</i> Management of Atrial Fibrillation 2013 Management of Diabetes: a Primary Care Perspective Break Congestive Heart Failure: Effective Monitoring	Robert B. Baron MD MS

G Geriatric Credit

REGISTRATION INFORMATION

Tuition:	\$745	Practicing Physicians
	\$595	Allied Health Professionals/
		Physicians in Training

Payment may be made by Visa, MasterCard, AmEx or check.

REGISTER VIA:

Online: www.cme.ucsf.edu

- Mail: Complete course registration form and send with payment to: UCSF Office of CME P.O. Box 45368 San Francisco, CA 94145-0368
- Fax: Fax completed registration form to: (415) 502-1795 (be sure to include your credit card number)

Phone: To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.

On-Site Registration: Registration is available on-site.

Please check our website for up-to-date information on the course: www.cme.ucsf.edu

REFUND POLICY

Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

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GREEN MEETING - These are "green" meetings. The syllabi will be transmitted electronically prior to each course. A paper syllabus book is also available for purchase.

ACCOMMODATIONS - HAWAII

Hapuna Beach Prince Hotel **Big Island**, Hawaii

Situated along the Big Island's Kohala Coast, the Mauna Kea Resort features the Mauna Kea Beach Hotel and the newer Hapuna Beach Prince Hotel. For more details, visit www.princeresortshawaii.com. A block of guestrooms has been reserved at both the Hapuna Beach Prince Hotel and at the Mauna Kea Beach Hotel at the following discounted rates:

HAPUNA BEACH PRINCE HOTEL:

Hapuna Beach Terrace	\$229
Hapuna Beach Partial Ocean	\$249
Hapuna Beach Ocean View	\$269
Hapuna Beach Premium Ocean	\$299
Hapuna Beach Ocean Front	\$399
One Bedroom Ocean Suite	\$599
MAUNA KEA BEACH HOTEL:	
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Mountain View	\$309
Plumeria Beach Club (Floors 2-4)	\$439
Ocean View (Floors 5-7)	\$529

Rates are per room, per night, single/double, and subject to 11.416% occupancy tax; simply call toll-free (866) 774-6236, or fax (808) 944-4491 and identify yourself as a member of UCSF Women's Health conference to receive the special rates. The cutoff date is May 29, 2013 or until the group block is filled. After this date, rooms will be provided on a space available basis only

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Please take this into consideration when making your accommodation decisions.

PRINCE KEIKI CLUB

Kids can have hours of fun with activities such as sandcastle building, pool swims, Hawaiian arts and crafts, and a whole lot more!

The Prince Keiki Club is available to Mauna Kea Resort guests ages 5-12 (no exceptions please). Program hours are 9:00am - 5:00pm, seven days a week. Space is limited. Please pre-register with the hotel concierge, ext. 3155.

ADDITIONAL TRAVEL INFORMATION

For rental car and air transportation options please visit our website at www.cme.ucsf.edu.

Hawaii

ACCOMMODATIONS - NORTH LAKE TAHOE

Resort at Squaw Creek North Lake Tahoe, California

Located in North Lake Tahoe's Squaw Valley site of the historic 1960 Olympic Winter games, the Resort at Squaw Creek is the perfect location in which to learn and relax. For more details, visit www.squawcreek.com.

A block of guestrooms has been reserved at the Resort at Squaw Creek at the following discounted rates:

Deluxe Guest Room	\$219
Fireplace Suite	\$269
Deluxe Fireplace Suite	\$289

Rates are per room, per night, single/double, and subject to 10% transient occupancy tax and a \$16 per day resort fee; simply call (800)403-4434 and identify yourself as a member of UCSF Primary Care to receive the special rates. To make hotel reservations on-line go to https://resweb.passkey.com/go/UCSFEPC2013. The cutoff date is July 5, 2013 or until the group block is filled. After this date, rooms will be provided on a space available basis only

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Kindly take this into consideration when making your decisions.

CHILDREN'S ACTIVITIES

Children will love playing with new Mountain Buddies. A day at the Resort at Squaw Creek COL

uld include ar	y of these awesome activitie	s:
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Swimming	Arts and crafts
Hiking	Fun Zone arcade
Biking	Games
Fishing	Waterslide
Tennis	Nature trail

This fantastic addition to any kid vacation gives parents the option of selecting from full-day, half-day and evening sessions. All children must be 4-12 years of age and completely potty trained.

Reservations: For information or to reserve a spot for your child in our Mountain Buddies Program, please call (530) 583 6300, ext. 11, by 5pm the day prior. Cancellations are required 12 hours in advance

ADDITIONAL TRAVEL INFORMATION

For rental car and air transportation options please visit our website at www.cme.ucsf.edu.





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UPCOMING CME COURSES

PRIL IN

Primary Care Medicine: Update 2013 April 7 - 12, 2013 Maui, Hawaii

Primary Care Medicine: Update 2014 April 6-11, 2014 Maui, Hawaii

PROGRAM CHAIRS

Robert B. Baron, MD, MS Professor of Medicine Associate Dean for Graduate and Continuing Medical Education; Vice Chief, Division of General Internal Medicine

Alison F. Jacoby, MD Professor of Obstetrics, Gynecology and Reproductive Sciences; Director, UCSF Comprehensive Fibroid Center

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PROGRAM CHAIR

Robert B. Baron, MD, MS Professor of Medicine; Associate Dean for Graduate and Continuing Medical Education; Vice Chief, Division of General Internal Medicine

COURSE FACULTY (University of California, San Francisco)

Katherine A. Julian, MD Professor of Medicine; Director, Primary Care Internal Medicine Residency

CME

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www.cme.ucsf.edu. You may also reach us by calling the Office more information or to register online visit our website at at (415) 476-4251 or email info@ocme.ucsf.edu

Primary Care Medicine: **Principles and Practice** October 30 - November 1, 2013 San Francisco, California

Primary Care Medicine: **Principles and Practice** October 22-24, 2013 San Francisco, California

COURSE FACULTY (University of California, San Francisco)

Rebecca Jackson, MD Chief, SFGH Division Associate Professor, Department of Obstetrics, Gynecology & Reproductive Sciences, and of Epidemiology & Biostatistics

Vanessa Jacoby, MD, MAS Assistant Professor of Obstetrics, Gynecology and Reproductive Sciences

Controversies in Women's Health December 12 - 13, 2013 San Francisco, California

COURSE FACULTY (CONT'D)

Eliseo J. Perez-Stable, MD Professor of Medicine; Chief, Division of General Internal Medicine; Director, Medical Effectiveness Research Center for Diverse Populations

Jody Steinauer, MD, MAS Associate Professor, Department of Obstetrics, Gynecology and Reproductive Sciences; Assistant Director, Family Planning Fellowship

Jeffrey Tice, MD Associate Professor of Medicine

COURSE FACULTY (CONT'D)

Toby A. Maurer, MD Professor and Chief of Dermatology, San Francisco General Hospital

Carlin Senter, MD Assistant Professor of Orthopaedics and of Medicine. UCSF Primary Care Sports Medicine

Michael G. Shlipak, MD, MPH Chief, Division of General Internal Medicine; San Francisco VA Medical Center; Professor-In-Residence of Medicine, Epidemiology and Biostatistics

COURSE FACULTY (CONT'D)

Jody Steinauer, MD, MAS Associate Professor, Department of Obstetrics, Gynecology and Reproductive Sciences Assistant Director, Family Planning Fellowship

Judith M. E. Walsh, MD, MPH Professor of Medicine, Women's Health Clinical Research Center

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MDM14M01 • HAWAII ESSENTIALS OF WOMEN'S HEALTH: An Integrated Approach to Primary Care and Office Gynecology June 30 - July 5, 2013 Hapuna Beach Prince Hotel, Big Island, Hawaii June 30- July 5, 2013	MDM14M02 • LAKE TAHOE ESSENTIALS OF PRIMARY CARE: A Core Curriculum for Adult Ambulatory Practice August 4-9, 2013 Resort at Squaw Creek, North Lake Tahoe, California August 4-9, 201
Mail to : UCSF Office of CME P.O. Box 45368 San Francisco, CA 94145-0368 Fax: (415) 502-1795 □ Dr. □ Mr. □ Mrs. □ Ms.	Online registration: www.cme.ucsf.edu Registration Information: (415) 476-5808 Course Information: (415) 476-4251
Last Name	First M.I.
Degree	Specialty
Address	
City	State Zip
Daytime Phone	Fax
Email	
Address Label Code Letter (see address label: Would you like to be on our priority email list? Date of birth to be used as OCME registrant nu	
Would you like to be on our priority email list?	□ Yes □ No mber: / / X X Month Day
Would you like to be on our priority email list? Date of birth to be used as OCME registrant nu E Please indicate if you have any special need	□ Yes □ No mber: / / X X Month Day ds: Office Gynecology ssionals/Residents/Fellows © OF WOMEN'S HEALTH workshops: held 9:50-11:20am on Tuesday, July 2 held 9:50-11:20am on Wednesday, July 3
Would you like to be on our priority email list? Date of birth to be used as OCME registrant nu Please indicate if you have any special need REGISTRATION FEES ESSENTIALS OF WOMEN'S HEALTH: An Integrated Approach to Primary Care and \$745 Practicing Physicians \$595 Nurses/Pharmacists/Allied Health Profe \$150 Printed Syllabus (optional) Please enroll me for the following ESSENTIALS Register me for Workshop (A or B) to be h Register me for Workshop (C or D) to be h	Yes No More No More No Month Day Month Day Month Day Month Day Control Contr

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Refund Policy: Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up to date information on the course at www.cme.ucsf.edu