

UW Medicine

UW SCHOOL  
OF MEDICINE

*4<sup>th</sup> Annual*  
**MEN'S HEALTH  
UPDATE**



Friday-Saturday  
August 24-25, 2018

Orin Smith Auditorium  
UW Medicine, South Lake Union  
850 Republican Street | Seattle, WA 98109

**Sponsored by UW School of Medicine  
Department of Urology  
Office of Continuing Medical Education**

# TARGET AUDIENCE

This course is designed for the practicing community of primary care providers and urologists who are seeking an update on important clinical topics in Men's Health. The course is also well suited for nurses, nurse practitioners, physician assistants, fellows and residents.

# COURSE DESCRIPTION

The climate of American healthcare is constantly changing. However, some things are certain: Americans are aging, and there are ever increased demands for healthcare access. As a result, primary care providers are increasingly caring for urologic disease. Men are disproportionately afflicted by urologic disease, and "Men's Health" is a growing medical arena where specialized knowledge is required. The diagnosis and management of many Men's Health diseases have been greatly influenced by recent pharmacological, surgical and technological advances. One of the greatest challenges care providers face is staying abreast with the many dynamic changes in this field. An internationally acclaimed faculty has been assembled to provide this update, with presentations on topics such as Prostate screening and treatment, Male Voiding Dysfunction, Kidney Stones, Sexual Dysfunction, Hypogonadism diagnosis and treatment and risks and benefits of Testosterone Replacement Therapy, and Chronic Genital Pain. Additional topics include the Primary Care and the Transgender Patient, evaluation of common benign scrotal lesions, and stress urinary incontinence in women. During the plenary sessions, the registrants will have the opportunity to participate in case discussions and question/answer sessions.

# ACCREDITATION

## Accreditation with Commendation

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



## Credit Designation

The University of Washington School of Medicine designates this live activity for a maximum of 11 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# COURSE OBJECTIVES

Upon completion of this activity, attendees should be able to:

- Describe the appropriate evaluation of men suspected of having hypogonadism and discuss the risks and benefits of testosterone treatment.
- Describe the relationship between cardiovascular disease and erectile dysfunction and offer appropriate treatment options to men experiencing ED and other forms of sexual dysfunction.
- Describe the association between male infertility and disease, and discuss the evidence based evaluation of male infertility.
- Discuss the role of PSA screening in men and describe additional tests now available for prostate cancer screening.
- Describe the management options for men with localized prostate cancer, including active surveillance.
- Describe the quality of life issues men face after prostate cancer treatment and develop a paradigm for addressing common issues.
- Describe the work-up for patients with scrotal masses.
- Understand the role of non-narcotic pain management in patients with chronic pelvic and genital pain.
- Discuss the key elements of a BPH evaluation and provide appropriate treatment options.
- Describe the appropriate evaluation of men with scrotal content pain and discuss and evidence-based initial treatment approach.

# REGISTRATION FEES

<b>MD/DO/PhD</b>	<b>\$299.00</b>
<b>Allied Health</b>	<b>\$249.00</b>
<b>Resident/Fellow*</b>	<b>\$150.00</b>

*\*Resident/Fellow rate requires written confirmation of current status.*

**Walk-in registrations incur a \$25 administrative fee**

The fee for this course includes catering, all instruction materials and transcript of AMA PRA Category 1 Credits™. To ensure enrollment, please complete the enclosed registration form and forward it with the appropriate tuition or register online at [uwcmce.org](http://uwcmce.org). Allow up to fifteen working days to receive your email confirmation of enrollment. If you have not received confirmation prior to your departure for the course, please contact the Continuing Medical Education office at 206.543.1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.

## ONLINE PRESENTATIONS AND MATERIALS

Instruction materials will be available for download at [uwcmce.org](http://uwcmce.org) (for conference registrants only). Materials will be available starting on **August 20, 2018**, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided at the conference. No printed presentation materials will be available.

## ATTENDANCE POLICY

Course activities are exclusively reserved for course attendees. Badges provided at registration are required for entrance into all functions and will be strictly enforced.

## DIETARY REQUESTS

UW CME takes into consideration diverse nutritional preferences and restrictions when planning our complimentary menu. However, those individuals who might find that our menu is not completely aligned to their specific nutritional needs are welcome to bring their own food items.

If you have dietary restrictions (i.e. vegan, gluten-free, etc.), please notify us by August 10, 2018 by sending an email to [cme@uw.edu](mailto:cme@uw.edu).

## CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **August 10, 2018**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **August 10, 2018**. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by telephone followed by written notification and a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable airline tickets or hotel penalties. Contact the CME Office with questions - **call 206.543.1050, fax 206.221.4525 or email [cme@uw.edu](mailto:cme@uw.edu)**.

## SPECIAL SERVICES

Please inform the CME Office ten days in advance of the conference start date if you will need to utilize lactation services.

Continuing Medical Education at the University of Washington is a self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration, course credit, handouts, record keeping, faculty planning and evaluation and may include food, alcohol, taxes and gratuities to vendors. The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability or status as a disabled veteran or Vietnam era veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation please contact the department at: 206.543.1050 or the Disability Services Office at least ten days in advance.

### Disability Services Office

206.543.6450/Voice • 206.543.6452/TTY • 206.685.7264/Fax • e-mail: [dso@uw.edu](mailto:dso@uw.edu)

## HOTEL ACCOMMODATIONS

The following hotels are located near the conference site. To make reservations, please call the hotels directly. No room block has been reserved.

### Residence Inn by Marriott

800 Fairview Ave N  
Seattle, WA 98109  
206.624.6000

### Staybridge Suites Seattle

1119 Mercer Street  
Seattle, WA 98109  
206.596.2301

# Course Faculty

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## COURSE CO-CHAIRS

**Thomas J. Walsh, MD, MS**  
Associate Professor  
Department of Urology

**Michael P. Porter, MD, MS**  
Associate Professor  
Department of Urology

## GUEST FACULTY

**Joseph Alukal, MD**  
Associate Professor of Urology  
New York University, Langone Medical Center

## UW FACULTY

**Tina Allen, PT**  
Physical Therapy Specialist  
UW Medical Center, Urology

**Richard Berger, MD**  
Professor Emeritus  
Department of Urology

**James Downey, MD**  
Clinical Associate Professor  
Department of Urology

**William J. Ellis, MD**  
Professor and Vice-Chair  
Department of Urology

**Maahum Haider, MD**  
Assistant Professor  
Department of Urology

**Judith Hagedorn, MD, MHS**  
Assistant Professor  
Department of Urology

**Matthew Jaffy, MD**  
Clinical Associate Professor  
Department of Family Medicine

**Niels Johnsen, MD**  
Clinical Instructor  
Department of Urology

**Kevin Ostrowski, MD**  
Assistant Professor  
Department of Urology

**George R. Schade, MD**  
Assistant Professor  
Department of Urology

**Michael Schweizer, MD**  
Assistant Professor  
Department of Medicine

**Judy Simon MS, RDN, CD, CHES,  
FAND**  
Clinical Instructor  
Department of Health Services

**Mathew Sorensen, MD, MS**  
Associate Professor  
Department of Urology

**Suzette Sutherland, MD**  
Associate Professor  
Department of Urology

**Robert Sweet, MD, FACS**  
Professor  
Department of Urology

**Hunter Wessells, MD, FACS**  
Professor and Chair  
Department of Urology

**Jonathan L. Wright, MD, MS**  
Associate Professor  
Department of Urology

**Claire Yang, MD**  
Professor  
Department of Urology

# Friday, August 24, 2018

	<b>7:30 Registration &amp; Continental Breakfast</b>
<b>Male Voiding Dysfunction</b> Moderator: Maahum Haider, MD	8:00 Section Overview <i>Maahum Haider, MD</i>
	8:10 Nocturia: Helping Our Patients Get Some Sleep! <i>Claire Yang, MD</i>
	8:30 My Patient Came to Clinic with a Foley Catheter.... Now What? <i>James Downey, MD</i>
	8:50 Surgical and Non-Surgical Treatment of BPH: State of the Art 2018 <i>Maahum Haider, MD</i>
	9:10 Hematuria and Primary Care: What Tests to Order and When to Refer <i>Michael Porter, MD, MS</i>
	9:20 Cases - Question and Answer Session   <i>Faculty</i>
	<b>9:40 Break</b>
<b>Male Sexual Hormonal and Reproductive Health</b> Moderator: Thomas Walsh, MD, MS	9:55 Section Overview <i>Thomas Walsh, MD, MS</i>
	10:05 Male Hypogonadism: Diagnosis and Treatment in the Modern Era <i>Joseph Alukal, MD</i>
	10:25 Buyer Beware: The Perilous Journey of Testosterone Treatment <i>Joseph Alukal, MD</i>
	10:45 Cases - Question and Answer Session   <i>Faculty</i>
	11:00 Transgender Patients: The Ever Changing Role of Primary Care <i>TBD</i>
	11:20 Too Old for a Pediatrician: Transitional Care for Complex Young Adults <i>Judith Hagedorn, MD, MHS</i>
	11:40 Male Infertility: The Detrimental Impact of Testosterone Treatment <i>Kevin Ostrowski, MD</i>
	12:00 Cases - Question and Answer Session   <i>Faculty</i>
	<b>12:20 Lunch (provided)</b>
<b>Kidney Stones and Male Sexual Dysfunction</b> Moderator: Robert Sweet, MD, FACS	1:20 Section Overview <i>Robert Sweet, MD, FACS</i>
	1:30 Men's Health Nutrition for Primary Care <i>Judy Simon, MS, RDN, CD, CHES, FAND</i>
	1:50 Training Doctors: The Ever Growing Role of Simulation in Healthcare <i>Robert Sweet, MD, FACS</i>
	2:10 Thirteen Percent of Patients will Have a Kidney Stones! <i>Mathew Sorensen, MD, MS</i>
	2:30 Cases - Question and Answer Session   <i>Faculty</i>
	<b>2:50 Break</b>

## Friday, August 24, 2018 (continued)

- 3:00 Erectile Dysfunction: Seizing the Opportunity to Improve Quality of Life  
*Thomas Walsh, MD, MS*
- 3:20 Problems with the Penis: Dos and Don'ts in Primary Care  
*Hunter Wessells, MD, FACS*
- 3:40 Women's Health Primer: Stress Urinary Incontinence  
*Suzette Sutherland, MD*
- 4:00 Cases - Question and Answer Session | *Faculty*
- 4:30 Adjourn

## Saturday, August 25, 2018

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### 7:30 Sign-In & Continental Breakfast

**Prostate Cancer**  
Moderator:  
*Michael Porter, MD, MS*

- 8:00 Section Overview  
*Michael Porter, MD, MS*
- 8:10 Prostate Cancer Risk: Which Patients Require My Attention?  
*Jonathan Wright, MD, MS*
- 8:30 Prostate Cancer Screening - The Bullseye Keeps Moving  
*William Ellis, MD*
- 8:50 Prostate Cancer Treatment: Beyond Surgery and Radiation  
*George Schaefer, MD*
- 9:10 Cases - Question and Answer Session | *Faculty*

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### 9:30 Break

- 9:40 Prostate Cancer: Has it Become a Chronic Disease?  
*Michael Schweizer, MD*
- 10:00 Life After Prostate Cancer - Urologist's Perspective  
*Kevin Ostrowski, MD, & Thomas Walsh, MD, MS*
- 10:20 Life After Prostate Cancer - PCP's Perspective  
*Matt Jaffy, MD*
- 10:40 Cases - Question and Answer Session | *Faculty*

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### 11:00 Break

- 11:10 Mindfulness-Based Stress Reduction for Doctors  
*Richard Berger, MD*
- 11:30 Lumps, Bumps and Pain - Dealing with the Scrotum and its Contents  
*Niels Johnsen, MD*
- 11:50 Narcotics are Bad! The Role of Pelvic Physical Therapy in Chronic Pain Syndromes  
*Tina Allen, PT*
- 12:10 Cases - Question and Answer Session | *Faculty*
- 12:50 Adjourn

4<sup>th</sup> Annual

# Men's Health Update

August 24-25, 2018

## COURSE FEES

MD/DO/PhD	\$299.00
Allied Health	\$249.00
Resident/Fellow	\$150.00

## REGISTRATION

First	MI	Last
Professional Title <input type="checkbox"/> MD <input type="checkbox"/> PhD <input type="checkbox"/> RN <input type="checkbox"/> ARNP <input type="checkbox"/> PA <input type="checkbox"/> Other:		
Street		
City	State	Zip
Phone (   )   -	Email	

## PAYMENT

<input type="checkbox"/> Check (payable to University of Washington) for \$
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<input type="checkbox"/> Credit Card charge \$	<input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Discover
Card #	Exp Date
CCV #	Signature

<input type="checkbox"/> UW Budget	Budget Name	Budget #
Box #	Proj	Opt   Task

## RETURN COMPLETED REGISTRATIONS

BY MAIL:

UW CME

Box 359558

Seattle, WA 98195-9558

BY FAX:

206.221.4525

CALL:

206.543.1050

with questions

Register online at [uwcme.org](http://uwcme.org)



Office of Continuing Medical Education  
Box 359558  
Seattle, WA 98195-9558

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REGISTER ONLINE  
[uwcmo.org](http://uwcmo.org)

Visit the conference website for  
more details and registration

