Overview

Please join us for the Vulvar Disease Update, on September 20, 2013 at the SERESC Conference Center in Bedford, New Hampshire. This full day event will review the diagnosis, treatment and management of common vulvar diseases.

This program is designed for physicians, nurse practitioners, PAs, RNs and others specializing in gynecology, dermatology, and providing care to women.

Faculty

DEBRA BIRENBAUM, MD - Assistant Professor of Obstetrics and Gynecology, Geisel School of Medicine at Dartmouth, Hanover, NH; Dartmouth-Hitchcock Medical Center, Lebanon, NH

CLAIRE S. DANBY, MD - Fellow in Reproductive Infectious Diseases, Magee-Womens Hospital of University of Pittsburgh Medical Center, Pittsburgh, PA

PETER LYNCH, MD - Emeritus Professor of Dermatology, University of California, Davis, CA

LYNETTE MARGESSON, MD, FRCPC, FAAD - Assistant Professor of Obstetrics and Gynecology, Assistant Professor of Surgery, Geisel School of Medicine at Dartmouth, Hanover, NH; Private Practice, Manchester, NH

CYNTHIA RASMUSSEN, MD - Clinical Instructor, Harvard Medical School, Boston, MA; Assistant Associate Professor of Obstetrics and Gynecology, Geisel School of Medicine at Dartmouth, Hanover, NH; Director, Vulvovaginal Service, Harvard Vanguard Medical Associates, Burlington, MA

ELIZABETH STEWART, MD - Assistant Professor of Obstetrics and Gynecology, Harvard Medical School, Boston, MA; Director Emerita, Vulvovaginal Service, Harvard Vanguard Medical Associates, Boston, MA

Plan of the Day

7:15 Registration
7:45 Welcome & Introduction to Vulvar Disease
   - Debra L. Birenbaum, MD
   - Lynette Margesson, MD, FRCPC, FAAD
8:00 Lichen Sclerosus
   - Debra L. Birenbaum, MD
8:30 Vulvar Pruritus and Lichen Simplex Chronicus
   - Peter Lynch, MD
9:00 LP, Psoriasis, and Contact Dermatitis
   - Lynette Margesson, MD, FRCPC, FAAD
10:00 Break
10:15 Ulcers and Pigmented Lesions
   - Peter Lynch, MD
11:00 Recurrent Yeast, Bacterial Vaginosis, & Trichomoniasis Update
   - Debra L. Birenbaum, MD
11:30 Inflammatory Vaginitis
   - Claire Danby, MD
12:15 Lunch
1:15 Etiology and Diagnosis of Vulvar Pain
   - Elizabeth D. Stewart, MD
1:45 Treatment Options for Patients with Vulvar Pain and Vulvodynia
   - Cynthia Rasmussen, MD
2:30 Hidradenitis Suppurativa (HS)
   - Lynette Margesson, MD, FRCPC, FAAD
3:15 Break
3:30 Breakout Sessions
3:30 Session I: Interesting Vulvar Cases
   - Lynette Margesson, MD, FRCPC, FAAD
3:55 Session II: Vaginitis
   - Deb Birenbaum, MD; Claire Danby, MD
4:20 Session III: Fifty Shades of Steroids: the pearls and finesse moves which will help you embrace topical vulvar steroid therapy and use it safely
   - Cynthia Rasmussen, MD
4:45 Wrap up
Objectives

At the end of this continuing education program, participants should be able to:

- Develop a diagnostic approach to vulvar conditions;
- Review diagnosis and management of lichen sclerosus;
- Identify the dermatological terminology related to vulvar itching and eczematous disease;
- Recognize the appearance of lichenification and the disease, lichen simplex chronicus;
- Identify the presence of the “itch-scratch” cycle;
- Demonstrate the appropriate use of systemic therapy for treatment of the “itch-scratch” cycle;
- Identify clinical features of lichen planus, psoriasis and contact dermatitis;
- Develop a differential diagnosis between LP, Psoriasis, and Contact Dermatitis;
- Develop a treatment plan for LP, Psoriasis, and Contact Dermatitis;
- Correctly identify aphthous-type vulvar ulcers in young women;
- Explain that the presence of aphthous-type ulcers and that a history of oral aphthous ulcers does not necessarily imply the presence of, or future development of, Behcet’s disease;
- Recognize the specific condition of melanosis/ lentiginosis;
- Recognize that flat-topped pigmented HPV-related warts cannot clinically be differentiated from VIN;
- Review diagnosis and treatment of recurrent yeast infections, including non albicans strains;
- Review treatment options for recurrent bacterial vaginosis;
- Report updates on trichomoniasis infection and treatment;
- Review diagnosis of noninfectious vaginitis, including DIV, and current treatment options;
- Review the classification of vulvar pain;
- Describe possible etiologies of vulvar pain;
- Discuss steps in the process of diagnosing vulvar pain and vulvodynia;
- Discuss conventional topical, oral, injected, and surgical management strategies for the management of vulvar pain;
- Describe complementary and adjuvant therapies which are useful in vulvar pain management;
- Discuss the impact of vulvar pain on the emotional lives of our patients and the role of sex therapy in their recovery;
- Identify Hidradenitis Suppurativa;
- List the stages of Hidradenitis Suppurativa;
- Develop a treatment plan for Hidradenitis Suppurativa;
- Identify clinical features of common vulvar conditions;
- Develop a work up for common vulvar conditions;
- Discuss a treatment plan for common vulvar conditions;
- Review clinical cases to highlight challenges of recurrent vulvar erythema management;
- Describe the differing steroid sensitivities of vulvar and perianal skin, with recommendations for what topical steroid preparations to use in specific areas and for specific conditions;
- Discuss the principles of Right Medication, Right Amount, Right Placement, Right Dosing Schedule, Right Duration for maximum efficacy and safety;
- List potential risks and side effects of topical steroid therapy on anogenital skin.

Registration

Please note, registration is online and by credit card only. We accept Visa, Mastercard, American Express and Discover.

To register visit: http://med.dartmouth-hitchcock.org/ccehs

Registration Fees:

- MD: $115
- CNM, NP, PA, RN: $95
- Residents: $60

This fee covers materials, breakfast, lunch, and refreshment breaks. The registration deadline is September 6, 2013. No refunds will be issued after this date, but you may send a substitute. Cancellations received at least ten days in advance of the conference will receive a full refund minus an administrative fee of $25.

For questions regarding conference registration, please contact The Center for Continuing Education in the Health Sciences by e-mailing ccehs@hitchcock.org or calling (603) 653-1234.

Accreditation

Physicians: The Dartmouth-Hitchcock Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Dartmouth-Hitchcock Medical Center designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: Dartmouth-Hitchcock Medical Center’s Nursing Continuing Education Council is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This educational activity carries 7.25 contact hours.