General Information
This program is designed to meet the educational needs of physicians, physician assistants, nurse practitioners, nurses, medical students, cardiac rehabilitation specialists, diabetes educators, and many others involved in women’s health.

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

The University of Colorado School of Medicine designates this live activity for a maximum of 4.25 AMA PRA Category 1 Credits™.

Learning Objectives
At the conclusion of this activity, participants should be able to
1. Develop confidence in the use of effective counseling techniques through guided practice during this session.
2. Summarize disease-specific nutrition guidelines into food based recommendations that patients can understand and implement.
3. Describe the powerful influence of nutrition in pregnancy on glucose, lipids, and infant adiposity.
4. Identify available therapeutic agents for osteoporosis and recognize potential applications and limitations of use.
5. Understand and apply the principles of primary palliative care to non-palliative settings.
6. Assess current models of telepsychiatry in primary care and other settings and how these models can be adapted to improve women’s mental health and wellness in primary care. Identify resources to facilitate these adaptations.
Agenda

7:00–8:00 AM  Registration and Continental Breakfast
8:00 AM  Introduction and Welcome
Judy Regensteiner, PhD
Director, Center for Women’s Health Research

Session 1

8:15 AM  Are your Counseling Approaches Evidence-Based?  Contrasting Effective and Ineffective Lifestyle Counseling Strategies for Patients with Type 2 Diabetes
Amy Huebschmann, MD, MS

8:45 AM  Go Further with Food: How to Enhance your Practice and Improve Patient Outcomes by Providing Nutrition Guidance that is Reliable, Relevant, and Realistic
Tanya Halliday, PhD, RD

9:15 AM  Nutrition in Pregnancy
Teri Hernandez, PhD, RN

9:45 AM  Panel: Questions and Answers

10:15 AM  Break

Session 2

10:45 AM  An Update on Postmenopausal Osteoporosis
Christine Swanson, MD

11:15 AM  Primary Palliative Care and Women’s Health
Dan Matlock, MD

11:45 AM  Leveraging Telepsychiatry in Primary Care and Other Settings to Support Women’s Mental Health and Wellness
Jay Shore, MD

12:15 PM  Panel: Questions and Answers
1:00 PM  Conference adjourns

Presented by
Center for Women's Health Research
University of Colorado School of Medicine

Sponsored by
University of Colorado School of Medicine
Office of Continuing Medical Education and Professional Development
Featured Presenters

Amy Huebschmann, MD
Associate Professor
Division of General Internal Medicine
Department of Medicine

Christine Swanson, MD
Assistant Professor of Medicine
Division of Endocrinology, Metabolism, and Diabetes
Department of Medicine

Tanya Halliday, PhD, RD
Postdoctoral Research Fellow
Division of Endocrinology, Metabolism, and Diabetes
Department of Medicine

Dan Matlock, MD, MPH
Associate Professor
Division of General Internal Medicine
Department of Medicine

Teri Hernandez, PhD
Associate Professor of Medicine
Division of Endocrinology, Metabolism, and Diabetes
Department of Medicine

Jay Shore, MD
Associate Professor
Department of Psychiatry

Registration  This symposium will fill to capacity. Early registration is encouraged.

Registration is $30. NOTE: To register online and pay using your credit card, please click here.

Last Name_________________________________________  First Name_________________________  MI_________
(Please print name as you would like it to appear on your CME certificate)

Degree_____ (Necessary for CME Certification) Practice name/organization: ________________________________

Mailing Address__________________________________________________________

City____________________________  State_________  Zip____________

Phone ___________________________  E-mail________________________________

Please indicate if you have any special assistance needs:

Please enclose check payable to the University of Colorado/CWHR with the completed form and mail to:

University of Colorado/CWHR
Mail Stop C-263
12348 E. Montview Blvd.
Aurora, CO 80045

If you need to cancel your registration, full refunds will be issued through February 23, 2018.
The registration fee cannot be refunded after February 23, 2018.
Directions and Parking

**Anschutz Medical Campus**
Krugman Conference Room, Research Complex 2  
12700 East 19th Ave.  
Aurora, CO 80045

**From Downtown Denver:**
Head East on Colfax. Turn left on Quentin Street (one street east of Peoria) to enter the University of Colorado Anschutz Medical Campus. Proceed North on Quentin and turn right at the 3rd stop sign. Park at the Cheyenne Wells Lot or the West Overflow Lot. The Krugman Conference Room is located in the Research Complex 2 Building. Additional visitor lots (Monte Vista, Snowmass, and Ignacio lots) are close by.

**From the North:**
From I-70, take the Peoria exit traveling south to Colfax. Turn left on Colfax heading east. Turn left on Quentin Street (one street east of Peoria) to enter the University of Colorado Anschutz Medical Campus. For parking, follow the directions above in the Downtown Denver section.

**From the South (via I-225):**
Take I-225 North to the Colfax exit. Turn left at the light on Colfax heading west. Turn right on Quentin St. (last street before the intersection of Peoria and Colfax). For parking, follow the directions above in the Downtown Denver section.