

Southern Illinois University School of Medicine

21st Annual Women's Health Conference:  
**Understanding Normal or Not**



Wednesday, October 23, 2024

Memorial Learning Center  
228 W Miller Street  
Springfield, Illinois

*Provided by*



**SIU MEDICINE**  
FAMILY & COMMUNITY  
MEDICINE

## General Information

Conference location: Memorial Learning Center, 228 West Miller Street, Springfield, Illinois.  
For more information, please call 217.545.7711 or email [ocpd@siumed.edu](mailto:ocpd@siumed.edu)

## Registration

Registration information can be found at [www.siumed.edu/cpd](http://www.siumed.edu/cpd). Fee includes meals, conference materials.

## Cancellation Policy

Registration fees are refundable, less a \$35 processing fee, if requested by **October 16**.  
After October 16, only substitutions are allowed (advance notice of substitute attendee is appreciated).

## Who Should Attend

This activity has been designed for physicians, advanced practice providers, and other healthcare professionals interested in women's healthcare.

## Special Assistance

SIU School of Medicine wishes to assure that its activities are accessible to all individuals. If you need any of the services identified in the Americans with Disabilities Act, please contact the Office of Continuing Professional Development at 217-545-7711 at least 10 days in advance.

## Accreditation

SIU School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

## Credit Designation Statement

SIU School of Medicine designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Other Credit

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP).

### **Determination of credit is pending.**

American Academy of Physician Assistants (AAPA) accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit™* from organizations accredited by ACCME. Physician assistants may receive a maximum of 6.0 AAP Category 1 CME credits for completing this program.

American Academy of Nurse Practitioners National Certification Board (AANPCB) accepts *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME as an equivalent number of hours of participation.

SIU School of Medicine is preapproved as a continuing nursing education provider pursuant to Section 1300.130, subsection c), 1), B) and P) of the Illinois Department of Financial and Professional Regulation Nurse Practice Act. Nurses may receive a maximum of 6.0 contact hours for completing this activity.

SIU School of Medicine is a licensed provider for continuing education for social workers (license #159-000106, professional counselors/clinical counselors (license #197-000073), and dietitians/nutrition counselors (license #199.000121). This program offers a maximum of 6.0 CE hours.

All other attendees will receive a Certificate of Attendance.

## Disclosure Policy

It is the policy of SIU School of Medicine that speakers, planners and anyone in control of content disclose real or apparent conflicts of interest relating to the topics of this activity, and disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). SIU School of Medicine Office of Continuing Professional Development has policies in place that will identify and mitigate all conflicts of interest prior to this activity. Detailed disclosure will be provided prior to the start of the activity.

## Support

This program is supported, in part, by a grant from Illinois Breast and Cervical Cancer Program - Office of Women's Health/Illinois Department of Public Health.

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**Please note: Topic titles and objectives are still in progress,  
please check back soon for more detailed information!**

- 7:30 am Registration & Continental Breakfast
- 8:30 am Welcome & Introductions  
**Careyana Brenham, MD, FAAFP**
- 8:45 am **Pelvic Floor Health**  
**Kaylie Caswell, WHNP-BC and Mary Hitt, FNP-BC, CYNP, NCMP**
- 9:30 am **Abnormal Uterine Bleeding**  
**Rachel Rahman, MD**
- 10:15 am *Break*
- 10:30 am **Breast Pain**  
**Melanie Barnard, MD**
- 11:15 am **Fibromyalgia**  
**Bill Richie, DC**
- 12:00 pm Lunch
- 12:45 pm **Normalizing the Clitoris in the Context of Silence and Shame**  
**Angela Towne, PhD, MEd, CHES and Brianna Truffa, PsyD, MEd**
- 1:30 pm **Mental Health**  
**Amanda Krus-Johnston, DO**
- 2:15 pm *Break*
- 2:30 pm **Hair Loss**  
**Adam Berry, MD**
- 3:15 pm **Sleep**  
**M. Haitham Bakir, MD**
- 4:00 pm *Wrap-up*  
**Careyana Brenham, MD, FAAFP**
- 4:15 pm *Adjourn*

## COURSE CO-DIRECTORS, SIU SCHOOL OF MEDICINE

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### **Careyana M. Brenham MD**

Associate Dean of Graduate Medical Education  
Professor of Clinical Medicine  
*Family and Community Medicine*

### **Amanda Krus-Johnston DO**

Assistant Professor of Clinical Medicine  
Director of Osteopathic Education  
*Family and Community Medicine*

### **Daphne Kuehl CNM IBCLC**

Certified Nurse Midwife  
International Board-Certified Lactation Consultant  
*Family and Community Medicine*

## SIU SCHOOL OF MEDICINE SPEAKERS

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### **Kaylie Caswell WHNP-BC**

Certified Nurse Practitioner  
Certified Sexuality Counselor  
*Obstetrics and Gynecology*

### **Mary Hitt FNP-BC CYNP NCMP**

Certified Nurse Practitioner  
Urogynecology  
*Obstetrics and Gynecology*

### **Rachel Rahman MD**

Assistant Professor of Clinical Medicine  
*Family and Community Medicine*

### **Melanie Barnard MD**

Assistant Professor of Clinical Medicine  
Program Director, General Surgery Residency Program  
Medical Director, Breast Center  
*Surgery*

### **Angela Towne PhD Med CHES**

Program Coordinator  
*Center for Rural Health and Social Service Development*

### **Amanda Krus-Johnston DO**

Assistant Professor of Clinical Medicine  
Director of Osteopathic Education  
*Family and Community Medicine*

### **Adam Berry MD**

Assistant Professor of Clinical Medicine  
Program Director, Dermatology  
*Internal Medicine*

### **M. Haitham Bakir MD**

Associate Professor of Clinical Medicine  
Pulmonary and Critical Care  
*Internal Medicine*

## GUEST SPEAKERS

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### **Bill Richie DC**

Chiropractic Medicine  
Westside Pain Clinic, Springfield IL

### **Brianna Truffa PsyD MEd**

Therapist with Specialty in Sexuality  
Widener University

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Please register on-line at: [www.siumed.edu/cpd](http://www.siumed.edu/cpd)  
(In the drop-down under "Learners" click on "Conferences").

**Fill out the following form, detach and mail with check or credit card information to:**

Office of Continuing Professional Development • SIU School of Medicine  
PO Box 19602 • Springfield, IL 62794-9602  
Phone: (217) 545-7711

Please make checks payable to *SIU School of Medicine*

**Name:**

**Degree(s):**

MD  DO  PA  NP  RN  PhD Other: \_\_\_\_\_

**Specialty/Type of Practice:**

**Address:**

**City:**

**State:**

**Zip:**

**Email Address (Required):**

**Area Code/Phone:**

**Please select registration type:**

- |   |       |
|---|-------|
| <input type="checkbox"/> Physician  | \$100 |
| <input type="checkbox"/> Advanced Practice Provider/Nurse/ Social Worker/Counselor/<br>Allied Health Professional/Other | \$75  |
| <input type="checkbox"/> SIU School of Medicine   | \$35  |
| <input type="checkbox"/> Full-time Faculty <input type="checkbox"/> Staff <input type="checkbox"/> Resident             |       |
| <input type="checkbox"/> MHS Employee   | \$35  |
| <input type="checkbox"/> IBCCP  | \$35  |
| <input type="checkbox"/> Fee Waived for SIU Medical Students & PA Students ( <b><u>MUST register in advance</u></b> )   |       |

LUNCH (circle): Yes | No Vegetarian meal requested: Yes | No

Please indicate any special needs or other dietary restrictions: \_\_\_\_\_

Registration fee may be paid by credit card:

Visa (\$\_\_\_\_\_) MasterCard (\$\_\_\_\_\_) Discover (\$\_\_\_\_\_)

Account #

Exp Date

CVV2\*

Signature of Card Holder

Date

\*CVV2 is the 3-digit code in the signature box on the back of the credit card