

Pacific Northwest Obstetrical and Gynecological Association

70th Annual Meeting

JULY 29 – AUGUST 1, 2018

Westin Bear Mountain Resort

Victoria, BC – Canada



President – Charlene Barnes, MD

Target Audience

All healthcare providers for women's health are invited!
This meeting is an outstanding educational opportunity for practicing obstetricians and gynecologists. As well, we invite GP's, Nurses, Nurse Practitioners, Midwives, and Residents and Fellows in Training. Retired and Life Members of PNOGA are encouraged to attend.

Dear Colleagues:

I would like to invite you to the **70th Annual PNOGA Summer Meeting** in beautiful Victoria, BC, Canada, **JULY 29 – AUGUST 1, 2018**. Not only do we have outstanding speakers at the cutting edge of their field, this is also **the most family friendly conference you will ever attend!** We have planned three engaging, half-day morning symposiums. Topics include *Metabolic Syndrome, Diabetes And Pregnancy-What's New In The 2018 Guidelines, Diagnosis and Management Of Polycystic Ovary Syndrome (PCOS), Pregnancy After Bariatric Surgery: A Practical Approach, Aging And Infertility-Consequences And Treatment Options, Approach To Elevated Liver Enzymes In The 3rd Trimester, The Role Of Surgery In Infertility Treatment, Vaginal Apical Support Procedures*. **Our speakers include Drs. Jon Havelock, MD, FRCSC, FACOG; Rshmi Khurana, MD, FRCPC; Kelsey Mills, MD, MS; Jesse Pewarchuk, MD, FRCP; David Quinlan, MD, FRCOG, FRCSC.**

Registration fee (meeting attendees & guests) covers Sunday Welcome Reception, Monday Family BBQ Dinner/Games, Tuesday Presidents' Dinner/Dance, as well as breakfast on Monday, Tuesday & Wednesday, and Wednesday Lecture & Lunch, plus CME for meeting attendees. We'll have child care, meals and entertainment for your teens and children during Sunday Reception and Tuesday President's Dinner, so that you have a chance to socialize with your colleagues. In addition, join us on Monday afternoon for our annual PNOGA Golf Tournament (additional cost). Don't forget---Tuesday Night President's Dinner/Dance is *Black Tie Optional*.

The Westin Bear Mountain Resort is the meeting host hotel, is a secluded luxury mountainside resort only 20 minutes from Victoria BC. Victoria Airport is 35km/22 miles away. Rooms include natural slate flooring, warm wood accents and balconies for enjoying the scenery. Spectacular views in the all-day dining restaurant with focus on "farm to table" healthy and delicious food choices. Other features include Heated Outdoor Pool, Hot Tub, Tennis Courts, Group Fitness Classes, Sauna, Locker & Towel Service, Fitness Gym in the North Langford Recreation Centre. Bear Mountain biking trails offer opportunities for all levels of mountain biking and is home to Canadian National Mountain Bike Team. Two unique and breathtaking options for Golf! The Mountain Course with a Par 71, 7,000-yard course with panoramic mountain, city, and ocean views. The Par 71, 6,800-yard course takes you to ponds, streams, and bridges through its valley setting.

THREE WAYS TO MAKE YOUR LODGING RESERVATION

Cut-Off Date – June 20, 2018

1) **Use the link to the PNOGA Scientific CME Meeting July 2018**

Copy & paste the following link into a web browser.

<https://www.starwoodmeeting.com/events/start.action?id=1803212982&key=BA23871>

2) **Call 1-888-533-2327 and quote "PNOGA" or "Pacific Northwest OBGYN Association"** to receive the group rate

NOTE: pre/post dates may not be available through this method. Call to book adjoining rooms.

3) **Email reservations@westinbearmountain.com. Mention PNOGA event. The group code is PG26AA.**
This method is the best way to book for nights other than the main conference nights and/or book adjoining rooms.

The Annual Meeting promises to deliver great content on current Ob/Gyn topics and many opportunities to mingle with guest speakers and colleagues alike, along with an abundance of outdoor fun, family time, and great food. I hope to see you all at Bear Mountain Resort! Visit the PNOGA website to register today.

Charlene Barnes, MD

President, Pacific Northwest Obstetrical and Gynecological Association

ANNUAL GOLF TOURNAMENT

Enjoy our **PNOGA Annual Golf Tournament at Valley Golf Course**, Monday afternoon is our annual golf tournament. A fun and challenging course for all levels. Cost includes green fee, cart, range balls for warmup, lunch and prizes - \$185.00 per person.

QUESTIONS / GENERAL INFORMATION

Mary Olhausen, Executive Director, PNOGA. CELL: 503-880-7383 OFFICE: 360-892-1814.

Email: execdirector@pnoqa.org

PROGRAM

MONDAY, JULY 30, 2018 SCIENTIFIC SESSION

- 7:00am BREAKFAST / EXHIBITS
8:00am OPENING REMARKS – President, PNOGA
8:15am *Metabolic Syndrome*
Jesse Pewarchuk, MD, FRCP
9:15am *Diabetes And Pregnancy – What's New In The 2018 Guidelines*
Rshmi Khurana, MD, FRCPC
10:15am BREAK / EXHIBITS
10:45am *Diagnosis And Management Of Polycystic Ovary Syndrome (PCOS)*
Jon Havelock, MD, FRCSC, FACOG
11:45am *Panel Discussion (Pewarchuk, Khurana, Havelock)*
12:30pm Adjourn

TUESDAY, JULY 31, 2018 SCIENTIFIC SESSION

- 7:00am BREAKFAST / EXHIBITS
8:00am OPENING REMARKS – President, PNOGA
8:15am *Pregnancy After Bariatric Surgery: A Practical Approach*
Rshmi Khurana, MD, FRCPC
9:15am *Ageing And Infertility – Consequences And Treatment Options*
Jon Havelock, MD, FRCSC, FACOG
10:15am BREAK / EXHIBITS
10:45am *Non-Hormonal Alternatives To Menopausal Hormone Therapy*
Kelsey Mills, MD, MS
11:45am *Panel Discussion (Khurana, Havelock, Mills)*
12:30pm Adjourn

WEDNESDAY, AUGUST 1, 2018 SCIENTIFIC SESSION

- 7:00am BREAKFAST
8:00am OPENING REMARKS – President, PNOGA
8:15am *Approach To Elevated Liver Enzymes In The 3rd Trimester*
Rshmi Khurana, MD, FRCPC
9:15am *Vaginal Apical Support Procedures*
David Quinlan, MD, FRCOG, FRCSC
10:30am *The Role Of Surgery In Infertility Treatment*
Jon Havelock, MD, FRCSC, FACOG
11:30am *Panel Discussion – (Khurana, Quinlan, Havelock)*
12:15pm Adjourn

AT THE END OF THESE SESSIONS, PARTICIPANTS WILL BE ABLE TO:

- Describe the diagnostic criteria and investigation of polycystic ovary syndrome.
- Explain the best current evidence for management of infertility and hirsutism for patients with PCOS.
- Describe the most common long-term medical complications associated with PCOS and their management.
- Describe the appropriate indications for surgery and surgical management of endometriosis for infertility.
- List the options for management of fallopian tube disease in the treatment of infertility.
- Discuss the indications and evidence for hysteroscopic treatment of uterine pathology for infertility.
- Describe the mechanism of age-related reduction in fertility.
- Understand the role of assisted reproductive technologies for treatment of age-related infertility.
- Understand the potential benefits and limitations of elective oocyte cryopreservation for age related infertility.
- Understand the recommended screening for diabetes early in pregnancy for those at high risk.
- Recognize the benefits of Continuous Glucose Monitoring in pregnant women with type 1 diabetes.
- Learn an approach to the use of metformin for GDM in pregnancy.
- Be able to counsel a woman about the risks and benefits of having a pregnancy after bariatric surgery.
- Be able to provide appropriate screening for nutritional deficiencies in pregnant women with a history of bariatric surgery.
- Be able to provide appropriate screening for diabetes in these patients.
- Learn an approach to diagnose the cause of elevated liver enzymes in the third trimester.
- Understand that elevated serum bile acids are not 100% specific for intrahepatic cholestasis of pregnancy.
- Understand the use of second line treatments for the management of severe intrahepatic cholestasis of pregnancy.
- Discuss the validated symptoms of menopause, specifically, vasomotor concerns.
- Identify women who are not candidates for menopausal HRT.
- Consider non-hormonal alternatives for menopausal symptoms.

**PNOGA INVITES ALL PAST-PRESIDENTS
TO THE 70th ANNUAL PNOGA MEETING!!**

That's a lot to celebrate! We hope many of our Past-Presidents of PNOGA can join us in Victoria Canada for this special celebration for our past leadership.

We look forward to seeing you at our Meeting!!

Thanks From Your Current PNOGA Board of Directors!!

Charlene Barnes, Jeffrey Bray, Allison Duncan, Thomas Gleason,
Timothy Hutchings, Thomas Wroz

2018 SILENT AUCTION - DONATIONS WELCOME

The Pacific Northwest Obstetrical & Gynecological Association welcomes your donations to support our **1st Annual Silent Auction!!**

Proceeds from the Silent Auction will support PNOGA!

Please contact PNOGA if you would like to donate for this worthwhile program.

All items – small to large - help the program!!

(suggested items include gift cards, wine, gift baskets, books, golf items, etc)

execdirector@pnoga.org / 503-880-7383

**POSTER PRESENTATION COMPETITION
OB/GYN RESIDENTS**

This 70th Annual Meeting in Victoria provides education for health care professionals in obstetrics, gynecology, and women's care, in topics of relevancy to practice. **Please consider attending this meeting and presenting a poster! All residents in all Ob/Gyn Residency Training Programs are invited to present posters.** Posters of interest include research issues, best clinical practices/quality improvement, interesting clinical vignettes—on topics of obstetrics, gynecology, and women's care.

1st Place Winner Receives \$100 in prize.

PNOGA will provide poster board (4'x4'), easels, and push pins. Posters will be displayed during the meeting (Sun-Wed). Presenters should be prepared to stand by your poster for the judging process, a 5-minute oral presentation and 3-5 minutes for questions from Judges.

PACIFIC NORTHWEST OBSTETRICAL AND GYNECOLOGICAL ASSOCIATION

70th ANNUAL MEETING ♦ July 29 – August 1, 2018

Westin Bear Mountain Resort – Victoria, BC - Canada

REGISTRATION FORM (one form per meeting attendee)

MEETING ATTENDEE NAME: _____ (first) _____ (last) CREDENTIALS (MD, DO, NP, etc.): _____		ADDITIONAL ADULT NAME: _____ (first) _____ (last)	
STREET ADDRESS: _____		_____ city	_____ state/province
PHONE NUMBER: _____		EMAIL (required): _____	

Registration Fee Meeting Attendee: Includes 3-Half Day Meetings and 7 Meals (Except Lunch on Monday and Tuesday).

Registration Fee Spouse, Partners, Guests, and Children: Includes 7 Meals (Except Lunch on Monday and Tuesday).

Optional Event-Golf = Additional Cost. Childcare & Activities (Sun & Tues Nights) Included in Registration Fees.

US AND CANADIAN CURRENCY	TOTAL #	AMOUNT	TOTAL AMOUNT
Physician		\$ 900.00	\$
Healthcare Professional (Nurses/Nurse Practitioner/PA/Midwife)		\$ 550.00	\$
Resident/Fellow In Training		\$ 550.00	\$
Retired/Life		\$ 400.00	\$
Guest (non-physician/provider)		\$ 375.00	\$
TEEN (12-17 years)		\$ 175.00	\$
CHILD-Medium (5-11 years)		\$ 100.00	\$
CHILD-Young (0-4 years)		\$ -0-	\$
GOLF TOURNAMENT (Monday Afternoon)		\$ 185.00	\$
PNOGA MEETING FUND DONATE (Optional Write In Amt)	*****	\$	\$
TOTAL AMOUNT SUBMITTED			\$

TEENS & CHILDREN-NAMES (First & Last)	AGE	CHILD CARE / TEEN ACTIVITIES
1.		<input type="checkbox"/> Childcare Sun & Tues / <input type="checkbox"/> Teen Activities
2.		<input type="checkbox"/> Childcare Sun & Tues / <input type="checkbox"/> Teen Activities
3.		<input type="checkbox"/> Childcare Sun & Tues / <input type="checkbox"/> Teen Activities
4.		<input type="checkbox"/> Childcare Sun & Tues / <input type="checkbox"/> Teen Activities
5.		<input type="checkbox"/> Childcare Sun & Tues / <input type="checkbox"/> Teen Activities

DIETARY/DISABILITY RESTRICTIONS:

Please Register Early!! Registrants will receive Email Confirmation of Registration when forms/payments processed.

Cancellation Policy: Written cancellation must be received by July 10, 2018. \$50.00 Admin Fee assessed.

SUBMIT REGISTRATION FORM & PAYMENT (checks payable to Pacific NW Ob/Gyn Assoc):

MAIL: Pacific NW Ob/Gyn Association 3021 NE 72nd Drive, Suite 9, PMB 71, Vancouver, WA 98661.

ONLINE: Access PNOGA website at www.pnoga.org and pay using PayPal.
Enter total dollar amount for all registrants.

If Paying Online: FAX, SCAN/MAIL Registration Form. FAX: 360-326-1844. Email: execdirector@pnoga.org

GOLF: Valley Golf Course - Green fees, cart, and use of practice center.