

EVIDENCE-BASED CE WEBCAST: Register online today at www.neuroscienceCME.com/CMW401

Clinical Challenges During Midlife Transitions and the Impact on Women's Health

Participate Online Anytime Beginning Tuesday, November 17, 2009

www.neuroscienceCME.com/CMW401

(Note: There is NO live CE credit offered for this activity.)



FACULTY INFORMATION

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CREDIT INFORMATION

CME Credit (Physicians): CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Outfitters, LLC, designates this educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Note to Physician Assistants: AAPA accepts Category 1 credit from AOACME, Prescribed credit from AAFP, and AMA Category 1 CME credit for the PRA from organizations accredited by ACCME.

CNE Credit (Nurses): This continuing nursing education activity was approved by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned approval code 7ZDQ9Q-10. 1.0 contact hours will be awarded upon successful completion.

CEP Credit (Psychologists): CME Outfitters is approved by the American Psychological Association to sponsor continuing education for psychologists. CME Outfitters maintains responsibility for this program and its content. (1.0 CE credits)

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CPE Credit (Pharmacists): CME Outfitters, LLC, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

1.0 contact hours (0.1 CEUs)

Universal Activity Number: 376-000-09-026-H01-P
 Activity Type: knowledge-based

Post-tests, credit request forms, and activity evaluations can be completed online at www.neuroscienceCME.com (click on the Testing/Certification link under the Activities tab—requires free account activation), and participants can print their certificate or statement of credit immediately (70% pass rate required). This website supports all browsers except Internet Explorer for Mac. For complete technical requirements and privacy policy, visit www.neurosciencecme.com/technical.asp. CE credit expires on November 17, 2010.

This continuing education activity is provided by



Release Date: November 17, 2009
Offered Until: November 17, 2009
 Questions? Call CME Outfitters at **877.CME.PROS.**

This activity offers CE credit for:
 • Physicians (CME) • Nurses (CNE) • Pharmacists (CPE)
 • Psychologists (CEP) • Social Workers (NASW) • Case Managers (CCMC)
 All other clinicians will either receive a CME Attendance Certificate or may choose any of the types of CE credit being offered.

STATEMENT OF NEED

A woman's midlife transition from peri-menopause through post-menopause brings a period of vulnerability for physiologic and symptomatic changes affecting both physical and mental health. Estrogen has multiple effects on neurotransmitter systems and brain regions including the hypothalamus, neocortex, hippocampus, and brainstem. During times of estrogen fluctuations and decline, dysregulation of neuroendocrine systems can lead to physiologic effects such as hot flashes, reduced bone mass, and depression. In a recent online survey from The Menopause Epidemiology Study, the reported prevalence of VMS, including hot flashes, night sweats, and sleep disturbances, was 79% in peri- and 65% in post-menopausal women. Osteoporosis, characterized by a progressive reduction in bone mass is linked to female gender, increased age, and estrogen deficiency. The transition to menopause has also been demonstrated to be a period of increased risk for depressive symptoms even in women with no prior history of depression. Vasomotor symptoms, osteoporosis, depression—each can impair a woman's functioning and quality of life. As women are expected to live well into their 80s, it is essential that healthcare providers recognize and manage these changes. In this neuroscienceCME webcast, the experts will explore each of these clinical challenges that may face women in the midlife transition and provide insights and strategies for improving patient care.

¹ Dennerstein L, Soares CN. The unique challenges of managing depression in mid-life women. *World Psychiatry* 2008;7:137-142.
² National Institutes of Health. Osteoporosis Prevention, Diagnosis, and Therapy. Available at: <http://consensus.nih.gov/2000/2000Osteoporosis111html.htm>. 2000.

ACTIVITY GOAL

Explore the clinical challenges facing women during midlife transition and translate evidence-based data into improved outcomes and quality of life.

LEARNING OBJECTIVES

- At the end of this CE activity, participants should be able to:
- Examine the latest evidence on the recognition and management of hormone-related changes that can affect women during midlife and the continuum of care needed to appropriately care for these patients.
 - Describe the impact of untreated vasomotor symptoms, osteoporosis, and depression in midlife women.
 - Compare and contrast treatment options to help manage these conditions.

TARGET AUDIENCE

Physicians, physician assistants, nurse practitioners, nurses, pharmacists, psychologists, social workers, certified case managers, and other healthcare professionals with an interest in mental health.

COMMERCIAL SUPPORT

This activity is supported by an educational grant from Lilly USA, LLC. For further information concerning Lilly grant funding, visit www.lillygrantoffice.com.

FAX completed form to **240.243.1033**

YES! Register me for this evidence-based neuroscienceCME Webcast activity.

Site Name: _____ # Participants: _____

Individual Name: _____ Degree: _____

Address: _____

City/State/ZIP: _____

Practice Setting: Community Mental Health State Mental Health Primary Care
 Private Practice Other: _____ Phone: _____

Fax: _____ Email (required): _____