Tradd Street, Charleston, SC

55th Annual

OB/GYN Spring Symposium

March 12-13, 2026

The Hyatt Place
Historic Charleston, South Carolina

Presented and Sponsored by the Medical University of South Carolina
Department of Obstetrics and Gynecology, College of Medicine

medicine.musc.edu/programs/cme/activities/live-conferences/obgyn-spring-symposium

MUSC
Medical University
of South Carolina

55th Annual
OB/GYN Spring Symposium

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COURSE FACULTY

CONFERENCE DIRECTOR

Marcy Nagpal, M.D., FACOG
Assistant Professor of Obstetrics & Gynecology

VISITING FACULTY

Bryann Bromley, M.D.
Professor of Obstetrics,
Gynecology and Reproductive Biology- part time
Massachusetts General Hospital
Harvard Medical School- Boston, MA
Diagnostic Ultrasound Associates, Partner

Camille A. Clare, M.D., MPH, CPE, FACOG
President Elect, American College of Obstetricians and Gynecologists
Professor of Obstetrics and Gynecology and Women's Health
Albert Einstein College of Medicine- Bronx, NY

HOST FACULTY

Brittany Austin, M.D., FACOG
Assistant Professor, Maternal- Fetal Medicine

Lauren Brown, M.D.
Assistant Professor, Obstetrics and Gynecology

Lisa R. Bystry, M.D.
Clinical Associate Professor
Fellow of the American College of Obstetrics and Gynecology
Diplomate of the American Board of Obesity Medicine

Eliza McElwee, M.D.
Assistant Professor, Division of Maternal Fetal Medicine

Courtney Poston, M.D., FACOG
Assistant Professor

Lindsey Rucker, M.D., FACOG
Clinical Assistant Professor
Assistant Program Director MUSC OBGYN Residency

Sarah Shea, M.D.
Assistant Professor, Maternal Fetal Medicine

David Soper, M.D.
Paul B. Underwood, III Professor of Obstetrics and Gynecology
Senior Medical Director, Women's Health
Vice Chairman, Clinical Affairs

Victoria Sullivan, M.D., DABOM
Assistant Professor
Co Clerkship Director
Department of Family Medicine

Rebecca Wineland, M.D.
Associate Professor, Division of Maternal-Fetal Medicine, Department of OB/GYN

Genevieve Wolpert, M.D., MSc
Associate Professor in the Department of Obstetrics and Gynecology

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THURSDAY, MARCH 12, 2026

7:15 am **Registration and Continental Breakfast**

8:15 **Welcome and Opening Remarks**

8:30 **The Evolution of Obesity Medicine for the OB/GYN: Metabolic Complexity, Systemic Impacts, and Therapeutic Advances.**
Victoria Sullivan, M.D.
Objectives: Identify the impact of the obesity epidemic on population health and the healthcare system. Explain the key metabolic and hormonal mechanisms of obesity. Analyze the impact of obesity on systemic and reproductive health. Describe the mechanism of action and evaluate the safety of current anti-obesity treatments on the market. Apply understanding of obesity physiology to the development of individual treatment plans. Develop a plan to stay up to date on emerging obesity treatments.

9:15 **Menopause Hormone Therapy is Safe and Effective**
David Soper, M.D.
Objectives: Review the hormonal physiology of menopause. List the symptoms of menopause. Leverage the use of absolute risk in counseling postmenopausal women. Develop a pragmatic approach to prescribing MHT.

10:00 **Endometriosis, Hiding in Plain Sight**
Courtney Poston, M.D.
Objectives: Discuss the prevalence, symptoms, and diagnosis of endometriosis. Describe the approach to history, phsycial examination and imaging for the clinical diagnosis of endometriosis. Identify the impact of delayed diagnosis of endometriosis. associated pelvic pain. Review the approach and options for managing endometriosis associated pelvic pain. Discuss the importance of endometriosis and pain education for health care providers and patients.

10:45 **Break with Exhibitors**

11:15 **Review of Current Practices and Updates in Contraception**
Genevieve Wolpert, M.D., MSc
Objectives: Describe the mechanisms of action of common contraceptive methods. Classify contraceptive methods by mechanism of action. Compare effectiveness of various methods. Identify indications and contraindications of various methods including CDC medical eligibility criteria. Identify changes in FDA approvals for use as well as acceptable/typical use in practice. Manage common side effects and complications.

12:00 **When your Hand is On The Door And Your Patient Asks About Weight Loss**
Lisa Bystry, M.D.
Objectives: Motivational interviewing and Assessing Goals; A look at Human Metabolism; Menopause Belly; Sleep Dietary Coaching; The Data Behind Exercise; Whats Available; The Note and Time Management.

THURSDAY, MARCH 12, 2026 (CONTINUED)

12:45 **Lunch on your own**

1:45 **Becoming an Advocate**
Camille A. Clare, M.D., MPH, CPE, FACOG
Objectives: Understand my personal career journey as a leader and advocate. Explain advocacy in the American College of Obstetricians and Gynecologists (ACOG). Discuss how obstetrician-gynecologists and those seeking obstetric and gynecological care can advocate in their own communities for themselves and the patients/clients that they serve. Review two advocacy tools, e.g. Get Out the Vote and OBGYN PAC.

3:15 **Management of the Cesarean Scar Pregnancy and Isothmocele**
Lindsay Rucker, M.D., FACOG
Objectives: Describe the clinical presentation of a CSEP. Identify the imaging criteria for diagnosis of a CSEP. List the treatment modalities currently used to treat CSEP. Describe the risks, benefits, and outcomes of each treatment method. Discuss prevention strategies of CSEP. Describe techniques for isthmocele repair.

4:00 **Closing Remarks/ Adjourn**

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FRIDAY, MARCH 13, 2026

7:15 Registration and Continental Breakfast

8:15 Welcome/Opening Remarks

8:30 **Accreta Diagnosis and Management Updates**
Eliza McElwee, M.D.
Objectives: Review the pathophysiology, biology, and diagnosis of placenta accreta spectrum disorders. Review perioperative optimization for suspected placenta accreta spectrum. Discuss intraoperative management strategies of placenta accreta spectrum.

9:15 **Refining Risk: What the First Trimester Ultrasound Adds When cf-DNA is Reassuring**
Bryann Bromley, M.D.
Objectives: Describe the role of first-trimester ultrasound in pregnancies with a reassuring cell-free DNA screening result. Recognize the residual risk of fetal structural and genetic abnormalities despite a negative cf-DNA screening result. Identify ultrasound findings including increased nuchal translucency or anatomic abnormalities that warrant further evaluation. Appreciate the limitations of embracing current SMFM and ACOG guidance for the use of first trimester ultrasound in the setting of reassuring cell-free DNA screen. Counsel patients using an integrated approach that combines ultrasound phenotype and genomic screening results to support informed, patient-centered decision-making.

10:00 **Scanning on the Edge: Borderline Findings in Obstetrical Sonography**
Bryann Bromley, M.D.
Objectives: List the criteria for diagnosis of select sonographic findings which can lead to normal or abnormal outcome. Employ an evidence-based method to assess the significance of 'borderline' findings and probabillity adverse outcome. Counsel patients confidently and develop an evidence-based management system.

10:45 Break/Exhibitors

11:15 **The Complex World of Perivability**
Sarah Shea, M.D.
Objectives: Counsel patients regarding neonatal and maternal outcomes at the limits of periviability. Decide on mode of delivery for the fetuses at the limits of periviability. Discuss induction of labor versus expectant management with individuals with the clinical scenario of previable PPROM and perviability. Identify appropriate cerclage candidates in the window of periviability.

FRIDAY, MARCH 13, 2026 (CONTINUED)

12:00 **Second Trimester Ultrasound Soft Markers in the Era of Cell-Free DNA**
Rebecca Wineland, M.D.
Objectives: Define common second-trimester ultrasound soft markers and distinguish isolated findings from those associated with structural anomalies. Describe how prior cell-free DNA screening modifies the aneuploidy risk associated with isolated soft markers. Identify which soft markers warrant no additional evaluation after a low-risk cfDNA result versus those that require targeted follow-up.

12:45 Lunch on your own

1:45 **Artificial Intelligence (AI) for the OBGYN**
Brittany Austin, M.D., FACOG
Objectives: Provide a brief historical perspective of AI in medicine Describe the basics about the types of AI. Recognize how AI can be incorporated into daily clinical practice.

2:30 **Breastfeeding 101**
Lauren Brown, M.D.
Objectives: Be able to support your patients with breastfeeding. Develop a better understanding of what your patients are going through. Feel more comfortable caring for breastfeeding patients.

3:15 Closing Remarks/Adjourn Until 2027

East Battery Home, Charleston, SC

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CONFERENCE DESCRIPTION

The 55th Annual OB/GYN Spring Symposium will provide engaging, evidence-based updates on a range of obstetrical and gynecological challenges, aimed at enabling clinicians to update their practice, improve the quality of care for their patients, and optimize patient outcomes and satisfaction. The symposium focuses on enhancing participants' knowledge of new evidence and trends in the field and highlighting practical applications for this knowledge. Conference faculty include nationally known guest faculty and distinguished MUSC faculty. Content is chosen for this CME activity based on needs assessment and educational gaps derived from local, regional, and national data including peer review, literature updates, and specialty society information. Content is presented through key updates on emerging topics, expert presentations, and interactive panel discussions. Please see the agenda for a detailed description of topics and learning objectives to be addressed within this two-day conference.

TARGET AUDIENCE & SCOPE OF PRACTICE

The conference is designed for care providers in the field of Women's Health with particular interest in reproductive issues and overall well being. Obstetrician gynecologists, nurse practitioners, physician assistants, midwives, registered nurses, and other interested health professionals are encouraged to attend.

ELECTRONIC SYLLABUS - PLEASE NOTE!

We're going green! In our efforts to "go green," the syllabus will be provided on our website, www.musc.edu/cme. Information will be emailed to you the week prior to the conference so that you may download a copy. Internet connection will also be available in the meeting room.

CANCELLATIONS

A refund for conference registration will be made upon written request prior to **February 10, 2026**; however, $100 will be retained for administrative costs. No refunds will be made after February 12, 2026. We reserve the right to cancel the program if necessary. Full registration fees will be refunded for canceled programs. The Medical University cannot be responsible for reimbursement of airline or other transportation fees, hotel or rental car charges, including penalties. *By registering for this conference, you acknowledge and agree to this cancellation policy.*

https://medicine.musc.edu/programs/cme/activities/live-conferences/obgyn-spring-symposium

CREDIT DESIGNATION

The Medical University of South Carolina designates this live activity for a maximum of ***12.75 AMA PRA Category 1 Credit(s)™***. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ACOG: Application has been requested by the American College of Obstetricians and Gynecologists and pending approval.

Nursing Credit: Most states accept CMEs that apply to a specific nursing specialty as nursing continuing education. Please check with your respective State Board of Nursing to ascertain the equivalent number of contact hours offered for ***12.75 AMA PRA Category 1 Credit(s)™***.

DISCLOSURE

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education anyone involved in planning or presenting this educational activity will be required to disclose any financial relationships with any ineligible companies. An ineligible company is any entity whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients. Any financial relationships with these ineligible companies have been mitigated by the MUSC Office of CME. Speakers who incorporate information about off-label or investigational use of drugs or devices will be asked to disclose that information at the beginning of their presentation.

ACCREDITATION

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

AMERICANS WITH DISABILITIES ACT

It is the policy of the Medical University of South Carolina not to discriminate against any person on the basis of disabilities. If you feel you need services or the auxiliary aids mentioned in this act in order to fully participate in this continuing medical education activity, please call the Office of CME at 843-876-1925 or attach a note to your registration form by February 11, 2026.

MORE INFORMATION

For more information, please contact the MUSC Office of CME at 843-876-1925 or email Stacy Fletcher, fletchst@musc.edu.

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REGISTRATION INFORMATION

	Early Bird *Received On or By 1/30/26*	Regular *Received After 1/31/26*
Physicians in Practice (In person)	$665	$710
Residents, Nurses, NPs, PAs, CNM (In-person)	$595	$655

The fee for in-person attendance includes tuition, breaks, online syllabus and certificates of attendance.

Pre-registrations will be accepted until March 9, 2026 or until the conference capacity is reached. After this date, you must contact the MUSC Office of CME (cmeoffice@musc.edu or 843-876-1925) to see if space is still available.

REGISTRATION METHODS

(Please use ONE of these methods to register. Do not mail if previously faxed or telephoned).

- **Mail:** send registration form with check made out to "Medical University of South Carolina" or credit card information to: Office of CME, Medical University of South Carolina, 96 Jonathan Lucas Street, HE601, MSC 754, Charleston, SC 29425
- **Telephone:** (843) 876-1925 – Registration by credit card only
- **Fax:** (843) 876-1931 – Registration by credit card only
- **Online:** Visit medicine.musc.edu/programs/cme and select "CME Activities", next select "Live Conferences" then scroll down to find and select this activity, locate the blue "Online Registration Portal" link, and follow the directions as prompted.

ACCOMMODATIONS INFORMATION

THE HYATT HOTEL • 560 KING STREET, CHARLESTON, SC 29403 • (877) 803-7534

Nestled in the heart of Charleston's Upper King Historic District between the Restaurant District and Museum Row, Hyatt Place Charleston/Historic District offers a rooftop bar, restaurants, and exceptional service close to some of the most popular things to do in Charleston. Return to our spacious rooms to relax and spend a beautiful evening at our rooftop bar offering more than 40 craft beers and stunning city views. The Hyatt Place Charleston/Historic District has all the amenities you need for a luxurious stay.

Special group rates start at **$289.00**, plus tax, per night. A limited number of guest rooms have been reserved and are being offered on a first come, first serve basis. The room block will be held until Wednesday, **February 10, 2026** however the room block may be filled prior to this date. In such a case, neither the group rate nor guest room availability can be guaranteed. Therefore, we recommend you make your reservation as soon as possible. Reservations can be made by calling 877-803-7534 and identifying yourself as a participant in this meeting, or by following the online directions below.

Link for online reservations: MUSC OBGYN Conference
Online Booking Code: G-OBGY

Hotel Booking QR Code:

Parking: Valet parking at the hotel is available at $49.00 plus tax, per day and can be added to your guest folio. In addition, self-parking is available at $24.00 per day. Rates are subject to change with notice.

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REGISTRATION FORM

By Registering for this conference, you acknowledge and agree to the cancellation policy stated in this brochure.

Name _____ Personal ID# XXX - XX - _____
As you would like it printed on your name badge. (Please Limit Credentials to 7 Characters) *Please use the last four digits of your SSN*

Address _____

City _____ State _____ Zip Code _____

Specialty _____ Degree/Credentials _____

Daytime Phone (_____) _____ - _____ Business Fax (_____) _____ - _____

Email _____

- YES I give permission to the MUSC Office of CME to share my name, city, and state with other attendees and the companies that will be exhibiting at and/or supporting the conference through educational grants.
- NO I do not give permission to the MUSC Office of CME to share my name, city, and state with other attendees and the companies that will be exhibiting at and/or supporting the conference through educational grants.

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How did you hear about this conference: _____

Payment must accompany registration:
Enclosed Check Payable to MUSC MasterCard Visa Discover American Express

_____
Cardholder's Name

_____ _____
Card Number Expiration Date CVV Code

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