

# GIRLS AND WOMEN WITH HEAVY MENSTRUAL BLEEDING – SLOW THE FLOW. PERIOD!



**Monday, May 15, 2023**  
**7:45am - 12:30pm (EDT)**

Live Interprofessional Continuing Education (IPCE)  
conference offered virtually via Zoom

This activity was planned by and for  
the health care team, and learners  
will receive 4.5 IPCE credits for  
learning and change.



## **Course director**

Suchitra S. Acharya, MD  
Medical Director  
Hemostasis and Thrombosis Center  
Northwell Health  
Attending Physician and Faculty  
Cohen Children's Medical Center  
Professor of Pediatrics  
Zucker School of Medicine

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**DONALD AND BARBARA**  
**ZUCKER SCHOOL of MEDICINE**  
**AT HOFSTRA/NORTHWELL**

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### **Program agenda**

- 7:45am**      **Welcome/Introduction**  
Suchitra S. Acharya, MD/Joseph Stanco, FNP-BC
- 8am**            **Why do Girls and Women Have Heavy Menstrual Bleeding: Bleeding Disorder to be Considered**  
Suchitra S. Acharya, MD
- 8:45am**        **von Willebrand Disease, a Common Hematological Cause of Heavy Menstrual Bleeding: Overview and Treatment Options**  
Anshul Vagrecha, MBBS
- 9:15am**        **Gynecological Causes and Management of Heavy Menstrual Bleeding**  
Jessica Rubin, MD
- 10am**           **Heavy Menstrual Bleeding and Polycystic Ovarian Syndrome (PCOS): An Adolescent School-Based Health Perspective**  
Khalida Itriyeva, MD
- 10:45am**      **Break/Virtual Exhibit Hall**
- 11am**            **Role of Nursing in the Care of Girls and Women with Heavy Menstrual Bleeding**  
Lynda Martinez, RN, MSN, CPON
- 11:30am**      **Current Research in the Field of Heavy Menstrual Bleeding**  
Mabel Origho, MD, MPH, CCRC
- 11:50am**      **Developing Community Outreach / Medical Home as Resources for Heavy Menstrual Bleeding**  
Joseph Stanco, FNP-BC
- 12:10pm**      **Questions and answers**
- 12:25pm**      **Closing remarks**  
Suchitra. S. Acharya, MD
- 12:30pm**      **Conference adjourns**

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**Statement of Need:** Heavy Menstrual Bleeding (HMB) is an underrecognized and debilitating condition with high direct and indirect costs. Clinical providers and healthcare professionals from different disciplines who care for girls and women with HMB should recognize this condition including screening for inherited bleeding disorders and prevent consequences of ongoing bleeding. In addition, providers need to gain competency and skills to appropriately diagnose, manage this condition, and know when to refer to the different specialties. This activity will review the need to recognize HMB, its causes, optimize care, identify community resources, and refer to the appropriate specialty.

**Program Objectives:** All Northwell Health CME activities are intended to improve patient care, safety and outcomes. At the conclusion of this conference, participants should be able to:

**Identify** Heavy Menstrual Bleeding (HMB), recognizing variations over the lifespan.

**Determine** the underlying causes of HMB through an appropriate diagnostic evaluation.

**Implement** evidenced-based, patient-centered strategies to control HMB and in the setting of inherited bleeding disorders, gynecological and endocrine etiologies.

**Target audience:** This program is designed for physicians, nurses, and nurse practitioners. Other members of the health care team, including physician assistants, school nurses, residents, and medical students, and all those interested in the topic of gynecological care, are also invited to attend.

**Joint accreditation statement:** In support of improving patient care, Northwell Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team.

**Physicians:** Northwell Health designates this live activity for a maximum of 4.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Nurses:** Northwell Health designates this activity for 4.5 ANCC contact hours.

**Verification of attendance:** This will be provided to all professionals.

**Location:** Live IPCE conference offered virtually via Zoom

### Course offering and registration fees:

**No charge:** Northwell employees  
**\$25:** Non-Northwell employees  
**No charge:** No CE credits

**Registration fee includes:** Virtual course materials, access to virtual exhibit hall, and CME/Verification of attendance certificate.

**Cancellation policy:** To receive a refund, all cancellations must be confirmed via email to Maureen King, project manager, (mking9@northwell.edu), Office of Continuing Medical Education, by Monday, May 8, 2023. An administrative fee of \$10 will be kept for all cancellations. No refunds will be made after this date or for “no-shows.”

**Disclosure policy:** Northwell Health adheres to the ACCME’s Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME-CE activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible companies. All relevant financial relationships have been mitigated prior to the commencement of the activity.

### Americans With Disabilities Act:

This conference is in compliance with provisions of the Americans With Disabilities Act (ADA) and is accessible for individuals with special needs. If you would like to attend this conference and require any special needs or accommodations, please contact the Office of CME at (516) 730-2263.

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Attending Physician and Faculty  
Cohen Children's Medical Center  
Professor of Pediatrics  
Zucker School of Medicine

### **Program faculty**

#### **Khalida Itriyeva, MD**

Attending Physician and Faculty  
Cohen Children's Medical Center  
Assistant Professor of Pediatrics  
Zucker School of Medicine

#### **Lynda Martinez-Carde, RN, MSN, CPON**

Patient Educator  
Hemostasis and Thrombosis Center  
Northwell Health

#### **Mabel Origo, MD, MPH, CCRC**

Clinical Research Coordinator  
Northwell Health

#### **Jessica Rubin, MD**

Physician, OB/GYN, Great Neck, NY, affiliated  
with Northwell Health  
North Shore University Hospital  
Long Island Jewish Medical Center  
Assistant Professor, Obstetrics and Gynecology  
Zucker School of Medicine

#### **Joseph Stanco, FNP-BC, CCRC**

Family Nurse Practitioner  
Hemostasis and Thrombosis Center  
Northwell Health

#### **Anshul Vagrecha, MBBS**

Attending Physician and Faculty  
Cohen Children's Medical Center  
Assistant Professor of Pediatrics  
Zucker School of Medicine

### **Conference planning committee**

Suchitra S. Acharya, MD  
Joseph Stanco, NP

### **Conference coordinated by**

Northwell Health's  
Office of Continuing Medical Education  
Michelle Dula-Harris, MHA, Senior CME  
Program Administrator  
Maureen King, Project Manager  
Nancy L. Petrone, Senior Manager  
Mary B. Strong, MA, Assistant Vice President,  
Medical Education

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