

Broadening the Conversation: Menopause Shared Decision Making

Symposium Agenda

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| 7:30AM - 8:00AM | REGISTRATION, BREAKFAST & VENDORS |
| 8:00AM - 8:05AM | WELCOME AND OPENING REMARKS Katherine Sherif, MD |
| 8:05AM – 9:15 AM | MENOPAUSE OVERVIEW Menopause and its Symptoms (R. Sifri) Standard Practice and Special Considerations (R. Powell) Treatments on the Horizon (R. Jackson) |
| 9:15 AM – 10:00 AM | Round Table Discussions (Introduction: K. Sherif) Moderators: Co Investigators and Study Staff Patient Option: Questions and discussion related to morning presentation Patient and Provider Communication Provider Option: Questions and discussion related to morning presentation Approaches/challenges: treating women with menopause symptoms Patient and Provider Communication |
| 10:00 AM - 10:15 AM | BREAK |
| 10:15AM - 10:45AM | MENOPAUSE TREATMENT SHARED DECISION MAKING STUDY Presenters: R. Myers, A. Petrich, A. Quinn Goals, Process, Lessons Learned & Next Steps |
| 10:45AM - 11:45AM | PROVIDER AND PATIENT EXPERIENCE IN THE STUDY Panel Discussion (Moderator: R. Myers) Q&A |
| 11:45 AM – 12:00 PM | CLOSING REMARKS Katherine Sherif, MD |
| 12:00 PM- 1:00 PM | VENDORS AND REFRESHMENTS Tai Chi Demo 12:15 Yoga Therapy Demo 12:40 |

Vendor list on reverse side

VENDOR

JeffFIT

Nava Yoga

Center for Urban Health

Jefferson Nursing

OBGYN

Healing Arts Center

Hammer Performance Massage

TOPIC

Pelvis floor physical therapy

Stability, balance and pelvic floor (Free mini class at 12:40)

Nutrition

Blood pressure screenings

OBGYN services at Jefferson

Acupuncture for menopause (sign up for free sample treatment)

Tai Chi for menopause (Free mini class at 12:15)

Massage for menopause (sign up for free sample treatment)