



Women's Health Update 2009
Mediterranean 2009 – September 19 – October 3, 2009

Introduction

The purpose of this conference is to provide knowledge and implementation strategies, and to create the opportunity for interactive discussion concerning recent advances in Women's Health.

Health is a complete state of physical, mental and social well-being and not merely the absence of disease or infirmity (WHO 1995). Women's Health involves the emotional, social and physical well-being of girls and women and is determined by the social, political and economic context of their lives, as well as by biology.

Through a mixture of didactic sessions, interactive workshops and Journal Clubs delegates to this conference will be able to:

- discuss the main determinants of women's health in their physical, social and political dimensions - biology and genetic endowment, healthy child development, aging, personal health practices and coping skills, culture, social support networks, physical and social environments, income and social status, health services, and education, employment and working conditions.
- discuss the most recent advances in women's physical health issues.
- develop an evidence based approach to treatment issues in women's health including treatments currently outside the western medicine tradition.
- develop strategies for the implementation of their learning in their practices.
- become effective health advocates for their women patients.

Western Evidence Based Medicine

A combination of didactic sessions with the opportunity for questions and answers, and interactive workshops will update knowledge of important physical health issues for girls and women. Topics will include adolescent medicine; medical situations unique to women – reproductive health and fertility, cervical cancer, pelvic inflammatory disease, menstrual disorders, menopause, ovarian cancer, post partum depression, endometriosis, and gender related issues of drug safety; medical conditions more prevalent in women – hyperthyroidism, osteoporosis, Alzheimer's disease, breast cancer, multiple sclerosis, anorexia, lupus, osteoarthritis, migraine, depression and anxiety, fractures and falling; conditions more serious in women – cardiovascular disease and problematic substance abuse; and conditions that women share with men, but may have different risk factors - lung cancer, HIV/Aids, diabetes, and obesity.



Practice Management and Physician Health

Interactive sessions – a combination of didactic sessions with the opportunity for questions and answers, and interactive workshops will deal with such issues as practice management in the service of women patients, the alternative treatment of medical conditions and physician health issues of relevance to women physicians.

Social determinants of Women's Health

Through a number of Journal Club Sessions led by the conference host, social determinants of women's health such as poverty, race, culture, and violence, will be explored. Delegates will be given selected peer reviewed articles to review prior to the Journal Club Sessions. These sessions will include not only discussion of the topics introduced, but also a review of their relevance to practice.

Global Medicine - Dubrovnik

Finally, practical aspects of the local care of women and girls will be explored in Dubrovnik, Croatia, where delegates will be given the opportunity to ask questions related to Women's Health of their local medical host following a didactic presentation.