

The Women's Health Track of the Kaiser Permanente National Primary Care Conference

By Ruth Shaber, MD

Twice a year the Kaiser Permanente National Primary Care Conference (PCC) brings together expert clinician-presenters from all over the Kaiser Permanente Regions. The Women's conference format five years ago and has continued to grow in participation and popularity. Besides offering the latest evidence-based medical information, the conference is always held in a relaxing atmosphere and allows quality time to renew and invigorate the spirit. The PCC faculty is invited to attend a Faculty Development Workshop to improve presentation style and skills. The workshop includes on-

camera and group critiquing and is a great opportunity even for experienced presenters.

Most recently, the meeting took place in Las Vegas, Nevada (October 2004). The overall attendance for the conference was approximately 350—including physicians, nurse practitioners, registered nurses, and other allied health professionals from all over the country. The Women's Health

Track was the largest ever with 96 registered attendees.

Some of the Women's Health topics featured in Las Vegas included:

- Musculoskeletal Problems in Active and Athletic Women—Presented by Robert Sallis, MD, Southern California
- HPV and New Cervical Cancer Screening Guidelines and Gynecologic Cancer Update—Presented by Walter Kinney, MD, Northern California
- Women's Respiratory Health: Gender and Sex Differences—Presented by Reginald Mason, MD, KP Georgia
- The Epidemic of Chlamydia—Presented by Charles Wibbelsman, MD, Northern California; Victoria Mancuso, MD, Northern California; and Lee Jacobs, MD, Georgia
- Evidence-Based Approach to Complementary and Alternative Medicine: Chiropractic, Acupuncture, and Herbs—Moderated by Lee Jacobs, MD, Georgia; Panelists: Kirk Pappas, MD, Northern California; Stanford Shoor, MD, Northern California; and Tierona Low Dog, MD, guest presenter.

The Spring 2005 National Primary Care Conference promises to be equally interesting and relevant. Please look for the announcement for the next conference in Maui (page 107) to be held from March 20-25, 2005 or go to: www.kpprimarycareconference.org.

Some of the Women's Health Topics planned for the spring include:

- Cosmetic Dermatology and Plastic Surgery
- Polycystic Ovarian Syndrome and Metabolic Syndrome—What's the relationship?
- Lactation—Physiology, Medications, and the Impact on Primary Care
- Sexuality—Physiology and Implications for Women with Chronic Diseases
- Evidence-Based Approach to Complementary and Alternative Medicine: Spiritual Healing, Prayer, and Meditation
- Management of Obesity
- HPV and New Cervical Cancer Screening Guidelines and Gynecologic Cancer Update

I look forward to seeing you in Maui! ❖

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Ruth Shaber, MD, joined the Ob/Gyn Department at KP in South San Francisco in 1990. In 2001, she was appointed the Director of Women's Health for the KP Northern California Region. She lives with her husband David, daughter Maddy, and dog Poppy in Redwood City, California. She practices Bikram Yoga twice a week to stay well and thrive. E-mail: ruth.shaber@kp.org.