

**Dear Jefferson Medical College Alum:**

The Jefferson Medical College Alumni Association and The Jefferson Foundation will be welcoming back the graduating classes of Jefferson Medical College (JMC) for the Annual Alumni Weekend. The years' Alumni Weekend will have a "Spotlight on Women's Health and Wellness" as Jefferson Medical College features **50 & Forward**, celebrating 50 years of Women at Jefferson Medical College.

Topics for this year's symposium will include: *(see next page for full agenda)*

- Prevention and Wellness Checklist for Women
- Venous Thromboembolism: Prophylaxis and Treatment in Women
- Approaches to Healthy Aging
- What You Can do to Manage Incontinence and Prolapse
- Heart Disease in Women
- Mindless Eating: New Strategies for Weight Management
- Exercise for Women: How to Exercise Effectively and Safely
- Advances in Breast Cancer Treatment
- Integrative Medicine Approach to Wellness in Women

For more information on the year long celebration, contact the Alumni Foundation at (215) 955-0100 or Toll-Free (877) Jeff-GIFT.

**Year –Long Celebration**

In an effort to continue our celebration of the 50<sup>th</sup> Anniversary we will have representatives from the Jefferson Bookstore available during the day. JMC has created a special t-shirt and lapel pin and a portion of the proceeds from the sale of these items will go to the 1961 Fund.

The 1961 Fund was established on the occasion of the 50<sup>th</sup> anniversary of the first admission of women to Jefferson Medical College. The fund will be endowed and the income from it will be used at the discretion of the Dean of Jefferson Medical College to provide support for research in women's health and for the professional development of JMC women faculty and students. In addition to the CME symposium there will be many other events taking place this weekend and throughout the year in celebration of this milestone. For more information regarding 1961 Fund and other events, please visit <http://www.jefferson.edu/jmc/women/>.

**For additional information and to register online, please access the course website at <http://jeffline.jefferson.edu/jeffcme/AlumniCME/>**

**8<sup>th</sup> Annual Alumni Weekend CME Symposium**  
***Spotlight on Women's Health and Wellness***  
Friday, September 23, 2011  
Dorrance H. Hamilton Building, Room 505  
Jefferson Medical College

\* - Designated for Patient Safety Credit

*Preliminary Agenda subject to change*

7:30am – 8:00am      Registration

**Moderator**            **Marianne Ritchie, MD – JMC Class of 1980**  
Clinical Assistant Professor, Division of Gastroenterology and Hepatology  
Jefferson Medical College

8:00am – 8:45am      **Prevention and Wellness Checklist for Women**      \*  
Richard Wender, MD  
Alumni Professor and Chair, Department of Family and  
Community Medicine  
*Jefferson Medical College*

8:45am – 9:30am      **Venous Thromboembolism: Prophylaxis and Treatment in Women**  
Geno J. Merli, MD – *JMC Class of 1975*  
Professor of Medicine & Neurological Surgery  
*Jefferson Medical College*  
Co-Director, Jefferson Vascular Center  
Senior Vice President & Chief Medical Officer  
*Thomas Jefferson University Hospital*

9:30am – 9:40am      **Questions & Answers**

9:40am – 9:55am      **Break**

9:55am – 10:40am    **Approaches to Healthy Aging**      \*  
Christine A. Arenson, MD – *JMC Class of 1990*  
Associate Professor, Department of Family and Community Medicine  
*Jefferson Medical College*

10:40am – 11:25am    **What You Can to do Manage Incontinence and Prolapse**  
Joseph Montella, MD – *JMC Class of 1984*  
Associate Professor and Chair, Department of Obstetrics and Gynecology  
*Jefferson Medical College*

11:25am – 12:10pm    **Heart Disease in Women**  
Danielle Duffy, MD  
Associate Professor, Division of Cardiology  
*Jefferson Medical College*

- 12:10pm – 12:20pm     **Questions & Answers**
- 12:20pm – 1:30pm     Lunch
- 1:30pm - 2:00pm     **Mindless Eating: New Strategies for Weight Management**     \*  
Cheryl Marco, RD, CDE  
Registered Dietitian / Certified Diabetes Educator  
Division of Endocrinology, Diabetes & Metabolic Diseases  
*Thomas Jefferson University*
- 2:00pm - 2:30pm     **Exercise for Women: How to Exercise Effectively and Safely** \*  
Marc I. Harwood, MD  
Assistant Professor, Department of Family and Community Medicine  
*Jefferson Medical College*
- 2:30pm – 2:40pm     **Questions & Answers**
- 2:40pm - 2:50pm     **Break**
- 2:50pm – 3:20pm     **Advances in Breast Cancer Treatment**  
Tiffany P. Avery, MD  
Assistant Professor, Department of Medical Oncology  
*Jefferson Medical College*
- 3:20pm – 3:50pm     **Integrative Medicine Approach to Wellness in Women**  
Birgit Rakel, MD  
Assistant Professor, Department of Family and Community Medicine  
*Jefferson Medical College*
- 3:50pm – 4:00pm     **Questions & Answers**

### Accreditation

#### Physicians

Jefferson Medical College of Thomas Jefferson University is accredited by the ACCME to provide continuing medical education for physicians.

Jefferson Medical College designates this live activity for a maximum of **6.5 AMA PRA Category 1 Credit(s)™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Faculty Disclosure

All faculty participating in continuing medical education activities sponsored by Jefferson Medical College are expected to disclose to the activity audience any real or apparent conflict(s) of interest related to the content of their presentation(s). Full disclosure of faculty relationships will be made at the activity.

For further information or if you have any questions, please call the Office of CME at 1-888-JEFF-CME or 215-955-6992.