



# 2008

## 15th Annual Women's Health Conference

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22-24 February, Sheraton Mirage, Gold Coast, Australia



# Welcome to the 15th Annual Women's Health Conference

Welcome to the 2008 Women's Health Conference. Another year and another fabulous program to offer you. We are privileged in welcoming an overseas speaker – Claudio Soares. Claudio is recommended for his knowledgeable content and engaging presentation style. We also welcome speakers from around Australia, some who you will have heard before – and have asked us to bring back, and others who are new but will provide the usual interesting topics and high standard of presentations and interactive discussion that we have come to expect at the Women's Health Conference.

In keeping with previous format we have a range of topics that encompass the lifecycle and range across disciplines – but all are important to women and the clinicians who care for them. From the feedback at the last conference we have increased the number of workshops and have repeated some on both Friday and Saturday. The popular canapés and drinks that end the sessions on Friday will be introduced on Saturday too.

I look forward to seeing you in 2008.

**Vivienne O'Connor**

Associate Professor, University of Queensland and Bond University

## Speakers



### **Associate Professor Claudio Soares** Ontario, CANADA

Claudio is an Associate Professor of Psychiatry and Behavioral Neurosciences at McMaster University, Ontario, Canada, where he is also the Director of the Women's Health Concerns Clinic. He earned his medical degree, and later, his PhD in psychoneuroendocrinology from the University of Sao Paulo Medical School in Brazil. His research career has been focused on projects related to women's health, particularly mood and anxiety disturbances. His research interests have been primarily devoted to the evaluation of new treatments for premenstrual dysphoric disorder (PMDD), and the use of different hormonal and non-hormonal strategies to improve mood, sleep and quality of life in menopausal women. His most recent interests include the assessment and treatment of reproductive-related trauma and psychiatric morbidity in female immigrants.



### **Dr Vanita Parekh, ACT**

Vanita is employed as a staff specialist in Sexual Health and Forensic Physician in Canberra and clinical lecturer at the ANU medical school. She is a fellow of the Chapter of Sexual Health Medicine (of the RACP) and the Australian College of Legal Medicine. She is the medical director of FAMSAC, the local sexual assault medical service in Canberra and has been working in the area of sexual assault medicine for 8 years. She is deputy director of the Canberra Sexual Health Centre and a clinician on the Clinical Forensic Medical Service. Her interests are in sexual health medicine with a particular interest in, sexually transmitted infections, vulval medicine, sexual assault and clinical forensic medicine. She published literature in the area of sexual health and assault medicine.



### **Professor John Wark, VIC**

John is an endocrinologist with major clinical and research interests in bone disorders spanning 30 years. He is Head of the RMH Bone and Mineral Service. Particular research interests include genetic and environmental determinants of bone health, the roles of vitamin D and calcium and the aetiology and prevention of falls. He is principal investigator in an ongoing, 15-year longitudinal study of bone health and other indices in over 2,000 female twins. Current projects include the impact of cigarette smoking on bone and its potential reversibility, and the adverse effects of antiepileptic drug therapy on falls and fracture risk.



### **Dr Dan Lubman, VIC**

Dan is Senior Lecturer in Addiction Psychiatry at the University of Melbourne. He heads the Substance Use Research and Recovery Focused (SURRF) Program at ORYGEN Research Centre, where he leads a clinical research team focused on investigating substance use and comorbidity in youth. A particular research interest is exploring the impact of substance use on adolescent brain development. Dr Lubman is Chair of the RANZCP Section of Addiction Psychiatry, and an advisory board member of ANNA and the National Cannabis Prevention and Information Centre.



### **Professor Martha Hickey, WA**

Martha entered medicine from psychology and trained in the UK and Australia. She received a Doctor of medicine from Bristol University in 1996. In 2002 Martha received the Young Investigator of the Year Award: RCOG/RANZCOG. Since then she has maintained her interest in the endometrium and bleeding problems and currently holds several grants for research in this area in addition to research on young women and breast cancer. Martha was the Visiting Professor OBGYN at Yale University in 2006-7 and her current appointment is the Professor of Gynaecology, University of Western Australia.



### **Dr David Burgner, WA**

David Burgner trained in the UK, Australia and Africa and completed his PhD at Oxford University. He is Western Australia's first and currently sole paediatric infectious diseases specialist. He is also a Senior Lecturer in Paediatrics at the University of Western Australia. His clinical and research interests include host determinants of infectious disease susceptibility (particularly in relation to Kawasaki disease and neonatal infection) and refugee child health.



### **Dr Clare Boothroyd, QLD**

Clare is a Queensland graduate with first class honours, has completed specialty training in both medicine (endocrinology) and in obstetrics and gynaecology. She has completed her subspecialty qualification in Reproductive Endocrinology and Infertility – one of only two doctors in Queensland. Her practice is based at Greenslopes Private Hospital and she is affiliated with Monash IVF Queensland.

# Academic Program

## Thursday 21 February

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1600-1700 Early Registration

## Friday 22 February

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0730-0900 Registration and coffee on arrival  
0900-1700 Conference session times

### Plenary Sessions

#### Menopausal transition, mood and hot flushes: understanding the brain connection

- Dr Claudio Soares, CANADA

#### Adolescence and alcohol

- Dr Dan Lubman, VIC

#### Sex in 2008

- Dr Vanita Parekh, ACT

#### Personality disorders

- Dr Basil Bunting, QLD

#### Panel: The health of victims of abuse: Outcomes and assistance

- Dr Jill Benson – General Practitioner, SA
- Dr Kim Forrester - Barrister, QLD
- Dr Cathy Lincoln - Forensic Medical Officer, QLD
- Dr Vanita Parekh - Sexual Health and Forensic Physician, ACT

#### Concurrent Workshops

- Addictions and outcomes
- Behavioural medicine – how can you get better outcomes for your patients?
- Depression, anxiety and personality problems in General Practice
- Looking after yourself: medically, psychologically and legally
- Safe – as possible – Sex
- Safe use of medications

1700 – 1730 Canapés and drinks

## Saturday 23 February

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0800-0900 Registration and coffee on arrival  
0900-1700 Conference session times

### Plenary Sessions

#### Pregnancy in deferred child bearers and perimenopausal

- Dr Clare Boothroyd, QLD

#### Menstrual problems in adolescence and childbearing years

- Professor Martha Hickey, WA

#### Food allergies in children

- Dr Jane Peake, QLD

## Saturday 23 February ... continued

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#### Infectious diseases – protecting children and pregnant women

- Dr David Burgner, WA

#### Panel: Health around menopause and beyond

- Professor Martha Hickey – Obstetrician and Gynaecologist, WA
- Dr Claudio Soares – Psychiatrist, CANADA
- Professor John Wark – Endocrinologist, VIC

#### Concurrent Workshops

- Addictions and outcomes
- Childhood health issues
- Depression, anxiety and personality problems in General Practice
- Health for minority groups: Indigenous and refugee
- Safe – as possible – Sex
- Skin and hair: how to do a skin check and insights into disease

1700 – 1730 Canapés and drinks

## Sunday 24 February

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0830-0900 Registration and coffee on arrival  
0900-1300 Conference session times

### Plenary Sessions

#### Pregnancy choices

- Dr Caroline de Costa, QLD

#### Fertility preservation

- Dr Clare Boothroyd, QLD

#### Mood changes during the reproductive lifecycle and their management

- Dr Claudio Soares, CANADA

#### Panel: Vitamin D and health – bones, skin, sun and supplements: advice for women

- Dr Jill Benson - General Practitioner, SA
- Dr David Burgner – Paediatrician, WA
- Dr Geraldine Moses – Pharmacologist, QLD
- Dr Margaret Oziemski – Dermatologist, QLD
- Professor John Wark - Endocrinologist, VIC

### PLEASE NOTE – WORKSHOPS

We invite you to submit any questions via email by the beginning of February that you would like addressed in the workshops.

The Women's Health Conference will be submitted to the RACGP for point allocation in the CME category of the QA & CPD Program. The outcome of this application will be published on the conference web site.

Disclaimer: the information in this brochure is correct at the time of printing. We reserve the right to change without notice any speakers or aspects of this program. Keep in touch with the website for program changes.

# Accommodation

Special group booking rates have been negotiated with Sheraton Mirage Resort and Spa and Palazzo Versace for Women's Health Conference delegates only.

## SHERATION MIRAGE RESORT AND SPA

This year we have arranged a dedicated hotel web site for delegates choosing to stay at this hotel. You are able to access the site, book, modify or cancel a reservation until 30 January 2008. See accommodation link through conference web page - [www.whers.com.au](http://www.whers.com.au)

Alternatively you may download a Sheraton Mirage "group booking form" on the conference web site and fax directly to hotel.

## PALAZZO VERSACE

For delegates wishing accommodation at this hotel a deposit can be included on the Conference Registration Form.

Alternatively you may download a Palazzo Versace "group booking form" on the conference web site and fax directly to hotel.

### Please note the following points, which are applicable to both Sheraton Mirage and Palazzo Versace.

- A deposit of one night's room tariff is required to secure the booking.
- All room rates quoted are per room per night and include a daily breakfast for either one or two.
- A tax invoice will be issued by the hotel venue upon check-out.
- After initial accommodation booking has been confirmed, any changes to dates, arrival times and queries should be direct to the specific hotel.
- Accommodation cancellations made after 20 January 2008 will be reviewed at the discretion of Conference Secretariat and hotel.

### Sheraton Mirage Resort and Spa

Sea World Drive, Broadwater Spit

Main Beach Q 4217

Telephone - 07 5591 1488

Facsimile - 07 5591 2299

[www.sheraton.com/miragegoldcoast](http://www.sheraton.com/miragegoldcoast)

\$275 for one (1) inclusive of breakfast OR

\$295 for two (2) inclusive of breakfast per night

Extra person

\$65 for rollaway (including breakfast)

### Palazzo Versace

Sea World Drive, Broadwater Spit

Main Beach Q 4217

Telephone - 07 5509 8000

Facsimile - 07 5509 8074

[www.palazzoversace.com](http://www.palazzoversace.com)

\$370 Superior room (includes breakfast for two) per night

Extra person

\$40 for rollaway (excluding breakfast)

## Alternative Accommodation Venues

### Gold Coast International Hotel

Corner Gold Coast Highway and

Staghorn Avenue

Surfers Paradise Q 4217

Toll Free Phone Number - 1800 074 020

[www.gci.com.au](http://www.gci.com.au)

Please note – the Women's Health Conference has no group booking this year. You are welcome to make your own individual enquiries with the hotel.

### Sea World Nara Resort

Sea World Drive

Main Beach Q 4215

Telephone - 07 5591 0000

[www.seaworldnara.com.au](http://www.seaworldnara.com.au)

Please note – the Women's Health Conference has no group booking this year. You are welcome to make your own individual enquiries with the resort.

## Sponsors

The Scientific Committee of Women's Health Education and Research Society Inc and Women's Health Conference gratefully acknowledge the support of the following sponsors at time of printing.

### Major Sponsors:



### Bronze Sponsors:



# Registration Information

## REGISTRATION DESK

The Registration Desk will be situated on the lower level of the hotel and staffed as follows:

**Thursday 21 February** 1600 – 1700

**Friday 22 February\*** 0730 – 1700

**Saturday 23 February\*** 0800 – 1700

**Sunday 24 February\*** 0830 – 1300

\*tea and coffee available on arrival

## REGISTRATION CANCELLATIONS

Registration cancellations made after 18 January 2008 will be refunded less 15% for administration costs.

## CONFERENCE SECRETARIAT

**Julie Buchan**

Postal address –

Women's Health Education and Research Society Inc.  
(WHERS)

PO Box 1586

Carindale Q 4152

**Telephone:** 07 3420 4771

**Facsimile:** 07 3849 7771

**Mobile:** 0413 671 300

**Email:** [secretariat@whers.com.au](mailto:secretariat@whers.com.au)

**Web:** [www.whers.com.au](http://www.whers.com.au)

## GENERAL INFORMATION

### Privacy Notice

In registering for this conference, relevant details will be incorporated into a delegate list for sponsors (name and state only). Postal and email details will be added to the WHC mailing list to keep you apprised of future meetings. By completing this registration form, you acknowledge that details supplied by you may be used for the above purposes. Should you not wish for your details to be passed on for the above purposes, please contact the Conference Secretariat.

### Mobile Phones

As a courtesy to fellow delegates and presenters, please ensure your mobile phones are switched off / silent during all conference sessions and workshops.

### Message Board

A message board will be located outside the secretariat office. It is the responsibility of the delegate to collect any messages.

### Dress

Smart casual is appropriate for all conference sessions and drinks. We suggest you bring a light jacket for your comfort as venue is air-conditioned.

## VENUE INFORMATION

Sheraton Mirage Resort and Spa is located 35km from Gold Coast International Airport and approximately 80km from Brisbane International Airport.

Sheraton Mirage Resort and Spa is the only five star luxury resort on the Gold Coast to boast an absolute beachfront location. The choice of accommodation extends from a variety of elegant rooms, to suites and private villas.

The resort features five award-winning restaurants and bars, skywalk access to over 80 designer boutiques and restaurants at Marina Mirage and The Golden Door Spa and Health Club at Mirage Resort.

This unique concept can now lay claim to being Queensland's largest five star resort spa with 12 wet and dry spa treatment rooms, 4 manicure/pedicure stations, hair salon, 4 tennis courts, gymnasium, exercise room and 25 metre lap pool. An oasis of exquisite diversity, where sophisticated elegance meets natural charm. Sheraton Mirage Resort and Spa really is too good to be true.

## REGISTRATION PACKAGES

	Canapés and Drinks (FRI, SAT evening)	Conference Sessions (FRI, SAT, SUN)	Lunch (FRI, SAT)	AM & PM Tea (FRI, SAT, SUN)	Conference Bag	COST
<b>Full EARLY BIRD Registration</b> Before 11/01/08	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$500
<b>Full LATE Registration</b> Before 11/01/08	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$570
<b>DAY Registration</b> (FRI OR SAT)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$250
<b>DAY Registration</b> (SUN)		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$130
<b>Full Guest Registration</b>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		\$170

## EXTRA TICKETS

<b>Canapés and drinks</b> (FRI OR SAT)	<input checked="" type="checkbox"/>					\$30
<b>Lunch</b> (FRI OR SAT)			<input checked="" type="checkbox"/>			\$45

Arrival tea and coffee on Friday, Saturday and Sunday available for all delegates

# Registration Form/Tax Invoice - Women's Health 15th Annual Conference

Women's Health Conference, 22-24 February 2008, Sheraton Mirage, Gold Coast, QLD

Women's Health Education and Research Society Inc. ABN 35 697 273 325

## Delegate Details

Title	<input type="text"/>	First Name	<input type="text"/>	Telephone	<input type="text"/>
Surname	<input type="text"/>			Facsimile	<input type="text"/>
Name on Badge	<input type="text"/>			Email	<input type="text"/>
Address for Confirmation letter	<input type="text"/>			RACGP QA + CE Number	<input type="text"/>
<input type="text"/>				Special Requirements (please note any special dietary, medical or other requirements)	<input type="text"/>
<input type="text"/>			Postcode	<input type="text"/>	

## Section A : Registration Fees

Full Registration			
Early	\$500 before 11 January 08	\$	<input type="text"/>
Late	\$570 after 11 January 08	\$	<input type="text"/>
Day Registration			
Friday	\$250	\$	<input type="text"/>
Saturday	\$250	\$	<input type="text"/>
Sunday	\$130	\$	<input type="text"/>
<b>TOTAL</b>		\$	<input type="text"/>

## Section B : Extra Tickets

Lunch <b>Friday</b> 22 February			
<input type="text"/> x Adult \$45 each		\$	<input type="text"/>
Canapes and Drinks <b>Friday</b> 22 February			
<input type="text"/> x Adult \$30 each		\$	<input type="text"/>
Lunch <b>Saturday</b> 23 February			
<input type="text"/> x Adult \$45 each		\$	<input type="text"/>

## Section B : Extra Tickets (Continued ...)

Canapes and Drinks <b>Saturday</b> 23 February			
<input type="text"/> x Adult \$30 each		\$	<input type="text"/>
Full Guest Registration			
<input type="text"/> x Adult \$170 each		\$	<input type="text"/>
Note: Children's Meals are half price			
<b>TOTAL</b>		\$	<input type="text"/>

## Section C : Accommodation

Sheraton Mirage - see [www.whers.com.au](http://www.whers.com.au) (NO Deposit can be accepted with this form)

A deposit of one night's room tariff is required to secure your booking at Palazzo Versace.

Palazzo Versace deposit \$370 \$

Delegate sharing room; YES  NO

Name:

Check in  /02/2008 Check out  /02/2008

Room configuration (max 2 adults and 2 children per room)

Single  Double  Twin (2x double beds)

Comments

## Payment (all above quoted on this form are inclusive of GST) - PAYMENT OPTION - refer to [www.whers.com.au](http://www.whers.com.au) for on-line registration

Please make cheques payable to WHERS, PO Box 1586 Carindale Qld 4152. T: 07 3420 4771 F: 07 3849 7771

Total	Section A	\$ <input type="text"/>	I wish to pay by:	Cheque <input type="checkbox"/>	Bankcard <input type="checkbox"/>	Visa <input type="checkbox"/>	Mastercard <input type="checkbox"/>
	Section B	\$ <input type="text"/>	Card Number	<input type="text"/>			
	Section C	\$ <input type="text"/>	Cardholder's Name	<input type="text"/>			
<b>TOTAL</b>		\$ <input type="text"/>	Signature	<input type="text"/>	Expiry Date	<input type="text"/>	<input type="text"/>

Confirmation of your completed Registration Form/Tax Invoice will be sent out for your records and taxation purposes. Please note: GST cannot be claimed as an input tax credit for accommodation on this Tax Invoice. A separate Tax invoice for accommodation will be issued by the hotel.