

**INTERNATIONAL PELVIC PAIN SOCIETY  
2015 IPPS Annual Fall Meeting on Chronic Pelvic Pain  
October 23 – 24, 2015 • San Diego, California**



**IPPS President Sarah D. Fox, MD welcomes you to the 2015 Annual Fall Meeting!**



**PROGRAM DIRECTOR**  
**Sawsan As-Sanie, MD, MPH**



**PROGRAM CHAIR**  
**Juan Diego Villegas-Echeverri, MD, FACOG**

### Wednesday, October 21, 2015

4:00 p.m. - 6:00 p.m.

**Registration/Information Desk Open**  
*Location: Constellation Foyer*

### Thursday, October 22, 2015

7:00 a.m. - 5:00 p.m.

**Registration/Information Desk Open**  
*Location: Constellation Foyer*

7:00 a.m. - 8:00 a.m.

**Continental Breakfast**  
*Location: Constellation Foyer*

10:00 a.m. - 6:30 p.m.

**Exhibit Hall Open**  
*Location: Constellation Foyer*

7:30 a.m. - 5:00 p.m.

**BASICS SESSION**  
*Location: Constellation AB*

7:30 a.m. - 7:40 a.m.

**Program Introduction**

7:40 a.m. - 8:20 a.m.

**Talk 1: Introduction to the Physiology of Chronic Pain**

8:20 a.m. - 9:00 a.m.

**Talk 2: Psychological Aspects of Living with CPP**

9:00 a.m. - 9:30 a.m.

**Break**

9:30 a.m. - 10:25 a.m.

**Talk 3: Gynecologic and Vulvar Causes of CPP**

10:25 a.m. - 11:15 a.m.

**Talk 4: Interstitial Cystitis (Chronic Pelvic Pain Syndrome) What is It and How to Treat It**

11:15 a.m. - 12:00 p.m.

**Talk 5: Diagnosis and Treatment of Functional Bowel Disorders**

12:00 p.m. - 1:00 p.m.

**Lunch on own**

1:00 p.m. - 1:50 p.m.

**Talk 6: Evaluation and Treatment of Musculoskeletal Causes of CPP**

1:50 p.m. - 2:15 p.m.

**Talk 7: Interventional Management of Musculoskeletal Pain**

2:15 p.m. - 3:00 p.m.

**Talk 8: Medical Therapies for Chronic Pain**

3:00 p.m. - 3:10 p.m.

**Discussion**

3:10 p.m. - 3:35 p.m.

**Break**

3:35 p.m. - 4:20 p.m.

**Talk 9: Interactive Case-Based Presentations**

4:20 p.m. - 4:50 p.m.

**Talk 10: Business of Pelvic Pain**

4:50 p.m. - 5:00 p.m.

**Discussion**

12:30 p.m. - 5:30 p.m.

**RESEARCH SESSION**  
*Location: Aurora*

12:30 p.m. - 12:35 p.m.

**Welcome and Introductions**

12:35 p.m. - 1:10 p.m.

**Navigating the Research Galaxy: Identifying and Avoiding Bias and Study Design**

1:10 p.m. - 1:50 p.m.

**Administrative Basics of All Research Projects**

1:50 p.m. - 2:50 p.m.

**Navigating the Research Galaxy: Data and Statistics**

2:50 p.m. - 3:05 p.m.

**Q&A**

3:05 p.m. - 3:15 p.m.

**Break**

3:15 p.m. - 4:00 p.m.

**Forming Collaborative Research Networks and Finding Research Resources**

4:00 p.m. - 4:50 p.m.

**Designing a Basic Research Database and Basic Analysis**

4:50 p.m. - 5:20 p.m.

**Avoiding Burnout, Getting it all Done and Getting Published**

5:20 p.m. - 5:30 p.m.

**Q&A**

5:30 p.m. - 6:30 p.m.

**Welcome Reception**  
*Location: Constellation Foyer*

6:30 p.m. - 9:30 p.m.

**IPPS Board of Directors' Meeting**  
*Location: Sovereign*

## Friday, October 23, 2015

7:00 a.m. - 8:00 a.m.	<b>Continental Breakfast</b> <i>Location: Constellation Foyer</i>
7:00 a.m. - 4:00 p.m.	<b>Exhibit Hall Open</b> <i>Location: Constellation Foyer</i>
7:00 a.m. - 5:30 p.m.	<b>Registration/Information Desk Open</b> <i>Location: Constellation Foyer</i>
7:50 a.m. - 7:55 a.m.	<b>Welcome and Announcements</b>
7:55 a.m. - 8:00 a.m.	<b>Presidential Address</b>
8:00 a.m. - 8:50 a.m.	<b>C. PAUL PERRY MEMORIAL LECTURE</b> <b>“From Clinical Trials to Clinical Practice: There’s Many a Slip ‘Twixt Cup and Lip’</b>
8:50 a.m. - 9:30 a.m.	<b>Best Pain Care at Lower Cost: CHOIR (Collaborate Health Outcomes Information Registry) as a Model Platform for Learning Health System</b>
9:30 a.m. - 9:50 a.m.	<b>Q&amp;A</b>
9:50 a.m.- 10:15 a.m.	<b>Break &amp; Poster Viewing Session I</b> <i>Location: Sovereign &amp; Constellation Foyer</i>
10:15 a.m. - 10:55 a.m.	<b>Health Status and Abuse/Trauma History: Gastrointestinal and Chronic Pelvic Pain</b>
10:55 a.m. - 11:35 a.m.	<b>Caring for Women with Histories of Abuse and Chronic Pelvic Pain: Clinical Strategies to Improve Physical and Psychosocial Well-Being</b>
11:35 a.m. - 11:55 a.m.	<b>Q&amp;A</b>
11:55 a.m. - 1:25 p.m.	<b>Friday Roundtable Lunch with Experts (Optional - Requires Pre-Registration)</b> <i>Location: Britannia/Cambria</i>
11:55 a.m. - 1:25 p.m.	<b>Lunch on Own</b>
1:25 p.m. - 2:45 p.m.	<b>Interdisciplinary Management of Complex Pelvic Pain/Pudendal Neuralgia</b>
2:45 p.m. - 3:05 p.m.	<b>Q&amp;A</b>
3:05 p.m. - 3:30 p.m.	<b>Break &amp; Poster Viewing Session II</b> <i>Location: Sovereign &amp; Constellation Foyer</i>
3:30 p.m. - 4:10 p.m.	<b>Functional Nutrition for Chronic Pelvic Pain</b>
4:10 p.m. - 4:50 p.m.	<b>Muscle Architecture of the Female Pelvic Floor: Rehabilitation Implications</b>
4:50 p.m. - 5:00 p.m.	<b>Q&amp;A</b>
5:00 p.m. - 5:15 p.m.	<b>Special Award Presentation</b>
5:15 p.m. - 5:45 p.m.	<b>Annual Business Meeting</b>
6:30 p.m. - 8:30 p.m.	<b>2015 IPPS Fundraising Party</b> <i>Location: Barleymash at 600 5<sup>th</sup> Avenue, Gaslamp Quarter, San Diego, CA</i>

## Saturday, October 24, 2015

6:15 a.m. - 7:15 a.m.	<b>Yoga for Pelvic Pain</b> <i>Location: Commodore Ballroom – Section A (1<sup>st</sup> Floor)</i>
7:00 a.m. - 5:00 p.m.	<b>Registration/Information Desk Open</b> <i>Location: Constellation Foyer</i>
7:00 a.m. - 8:00 a.m.	<b>Continental Breakfast</b> <i>Location: Constellation Foyer</i>
7:00 a.m. - 4:00 p.m.	<b>Exhibit Hall Open</b> <i>Location: Constellation Foyer</i>
7:50 a.m. - 8:00 a.m.	<b>Welcome and Announcements</b>
8:00 a.m. - 8:50 a.m.	<b>JAMES E. CARTER MEMORIAL LECTURE</b> <b>"Models of Muscle Pain: Transmitting the Message"</b>
8:50 a.m. - 9:30 a.m.	<b>Acupressure and Its Impact on Symptom Clusters in Chronic Pain: Molecular Mechanisms of Management</b>
9:30 a.m. - 9:50 a.m.	<b>Q&amp;A</b>
9:50 a.m. - 10:15 a.m.	<b>Break &amp; Poster Viewing Session III</b> <i>Location: Sovereign &amp; Constellation Foyer</i>
10:15 a.m. - 10:55 a.m.	<b>Effective Patient Interviewing to Improve Clinical Outcomes in Pelvic Pain</b>
10:55 a.m. - 11:35 a.m.	<b>Training the Brain to Heal Painful Habits</b>
11:35 a.m. - 11:55 a.m.	<b>Q&amp;A</b>
11:55 a.m. - 1:25 p.m.	<b>Saturday Roundtable Lunch with Experts (Optional - Requires Pre-Registration)</b> <i>Location: Britannia/Cambria</i>
11:55 a.m. - 1:25 p.m.	<b>Lunch on Own</b>
1:25 p.m. - 2:05 p.m.	<b>Lessons From the ICEPAC Trial (Interstitial Cystitis: Elucidation of Psychophysiologic and Autonomic Characteristics)</b>
2:05 p.m. - 2:45 p.m.	<b>Update in the Clinical Care of Patients with IC: What Does the Most Recent Literature Tell Us?</b>
2:45 p.m. - 3:25 p.m.	<b>Persistent Pain After Laparoscopic Treatment for Deeply Infiltrative Endometriosis: Where do We Go from Here?</b>
3:25 p.m. - 3:45 p.m.	<b>Q&amp;A</b>
3:45 p.m. - 4:05 p.m.	<b>Break &amp; Poster Viewing Session IV</b> <i>Location: Sovereign &amp; Constellation Foyer</i>
4:05 p.m. - 4:40 p.m.	<b>Oral Abstract Session</b>
4:05 p.m. - 4:20 p.m.	<b>Oral Abstract 1- Relationship Between Vestibular Mucosal and Pelvic Floor Muscle Pain in Women with Vulvodynia</b>
4:20 p.m. - 4:35 p.m.	<b>Oral Abstract 2 - Relationships Among Menstrual Pain, Pain Tolerance, and Pain Anxiety and Disability in Healthy Girls and Girls with Dysmenorrhea</b>
4:35 p.m. - 4:40 p.m.	<b>Q&amp;A</b>
4:40 p.m. - 4:50 p.m.	<b>Meeting Poster Awards</b>
4:50 p.m. - 5:00 p.m.	<b>Closing Remarks</b>

### Sunday, October 25, 2015

7:00 a.m. - 3:00 p.m.	<b>Registration/Information Desk Open</b> <i>Location: Constellation Foyer</i>
7:00 a.m. - 8:00 a.m.	<b>Continental Breakfast</b> <i>Location: Constellation Foyer</i>
8:00 a.m. - 3:00 p.m.	<b>POST CONFERENCE SESSION:</b> <b>Talking about Sexual Health with Your Patients: A Healthcare Professionals' Guide</b> <i>Location: Constellation</i>
8:00 a.m. - 8:45 a.m.	<b>Myths, Definitions, and Language</b>
8:45 a.m. - 9:45 a.m.	<b>Healthcare Professional Self-Assessment</b>
9:45 a.m. - 10:15 a.m.	<b>Break</b>
10:15 a.m. - 11:00 a.m.	<b>Sex Anatomy and Physiology Facts/Science</b>
11:00 a.m. - 12:00 p.m.	<b>Medical Aspects of Sexual Dysfunction</b>
12:00 p.m. - 12:30 p.m.	<b>Light Lunch</b>
12:30 p.m. - 1:15 p.m.	<b>Biomechanical/Orthopedic Considerations</b>
1:15 p.m. - 1:45 p.m.	<b>Sex Therapy and Counseling</b>
1:45 p.m. - 2:15 p.m.	<b>Sexual History Taking Protocols</b>
2:15 p.m. - 3:00 p.m.	<b>Q&amp;A Session/Review of Resources</b>

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## 2015 IPPS Annual Fall Meeting on Chronic Pelvic Pain

### Course Description

Welcome to the 2015 IPPS Annual Fall Meeting on Chronic Pelvic Pain (CPP). This year the program will include cutting-edge basic science and clinical research findings, as well as recommendations for the management of CPP in male and female patients. Participants will also learn about avoiding common pitfalls in the management of CPP patients. Participants will also learn about avoiding common pitfalls in the management of the CPP patient. The Basics Session has been designed to provide a foundation of knowledge about the etiology, diagnosis and management of CPP disorders. It also includes an overview of the neurophysiology and biopsychosocial elements involved in managing chronic pain. It is recommended that providers and researchers who are new to pelvic pain attend the Basics Session in order to get more out of the general meeting. The half-day Research Session will allow participants to learn from top researchers how to carry out high quality research on CPP with a small budget. The small size of the Research Session is to provide evidence-based information, protocols, and resources that will guide health care professionals who treat pelvic health in men and women to understand the importance of, and how to, effectively and efficiently discuss sexual health and function with patients. The popular morning yoga session will return and the "Lunch with the Experts" series has been expanded to two days and will cover new topics.

### Needs

Chronic pelvic pain is a common and often debilitating syndrome. It is as common as asthma, yet most medical providers receive little or no education about managing the complex CPP patient. The social, psychological and financial costs associated with treatments of these disorders are enormous. Many patients endure being misdiagnosed or receiving inappropriate treatment because of the practitioner's lack of knowledge on this subject. Tragically, this mismanagement may actually worsen a patient's pain. It is critical that health care providers receive education about factors that affect patient care and that researchers collaborate to produce high-quality outcomes-based studies on chronic pelvic pain disorders. Without exchange of clinical and research information across all disciplines encompassing the treatment of CPP, advances in treatment options for those patients will not be possible.

### Educational Objectives

#### Basics Session

At the completion of this Session, attendees should be able to:

1. Identify principal somatic and visceral etiologies for pelvic pain.
2. Construct a complete history and physical examination for diagnosing relevant factors in pelvic pain presentation.
3. Recognize the availability of pharmacological, procedural, and mind-centered techniques for treatment of pelvic pain.
4. Describe evidence-based determination of pelvic pain diagnoses.
5. Identify evidence-based medical and physical therapy treatment techniques for CPP.
6. Review evidence-based management strategies that will be immediately applicable in the clinic

#### 2015 IPPS Annual Fall Meeting on Chronic Pelvic Pain

At the completion of this Session, attendees should be able to:

1. Describe false positive and negative results of clinical trials of pain treatments and their explanations.
2. Explain recent efforts to develop an evidence-based approach to the design of clinical trials and thereby reduce false positive and negative clinical trial outcomes.
3. Describe the prevalence of sexual and physical abuse in the general population and in chronic pain patients.
4. Evaluate the evidence linking trauma (e.g., sexual and physical abuse) with chronic pain (GI, and various types of pelvic pain) and poor health status.
5. Explain the biopsychosocial theoretical model including mechanisms for why abuse and trauma may be related to poor health status and chronic pain.
6. Describe clinical strategies to improve physical outcomes among women with histories of abuse and chronic pelvic pain.
7. List clinical strategies to improve psychosocial outcomes in women with histories of abuse and chronic pelvic pain.
8. List inter-professional models to improve outcomes in women with histories of abuse and chronic pelvic pain.
9. Describe the role of physical therapy in the treatment of Pudendal Neuralgia (PN).
10. Identify the role of interventional pain medicine in the treatment of Pudendal Neuralgia.
11. Explain the role of decompression surgery, mesh removal, and vestibulectomy in the treatment of Pudendal Neuralgia.
12. List at least 3 root causes of chronic pelvic pain via the digestive, endocrine, and immune systems that can be addressed using nutrition strategies.
13. Describe how to use an elimination diet to determine specific food triggers for individual patients with chronic pelvic pain.
14. List which digestive issues (such as SIBO, or FODMAPS sensitivity) can influence chronic sexual and/ or bladder pain, and how to address those using nutrition and supplements.
15. Explain how nutrition can influence hormonal balance in order to address imbalances in cortisol and estrogen that can impact chronic pelvic pain.

16. Describe the pain evolution in patients with deeply infiltrative endometriosis after laparoscopic treatment.
17. Describe the safety of different surgical techniques in the treatment of painful symptoms associated with deeply infiltrative endometriosis.
18. List factors involved in the transition from acute to chronic pain.
19. Identify peripheral and central nervous system mechanisms mediating chronic muscle pain.
20. Explain potential strategies for treatment and prevention of chronic muscle pain.
21. Recognize that symptom clusters are prevalent across diverse patient populations.
22. Describe the role of self-administered acupressure in the treatment of symptom clusters.
23. Identify the role of chemical and functional brain imaging in studying the mechanisms of action of acupressure treatment of symptom clusters.
24. Describe the psycho-social principles of listening and mirroring skills and how to apply these to current practice in pelvic medicine.
25. Describe the purpose of the medical intake, factors that are specific to pelvic pain patients and best environmental and interpersonal tools that promote clarity, positive rapport and understanding.
26. Identify the differences in effective and non-effective interview skills and the impact on patient/client response.
27. Review the evidence for patient-centered collaborative care and health outcomes in chronic conditions.
28. Explain how Cognitive-Behavioral Therapy (CBT) and Mindfulness-Based Stress Reduction (MBSR) techniques change the brain and effectively reduce physical and emotional pain as well as promote and maintain behavioral change needed for the management of chronic conditions.
29. Explain at least 3 CBT and MBSR exercises necessary to convert a health behavior into a habit.
30. Explain why the combination of CBT and MBSR techniques are more effective than when used separately.
31. Describe signs and symptoms of IC.
32. Evaluate diagnostic criteria and differential diagnosis.
33. Review Levels of treatment for IC.
34. Review new ideas for the diagnosis and treatment of IC from the latest research.

### **Research Session**

#### **Needs**

Nearly 80% of gynecology research projects that are submitted for publication in peer-reviewed journals do not meet basic research methodology standards. Rigorous adherence to study design and the basics of journal publication are not consistently taught in Ob-Gyn training programs.

#### **Educational Objectives**

1. Review the basic components and reporting standards for case control, cohort (retro and prospective), case series and the importance of properly defining exposure and outcome.
2. Explain the basics of what gets a paper published, what reviewers are looking for and basic mistakes that are common in first time publications.
3. Review the basic structure of a grant regarding the actual components, background, scientific rationale, budget etc.
4. Identify the different study designs through clinical examples and case studies.

### **IPPS Post-Conference Session**

#### **Title: Taking about Sexual Health and Function with Your Patients: A Healthcare Professionals' Guide**

#### **Needs**

Health care professionals need to utilize evidence-based information, protocols, and resources to guide them in treatment of pelvic health in men and women. Additionally, they need to understand the importance of, and how to, effectively and efficiently discuss sexual health and function with patients.

#### **Educational Objectives**

At the completion of this course, attendees should be able to:

1. Explain sexual health issues sometimes related to more significant underlying medical conditions.
2. Integrate strategies to confidently talk about sexual health with patients, including, but not limited to, the sexual history taking protocol.
3. Explain orthopedic/positional modifications to help patients deal with pain and improve sexual function.
4. Explain the Five Circles of Sexuality and how they relate to sexual health.
5. Recognize when to refer patients to a sex therapist, endocrinologist, medical doctor, gynecologist, urologist, GI specialist.
6. Demonstrate an understanding of the practitioners own beliefs, values, bias and attitudes with regard to issues of sexuality and how that may be affecting patient/client care.
7. Employ numerous resources and questionnaires that can be used with patients immediately.



**CONTINUING MEDICAL EDUCATION CREDIT INFORMATION****Accreditation**

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American College of Surgeons and the International Pelvic Pain Society. The American College of Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

**AMA PRA Category 1 Credits™**

The American College of Surgeons designates this live activity for a maximum of **30.00 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*\*Portions of the meeting are concurrent; therefore, it is not possible to obtain full credit for all programs listed*



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In compliance with the ACCME Accreditation Criteria, the American College of Surgeons, as the accredited provider of this activity, must ensure that anyone in a position to control the content of the educational activity has disclosed all relevant financial relationships with any commercial interest. All reported conflicts are managed by a designated official to ensure a bias-free presentation. All registered attendees will receive an email in advance of the meeting, which will provide a link to the IPPS disclosure report. For onsite registrants, information will be placed on the registration packet envelope with a link and QR code, which will provide access to the IPPS disclosure report.

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**Special Assistance**

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Call (847) 517-8712 if you require special assistance to fully participate in the meeting.

**California Physical Therapy Association (CPTA) Credits**

The California Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the California Physical Therapy Association. The 2015 IPPS Annual Fall Meeting on Pelvic Pain Sessions have been approved for the following Continuing Education units:

2015 IPPS Basics Session (CPTA# 15-412): **0.745 CEUs**

2015 IPPS Research Session (CPTA# 15-413): **0.458 CEUs**

2015 IPPS Annual Fall Meeting on Chronic Pelvic Pain (CPTA# 15-410): **1.3 CEUs**

2015 IPPS Post Conference Session (CPTA# 15-411): **0.6 CEUs**

**Illinois Physical Therapy (IPTA) Credits**

The Illinois Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the Illinois Physical Therapy Association. The 2015 IPPS Annual Fall Meeting on Pelvic Pain has been accredited for a maximum of **30.00** Continuing Education hours.

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(as of 10/9/15)

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**Thank You to Our 2015 Contributor**

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Neurological Associates of West Los Angeles  
Santa Monica, CA

David C. Kunkel, MD  
University of California, San Diego  
San Diego, CA

Georgine Lamvu, MD, MPH, FACOG  
Advanced Minimally Invasive Surgery and Gynecology  
Orlando, FL

Jane Leserman Madison, PhD  
UNC School of Medicine  
Chapel Hill, NC

Claudia Lopez, MD  
Clinica Del Prado  
Medell n, Antioquia

Sean Mackey, MD, PhD  
Stanford University School of Medicine  
Stanford, CA

Richard P. Marvel, MD  
The Center for Pelvic Pain of Annapolis  
Annapolis, MD

Dustienne Miller, PT, MS, WCS  
Flourish Physical Therapy, LLC  
Boston, MA

Alexandra Milspaw, PhD, LCP  
Licensed Professional Counselor  
Bethlehem, PA

Tamarah Nerreter, MScPT  
South Surrey, BC

Hollie Neujahr, PT, DPT, CLT-LANA  
N2 Physical Therapy At Swedish  
Denver, CO

Laura Pace, MD, PhD  
University of California San Diego  
La Jolla, CA

Stephanie Prendergast, MPT  
Pelvic Health and Rehabilitation Center  
Los Angeles, CA

Andrea Rapkin, MD  
UCLA School of Medicine  
Los Angeles, CA

Julie Sarton, DPT, WCS  
Sarton Physical Therapy  
Tustin, CA

Tracy Sher, MPT, CSCS  
Sher Pelvic Health and Healing  
Orlando, FL

Devon Shuchman, MD  
University of Michigan Health System  
Ann Arbor, MI

Kathleen Sluka, PT, PhD  
University of Iowa  
Iowa City, IA

Amy Stein, DPT, BCB-PMD, IF  
Beyond Basics Physical Therapy  
New York, NY

Sarah P. Talley, PT, DPT  
Carolina Pelvic Health Center, Inc.  
Raleigh, NC

Frank F. Tu, MD, MPH  
Northshore University HealthSystem  
Evanston, IL

Lori Tuttle, PhD  
San Diego State University  
San Diego, CA

M. Jean Uy-Kroh, MD  
Cleveland Clinic  
Cleveland, OH

Christin Veasley  
Chronic Pain Research Alliance  
N. Kingstown, RI

Patricia Wallace, MD  
UCIMC – Department of Ob/Gyn  
Orange, CA

Kathryn Witzeman, MD  
Denver Health  
Denver, CO

## FACULTY DISCLOSURE REPORT

2015 IPPS Annual Fall Meeting On Chronic Pelvic Pain  
October 21 - 25, 2015  
San Diego, CA

In accordance with the ACCME Accreditation Criteria, the American College of Surgeons, as the accredited provider of this activity, must ensure that anyone in a position to control the content of the educational activity has disclosed all relevant financial relationships with any commercial interest. Therefore, it is mandatory that both the program planning committee and speakers complete disclosure forms. Members of the program committee were required to disclose **all** financial relationships and speakers were required to disclose any financial relationship **as it pertains to the content of the presentations**. The ACCME defines a 'commercial interest' as "any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients". It does not consider providers of clinical service directly to patients to be commercial interests. The ACCME considers "relevant" financial relationships as financial transactions (in any amount) that may create a conflict of interest and occur within the 12 months preceding the time that the individual is being asked to assume a role controlling content of the educational activity.

ACS is also required, through our joint providership partners, to manage any reported conflict and eliminate the potential for bias during the activity. All program committee members and speakers were contacted and the conflicts listed below have been managed to our satisfaction. However, if you perceive a bias during a session, please report the circumstances on the session evaluation form.

**Please note we have advised the speakers that it is their responsibility to disclose at the start of their presentation if they will be describing the use of a device, product, or drug that is not FDA approved or the off-label use of an approved device, product, or drug or unapproved usage.**

The requirement for disclosure is not intended to imply any impropriety of such relationships, but simply to identify such relationships through full disclosure and to allow the audience to form its own judgments regarding the presentation.

PLANNING COMMITTEE / CME ORGANIZERS	Nothing to Disclose	DISCLOSURE		
		Company	Role	Received
AS-SANIE, MD, MPH, Sawsan CME Organizer	Nothing to disclose			
BENJAMIN, MD, Amy CME Organizer, Speaker	Nothing to disclose			
CAREY, MD, MSCR, Erin CME Organizer, Moderator	Nothing to disclose			
FOX, MD, Sarah CME Organizer	Nothing to disclose			
GUNTER, MD, Jennifer CME Organizer, Moderator	Nothing to disclose			
HOWARD, MD, MS, FACOG, Fred CME Organizer	Nothing to disclose			
KUTCH, PhD, Jason CME Organizer	Nothing to disclose			

PLANNING COMMITTEE / CME ORGANIZERS	Nothing to Disclose	DISCLOSURE		
		Company	Role	Received
LAMVU, MD, MPH, FACOG, Georgine CME Organizer, Speaker, Moderator	Nothing to disclose			
MARVEL, MD, Richard CME Organizer, Moderator	Nothing to disclose			
PRENDERGAST, MPT, Stephanie CME Organizer, Speaker, Moderator	Nothing to disclose			
SHER, MPT, CSC, CSCS, Tracy CME Organizer, Speaker, Moderator	Nothing to disclose			
STEIN, DPT, BCB-PMD, IF, Amy CME Organizer, Moderator	Nothing to disclose			
TU, MD, MPH, Frank CME Organizer, Moderator		AbbVie	Speaker	Honorarium
		AbbVie	Advisory Board	Honorarium
		AbbVie	Contracted Research	Grants/Research Support
UY-KROH, MD, M. Jean CME Organizer, Speaker	Nothing to disclose			
VILLEGAS ECHEVERRI, MD, Juan CME Organizer	Nothing to disclose			
WITZEMAN, MD, Kathryn CME Organizer, Moderator	Nothing to disclose			

SPEAKERS / MODERATORS / PANELISTS / DISCUSSANTS / CO-AUTHORS	Nothing to Disclose	DISCLOSURE		
		Company	Role	Received
AKINCILAR-RUMMER, MSPT, Elizabeth Speaker, Panelist	Nothing to disclose			
ANTOLAK, MD, Stanley	Nothing to disclose			

SPEAKERS / MODERATORS / PANELISTS / DISCUSSANTS / CO-AUTHORS	Nothing to Disclose	DISCLOSURE		
		Company	Role	Received
Moderator				
BARRON, MD, Kenneth Speaker	Nothing to disclose			
BENJAMIN, MD, Amy CME Organizer, Speaker	Nothing to disclose			
BRANDON, DSc, PT, WCS, Karen Speaker, Moderator	Nothing to disclose			
BUTRICK, MD, Charles Speaker, Panelist		Urigen	Fee for Research	Grants/Research Support
CAREY, MD, MSCR, Erin CME Organizer, Moderator	Nothing to disclose			
CHELIMSKY, MD, Thomas Speaker		Lundbeck Pharma	Advisory Board	Consultant
		Ironwood Pharma	Advisory Board	Consultant
COADY, MD, Deborah Moderator	Nothing to disclose			
CONWAY, MD, Mark Speaker		St. Joseph Hospital Nashua NH	Employed Physician	Employee of a Commercial Interest Organization
		Toohar, Wocl & Leydon, LLC	Expert Witness	Consultant
COONS, PhD, ABPP, Helen Speaker, Moderator	Nothing to disclose			
DRUMMOND, MPT, CCN, CHC, Jessica Speaker, Moderator		Integrative Pelvic (Women's) Health Institute	Founder and CEO	Employee of a Commercial Interest Organization
DWORKIN, PhD, Robert Speaker, Moderator		Acetylon, Astellas, Avanir, Axsome, Biogen, Centrexion, Coronado, Daiichi	Consultant	Consultant



SPEAKERS / MODERATORS / PANELISTS / DISCUSSANTS / CO-AUTHORS	Nothing to Disclose	DISCLOSURE		
		Company	Role	Received
		Sankyo, Eli Lilly, Glenmark, Hope, Hydra, Johnson & Johnson, Lpath, Maxwell, Metys, Olatec, Phosphagenics, Relmada, Sorrento,		
		FDA	PI	Grants/Research Support
		NIH	PI	Grants/Research Support
ECHENBERG, MD, Robert Moderator	Nothing to disclose			
FAGHANI, PT, Nelly Moderator	Nothing to disclose			
FITZGERALD, MD, Colleen Moderator	Nothing to disclose			
FUTTERMAN, MPT, PT, WCS, Stacey Moderator	Nothing to disclose			
GOLDSTEIN, MD, IF, Irwin Moderator	Nothing to disclose			
GUNTER, MD, Jennifer CME Organizer, Moderator	Nothing to disclose			
HARRIS, MD, Richard Speaker		Pfizer Inc	Consultant	Consultant
HERMAN, DPT,PT,OCS,WCS,BCB, Hollis Speaker, Moderator, Panelist	Nothing to disclose			
HIBNER, MD, PhD, Michael Moderator	Nothing to disclose			
HILTON, PT, DPT, MS, Sandra		International Spine and Pain Institute	Invited speaker for annual	Honorarium

SPEAKERS / MODERATORS / PANELISTS / DISCUSSANTS / CO-AUTHORS	Nothing to Disclose	DISCLOSURE		
		Company	Role	Received
Moderator			conference	
		OPTP Publishing	Royalty for sales of "Why Pelvic Pain Hurts"	Other Financial or Material Support
		Entropy Physiotherapy and Wellness	50% Partner	Other Financial or Material Support
HUFFMAN, PhD MS, Kelly Speaker, Panelist	Nothing to disclose			
JORDAN, MD, Sheldon Speaker	Nothing to disclose			
KUNKEL, MD, David Speaker, Moderator, Panelist		Salix Pharmaceuticals	Speaker	Honorarium
LAMVU, MD, MPH, FACOG, Georgine CME Organizer, Speaker, Moderator	Nothing to disclose			
LESERMAN MADISON, PhD, Jane Speaker	Nothing to disclose			
LOPEZ, MD, Claudia Speaker	Nothing to disclose			
MACKEY, MD, PhD, Sean Speaker	Nothing to disclose			
MARVEL, MD, Richard CME Organizer, Moderator	Nothing to disclose			
MILLER, PT, MS, WCS, Dustienne Moderator	Nothing to disclose			
MILSPAWE, PhD, LCP, Alexandra Speaker, Moderator	Nothing to disclose			
NERRETER, MScPT, Tamarah Moderator	Nothing to disclose			
NEUJAHN, PT, DPT, CLT-LANA, Hollie Speaker, Moderator, Panelist	Nothing to disclose			

SPEAKERS / MODERATORS / PANELISTS / DISCUSSANTS / CO-AUTHORS	Nothing to Disclose	DISCLOSURE		
		Company	Role	Received
PACE, MD, PhD, Laura Moderator	Nothing to disclose			
PAYNE, PhD, Laura Speaker	Nothing to disclose			
PRENDERGAST, MPT, Stephanie CME Organizer, Speaker, Moderator	Nothing to disclose			
RAPKIN, MD, Andrea Moderator	Nothing to disclose			
SARTON, DPT, WCS, Julie Moderator	Nothing to disclose			
SHER, MPT, CSC, CSCS, Tracy CME Organizer, Speaker, Moderator	Nothing to disclose			
SHUCHMAN, MD, Devon Moderator	Nothing to disclose			
SLUKA, PT PhD, Kathleen Speaker		DJO, Inc	Consultant	Consultant
		Bayer, Inc	Consultant	Consultant
		Medtronic, Inc	Research Grant to PI	Grants/Research Support
		IASP Press	Royalties for book	Other Financial or Material Support
		IASP	Section Editor for PAIN	Honorarium
STEIN, DPT, BCB-PMD, IF, Amy CME Organizer, Moderator	Nothing to disclose			
TALLEY, PT, DPT, Sarah Moderator	Nothing to disclose			
TU, MD, MPH, Frank CME Organizer, Moderator		AbbVie	Speaker	Honorarium
		AbbVie	Advisory Board	Honorarium

SPEAKERS / MODERATORS / PANELISTS / DISCUSSANTS / CO-AUTHORS	Nothing to Disclose	DISCLOSURE		
		Company	Role	Received
		AbbVie	contracted Research	Grants/Research Support
TUTTLE, PhD, Lori Speaker	Nothing to disclose			
UY-KROH, MD, M. Jean CME Organizer, Speaker	Nothing to disclose			
VEASLEY, Christin Speaker	Nothing to disclose			
WALLACE, MD, Patricia Speaker, Moderator	Nothing to disclose			
WITZEMAN, MD, Kathryn CME Organizer, Moderator	Nothing to disclose			

## 2015 IPPS Annual Fall Meeting On Chronic Pelvic Pain

All sessions will be located in **Constellation AB**, unless otherwise noted.  
Speaker & times are subject to change.

### WEDNESDAY, OCTOBER 21, 2015

4:00 p.m. - 6:00 p.m.      **Registration/Information Desk Open**  
*Location: Constellation Foyer*

### THURSDAY, OCTOBER 22, 2015

#### **OVERVIEW**

7:00 a.m. - 5:00 p.m.      **Registration/Information Desk Open**  
*Location: Constellation Foyer*

7:00 a.m. - 8:00 a.m.      **Continental Breakfast**  
*Location: Constellation Foyer*

10:00 a.m. - 6:30 p.m.      **Exhibit Hall Open**  
*Location: Constellation Foyer*

#### **General Sessions**

7:30 a.m. - 5:00 p.m.      **BASICS SESSION**  
*Location: Constellation AB*

7:30 a.m. - 7:40 a.m.      **Program Introduction**  
Session Chairs:

Erin T. Carey, MD, MSCR  
University of Kansas Hospital  
M. Jean Uy-Kroh, MD  
Cleveland Clinic

7:40 a.m. - 8:20 a.m.      **Talk 1: Introduction to the physiology of chronic pain**  
Speaker: Bradford Fenton, MD, PhD  
Summa Physicians, Inc.

8:20 a.m. - 9:00 a.m.      **Talk 2: Psychological aspects of living with CPP**  
Speaker: Kelly Huffman, PhD MS  
Cleveland Clinic

9:00 a.m. - 9:30 a.m.      **Break**

9:30 a.m. - 10:25 a.m.      **Talk 3: Gynecologic and vulvar causes of CPP**  
Speaker: Georgine Lamvu, MD, MPH, FACOG  
Advanced Minimally Invasive Surgery and Gynecology

10:25 a.m. - 11:15 a.m.      **Talk 4: Interstitial Cystitis (Chronic Pelvic Pain Syndrome) What is it and how to treat it.**  
Speaker: Charles W. Butrick, MD  
The Urogynecology Center, LLC

11:15 a.m. - 12:00 p.m.      **Talk 5: Diagnosis and treatment of functional bowel disorders**  
Speaker: David C. Kunkel, MD  
University of California, San Diego

12:00 p.m. - 1:00 p.m.      **Lunch on own**

1:00 p.m. - 1:50 p.m.      **Talk 6: Evaluation and treatment of musculoskeletal causes of CPP**  
Speaker: Elizabeth Akincilar-Rummer, MSPT  
Pelvic Health and Rehabilitation Center

- 1:50 p.m. - 2:15 p.m.**      **Talk 7: Interventional management of musculoskeletal pain**  
 Speaker: Hollie Neujahr, PT, DPT, CLT-LANA  
 N2 Physical Therapy At Swedish
- 2:15 p.m. - 3:00 p.m.**      **Talk 8: Medical therapies for chronic pain**  
 Speaker: Amy Benjamin, MD  
 University of Rochester
- 3:00 p.m. - 3:10 p.m.**      **Discussion**
- 3:10 p.m. - 3:35 p.m.**      **Break**  
**3:35 p.m. - 4:20 p.m.**      **Talk 9: Interactive Case-Based Presentations**  
**(Panel Will Consist Of All Basics Session Presenters)**
- 4:20 p.m. - 4:50 p.m.**      **Talk 10: Business of pelvic pain**  
 Speaker: Richard P. Marvel, MD  
 The Center For Pelvic Pain of Annapolis
- 4:50 p.m. - 5:00 p.m.**      **Discussion**
- 12:30 p.m. - 5:30 p.m.**      **RESEARCH SESSION**  
*Location: Aurora*
- 12:30 p.m. - 12:35 p.m.**      **Welcome and Introductions**  
 Speaker: Georgine Lamvu, MD, MPH, FACOG  
 Advanced Minimally Invasive Surgery and Gynecology
- 12:35 p.m. - 1:10 p.m.**      **Navigating the research galaxy: Identifying and Avoiding Bias and Study Design**  
 Speaker: Georgine Lamvu, MD, MPH, FACOG  
 Advanced Minimally Invasive Surgery and Gynecology
- 1:10 p.m. - 1:50 p.m.**      **Administrative basics of all research projects**  
 Speaker: Kenneth Barron, MD  
 Advanced & Minimally Invasive Gynecology
- 1:50 p.m. - 2:50 p.m.**      **Navigating the research galaxy: Data and Statistics**  
 Speaker: Georgine Lamvu, MD, MPH, FACOG  
 Advanced Minimally Invasive Surgery and Gynecology
- 2:50 p.m. - 3:05 p.m.**      **Q&A**
- 3:05 p.m. - 3:15 p.m.**      **Break**
- 3:15 p.m. - 4:00 p.m.**      **Forming collaborative research networks and finding research resources**  
 Speakers: Kenneth Barron, MD  
 Georgine Lamvu, MD, MPH, FACOG
- 4:00 p.m. - 4:50 p.m.**      **Designing a basic research database and basic analysis**  
 Speaker: Kenneth Barron, MD  
 Advanced & Minimally Invasive Gynecology
- 4:50 p.m. - 5:20 p.m.**      **Avoiding burnout, getting it all done and getting published**  
 Speaker: Georgine Lamvu, MD, MPH, FACOG  
 Advanced Minimally Invasive Surgery and Gynecology
- 5:20 p.m. - 5:30 p.m.**      **Q&A**
- 5:30 p.m. - 6:30 p.m.**      **Welcome Reception**  
*Location: Constellation Foyer*
- 6:30 p.m. - 9:30 p.m.**      **IPPS Board of Directors' Meeting**  
*Location: Sovereign*

## FRIDAY, OCTOBER 23, 2015

### OVERVIEW

- 7:00 a.m. - 8:00 a.m.      **Continental Breakfast**  
*Location: Constellation Foyer*
- 7:00 a.m. - 4:00 p.m.      **Exhibit Hall Open**  
*Location: Constellation Foyer*
- 7:00 a.m. - 5:30 p.m.      **Registration/Information Desk Open**  
*Location: Constellation Foyer*

### GENERAL SESSION

- 7:50 a.m. - 7:55 a.m.      **Welcome and Announcements**
- 7:55 a.m. - 8:00 a.m.      **Presidential Address**  
 President:                  Sarah D. Fox, MD  
    Women & Infant Hospital
- 8:00 a.m. - 8:50 a.m.      **C. PAUL PERRY MEMORIAL LECTURE**  
**"From clinical trials to clinical practice: there's many a slip 'twixt cup and lip'."**  
 Speaker:                      Robert Dworkin, PhD  
    University of Rochester Medical Center
- 8:50 a.m. - 9:30 a.m.      **Best Pain Care at Lower Cost: CHOIR (Collaborate Health Outcomes Information Registry) as a Model Platform for Learning Health System**  
 Speaker:                      Sean Mackey, MD, PhD  
    Stanford University School of Medicine
- 9:30 a.m. - 9:50 a.m.      **Q&A**
- 9:50 a.m. - 10:15 a.m.      **Break & Poster Viewing Session I**  
*Location: Sovereign & Constellation Foyer*
- 10:15 a.m. - 10:55 a.m.      **Health status and abuse/trauma history: Gastrointestinal and chronic pelvic pain**  
 Speaker:                      Jane Leserman Madison, PhD  
    UNC School of Medicine
- 10:55 a.m. - 11:35 a.m.      **Caring for Women with Histories of Abuse and Chronic Pelvic Pain: Clinical Strategies to Improve Physical and Psychosocial Well-Being**  
 Speaker:                      Helen L. Coons, PhD, ABPP  
    Women's Mental Health Associates
- 11:35 a.m. - 11:55 a.m.      **Q&A**
- 11:55 a.m. - 1:25 p.m.      **Lunch on Own**

**11:55 a.m. - 1:25 p.m. Friday Roundtable Lunch with Experts (Optional - Requires Pre-Registration)**  
*Location: Britannia/Cambria*

<b>Table #</b>	<b>Friday, October 23, 2015</b>	<b>Moderator Name</b>
1	Trauma and Abuse as It Relates to Pelvic Pain	Kathy Witzeman, MD Helen L. Coons, PhD, ABPP
2	Clinical Research in Pelvic Pain - How to Get Started	Georgine Lamvu, MD, MPH Robert Dworkin, PhD
3	Importance of Nutrition and Digestive Health in CPP	Jessica Drummond, MPT, CCN, CHC Laura Pace, MD, PhD
4	Discussing Sexual Health with Patients	Alexandra Milspaw, PhD, M.Ed Hollis Herman, DPT
5	Pudendal Neuralgia Treatment from PT to Neuromodulation	Richard Marvel, MD Amy Stein, DPT, BCB-PMD, IF
6	Musculoskeletal Pain - Backs, Bottoms and Bellies	Devon Shuchman, MD Tamarah Nerreter, DPT
7	Clinical Correlations - Follow Up to the Basics Session	Erin T. Carey, MD, MSCR Hollie Neujahr, DPT
8	Male Pelvic Pain	Stanley J. Antolak, Jr., MD Stacey Futterman, PT, WCS
9	Bring Your Complex Patients - Discussion with the Experts	Robert J. Echenberg, MD Tracy Sher, MPT, CSCS
10	PGAD - Persistent Genital Arousal Disorder	Irwin Goldstein, MD, IF Stephanie Prendergast, PT

**1:25 p.m. - 2:45 p.m. Interdisciplinary management of complex pelvic pain/pudendal neuralgia**

Speakers: Stephanie Prendergast, MPT  
 Pelvic Health and Rehabilitation Center

Mark Conway, MD  
 St. Joseph Hospital

Sheldon Jordan, MD  
 Neurological Associates of West Los Angeles

**2:45 p.m. - 3:05 p.m. Q&A**

**3:05 p.m. - 3:30 p.m. Break & Poster Viewing Session II**  
*Location: Sovereign & Constellation Foyer*

**3:30 p.m. - 4:10 p.m. Functional Nutrition for Chronic Pelvic Pain**  
 Speaker: Jessica Drummond, MPT, CCN, CHC  
 Integrative Pelvic Health Institute

**4:10 p.m. - 4:50 p.m. Muscle Architecture of the Female Pelvic Floor: Rehabilitation Implications**  
 Speaker: Lori Tuttle, PhD  
 San Diego State University

**4:50 p.m. - 5:00 p.m. Q&A**

**5:00 p.m. - 5:15 p.m. Special Award Presentation**  
 Presenter: Fred M. Howard, MD, MS, FACOG  
 University of Rochester School of Medicine & Dentistry

**5:15 p.m. - 5:45 p.m. Annual Business Meeting**

**6:30 p.m. - 8:30 p.m. 2015 IPPS Fundraising Party**  
*Location: Barleymash at 600 5th Avenue, Gaslamp Quarter, San Diego, CA*





11:55 a.m. - 1:25 p.m. **Saturday Roundtable Lunch with Experts (Option - Requires Pre-Registration)**  
*Location: Britannia/Cambria*

Table #	Saturday, October 24, 2015	Moderator Name
1	Overlapping Conditions: Addressing All of the Contributing Factors	Jennifer Gunter, MD Karen Brandon, DSc, PT, WCS
2	Interstitial Cystitis - Clinical Indicators to Guide Treatment	Patricia Wallace, MD Julie Sarton, DPT, WCS
3	Differential Diagnosis of Peripheral Neuropathies	Michael Hibner, MD, PhD Sandra Hilton, PT, DPT, MS
4	Musculoskeletal Pain - Backs, Bottoms and Bellies	Colleen Fitzgerald, MD Nelly Faghani, PT
5	Integrative Medical Approaches For Your Practice	Deborah Coady, MD Dustienne Miller, PT, MS, WCS
6	Bring Your Complex Patients - Discussion with the Experts	Frank Tu, MD, MPH Tracy Sher, MPT, CSCS
7	Trauma and Abuse as It Relates to Pelvic Pain	Kathryn Witzeman, MD Helen L. Coons, PhD, ABPP
8	Vulvar Pain Disorders - Can We Differentiate Them?	Andrea Rapkin, MD Sarah P. Talley, DPT
9	Importance of Nutrition and Digestive Health in CPP	Jessica Drummond, MPT, CCN, CHC David C. Kunkel, MD
10	Discussing Sexual Health with Patients	Alexandra Milspaw, PhD, M.Ed Hollis Herman, DPT

1:25 p.m. - 2:05 p.m. **Lessons from the ICEPAC trial  
 (Interstitial Cystitis: Elucidation of Psychophysiological and Autonomic Characteristics)**  
 Speaker: Thomas C. Chelimsky, MD  
 Medical College of Wisconsin

2:05 p.m. - 2:45 p.m. **Update in the clinical care of patients with IC: what does the most recent literature tell us?**  
 Speaker: Patricia Wallace, MD  
 UCIMC - Department of Ob/Gyn

2:45 p.m. - 3:25 p.m. **Persistent pain after laparoscopic treatment for deeply infiltrative endometriosis:  
 Where do we go from here?**  
 Speaker: Claudia Lopez, MD  
 Clinica Del Prado

3:25 p.m. - 3:45 p.m. **Q&A**

3:45 p.m. - 4:05 p.m. **Break & Poster Viewing Session IV**  
*Location: Sovereign & Constellation Foyer*

4:05 p.m. - 4:35 p.m. **Oral Abstract Sessions**

4:05 p.m. - 4:20 p.m. **Relationship between Vestibular Mucosal and Pelvic Floor Muscle Pain in Women with  
 Vulvodynia**  
 Presenter: Andrea Rapkin, MD  
 UCLA School of Medicine

4:20 p.m. - 4:35 p.m. **Relationships among Menstrual Pain, Pain Tolerance, and Pain Anxiety and Disability  
 in Healthy Girls and Girls with Dysmenorrhea**  
 Presenter: Laura A. Payne, PhD  
 UCLA Pediatric Pain Program

4:35 p.m. - 4:40 p.m. **Q&A**

4:40 p.m. - 4:50 p.m. **Meeting Poster Awards**

4:50 p.m. - 5:00 p.m. **Closing Remarks**

## SUNDAY, OCTOBER 25, 2015

### OVERVIEW

7:00 a.m. - 3:00 p.m. **Registration/Information Desk Open**  
*Location: Constellation Foyer*

7:00 a.m. - 8:00 a.m. **Continental Breakfast**  
*Location: Constellation Foyer*

### GENERAL SESSION

8:00 a.m. - 3:00 p.m. **POST CONFERENCE SESSION**

#### Talking about Sexual Health with your Patients: A Healthcare Professionals' Guide

Presenters: Hollis Herman, DPT, PT, OCS, WCS, BCB-PMD, CSC, IF, PRPC  
 Herman & Wallace Pelvic Rehab Institute  
 (AASECT certified Sexuality Counselor) (ISSWSH certified Female Sexuality Fellow)

Alexandra Milspaw, PhD, LPC

Tracy Sher, MPT, CSC, CSCS  
 Sher Pelvic Health and Healing  
 (AASECT Certified Sexuality Counselor)

8:00a.m. - 8:45 a.m.

#### Myths, Definitions, and Language

Tracy Sher will identify critical sexuality myths, definitions, and linguistics that are critical to understand and be aware of when discussing sexual health with patients.

8:45a.m. - 9:45a.m.

#### Healthcare Professional Self-Assessment

Holly, Tracy, and Alex will guide participants through a fun, interactive activity exploring common beliefs and biases about sexual health and dysfunction. Self-assessment of comfort levels in talking about sexual health with clients and ways to improve self-confidence and comfort will be discussed.

9:45a.m. - 10:15a.m.

#### Break

10:15a.m. - 11:00a.m.

#### Sex Anatomy and Physiology Facts/Science

The anatomy of sex extends beyond the genitals. Tracy, Holly, and Alex will review the physiology behind sexual function and dysfunction as well as helpful "props" and how to use them safely.

11:00a.m.-12:00p.m.

#### Medical Aspects of Sexual Dysfunction

Holly Herman will review common sexual dysfunction diagnoses and important links that are often missed in the medical evaluation process. Hormones, pain, and psycho-somatic symptoms will be discussed in connection with case studies.

12:00pm-12:30pm

#### Light Lunch

12:30p.m.-1:15p.m.

#### Biomechanical/Orthopedic Considerations

Physical positioning is critical when exploring safe, joyful sex when managing physical pain. Holly Herman will review positions, props, and lubricants.

1:15p.m. - 1:45p.m.

#### Sex Therapy and Counseling

Alexandra Milspaw will discuss how a sex therapist can be a helpful team member when treating patients with CPP. She will review the signs and symptoms of when to refer and what skills to look for when identifying a therapist.

1:45p.m. - 2:15p.m.

#### Sexual History Taking Protocols

Alexandra Milspaw will review a four-dimensional model of sexual history taking and how to utilize this model along with technology to increase the effectiveness and healing potential of the sexual history taking process prior to a pelvic examination. A case study will be reviewed.

2:15p.m. - 3:00p.m.

#### Q& A Session/Review of Resources

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