



August 26, 2011

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For questions or more information, please contact the IPPS Executive Office:

International Pelvic Pain Society

1100 E Woodfield Road
Schaumburg, Illinois 60173
P: (847) 517-8712
F: (847) 517-7229
Email: info@pelvicpain.org
Website: www.pelvicpain.org

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The President's Perspective

Maurice K. Chung, RPh, MD, FACOG, ACGE

The two things often stated to be guaranteed in life are death and taxes. However, I strongly believe a third is change; it is the manner in which we recognize, embrace and utilize change that leads us to excel. As I look back on this past year and the obstacles that we have overcome, I want to thank the International Pelvic Pain Society board members for their support in weathering the changes that are needed to continue the stability and growth of this organization. As physicians pushing the horizons of the medical field, I am sure we have all faced challenges that, although initially frustrating, made us stronger and more experienced.

I faced such challenges when I began my practice 20 years ago in Lima, OH. In the very early 90s I began diagnosing women who came to me complaining of pelvic pain with endometriosis, and with the techniques I learned from Dr. Camren Nezhat, I treated these women by lasering the endometriosis through laparoscopy. However, my colleagues in the local medical community not only did not use Laser, they also did not believe that all these women had endometriosis and demanded that I stop lasering the endometriosis (the standard practice at the time) and excise the endometriosis to confirm its diagnosis by pathology. While the extra scrutiny was unfounded and wearisome, I became a more skilled laparoscopist and can now thank my colleagues that doubted me because excisional laparoscopy later became the better treatment option for endometriosis.

As I continued to perform laparoscopy and excise endometriosis for chronic pelvic pain, I realized that my patients would return to me after a period of time with the same pain I thought I was treating. After much time spent learning from researchers, other physicians and physical therapists, I concluded that many years of medical schooling and subsequent training were not enough to help me provide adequate treatments to help these women. I had to begin thinking "outside of the box" to treat these patients for the pain they were experiencing. First, I noted the overlap in overactive bladder and interstitial cystitis in patients with voiding dysfunction. Then, I found that patients with chronic pelvic pain had endometriosis and interstitial cystitis, a condition I termed the "evil twins." Thus, ***I see you see, you don't see the IC I see*** was implemented into my practice. Ten years ago, interstitial cystitis or painful bladder syndrome was not widely recognized and my local medical community often questioned my diagnosis and treatments. Today,

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after much campaigning, it is a commonly accepted diagnosis and many women are finding relief for their symptoms. As fulfilling as it was to find a disease that could be treated, I knew that it was not the only explanation for chronic pelvic pain. Currently, my research has shown that pudendal neuralgia is one of the "evil triplets" that should also be considered when patients present with chronic pelvic pain.

I have had many mentors in my career, two of which were the founders of IPPS: James Carter and Paul Perry. In their impactful lives here on earth they made a difference by taking the "road less traveled" and thinking beyond their comfort zone. These pioneers were confronted daily for their non-medical textbook treatments. Yet, at the end of the day, the most important thing was that their patients were improving.

When following this less traveled pathway, I have incurred criticism and doubt from my colleagues. This did not deter me from altering my practice or from seeking out new treatments. I challenge all of us who encounter obstacles and difficult colleagues in all areas of the medical field to first listen to your patients and understand what they are really trying to tell us. Go back to the basics of medical treatment options and think of the human anatomy as a whole with all parts connected to one circuit. It is vitally important for us to open our eyes, ears and mind because "the eye doesn't see what the mind does not know; what the eye doesn't see and the mind doesn't know, doesn't exist." --- Lady Chatterly's Lover - D.H. Lawrence

Message from the 2011 Fall Program Co-Chairs

Georgine Lamvu, MD, MPH, FACOG
Frank Tu, MD, MPH

On behalf of the 2011 IPPS Board, we invite all practitioners and investigators interested in pelvic pain to attend this year's annual meeting. The 19th Annual Scientific Meeting on Chronic Pelvic Pain: Embracing the Mind-Body Continuum to Achieve Optimal Management of Chronic Pelvic Pain Disorders will be at the Venetian in Las Vegas October 20 - 23, 2011. There is always a buzz about a meeting in our nation's ultimate entertainment destination, and we're hoping this meeting will boast our biggest attendance yet. Several key additions highlight the scientific program which should distract attendees from just focusing on Vegas' great casinos, restaurants and shows.

For the first time, IPPS will be presenting a combined film festival to add a multimedia component to the annual meeting. Thanks to a collaboration with SURFF (Surgical Film Festival), which has done programs all over the country featuring state-of-the-art procedural videos from some of the nation's top surgeons, we will be doing a joint lunch program Saturday where some of the more challenging procedures in pelvic health related to pelvic pain will be presented for interactive discussion. Members with exceptional techniques or unusual cases are encouraged to submit videos before the upcoming deadline September 1st. These don't have to just be surgery -- interesting manual therapy techniques or office procedures can be submitted as well. We think this is really going to be a fantastic way to encourage discussion about novel

treatments.

Via Mail:
IPPS
Two Woodfield Lake
1100 E Woodfield Rd., Suite 520
Schaumburg, IL 60173
Nathan Zastrow

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Sign up for a free dropbox account at
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betsy@surgicalfilmfestival.com

We will be expanding our allied health professional and resident course to a full day Thursday, October 20th. Dr. Sawsan As-Sanie oversees a program featuring many experienced pelvic pain clinicians presenting tips and tricks for management of the whole gamut of clinical problems. Although focused on less experienced clinicians, the breadth of material is complementary to the main program and will be attractive to many veteran attendees who are looking for that extra clinical pearl. A particularly interesting aspect to the program is a joint presentation by Ellen Flynn and Sarah Fox on meditation and mindfulness for pain patients which is really something that almost anyone in clinical practice can employ. In addition, Dr. As-Sanie has put together a Stump the Experts Panel Discussion. There is still time to submit your interesting cases to the Panel. Anyone who submits a case will get two drink tickets to the reception on Friday. Those members whose cases are selected for presentation receive a year of free membership!

For Friday and Saturday's main program, we have once again lined up a slate of cutting-edge lecturers. The keynotes will be by Emeran Mayer, who will present on the extensive slate of work done by his group at UCLA on mind-body interactions in irritable bowel syndrome, and by Charles Koh, a world-renowned endometriosis surgeon from Milwaukee. A major theme of the conference is the mind-body interface in pelvic pain, so several additional talks will complement these two foundational lectures, including fascial dysfunction, trigger point injections, pudendal nerve evaluation, holistic approaches to IBS and IC, the latest federally funded outcomes research into pelvic pain, and how environmental influences may cause endometriosis. Members have consistently begged for time to interface and network, so the member reception will again be Friday after the meeting (and before some of you cardsharks head out for the high-end tables). Be sure to catch up with old acquaintances and meet new friends!

Sunday's physical therapy workshop is being held at UNLV with Jerry Hesch, a highly experienced PT presenting on joint mobility and pelvic pain management.

Sign up today online at www.pelvicpain.org for the IPPS Fall Meeting, and be part of the growing movement to cure pelvic pain!

PLAN TO ATTEND!



IPPS 2011 Annual Fall Meeting

October 20 - 23, 2011

The Venetian

Las Vegas, Nevada

[Click Here to register online](#)

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International Pelvic Pain Society | 1100 E Woodfield Road | Suite 520 | Schaumburg | IL | 60173