



THE INTERNATIONAL PELVIC PAIN SOCIETY

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IPPS 2013 Board of Directors

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The President's Perspective

Stephanie Prendergast, MPT

A brief report on the 2013 IPPS Annual Meeting:

This past October, the 21st Annual Meeting of the IPPS convened in Orlando, Florida. As I delivered my presidential address, I couldn't help but feel nostalgic. The society was formed in 1992 by a group of caring physicians determined to help treat a population of suffering women. The founders began to hold annual conferences to learn more and improve awareness about pelvic pain, often on their own dime. In 2002, I attended my first IPPS conference. The 80 attendees were predominantly gynecologists, but there were a handful of fellow physical therapists in the audience as well. What impressed me the most about the conference was the membership's dedication to the cause of improving the diagnosis and treatment of pelvic pain. I felt like I was finally amongst people who shared the same struggles I did as a provider treating pelvic pain. What's more, I was pleasantly surprised that the founding board members, all of whom were gynecologists, welcomed us physical therapists with open arms and expressed a desire to learn more about myofascial causes of pelvic pain.



I was also impressed by the continuing effort to improve the conference experience. I distinctly remember when founder Paul Perry asked my advice on how to increase the number of physical therapist attendees. That conversation led to the first physical therapy IPPS Post-Conference Workshop in 2004. In addition, the board came to recognize the need to educate the general medical community about pelvic pain, which led to the introduction of the pre-conference Basics Course in 2008. As I took in the conference this year, I couldn't help but think that Paul Perry and James Carter would be pleased that the once small, two-day scientific gynecologic meeting had evolved into a four-day

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conference boasting hundreds of multidisciplinary attendees who treat women AND men!

However, despite the rapid growth of the IPPS, the warm, small-family vibe remains intact. As always, animated chatter and intense discussion was heard this year throughout the conference hall during breakfast, coffee breaks and the popular welcome reception.

One of my presidential goals for this year was to organize the seven committees formed in 2012 into functioning teams. At the conference, we were excited to announce that this goal has been achieved and the committee members are all excited to get to work!

Members serving two-year terms on the committees will be eligible for future positions on our board of directors.



The Fundraising Committee was hard at work during the IPPS 2013 Annual Fall Meeting

Society members who would like to get involved in the committees are encouraged to email committee chairs (listed below) to learn more about the goals, mission and time commitments of the individual committees. The committees and chairs are as follows:

- Medical Education: [Colleen Fitzgerald, MD](#)
- Membership and Marketing: [Frank Tu, MD, MPH](#)
- Patient Education: [Andrea Rapkin, MD](#)
- Research: [Georgine Lamvu, MD, MPH, FACOG](#)
- International Liaison: [Maurice Chung, MD, RPh, FACOG, ACGE](#)
- Fundraising: [Amy Stein, MPT, DPT, BCB-PMD, IF](#)
- Website and Social Media: [Stephanie Prendergast, MPT](#)

My second goal for this year was to get the IPPS up to speed with social media and to update its website. Similar to our annual conference, I want the IPPS website to serve as a place to connect professionals, increase knowledge about pelvic pain and provide an evidence-based resource for providers and patients. Please look for an email this January announcing when our new, interactive site goes live!

Looking back to 2002, I certainly would have never dreamed that I would be standing at the podium as president of the IPPS and closing out my year by asking you to please [like us on Facebook](#) and [follow us on Twitter!](#)

Stephanie Prendergast, MPT
IPPS President 2013

Message from the 2013 Fall Program Co-Chairs

Sawsan As-Sanie, MD, MPH
Frank Tu, MD, MPH

The IPPS Annual Meeting returned to Orlando in October 2013 and the Organizing Committee really rolled up their sleeves to make this an exceptional weekend. Dr. As-Sanie's Basics Course volunteers continue to deliver the premier pelvic pain update course offered annually ANYWHERE in the world. We would like to particularly thank Dr. Jeffrey Janata and Dr. Michael Hibner who graciously stepped in as substitutes for our colleagues who unexpectedly could not attend. Despite only a few hours' notice, they both delivered excellent talks. Among a full day of enlightening lectures, of particular note were Dr. Erin Carey's overview of medical management of chronic pain and Tracy Sher's insightful review of the musculoskeletal evaluation. Drs. Carter and Perry would have been delighted to see additional new offerings like Dustienne Miller's morning yoga and the inaugural fundraising event bringing together a diverse, energetic and generous community of pelvic pain clinicians.

The Memorial Lecture speakers reflected the breadth of issues facing patients with chronic pelvic pain: Donna Carrico, WHNP, MS gave a broad look at how her program at William Beaumont Hospital has embraced and operationalized the multidisciplinary approach in a state of the art clinic. Jeffrey S. Mogil, PhD gave an incredibly rich discussion about how his lab has demonstrated how social factors, such as empathy, modulate the pain response in animals. A strong contingent of Southern-based faculty, including leading NIH funded researchers, like Roger B. Fillingim, PhD; Ursula Wesselmann, MD, PhD; and Lynn Walker, PhD, brought insights into areas encompassing hormonal modulation of pain, parental influences and pain coping. Similarly, our clinical presenters like Robert J. Evans, MD and Anand Patel really brought home hard-earned, in-clinic expertise to the audience about visceral pain management.

We continue to appreciate the growth in research in this area, and had 37 abstracts accepted for presentation. The committee is particularly grateful to have had several members present in journal club style lectures. They were able to really delve into the study design of hot papers in the pelvic pain literature and we plan to expand this in the future program. Dr. Georgine Lamvu's podium presentation on initial data from the NVA-funded vulvodynia registry is a wonderful realization of all the hopes of IPPS' founders, as we are finally seeing some large scale, well-designed, prospective studies of treatments in pelvic pain.

SAVE THE DATE!

IPPS 2014 Annual Fall Meeting

October 23 - 25, 2013

**The Palmer House Hilton
Chicago, Illinois**



2013 IPPS Annual Meeting - Poster Abstract Winners

Award-Winning Posters

Poster #31 - Myosonographic Diagnostics for Pelvic Pain
Kevin Hellman, PhD, Frank Tu, MD, MPH and Emily Borushko, BS, MPH
NorthShore University HealthSystem

Poster #14 - Biomolecular Correlates of a Persistent Pain Disorder: Vestibulodynia
Brittney Ciszek, BS², Eric Bair, PhD, MS², Asma Khan, PhD, DDS²,
Andrea Nackley, PhD², Anitha Muddana, MD¹, and Denniz Zolnoun, MD, MPH¹

¹Pelvic Pain Clinic, UNC School of Medicine; ²Regional Center for Neurosensory Disorders, UNC School of Dentistry

"Men with Pelvic Pain Find a Path to Treatment Blocked by a Gynecology Board" - Pelvic Pain and IPPS Featured in New York Times Article

The International Pelvic Pain Society was recently featured in an article in the New York Times. The article addresses the recent ruling by the American Board of Obstetrics and Gynecology obstetricians and gynecologists are not allowed to treat men. Violation of the ABOG's recent ruling could cause a doctor to lose his or her board certification.

The IPPS already has worked collaboratively with the ABOG to ensure that NO restriction be put on obstetrician/gynecologists to treat chronic pain patients, which had initially been raised as a restriction. IPPS is grateful that the ABOG was prompt in removing this restriction.

IPPS President Stephanie Prendergast, MPT weighed in on the

subject, stating "...these gynecologists are better equipped to treat male patients with pelvic pain than most urologists, neurologists, orthopedists, etc."

[Click here](#) to read the New York Times article and learn more about this recent ruling and how it may effect the patients and physicians of IPPS.

IPPS Fundraisers Raised Almost \$7,000!

A big thank you to all of the IPPS members that helped make the 2013 fundraisers a success! At this year's meeting, the IPPS fundraising activities were spearheaded by Dr. Amy Stein, the Fundraising Chair and her Fundraising Committee. The two fundraisers at the Annual Meeting were the IPPS Silent Auction and an event at Taverna Opa.. Both proved to be a hit by raising almost \$7,000 total!

Thanks to generous IPPS members, more than half of the funds raised at the Silent Auction were the result of direct donations. The auction items ranged from exotic vacation getaways to donated items guaranteed to delight and surprise. There were also a variety of donated items that were helpful for our pelvic pain patients, such as yoga DVDs, dilators, books and more! All the proceeds went directly to the International Pelvic Pain Society in order to support the education of healthcare professionals serving patients with pelvic pain, raise public awareness and offer hope to the 200 million men and women worldwide who suffer from chronic pelvic pain conditions.



IPPS Members gathered at Taverna Opa in Orlando, FL

The event at Taverna Opa proved to be one of the most memorable social events of the meeting. Members mingled and enjoyed a variety of delicious food and drinks at the popular Greek restaurant in the heart of Orlando.

Thank you again for your support and we look forward to seeing you at next year's fundraising events. Please plan to outbid your friends in next year's silent auction and enjoy the wonderful array of donated items! Our 2014 goal is \$10,000!

Call for IPPS VISION E-Newsletter Contributions

If you wish to contribute an article or column to the newsletter, would like to submit information regarding job prospects, pelvic pain announcements or have comments about the newsletter, please email Brittany Manning at brittany@wjweiser.com.