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Message from the Chairman of the Board

I am honored and very eager to start my position as the IPPS Chairman of the Board. Before I start, I would like to express my gratitude to all the IPPS members and staff that have supported me over the years and who trusted me with this very important role. Dr. Fred Howard left very 'big shoes' for me to fill, but my experience in the IPPS and extensive mentorship by Dr. Fred Howard have prepared me well for this challenge. I have been an attendee, member, board member and past president of the IPPS for almost as long as I can remember. My first IPPS meeting in the 90s had less than 20 attendees, and this year we had over 350 attendees! I consider it a privilege to have been part of this enormous growth.

As Chairman of the Board I serve at the discretion of the IPPS board, but my priorities will be to,

1. help the board expand membership benefits and
2. promote research and education of pelvic pain.

My goal is to promote investment of IPPS resources and funds to develop each of these areas over the next five to 10 years. I look forward to working with all of you and being part of this amazing IPPS team.

Georgine Lamvu, MD, MPH, CPE
Chairman of the Board



Juan Diego
Villegas-Echeverri, MD

The President's Perspective

We have just finished our annual scientific meeting in the beautiful city of Chicago. It was an honor and a privilege for me to serve as president of the IPPS in 2016 and to be able to see how our society has grown, for the sake of our women and men with chronic pelvic pain.

At this meeting, we had the best attendance in the history of the society. It was a wonderful meeting in which we had a total number of 364 attendees. The Basics Course had 199 participants and the Research Course had 22 participants. We also had a very important post-con, with 50 participants in the full-day cadaver lab and an additional 52 in the half-day program. In addition, this year we had 38 posters as a sample of research on chronic pelvic pain.

In 1996, the IPPS was established with two primary objectives:

- To educate health care professionals on how to diagnose and manage chronic pelvic pain, by changing the lives of patients worldwide.
- To bring hope to men and women who suffer from chronic pelvic pain by significantly raising public awareness and impacting individual lives.

And this 2016 scientific meeting is the clear reflection that we are moving towards the possibility of providing hope to patients with chronic pelvic pain through the awareness and education of both health professionals and patients.

I have to thank you all for your commitment and for being part of this great movement. I want to thank my executive committee, board of directors, advisory board and committee members for all of their support and generosity. I will be here to work for the strengthening of our society.

Regards,

Juan Diego Villegas-Echeverri, MD

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Message from the Vice President

Our annual International Pelvic Pain Society meeting was a huge success this year! Comments were: *"This was the best meeting ever!"* *"Every year it keeps getting better and better."* *"The cadaver lab alone was amazing, well-organized, practical and extremely educational. I can't wait to do it again."* Everything from the controversial cannabis talk to the renowned Kari Bo, DPT, demonstrating that we need more evidence based research for pelvic pain and pelvic floor physical therapy. Also, the meeting covered how we CAN have a big impact on cancer-related pelvic pain but how these patients, once cleared from their oncologists are commonly dismissed, suffering from other symptoms that can be helped.



Amy Stein, DPT

Highlights were:

- Having a good understanding of anatomy can help you better assess patients with chronic pelvic pain and develop a thoughtful differential diagnosis. Mario Castellanos, co-chair of Cadaver Lab 2016.
- Co-morbidities such as migraine headache, fibromyalgia, chronic fatigue syndrome and irritable bowel syndrome appear to develop before chronic pelvic pain, which may offer some clues about the causes of pelvic pain.
- Higher pain catastrophizing appears to be associated with worse quality-of-life in women with endometriosis, suggesting that interventions to reduce pain catastrophizing could be investigated in women with endometriosis.
- Don't forget to assess the posterior femoral cutaneous nerves which follows the path of portions of the pudendal nerve.
- The GI tract has more nerves than the brain. You need to address GI issues as well as central, peripheral and "brain" pain.
- A common theme we keep hearing: "It takes a village." If you are doing this without a multidisciplinary team your patients may plateau, may not progress or may return to you sooner rather than later. It may take time, but find that team! Your patients will thank you for it.

Best,
Amy Stein, DPT

Fundraising Report

Show Your Support!

We had a great turn out for the Friday Night Fundraiser at Theory Bar. The food, drinks and karaoke were all a hit. The winners of the silent auction got away with some great deals on trips, jewelry and continuing education opportunities, to name a few.

Please make your purchases on Amazon through AmazonSmile. A portion of your purchases will go towards IPPS. If you are not already signed up for AmazonSmile you can easily do so on the [AmazonSmile site](#).

[GivingTuesday](#) is a global day of giving - It is on November 29. Please join this movement by celebrating and giving support by donating to IPPS. Please encourage your patients and colleagues to [donate to IPPS](#) for their year-end giving.

Thank you!

Debbie Callif, OT, and Fundraising Committee

The International Pelvic Pain
Society, Inc.

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Website: www.pelvicpain.org



Plan to give to IPPS on

#GivingTuesday

November 29, 2016

and help us reach our \$3000 goal!



- Plan a drive to build competition at your work
- Tweet your giving with #GivingTuesday and #GivingIPPS
- Tweet or Instagram your #Unselfie about your donation to IPPS

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What's New!

In today's challenging times, you need to stay informed and on top of your game. IPPS Membership provides you with information and connects you with the people and tools that will help you achieve your objectives.

The IPPS website is a great resource featuring publications, patient handouts, research news, membership directory and much more. This month check out the members-only access to audio recordings of the 2016 IPPS Annual Meeting Friday and Saturday Sessions. [View the Annual Meeting presentations on the IPPS member site.](#)

Program Committee Message

2017 World Congress on Abdominal Pelvic Pain Syndromes

Hosted by IPPS in Washington DC!

The IPPS is excited to host the 3rd Annual World Congress on Abdominal Pelvic Pain on October 11-15, 2017. The World Congress is a joint meeting of the IPPS, the International Association for the Study of Pain's SIG on abdominopelvic pain, and convergences in pelvic/perineal pain (CPP). The program committee developed a unique and stimulating program for the World Congress. For people new to the field of pelvic pain, the Basics Course will begin the week on Wednesday. The scientific session starts Thursday and is three days instead of two, boasting 27 international experts clustered into nine abdominopelvic pain topics! Three days means three keynote speakers. We are thrilled to have Daniel J. Claw, MD, presenting "Treating pain based on the underlying mechanism: are we there yet?"; GF Gebhart, PhD, presenting "Understanding Visceral Pain"; and Paul Hodges, PT, PhD presenting "The role of the neuromuscular system in pelvic pain". The nine cluster topics are endometriosis, interstitial cystitis/painful bladder syndrome, central nervous system hypersensitivity, gastrointestinal dysfunction, vulvar pain disorders, musculoskeletal dysfunction, peripheral neuralgias, and biopsychosocial influences on pelvic pain. Each cluster topic includes two to three speakers and will be moderated by an expert on the topic to allow for stimulating discussion and debate.

In addition, we are requesting that researchers submit abstracts in each of these categories. One abstract will be selected for each cluster, totaling nine abstracts selected and the authors will be invited to orally present their work. Finally, the conference will end on Sunday with a stellar one-day post-conference workshop with Lorimer Moseley, PhD, FACP, HMAPA, and Paul Hodges, PT, PhD.

We are looking forward to this amazing conference and hope to see you there! Please follow and use [#WCAPP17 on Twitter](#) for conference updates and like [IPPS on Facebook](#) to stay up to date with conference news.

Stephanie Prendergast, MPT, Chair of WCAPP
Amy Stein, DPT, Chair of WCAPP
Erin Carey, MD, Director of WCAPP

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Save the Date!

3rd World Congress on
Abdominal Pelvic Pain
In conjunction with the
2017 IPPS Annual Fall Meeting

October 11 - 15, 2017
Renaissance Washington DC Downtown
Washington, DC

