



In This Issue

[IPPS 2012 Board Members](#)

[The President's Perspective](#)

[Message from the Program Chairs](#)

[Register Today!](#)

[Find a Provider](#)

Contact Us

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

IPPS 2012 Board Members

OFFICERS

[Chairman of the Board](#)
Fred M. Howard MD MS

The President's Perspective

Georgine Lamvu, MD, MPH

I have been an IPPS member for more than 10 years. Since I joined, the IPPS membership has grown substantially in numbers and diversity. We are now an international conglomerate of professions that includes gynecology, physical therapy, urology and gastroenterology. Our collaborative projects span the globe and in the past two years, our society promoted educational conferences in places like China, Turkey, Colombia and various cities in Europe. As president, I would like to thank IPPS educators for their endless and tireless efforts to improve health care of patients living with chronic pain.

Last year, the Institute of Medicine (IOM) released a report called "Relieving Pain in America." The report states that there are more than 116 million Americans living with a chronic pain condition. Healthcare costs associated with chronic pain patients are estimated at 560-635 billion dollars annually (63 billion of Medicare expenditures in 1998). Not surprisingly, chronic pain conditions disproportionately affect women. About 25 million women have had chronic pelvic pain at some point in their life, and 14 million have had vulvovaginal pain. These numbers are astonishing! In spite of this, less than 5% of patients with chronic pain are being seen by a pain specialist. Suddenly our membership numbers and our educational efforts are not impressive enough.

This year, the Agency for Healthcare Research and Quality (AHRQ) released another report entitled "Noncyclic Chronic Pelvic Pain Therapies for Women: Comparative Effectiveness." AHRQ reviewed all available literature for chronic pelvic pain therapies and tried to determine whether any evidence-based recommendations can be made for treatment of noncyclic chronic pelvic pain. Again, it was not a surprise that the majority of the research available for review was deemed of poor quality. The definition of chronic pelvic pain varied and most studies failed to describe quality of life outcomes that matter to our patients, such

President

Georgine Lamvu, MD, MPH

Vice President

Stephanie Prendergast, MPT

Secretary

Sarah Fox, MD

Treasurer

Frank Tu, MD, MPH

Immediate Past President

Maurice K. Chung, RPh, MD

DIRECTORS

Sawsan As-Sanie, MD, MPH

Charles W. Butrick, MD

Elizabeth Dee Hartmann, PT,
DPT

Michael Hibner, MD, PhD

Andrea Rapkin, MD

Howard T. Sharp, MD

Amy Stein, MPT, BCB-PMD

Denniz Zolnoun, MD, MPH

International Director

Juan Diego Villegas
Echeverri, MD

Executive Director

Wendy J. Weiser

Associate Director

Pam Murphy

as activity levels and sexual function. Improvements in pain after medical or surgical intervention were at best modest, and neither seemed to be superior over the other.

The IOM and AHRQ reports emphasize the need for improved research, education and patient care resources. **We** need to increase the number of healthcare providers that understand and are able to treat chronic pain...and we need to increase those numbers fast! **We** need better educational resources for patients. **We** need improved outcomes research and improved therapies. **We** need to deal with the conundrum of opioids. It seems to me like we need a lot of "we" and that "we" have a lot more work to do. So after we pat ourselves on the back for the great work we've done, let's get right back to it and do even more.

Message from the 2012 Fall Program Chairs

On behalf of the 2012 IPPS Board, we invite you to attend the 20th Annual Scientific Meeting on Chronic Pelvic Pain: *Merging Basic Science and Clinical Care for Management of Pelvic Pain Disorders*. This meeting has been constructed from feedback from our valued members and will again be held in the historic Palmer House Hilton, October 18 - 21, 2012. In past years, we learned our members benefitted from the interaction with the high number of gifted pelvic pain practitioners in the gorgeous city of Chicago. We are excited to announce that the IPPS has decided to return to the Palmer House Hilton every other year for our annual meeting.

In addition to our exciting scientific program, we invite everyone to attend our pre-meeting "Basics Course for General Gynecologists, Physical Therapists, Nurses and Residents" on Thursday, October 18, 2012. We have assembled an impressive group of pelvic pain clinicians who will give a comprehensive overview of the evaluation and management of the most common causes of chronic pelvic pain. Although this course is focused on clinicians who are new to the care of these complex patients, the breadth of the material is complementary to the main program and will be beneficial to the more experienced clinician looking for new tips and tricks. Dr. Thomas Chelimsky will start the morning with the always useful overview of the physiology of chronic pain. The day will follow with our expert panel discussing key elements of the history and physical exam, including a comprehensive overview of the musculoskeletal exam. The afternoon experts will highlight clinical pearls regarding the evaluation and treatment of gynecologic pain syndromes, interstitial cystitis, irritable bowel syndrome, vulvar pain, musculoskeletal pain and pelvic neuropathies. We will then finish the day with a valuable discussion of medical and behavioral therapies for pain and the comorbid mental health disorders that often cause so much suffering for our patients.

We are honored to have cutting-edge scientist and neuroscience Professor Lorimer Moseley travel from Australia to deliver the C. Paul Perry Memorial Lecture. His research focuses on exploring

how the brain and its representation of the body change when pain persists, how the mind influences physiological regulation of the body, how the changes in the brain and mind can be normalized via treatment, and how we as medical professionals can teach people about it all in a way that is both interesting and accurate.

Longer-term members of the IPPS know that our fall program has historically included a physical therapy post-conference workshop. This year, we decided to host a post-conference workshop that is relevant for **all medical professionals** interacting with patients with pain. We are thrilled Professor Moseley is staying with us on Sunday, October 21, to present a **full-day course** on the clinical applications of his research. Any medical professional experiencing frustration from trying to understand complex pain patients will walk away inspired with new strategies to manage their patients. This is a day you will not want to miss!

As always, the program agenda focuses on evidenced-based medicine for both scientists and clinicians. Navigating successful treatment for pelvic pain syndromes requires knowledge of gynecology, urology, gastroenterology, neurology, sexual medicine, psychology, pharmacology, nutrition and physical therapy. We have carefully selected local, national, and international speakers to cover all of these topics.

The conference begins with Dr. Erkut Attar, delivering the James E. Carter Memorial Lecture. Traveling from Istanbul, Dr. Attar is presenting the latest information on the treatment and pathogenesis of endometriosis. The first day will continue on to include clinical updates on other top diagnoses we treat: vulvodynia, interstitial cystitis and irritable bowel syndrome.

We will also benefit from lectures on innovative medical interventions such as proliferative therapy, neuromodulation, and safe and effective opioid management from leading experts Kenneth Peters, MD, Hal Blatman, MD, Robert L. Barkin, PharmD.

Gail Wetzler, RPT, CVMI, and Daniel Kirages, DPT, OCS, FAAOMPT, are joining us to present the latest research on the effects of physical therapy on pelvic pain. Their lectures, similar to others on the program, integrate the use of MRI brain scans to quantify the seemingly elusive patient responses to intervention.

We continue the popular tradition of welcoming new attendees and valued members at our Friday evening reception, immediately following the scientific program. After making new friends and re-connecting with old, we invite you to wake up at our Saturday morning yoga class, taught by the nationally recognized Leslie Howard.

Register now at www.pelvicpain.org and we look forward to seeing

you in Chicago!

Stephanie Prendergast, MPT

Sawsan As-Sanie, MD, MPH

REGISTER TODAY!



IPPS 2012 Annual Fall Meeting

October 18 - 21, 2012

The Palmer House Hilton

Chicago, Illinois

[Register Today!](#)

[Click Here for more meeting information & program schedule](#)

Find a Provider

Are you currently listed in the Find a Provider feature on the IPPS website? If you would like to be included or want to update your information, please email IPPS at info@pelvicpain.org.

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 Maura Sage at maura@wjweiser.com.