



# INTERNATIONAL PELVIC PAIN SOCIETY

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## Message from the President

We have a lot of work to do! While I did spend a brief period reveling in how engaging this year's meeting went in Chicago (grateful for some very good weather), it's already time to roll the sleeves back up - there is a lot to get ready to hand off to my successor, Dr. Sarah Fox.



These are the fruits coming out of a highly successful meeting. I particularly want to thank the IPPS Board and both past and present officers for their hard work in pushing forward multiple new initiatives, such as the committees, a new research course and the fundraiser. Perhaps the biggest thing I noticed was the intense and lively interaction during breaks, which members have been begging for more of each year.

I am very excited about the potential initiatives that can come out of the new **Dr. Fred Howard Research Fund** - so well-deserved and fortunately initiated early enough in his career that he should be able to see it grow exponentially with all of our help. Dr. Georgine Lamvu's suggestion about a patient facing registry is one of the most compelling I have ever heard and I hope to see much more progress at next year's meeting.

With the listserv and social media firing at full strength, I hope all the energy from this year's meeting will plow right through the winter. Please keep an eye out for all of these platforms and share the interesting papers, challenging patient scenarios and the random thought that you think is timely and topical in pelvic pain circles.

As a new group of board members and a new officer come on board in 2015, I want to remind everyone to look at participating in committees, which is one of the key ways to groom our future leaders. With the recent growth of this society, it is essential to identify who can continue to spearhead the exciting initiatives that members want to see. The names of the chairpersons and the committees is [here](#). Please reach out ASAP if you still have not signed up and believe you can contribute in one of these areas.

Frank F. Tu, MD, MPH  
IPPS President

## Message from the Program Co-Chairs

In October, the International Pelvic Pain Society met at the beautiful Palmer House Hilton in Chicago for an outstanding Annual Fall Meeting. We kicked off the meeting with Dr. Erin Carey's comprehensive and informative Basics Course - a wonderful introduction for new providers or refresher course for those who want to brush up on the basics. This is always a popular course, and this year was no exception. An exciting new addition this year was our **half-day Research Course, spearheaded by Dr. Georgine Lamvu** with the assistance of research experts Khalid Khan, Roger Fillingim, Fred Howard, Ruby Nguyen, Frank Tu and Christin Veasley. This session was a huge success with the development of guidelines for best practices in chronic pelvic pain (CPP) research and time for participants to discuss their own research.

Inspired by the new Research Course, the IPPS Board of Directors developed and unveiled the "Fred M. Howard Research and Development Fund" during the Annual Meeting. The fund will be used to promote research networking and seed grants in the future. It is fitting that the fund is named after Dr. Howard, one of the three founders of the society and a leader in the field of CPP. His personal research and the research of his many mentees account for an impressive base of knowledge.

The main program was highlighted by our Memorial Lecture speakers, Khalid Khan and Diane Lee. Khalid Khan continued with the research theme, delivering a compelling address on the **need for well-designed research and the critical role of research networks** in addressing complicated medical issues. Diane Lee spoke about the Integrated Systems Model for women's health, focusing on proper alignment and movement to improve function and pain. A highlight of her talk was audience participation in a simple manipulation that we practiced on our colleagues during her lecture. This was a powerful and immediate example of **the critical role of physical therapy** in the treatment of pelvic pain disorders. We were fortunate to have outstanding speakers addressing a variety of clinical and basic science topics during the plenary sessions. Our two journal club presentations allowed IPPS member and researchers to present a detailed analysis of their original published research. This was a great opportunity to hear about high-quality research in pelvic pain and to interact directly with the researchers.

By popular demand, we expanded our "Lunch with the Experts" event to add two new tables this year. The lunch event provided participants the opportunity to network, share clinical pearls, talk about challenges in the care of CPP patients and ask questions. Dustienne Miller energized our Saturday morning session with her popular "Yoga for Pelvic Pain" class. After two days of sitting in the lecture hall, it was great to have a chance to stretch and

## IPPS ELECTIONS

A reminder to vote for the 2015 IPPS Board of Directors. Deadline is **12 p.m. CST, Wednesday, Dec. 31, 2014.**

[Log in](#) to vote today!

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## DUES CYCLE CHANGE

Effective next year, IPPS membership will be based on the calendar year from January 1 - December 31. Effective January 2015, IPPS will no longer offer membership based on anniversary date to anniversary date. For the 2015 membership year, IPPS renewing members will receive a prorated dues statement. You may also [log in](#) to your account.

For more information, please contact Donna Rostamian at [drostamian@wweiser.com](mailto:drostamian@wweiser.com).

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move! New this year, we **introduced poster presentations for the top two abstracts** submitted, allowing members to present their research in an interactive forum.

We also had the opportunity to socialize with a great group of pelvic pain providers and researchers at our welcome reception and again at our fundraiser cocktail party at Petterino's. Amy Stein and the Fundraising Committee created a fantastic event - a warm and friendly gathering of friends with great food and a fun location.

We thank our amazing speakers, the Planning Committee, our helpful support staff from WJ Weiser and of course, all of the wonderful attendees who helped make this a successful meeting! We are looking forward to another outstanding program in 2015 and hope that you will all join us next year in San Diego!

Sarah D. Fox, MD  
Suzie As-Sanie, MD, MPH  
Program Co-Chairs

## Update from the Social Media Committee

Over the past year, the social media committee worked hard and achieved all of our goals! Thanks to this hard-working committee: The IPPS logo got a facelift; the entire website was redesigned with user-friendly features for patients and providers; we launched a blog; and became active on Facebook and Twitter. For those of you who have not yet seen these new additions, please view this [blog post](#) as your roadmap to what is new.

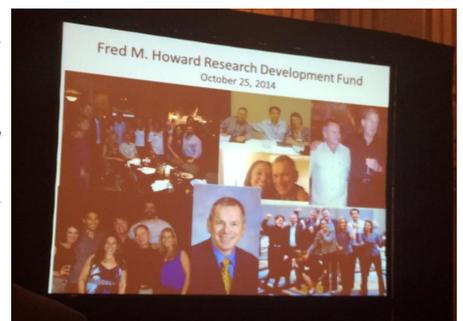
This year, current and new committee members brainstormed about how to raise awareness about pelvic pain syndromes, connect patients and providers and better serve our members. We are excited to get to work on the first **IPPS Journal Club**, which will be live on Twitter in January 2015 (#IPPSJC). The Journal Clubs are going to present, discuss and debate relevant pelvic pain topics. Our first article, "The ACTION-American Pain Society Taxonomy (AAPT): An Evidence-Based and Multidimensional Approach to Classifying Chronic Pain Conditions," validates many concerns about management of pelvic pain syndromes as we try to better quantify these syndromes.

Please stay tuned to the IPPS [Facebook](#) and [Twitter](#) for more information on how it works and the exact date and time. Our second goal is to create an **IPPS Wikipedia page**. This will create one central location for IPPS' evidence-based position on evaluation and management of pelvic pain disorders and will reflect the hard work of the Medical and Patient Education and Research Committees. Finally, we aim to use social media for **live conference streaming** when we all meet again in 2015 in San Diego, Oct. 22-25. In the meantime, please share your comments and suggestions with us on Facebook and Twitter!

Stephanie A. Prendergast, MPT  
Social Media Committee Chair

## Fundraising Report

WE DID IT again! We reached our goal and then some, from the Bidding for Good Silent Auction and the Petterino's Cocktail Party: **\$13,549!** And now we are forming the new and exciting **Fred Howard Research Fund**, so we could still use your support. Please consider giving, or getting your patients to donate, for the holidays and before the year ends. It's not too late - you can still [donate!](#)



A big **THANK YOU** to all who contributed and to the Fundraising Committee for another successful year! We got great feedback about the Cocktail Party and we had tons more exciting auction items this year.

Thank you again for your support and we look forward to seeing you at next year's fundraising events. Please plan to continue to OUTBID your friends in next year's silent auction and enjoy the wonderful array of donated items! Our **goal for 2015 is \$15,000!**

Amy Stein, DPT  
IPPS Secretary, Fundraising Committee Chair

## SAVE THE DATE!



**IPPS 2015 Annual Fall Meeting on Chronic Pelvic Pain  
October 22 – 25, 2015  
Loews Coronado Bay Resort  
San Diego, California**

**Post Conference on Sexual Medicine and Health  
Holly Herman, DPT, OCS, WCS, BCB-PMD, IF  
Alexandra Milspaw, PhD, MEd, LPC  
Tracy Sher, MPT, CSCS**

**International Pelvic Pain Society**

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