



COLUMBIA UNIVERSITY

*College of Physicians
and Surgeons*

NewYork-Presbyterian
The University Hospital of Columbia and Cornell

Mood Disorders across the Female Life Cycle

Saturday, March 8, 2008



in conjunction with:

Postpartum Support International
Postpartum Resource
Center for New York
National Association for
Psychosocial OBGYN

Course Director

Margaret Spinelli, M.D., *Associate Professor of Psychiatry; Director,*
Women's Health Program in Psychiatry, Columbia University College of Physicians
and Surgeons, New York, New York

Guest Faculty

Margaret Altemus M.D., *Associate Professor of Psychiatry,*
Weill Medical College of Cornell University, New York, New York

Ruth A. Lawrence M.D., *Professor of Pediatrics, Obstetrics & Gynecology,*
University of Rochester School of Medicine; *Director,*
Newborn Nursery, Golisano Children's Hospital, Rochester, New York

Katherine L. Wisner, M.D., M.S., *Professor of Psychiatry, Obstetrics, Gynecology*
and Reproductive Sciences, Epidemiology and Women's Studies, University of
Pittsburgh School of Medicine; *Director of Women's Behavioral HealthCARE,*
Western Psychiatric Institute and Clinic, Pittsburgh, Pennsylvania

Columbia University Medical Center & New York State Psychiatric Institute Faculty

Evelyn Attia, M.D., *Associate Clinical Professor of Psychiatry; Associate Director,*
Eating Disorders Research Program, New York State Psychiatric Institute

Jennifer I. Downey, M.D., *Clinical Professor of Psychiatry,*
Division of Clinical Phenomenology, New York State Psychiatric Institute

Elizabeth M. Fitelson, M.D., *Instructor in Clinical Psychiatry; Assistant Director,*
Women's Health Program in Psychiatry

Linda Mullen, M.D., *Assistant Clinical Professor of Psychiatry in Obstetrics and*
Gynecology; Director of Women's Mental Health in Obstetrics and
Gynecology



March 8, 2008

- 7:30 a.m. *Registration; Continental Breakfast*
- 8:20 a.m. Introduction
Margaret Spinelli, M.D.
- 8:30 a.m. Hormones, Mood and the Brain
Margaret Spinelli, M.D.
- 9:15 a.m. Premenstrual Mood Disorder:
New Research, New Treatments
Margaret Altemus M.D.
- 10:00 a.m. *Refreshment Break*
- 10:30 a.m. Menopause and Mood
Jennifer I. Downey, M.D.
- 11:15 a.m. Infertility
Linda Mullen, M.D.
- 12:00 p.m. *Lunch*
- 1:00 p.m. Eating Disorders
Evelyn Attia, M.D.
- 1:45 p.m. Bipolar Disorder in Women
Elizabeth M. Fitelson, M.D.
- 2:30 p.m. *Refreshment Break*
- 2:45 p.m. Treating Psychiatric Disorders
during Pregnancy
Katherine L. Wisner, M.D., M.S.
- 3:30 p.m. Breastfeeding in the Psychiatric Patient
Ruth A. Lawrence, M.D.
- 4:15 p.m. Postpartum Psychosis and Infanticide
Margaret Spinelli, M.D.
- 5:00 p.m. *Adjourn*
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Program Description & Objectives

Mood disorders are twice as prevalent in women, compared to men, particularly during the childbearing years. Postpartum depression is a major public health problem that affects 15-20% of women and causes significant infant morbidity and even mortality. Yet these mood disorders tend to be under-diagnosed and under-treated.

Many practitioners are unfamiliar with the growing literature on the risks and benefits of particular medications during pregnancy and lactation. Life cycle changes, such as menopause and the menstrual cycle, can adversely cause primary mood changes or worsen existing mood disorders. Exogenous steroids used for birth control, infertility and menopause may also determine the diagnosis and treatment of psychiatric symptoms in women.

This program will be of interest to psychiatrists, obstetricians, gynecologists, midwives, nurse practitioners, social workers and professional perinatal instructors. The faculty, comprised of experts in the field of reproductive psychiatry, will present state-of-the-art knowledge to enable practitioners to identify the life cycle of each female patient and potential effects on their present mental status, identify mood changes that may accompany life cycle changes, determine diagnosis and treatment of associated symptoms and determine the risks and benefits of using medication during pregnancy and lactation

At the conclusion of the program, participants will be better able to:

- Identify the relationship between endogenous and exogenous hormones on neurochemistry
- Identify vulnerable periods in the female life cycle that may cause mood changes
- Diagnose and treat mood symptoms that are associated with these vulnerable periods

Additional Information

Contact:

Center for Continuing Medical Education
Columbia University College of Physicians & Surgeons
630 West 168th Street, Unit 39
New York, NY 10032
Telephone: (212) 305-3334
Fax: (212) 781-6047
e-mail: cme@columbia.edu
<http://columbiacme.org>

Meeting Location

Alumni Auditorium
William Black Medical Research Building
Columbia University Medical Center
650 West 168th Street, New York, NY 10032

Discounted parking is available at the Columbia University Medical Center parking lot located on the Southwest corner of Fort Washington Avenue and West 165th Street.

Accreditation/Designation of Credit

The College of Physicians and Surgeons of Columbia University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

The College of Physicians and Surgeons designates this educational activity for a maximum of 6.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The American College of Nurse Practitioners (ACNP) and the American Academy of Physician Assistants (AAPA) accept AMA/PRA category 1 credit from organizations accredited by the ACCME.

The American Nurses Credentialing Center (ANCC) accepts AMA/PRA category 1 credit toward recertification requirements.

An request for assignment of ACOG Cognates has been submitted to the American College of Obstetricians & Gynecologists.

An application has been submitted to the American Psychological Association for continuing education credits.

An application has been submitted to the NASW-New York State for continuing education credits.

Disclosure

Before the program, all faculty will disclose the existence of any financial interest and/or other relationship(s) (e.g. employee, consultant, speaker's bureau, grant recipient, research support, stock ownership or any other special relationship) they might have with a) the manufacturer(s) of any commercial product(s) to be discussed during their presentation and/or b) any commercial contributor to this activity. When unlabeled uses are discussed, these will also be indicated.

Tuition

Physicians: \$150; Other Health Professionals: \$95; Residents & Fellows (with a letter from program director certifying status): \$50. The fee includes the academic presentations, continental breakfast, lunch, refreshments, and a course syllabus. Confirmation of registration and directions to the medical center will be sent upon receipt of the registration form.

Refund of registration fee, less a \$15 administrative charge, will be made if written notice of cancellation is received by **February 27, 2008**. No refunds can be made thereafter.

Registration

Space is Limited. Early Registration is Encouraged.

By Mail:

Complete the registration form and mail with full payment to:

**Columbia University
College of Physicians & Surgeons
Center for Continuing Medical Education
630 West 168th Street, Unit 39
New York, NY 10032**

By Fax:

Registrants may fax the registration form with credit card information to:

(212) 781-6047

On-Line:

<http://columbiacme.org>

Telephone registrations and/or cancellations are not accepted.

Americans with Disabilities Act

The Columbia University College of Physicians and Surgeons fully complies with the legal requirements of the ADA and the rules and regulations thereof. Any participant with special needs must submit a written request to our office at least one month prior to the course date.

Registration Form

COLUMBIA UNIVERSITY

Mood Disorders

(Please print or type)

Last Name Degree

First Name Middle Initial

Address

City State Zip

Daytime Phone Daytime Fax

e-mail

Institution

- \$150 Physicians Psychiatry PM 84
- \$95 Other Health Professionals March 8, 2008
- \$50 Fellows & Residents 58432/6.75
(with a letter from program director)

- Enclosed is a check or money order made payable to **Columbia University.**
Checks must be in U.S. Dollars drawn on a U.S. bank.
Money orders must be in U.S. Dollars.

- Please charge to: MasterCard Visa

Exp. Date _____

Card Number _____

Cardholder's Name _____

Cardholder's Signature _____



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New York, New York 10032

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