



MESSAGE FROM THE PRESIDENT

Several years ago, when the NASPAG administrative office was in the midst of the transition that ultimately led to our working with ACOG, a committee under the direction of Past President Dr. Patty Simmons developed a Strategic Plan for the Society based on the use of a SWOT (strategies, weaknesses, opportunities, threats) analysis completed by NASPAG leadership and members. This past summer the NASPAG Board reviewed the progress that has been made in meeting the objectives set out by that Strategic Plan. I am happy to report that the Board concluded that all of the objectives have substantially been met, allowing us to look to the future. A review appears below:

Objective 1: *Assure Consistent High Performance of Management-* At the time of the transition to ACOG, it was crucial that steps be taken by Executive Director Joseph Sanfilippo to facilitate the day-to-day management of the Society. As of this writing, we have an excellent management structure in place, coordinated between Dr. Sanfilippo's office in Pittsburgh, which is primarily responsible for financial operations, and Administrative Director Cassandra Larkins' ACOG office in Washington D.C., primarily responsible for administrative functions.

Objective 2: *Improve Consistency of Board Functions-* To maintain regular oversight of the Society and insure that all jobs were being performed as required, the Board and Administrative offices set up a system of timelines, conference calls and evaluation tools.

Objective 3: *Improve the Financial Position of the Society-* The Finance Committee, under the leadership of Dr. Kristi Mulchahey, was charged with several major responsibilities. Paramount was the need to ensure financial stability, which has been accomplished despite the current economic turbulence. To improve the Society's accounting processes, both a new accounting firm and a new accounting system were brought in. A long-term reserve fund was established; it is now up to one-quarter of operating expenses. Better control over costs and charges has resulted from on-going communication between Dr. Mulchahey and the Pittsburgh and Washington offices.

Objective 4: *Improve Management of Member Services and Increase Membership* – Dr. Mary Anne Jamieson, along with her Membership Committee and our Washington office, has increased our number of paid-up members (from 260 in 2006/2007 to over 400 at present) by implementing electronic tracking systems, providing personalized outreach to members, and coordinating with specialty groups within the Society: international members, nurses and nurse practitioners, trainees and junior members, and sexual abuse professionals.

Objective 5: *Further Strengthen the Annual Clinical Meeting (ACM)-* While acknowledging that the ACM is a major strength of NASPAG, the Strategic Plan called for the Society to expand the topics presented at the annual meeting, increase participation of students and trainees, and improve its marketing. In keeping with these recommendations, Dr. Yolanda Smith and the 2009 Program Committee introduced Cutting-Edge Lunch Topics at our meeting in San Antonio this past April, Dr. Rupa DeSilva spearheaded a scholarship program for trainees to attend the ACM, and Dr. Lisa Allen and her 2010 Program Committee have appointed a local host to help with marketing the upcoming meeting this April in Las Vegas.

Objective 6: *Encourage and Support Training Programs in Pediatric and Adolescent Gynecology* – In addition to establishing a scholarship program for trainees, the Society has introduced the concept of mentors for younger members and has added sessions on clinical techniques to the ACM program.

Certainly, all of these steps have helped to both strengthen NASPAG as an organization and enhance the benefits for our members. Please contact me (fisher@nshs.edu) if you have suggestions for inclusion in the next Strategic Plan that will be developed in 2010.

Martin Fisher, MD, NASPAG President

In this Issue

NASPAG NEWS is a quarterly newsletter distributed to all members of the North American Society for Pediatric and Adolescent Gynecology. Members are encouraged to submit items for publication (ie. Articles, letters, announcements, photographs or member-related news) to one of the following persons:

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Westin Casuarina Hotel Las Vegas, Nevada

**2010 NASPAG ACM
April 15-17, 2010**

The 2010 meeting will be held at the Westin Casuarina Hotel, Las Vegas, Nevada. The hotel has blocked a group of sleeping rooms for NASPAG. This block of rooms is available until the block is sold, or **until March 26, 2010**. Reservations made after that time will be based on room availability. For your convenience, all reservations should be made directly with the hotel toll free at 866-837-4215. The room rate is \$179 single occupancy. Remember to identify yourself as a participant in the NASPAG conference and give the dates of the conference.

Tranquility in Las Vegas.... The Westin Casuarina Las Vegas Hotel, Casino & Spa is a calm sanctuary amidst the bustle of Las Vegas. You'll enjoy the action and excitement of the famous "Strip" just one block away—and a quiet retreat whenever you need some peace. You are just a few minutes' walk from the city's best casinos, dining, shopping, nightlife, and more. ***Relaxing Downtime....*** Take a break from Vegas' many temptations to enjoy some downtime: luxuriate at the Hibiscus Spa, reenergize with a workout, or lounge at the outdoor heated pool. For a little excitement, you can always try your luck at the Casuarina Casino. ***Style and Elegance in Every Room....*** The guest rooms and suites offer understated style and the utmost elegance. Muted tones, soft lighting, and simple contemporary decor create an environment where you can't help but feel at ease.

2010 NASPAG ACM

INVITATION

On behalf of the North American Society for Pediatric and Adolescent Gynecology, we would like to extend an invitation for you to attend the NASPAG 24th Annual Clinical Meeting, Issues and Answers in Pediatric and Adolescent Gynecology. The meeting this year is taking place in exciting Las Vegas, Nevada, April 15-17, 2010 at the Westin Casuarina.

The 2 ½ day meeting continues to incorporate a variety of our popular educational formats to bring you a balance of the essential topics in pediatric and adolescent gynecology and the latest concepts and research in pediatric and adolescent reproductive health. The mornings will start off with Breakfast symposia. Five plenary sessions are then complemented by our concurrent sessions, luncheon round tables, oral and poster abstract sessions. Our ever popular debates are back by overwhelming demand, focusing on surgical and medical controversies. To supplement the round table luncheons, our hot topic luncheon returns after its successful debut in 2009. Our International Forum and concurrent session on global reproductive health, address issues of pediatric and adolescent gynecology in developing countries, along with international perspectives on sexuality and sexual health.

Some highlights of the program this year include:

- Youth Internet Victimization: Myths and Truths by Michele Ybarra, MPH, PhD
- Dr. Sonia Grover's Plenary on Disorders of Sexual Development
- Preventing Obesity AND Eating Disorders in Adolescents: What Should Health Care Providers Know and Do – Diane Neumark-Sztainer PhD, MPH, RD
- Adriana Galván, PhD addressing Adolescent Brain Development and Risk Taking Behaviour
- Many of NASPAG's previous presidents are featured in the program, including Dr. Richard Reindollar, as a keynote speaker, focusing on Women with Turners Syndrome, Their Reproductive Options and Outcomes.

In order to reduce the amount of paper consumed in our syllabus this year, we have transitioned to providing electronic copies of our plenaries, workshops, and hot topic luncheon sessions. These resource materials will be available to registered attendees of the meeting, prior to the ACM in Las Vegas, beginning April 1, for those individuals who wish to print the materials to bring with them. In addition, a flashdrive containing the entire syllabus will be given to each attendee on site. This gives individuals the choice of printing material to bring to the meeting or bringing their personal computers and following along with the faculty electronically.

The Wine and Cheese reception on our opening night is an excellent opportunity to mix and mingle with NASPAG colleagues, new members and other attendees at the meeting. The meeting format allows plenty of opportunities for interacting, including protected time for discussions with other health care providers in special interest groups on preservation of fertility, care for adolescents with developmental disabilities, and for networking with colleagues in training, in nursing and for those involved in PAG fellowship programs. New members to NASPAG are invited to a reception on the Friday evening.

The NASPAG ACM meetings are fueled every year by the enthusiasm of the participants and the excellence of our faculty. We anticipate this year to be no exception. That combined with the exciting backdrop of the nightlife of Las Vegas, looks to be an astounding combination.

We look forward to seeing you in Las Vegas.

Lisa Allen, MD
Program Chair

Martin Fisher, MD
President of NASPAG

2010 NASPAG Young Scholars Grant

The North American Society of Pediatric and Adolescent Gynecology (NASPAG) has established the Young Scholars Grant to provide a venue for young physicians to voice their interest in the field of pediatric and adolescent gynecology. Award recipients will receive a monetary award to attend the NASPAG Annual Clinical Meeting, April 15-17, 2010, at the Westin Casuarina Hotel in Las Vegas, Nevada.

We invite residents and fellows to apply for the grant by submitting an essay on the topic of:

What I Consider to be the Most Optimal Way to Learn Pediatric and Adolescent Gynecology during Training

NASPAG Young Scholars Grant Submission Form

Due: January 15, 2010

Submit by email to nirupama-desilva@ouhsc.edu

OBJECTIVES

To allow physicians in training a venue to express their interest in pediatric and adolescent gynecology.

AWARD

Three award recipients will be chosen. Each recipient will be expected to attend the NASPAG Annual Clinical Meeting (ACM) on April 15-17, 2010 in Las Vegas, Nevada. The winners will receive free registration to the ACM and a \$500 stipend to defray the costs of travel and hotel while at the meeting. All winning essays will be publicized at the ACM. Award recipients will be notified by February 15, 2010

GUIDELINES FOR APPLICANTS

To apply for the grant, please submit an essay entitled, "*What I Consider To Be the Most Optimal Way to Learn Pediatric and Adolescent Gynecology during Training.*"

The essay should be no longer than 3 typewritten pages and should be formatted in Times Roman font, 12 point, and double spaced.

TO SUBMIT YOUR APPLICATION

Please fill out the information on the bottom of this form and submit this form with your essay electronically to nirupama-desilva@ouhsc.edu or by Fax to 918-660-8355.

Please Include in the Subject Line/Cover Page: NASPAG Young Scholars Grant Submission

FOLLOW-UP

After the conference, all award recipients will be required to write a short summary of their experience at the NASPAG meeting to share with other members of their department and to possibly be included in future NASPAG publications.

Name: _____

Academic Degree(s): _____

Year of Training: Resident _____ Fellow _____

Program Affiliation: _____

Mailing Address: _____

Telephone: _____

Email: _____

2009 NASPAG Young Scholars Grant Recipients



I would like to first thank the NASPAG resident scholar program for their sponsorship. It was a great meeting filled with a variety of information ranging from basic science research to robotic surgeries. In three short days, I learned the latest NIH research in primary ovarian insufficiency, became more confident in managing contraception for adolescents, and saw the role of robotic surgeries for our pediatric/adolescent gynecology population.

As our knowledge of medicine grows, so does the need for different disciplines to collaborate in order to improve patient care. I feel like the 2009 NASPAG meeting exemplified this principle. I met a wide range of healthcare providers from not only ob/gyn but different disciplines within pediatrics as well. This was a truly valuable experience that will certainly change the way I approach the pediatric/adolescent patient population and I sincerely hope that you will be able to provide this valuable experience to other residents-in-training in the future.

Jonathan Kim, MD



As soon as I received the emailing informing me of the NASPAG grant I immediately decided to apply. I entered the field of Obstetrics and Gynecology in part because of my interest in adolescent healthcare. Attending the conference solidified this interest as well as helped expand my understanding of the intricacies of this subfield. Since attending the conference I have approached situations differently and have often reflected back to the key points I learned during those days.

I recently had the opportunity to apply some of the techniques I learned about for examining a pediatric or adolescent patient. I was working a night shift on Labor and Delivery and we received a call from the ER stating that they had a thirteen year old who presented with a history of sexual abuse who had been told that day that she was approximately eight months pregnant. After a thorough exam in the ER the patient was transferred to L&D so that we could establish her prenatal care. The patient, a doe-eyed sweet girl who was already exhausted from the revelation to her parents that she had been sexually abused by her older cousin for months, was very clearly pregnant. Her family and the patient had obviously been in denial of the changes going on with her body. I approached the family and delicately questioned them on the circumstances leading to their arrival to the hospital. The girl had fainted at school and in trying to discern the cause, she was found to be pregnant and consequently the history of abuse had emerged. I first explained to the patient and her mother in words what our exam would entail, it was the patient's first gynecologic exam and I wanted her to be mentally prepared. After verbalizing the tests we would do and details of the exam, I showed her the speculum and explained its purpose. It is intuitive that a young girl would be afraid of the exam, it is not necessarily intuitive how to try to minimize this fear. The steps I took were based on things I learned during the conference as well as training at my residency program. This background of training allowed me to successfully create a sense of trust with the patient. I feel fairly confident of my success in comforting her because just two days later while I was at the grocery store I felt a tap on my shoulder and when I turned to look, there was my patient who had come over to me to say hello.

As illustrated by my story of my recent patient interaction, at the conference I learned crucial skills as well as valuable updates in medicine such as cervical dysplasia screening guidelines that I have employed in my practice. The conference was also a great opportunity to get an idea of the kind of research going on in Pediatric and Adolescent Gynecology and was an important starting point for research projects I would like to develop in the future. I would recommend attending the conference to any healthcare professional interested in the field.

Lucia Franca, MD



Dear Dr. Silva, I am exceptionally thankful to the NASPAG association and yourself, as a representative, for creating such a great learning experience through the Young Scholars Grant. I was honored to receive the award and having the opportunity to attend the NASPAG annual conference. Meeting such influential members of the NASPAG executive board such as Drs Strickland and Sanfilippo, and hearing about their passion and commitment to research and teaching in the field of pediatric and adolescent gynecology was very memorable. The presentations and posters were informative and well done. As a result, I am spreading the word to lower levels in my program to apply for this grant and I am planning on submitting an abstract of my own for next year. Being able to attend the NASPAG meeting really helped enforce my interest in pediatric and adolescent gynecology and motivated me to be a proactive member. Thank you so much again for this opportunity.

Roxanne Pero, MD

Shelley Aggarwal MD, MS

NASPAG Conference Experience

One of my most poignant memories of childhood is of deciding to be a doctor. I was eight, and had the very innocent intention of “wanting to help people.” Exactly what that ideal of “help” entailed is not something that I understood until I pursued my training in medicine and subsequently felt compelled to pursue a career in adolescent health. The unique needs of young people at crucial points of transition, balanced with multiple opportunities for medical and social activism is what draws me to adolescent health. These reasons and many others are at the heart of why I thoroughly enjoyed being a participant of the North American Society for Pediatric and Adolescent Gynecology (NASPAG) Conference. I left with significantly more multidisciplinary knowledge, enriching my individual practice and training. More importantly however, due to the variety of workshops and the spirited discussions on issues such as body image, HIV care, surgical reconstruction, guidelines for bariatric surgery to name a few, I also felt reconnected with those young ideals of advocacy and assistance that have made me passionate about a career in adolescent health.

Attending lectures either moderated or presented by physician leaders in the field of pediatric and adolescent gynecology, particularly female physician leaders, was inspiring. In addition to the lectures, the occasions to socialize with participants allowed me to personally access field innovators, directly addressing questions or simply having a conversation, later being able to boast that I spoke with Dr. So and So who pioneered such and such. As a physician young in her career, I found this experience especially enjoyable. I think a forum that allows for an informal discussion between practitioners in a variety of career stages would be a wonderful way to promote mentoring at the conference.

The multidisciplinary emphasis at NASPAG is one of its notable strengths. I found interacting with Obstetrics and Gynecology practitioners allowed for a wider scope of information and knowledge sharing between subspecialties. Being able to dialogue with surgical practitioners encouraged for well rounded discussions, and occasional debate that I believe led to new understandings about standards of care and decision making in reference to the needs of young women. The commonalities and differences in approach to the patient, the physical exam, and ultimately clinical care coordination were educational and helpful for my own practice. I look forward to more workshops with dialogue between medical and surgical practitioners in order to promote understanding about unique approaches to care.

It was a great pleasure to attend NASPAG, and a privilege to be selected by the grant committee. I plan to make this conference a regular part of my continuing education and will encourage other physicians, particularly those still in training to widen their breadth of knowledge with NASPAG as well.

Mariso Bahamonde, MD

This was my first time at a NASPAG meeting. I am an Adolescent Medicine fellow and the meeting was extremely useful for my training. From the very first talk on HPV vaccination to the very last one on body image, all the topics were relevant. For me, the most useful topic discussed was chronic pelvic pain. This is a problem that can sometimes be very difficult to deal with. It was great to hear what they do in other centers and how others approach these patients. Also, it was very pleasant to meet and interact with other health professional that share my same interests. I would love to attend this meeting yearly.

Dr. Elizabeth Alderman will present a workshop at the 2010 NASPAG Annual Clinical Meeting on *Preparing Your Patients for College*. The objectives of the workshop are to guide participants in formulating age appropriate health recommendations to women leaving for college; review effective counseling of college age adolescents on issues related to campus safety; and recognize physical and psychosocial stressors in college and identify potential supports.

The following article by Dr. Alderman was scheduled for the previous edition of the Newsletter, but due to a production situation, we were unable to publish the article until this edition.

Planning for College...Don't Forget To Keep Healthy

Elizabeth Alderman, MD

With high school graduation over, many seniors are preparing for college. Not only are students anticipating the new academic perspective of fewer but more intense classes, but they and their families are preparing for a move away from home. Of course there are financial considerations in gaining independence. But, as providers of health care to adolescent girls, it is important for us to discuss health issues with our patients and their parents before they go off to college. Most colleges require a health form to be completed so the pre-college visit is the ideal time to bring up how the adolescent girl can keep herself healthy at college.

What are some of the topics to discuss with your patients at the pre-college visit?

1) Make sure that during orientation week, you find out where the college health service is, what its hours are, and what provisions are made for emergency care. Find out if mental health services are provided at that site or anywhere else on campus. College health services are generally excellent sources of reproductive health care. Before heading off to college, read all the information you are sent about the health center, as well as on its website.

2) Know your health history, all about the medications you are taking, and what drug and food allergies you have. It is a good idea to have a list of these in your wallet if you don't wear a Medic-Alert Bracelet. Don't forget that oral contraceptive pills, Nuva Ring, Depo Provera and the Patch are medications.

3) Keep a copy of your health insurance card in your wallet and another copy in a safe place in your dorm room.

4) Be aware of laws regarding confidentiality of medical information. If you are under 18 years of age, your parents may have to sign a blanket consent form for medical treatment. In most states, you will be entitled to care for treatment of sexually transmitted infections, contraception (including Plan B) and outpatient mental health/substance abuse treatment. You must check your college health service website or any mailings they send you to verify minors rights to certain types of health care at your college health service..

On the flip side, if you are over 18 and you want your parents to have access to some of your health information, you probably will need to sign a waiver. Again, find out how your particular college health service handles this.

5) Keep some medical supplies in your dormitory room. Essentials include over the counter medications such as acetaminophen, ibuprofen, band aids, antibiotic ointment, a cold medicine that you use at home, a cold pack (if you don't have a freezer with ice readily available), and an oral digital thermometer. Buy these for your move in day.

6) Be sure to think about how you will continue prescription medications while away from your regular health care provider. Keep your health care provider's contact information in a safe place so that you can contact your provider if you need to have a prescription refill authorized and be sure to call well ahead of the time you think you will run out of your medication. You should find out if the pharmacy you pick up your prescription from has a branch near your college and if the prescription can be transferred to that location. Keep in mind that many college health services have reduced prices for OCP but generally require a visit to the health service or a written prescription from the home provider in order to dispense these.

These are just some general ideas. A great resource for adolescent patients and families is "The Healthy Student" by Dr. Lawrence Neinstein and Helen Johnson. It can be ordered from the Society for Adolescent Medicine by calling 816-224-8010.

**University of South Carolina School of Medicine
Department of Obstetrics and Gynecology**

The USC School of Medicine Department of Obstetrics and Gynecology is currently recruiting for a Board certified/eligible physician to fill a full-time academic Generalist position. This position requires special interest in pediatric and adolescent gynecology. Compensation is commensurate with training, experience, and abilities. The candidate should be able to see adult obstetric and gynecologic patients while also specializing in pediatric and adolescent patients. The University of South Carolina School of Medicine in conjunction with Palmetto Health Richland Hospital serve the midlands of South Carolina. Our department serves as the referral source for our region and sees a variety of pediatric and adolescent problems. We also operate an adolescent Ob/Gyn clinic in conjunction with our residency training program. The University of South Carolina is located within the city of Columbia, which offers easy access to its beaches, the mountains, vast golf courses, and so much more. The city offers a wonderful family living environment that compliments the excellent working environment that the university provides.

All interested applicants are asked to send their curriculum vitae to:

**Janice L. Bacon, M.D., Chair and Professor
USC SOM Department of Ob/Gyn
Two Medical Park, Suite #208
Columbia, SC 29203
Fax: 803-434-4699**

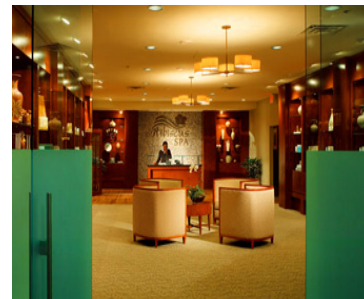
The position will remain open until filled. The University of South Carolina is an equal opportunity, affirmative action employer. Women and minorities are encouraged to apply.

MARK YOUR CALENDAR FOR THE 24TH NASPAG ACM

THE WESTIN CASUARINA

LAS VEGAS, NEVADA

APRIL 15-17, 2010



The Westin Casuarina Las Vegas is a world class hotel chain run by Starwood, focuses on appealing to all the senses through smell, touch, taste and sound. Located just off the Strip, the Westin is a refined hotel, casino and spa known for its service and refreshing modern style. The hotel is approximately three miles from McCarran International Airport.

With over 800 guestrooms, The Westin Casuarina is perfect for both business and leisure travelers alike. The guestrooms are complete with the famous Heavenly bed – an all white bedding package complete with a pillowtop mattress, down blankets, triple sheeting and hypoallergenic pillows. The bathrooms are also heavenly complete with dual showerheads and plush white bathrobes.

The Westin is home to Suede, a 24 hour restaurant offering a la carte meals and appetizers. Located in the lobby and directly off the casino, this signature restaurant is the perfect place to catch a tasty meal. For the coffee addict, The Westin is home to its very own Starbucks, serving coffee, espresso, pastries and sandwiches. Guests who are seeking a rejuvenating experience, are sure to enjoy the Hibiscus Spa. This large spa is home to dry and wet saunas, multiple treatment rooms, a full service beauty salon and a state of the art exercise center featuring a universal gym, cardio equipment and free weights.

Hope to see you at the 2010 NASPAG ACM!!!

The Newsletter Needs You!

The NASPAG Newsletter is a quarterly publication that is posted on the organization's website. Any member is welcome to submit articles for the Newsletter.

The Society is especially interested in member news including awards, speaking engagements, and courses of interest to the membership.

The Newsletter is also happy to publish fellowship and employment opportunities.

Thanks for articles submitted in the past and please think of the Newsletter as a way to communicate with colleagues.

Please submit any articles to: Judith T. Burgis (judy.burgis@uscmed.sc.edu) Thanks!

VISIT THE NASPAG WEBSITE www.NASPAG.org

Reminding all members to check the NASPAG website for:

- 2010 ACM Information
- Journal contents
- NASPAG store
- Fellowship Opportunities
- New Clinical Resources
- Online Dues Payment
- And of course, the latest edition of the NASPAG Newsletter