



**PCOSA 2004
International Conference
October 7-10, 2004
Rye Brook, New York
Hilton Rye Town**

Agenda

* Please note topics, speakers and events are subject to change

WEDNESDAY, October 6, 2004

6:00 PM - 8:00 PM **Early arrivals, hotel check-in**

THURSDAY, October 7, 2004

8:00 AM - 3:00 PM **Pre-registration desk open**

3:00 PM - 4:00 PM **Pre-conference Workshop
*Lifestyle Coaching***

4:00 PM - 5:00 PM **Pre-conference Workshop
Moving your way to a healthier life
*Kelly Bliss and Rochelle Rice***

5:00 PM - 9:00 PM **Registration desk open**

6:30 PM - 7:30 PM	Pre-Conference Workshop <i>Medical Terminology and statistics</i> <i>Mark Perloe, M.D.</i>
7:30 PM - 9:30 PM	Welcome Reception
8:30 PM -	Share Your Story <i>Krista Pohl and Michelle McDevitt</i>
8:30 PM - 10:00 PM	Spouse Breakout <i>Drs. Debra Kleiner and Spencer Ward</i>

FRIDAY, October 8, 2004

7:00 AM - 5:00 PM	Registration Desk Open
8:00 AM - 8:30 AM	Opening of 2004 Conference M.C. – Tulin Reid Introduction of co-chair Dr. Futterweit Introduction of medical chair Dr. Redmond
8:30 AM - 9:45 AM	PCOS Through the Life Cycle <i>Geoffrey Redmond, M.D.</i>
10:00AM – 11:00AM	PCOS and long term health <i>Walter Futterweit, M.D., F.A.C.P.</i>
11:00AM – 12:00 PM	Research Advances Chairman: Sam Thatcher, M.D., PhD. <i>Ricardo Azziz, M.D., M.P.H., M.B.A. and</i> <i>Rogério Lobo, M.D</i>
11:45 AM - 12:30 PM	Panel Q and A
12:30 PM - 5:00 PM	Diabetes Screenings Health Screenings Relaxation Stations
12:45 PM - 1:45 PM	Luncheon Improving Your Self Image Keynote Speaker: Sheri Wallace From Real Magazine

2:00PM – 3:30 PM

Breakout Sessions:

1. **Electrology and Laser Hair Removal**
Lori Arena, CPE
2. **Treatment of Acne and hair changes in PCOS**
Geoffrey Redmond, M.D.
3. **Managing your Medications with PCOS**
Walter Futterweit, M.D., F.A.C.P
4. **Assisted Reproductive Technology**
Mark Perloe, M.D.
5. **Menopause and PCOS**
Sam Thatcher, M.D., PhD.
6. **Nutrition and PCOS**
Gladys Strain, PhD.
7. **The Genetics of PCOS**
Corrine Welt, M.D.
8. **SOS Strategies**
Ron Feinberg, M.D. PhD. and Lesa Childers

3:30 PM - 4:00 PM

Exhibit Area Open

4:00 PM - 5:30 PM

Breakout Sessions:

1. **Electrology and Laser Hair Removal**
Lori Arena, CPE and
2. **PCOS in children, teens and young adults**
Geoffrey Redmond, M.D.
3. **Managing your Medications with PCOS**
Walter Futterweit, M.D., F.A.C.P
4. **Assisted Reproductive Technology**
Mark Perloe, M.D.

5. Menopause and PCOS
Sam Thatcher, M.D. PhD.

6. Nutrition and PCOS
Gladys Strain, PhD.

7. The Genetics of PCOS
Corrine Welt, M.D.

8. Metabolism and the Reproductive System
Ron Feinberg, M.D. PhD.

6:00 PM - Dinner on your own
Optional Excursion Tours to NYC sightseeing or
shows (At own expense)

6:30 PM - 7:30 PM Movement Class
Rochelle Rice

8:00 PM – 10:00 PM Evening Entertainment and dancing in lounge
with DJ
(At own expense)

SATURDAY, October 9, 2004

7:00 AM - 8:00 AM Stretch and Relax
Kelly Bliss

8:30 AM - 9:30 AM Getting Pregnant with PCOS
Steven Spandorfe, M.D., F.A.C.O.G.

9:30 AM - 10:30 AM PCOS and The Brain
Elizabeth Vliet, M.D.

10:30 AM - 11:00 AM Exhibit Area Open

11:00 AM - 11:45 AM Hair Loss
Spencer Kobren
(host of The Bald Truth national radio show)

12:00 PM - 1:15 PM

**Luncheon
Meet the Professors**

1:30 PM - 3:00 PM

Breakout Sessions

1. Yoga
Mona Chopra, R.C.Y.P.
2. Meditation
Geoffrey Redmond, M.D.
3. Tai Chi
Mingmei Yip, PhD
4. Improving your self Esteem
Tulin Reid
5. Lifestyle Coaching
Kelly Bliss, M.Ed.
6. The PCOS Partnership: Working with family, friends and loved ones to understand PCOS
Drs. Kleiner and Ward
7. Nutrition and low carbohydrate diets
Martha McKittrick R.D., C.D.N., C.D.E.,
8. Pcos and the Thyroid
Yaron Tomer, M.D.
9. Heart Health
Kaherine Sherif, M,D,

3:00 PM - 3:30 PM

Exhibit Area Open

3:45 PM - 5:00 PM

Breakout Sessions

1. Meditation
Geoffrey Redmond, M.D.
2. Tai Chi
Mingmei Yip, PhD

3. **Moving for a Healthier Life**
Rochelle Rice
4. **The PCOS Partnership: Working with family, friends and loved ones to understand PCOS**
Drs. Kleiner and Ward
6. **Lab test for PCOS**
Dr. Mark Perloe
7. **Nutrition and low carbohydrate diets**
Martha McKittrick, R.D. C.D.N., C.D.E.
8. **Pcos and the Thyroid**
Yaron Tomer, M.D.
9. **Heart Health**
Kaherine Sherif, M.D.

5:30 PM – 6:30 PM

Water Aerobics
Rochelle Rice

7:30 PM – ???

2nd Annual Fashion Show and Gala Dinner
This is an optional event, with separate registration

SUNDAY, October 10, 2004

7:00 AM - 8:00 AM

Fitness Session
Kelly Bliss

8:30 AM - 9:30 AM

Sexuality
Marian Dunne, PhD

9:30 AM – 10:30 AM

Menopause: Making sense of HRT
Michelle Warren, M.D.

10:30 AM – 11:00 AM

Exhibit Area Open

11:00 AM – 12:00 PM

PCOS and Depression
Gail Schoen Lemaire

12:00 PM – 12:30 PM

Panel Q and A