

Life Stages  
of PCOS

Education is a way of Life

**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  
*Medical Terminology and statistics*  
*Mark Perloe, M.D.*
- 7:30 PM - 9:30 PM                      Welcome Reception
- 8:30 PM -                                      Share Your Story  
*Krista Pohl and Michelle McDevitt*
- 8:30 PM - 10:00 PM                      Spouse Breakout  
*Drs. Debra Kleiner and Spencer Ward*

**FRIDAY, October 8, 2004**

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- 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  
*Geoffrey Redmond, M.D.*
- 10:00AM – 11:00AM                      PCOS and long term health  
*Walter Futterweit, M.D., F.A.C.P.*
- 11:00AM – 12:00 PM                      Research Advances  
Chairman: Sam Thatcher, M.D., PhD.  
*Ricardo Azziz, M.D., M.P.H., M.B.A. and*  
*Rogério Lobo, M.D*
- 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**

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- 7:00 AM - 8:00 AM Stretch and Relax  
*Kelly Bliss*
- 8:30 AM - 9:30 AM Getting Pregnant with PCOS  
*Steven Spandorfer M.D., F.A.C.O.G.*
- 9:30 AM - 10:30 AM PCOS, Hormones 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**  
*Dr. Kaherine Sherif*
- 10. Rational Hormone testing:  
How to get what you want**  
*Elizabeth Vliet, 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**  
*Dr. Kaherine Sherif*
10. **Rational Hormone testing: How to get what you want**  
*Elizabeth Vliet, 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**

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**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**

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