

## Purpose, Objectives, and Disclosures

### Women's Health in Midlife: Evaluation, Initial Management, and Indications for Referral

**Live: July 31, 2026**

**On Demand: July 31, 2026-December 31, 2027**

***This activity offers maximum educational hours of:***

**2.00** contact hours for **NURSES**

**2.00** educational hours for **OTHER Healthcare Professionals** (Certificate of Completion)

**FOR REPORTING PURPOSES: RETAIN THIS DOCUMENT AND THE AGENDA TO CONFIRM AVAILABLE HOURS**

#### IMPORTANT REQUIREMENTS FOR CONTINUING EDUCATION OPPORTUNITIES

- ✓ Participants requesting credit must be registered for the event and have verified attendance.
- ✓ Participants must attend the entire activity to receive continuing education.
- ✓ **TO RECEIVE CE HOURS OR A CERTIFICATE OF ATTENDANCE, YOU MUST COMPLETE THE EVALUATION!** Click the corresponding link in the email you will receive after the event to access the evaluation.
  - If you do not receive a link to the survey within **2 business days** of the event, check to see if it went to your SPAM or Junk folder.
  - If the evaluation email is not in your junk folder, please email [CEInfo@mphi.org](mailto:CEInfo@mphi.org) for next steps. Include your activity name and date with your request.
- ✓ Certificates are immediately generated upon the completion of the evaluation. You will be able to download the PDF certificate from the submission page and a copy will also be sent to your email.
- ✓ We do not keep an archive of past certificates, so please retain a copy for your records.

Direct any questions to: [CEInfo@mphi.org](mailto:CEInfo@mphi.org)

**PLEASE NOTE: CREDIT WILL NOT BE AWARDED UNLESS ALL CRITERIA IS MET**

#### PURPOSE:

This continuing medical education activity is designed to enhance clinician knowledge and competence in the evaluation and management of common gynecologic and sexual health concerns in midlife patients. Using a patient-centered, biopsychosocial framework, this seminar will provide evidence-based guidance on the assessment, initial management, and appropriate referral of frequently encountered conditions.

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Content areas will include the evaluation and classification of urinary incontinence, with emphasis on distinguishing subtypes and identifying indications for referral. Participants will review foundational principles of sexual health, incorporating biologic, psychological, and social contributors to sexual function and dysfunction.

The activity will address the menopause transition, including symptom recognition and management strategies, with discussion of both hormonal and non-hormonal treatment options. Evidence-based approaches to abnormal uterine bleeding in perimenopausal patients and postmenopausal bleeding will be reviewed, including initial diagnostic evaluation, risk stratification, and criteria for specialty referral.

Additionally, the seminar will cover vulvar conditions commonly diagnosed in patients aged 45–60, including benign dermatoses and other prevalent disorders. Participants will learn key components of the vulvar examination, initial treatment strategies, and indications for referral to subspecialty care.

### LEARNING OUTCOME:

Attendees will describe increased confidence while discussing clinical features of the menopause transition and appropriate management strategies, including non-hormonal therapies

### LEARNING OBJECTIVES:

- Apply evidence-based approaches to the evaluation of urinary incontinence, including differentiation of common subtypes and identification of red flag symptoms requiring referral
- Integrate the biopsychosocial model into the assessment and management of sexual health concerns
- Describe the clinical features of the menopause transition and implement appropriate management strategies, including non-hormonal therapies
- Determine with initial evaluation and risk stratification abnormal uterine bleeding and postmenopausal bleeding
- Identify common vulvar conditions in midlife patients and initiate first-line management
- Recognize clinical scenarios that warrant referral to gynecology, urogynecology, or vulvar specialty care

### DISCLOSURES:

All presenters and planning committee members have completed a Financial Disclosures document that includes an explanation of Relevant Financial Relationships.

Kathryn Welch, MD, is an author with UpToDate.

### AVAILABLE CONTINUING EDUCATION:

#### **Nursing Contact Hours Designation**

A total of **2.00** Nursing contact hours have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions.

*Michigan Public Health Institute-Continuing Education Solutions (MPHI-CES) is approved as a provider of nursing continuing professional development by the Louisiana State Nurses Association - Approver, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

The content complies with the standards for continuing education approval. The information presented reflects the views of the presenters and not those of MPHI. All participants have been provided with a copy of the event purpose statement, event goals, event objectives, session descriptions, session goals, session objectives, and disclosure statements prior to the start of this event.

*Awarded: 05/13/2026*

*Award Expires: 12/31/2027*