The 3\textsuperscript{rd} Annual Symposium on Men's Health

Wednesday, June 15, 2005
Massachusetts Medical Society Headquarters
at Waltham Woods, Waltham, MA

Co-sponsored by the Massachusetts Medical Society and Boston University School of Medicine
The 3rd Annual Symposium on Men's Health

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AUDIENCE
This program is intended for primary care physicians, family practice doctors, psychiatrists, psychologists, social workers, nurses, and other health professionals whose practices include aspects of men’s health.

DESCRIPTION
This annual symposium is designed to assist physicians and other health care professionals in improving longevity and quality of life for their male patients, young and old. This year’s program will raise the consciousness of primary care physicians, family practice doctors, mental health professionals, and others of the need to advocate for improvements in diagnoses and treatment and maintenance plans for male patients. Current research will be explored to determine the impact of strong communication with male patients, as well as behavioral, occupational, and lifestyle issues. In addition, the program will explore men’s health and wellness from a European perspective.

OBJECTIVES
The overall goal of the 3rd Annual Symposium on Men’s Health is to provide physicians and other health care professionals with tangible approaches to healthy living for their male patients. Specifically, participants will be able to do the following:

- Describe metabolic syndrome and motivate men to change their lifestyles
- Cite the latest research on sexual dysfunction
- Understand men’s health and wellness from a European perspective
- Identify issues in occupational medicine specific to men
- Recognize the symptoms and treatment of substance abuse in the male population
- Explain the causes of and define various treatments for male depression

The Massachusetts Medical Society wishes to acknowledge Solvay Pharmaceuticals for its generous contribution to help fund this program.
SCHEDULE

7:30 AM  REGISTRATION AND CONTINENTAL BREAKFAST

8:00 AM  Opening Remarks
  Alan M. Harvey, MD, MBA
  President-Elect, Massachusetts Medical Society

8:05 AM  Welcoming Remarks
  Aram V. Chobanian, MD
  President ad Interim, Boston University

8:10 AM  Introductions
  David Dodson, MD
  Vice Chair, MMS Committee on Men's Health

8:15 AM  Metabolic Syndrome in Men: Motivating Men to Change Their Lifestyles
  William P. Castelli, MD
  Director, Framingham Cardiovascular Institute

8:55 AM  BREAK

9:05 AM  Treating Erectile Dysfunction
  Ricardo Munarriz, MD
  Assistant Professor of Urology, Center for Sexual Medicine, Boston University School of Medicine

10:10 AM  Steroids, Sex, and Muscles: An Update on Fantasy, Fears, and Reality
  Richard Spark, MD, FACE
  Associate Clinical Professor of Medicine, Harvard Medical School

11:00 AM  Speaking With Men: A Behavioral Checklist for Physicians
  Richard Sadowsky, MD
  Associate Professor of Family Practice, Brooklyn College of Medicine

11:50 AM  LUNCH

12:10 PM  LUNCHEON PRESENTATION
  European Perspective on Men's Health and Wellness
  Siegfried Mryn, MD
  Professor of Medicine and Chair, Core Unit for Medical Education and Health Communication, Medical University of Vienna

1:00 PM  Occupational Medicine and Men
  Edwin "Ned" Holstein, MD
  Clinical Assistant Professor, Department of Community and Preventive Medicine, Mount Sinai School of Medicine

1:50 PM  Substance Abuse in Men
  John Fromson, MD
  Assistant Clinical Professor of Psychiatry, Harvard Medical School; Vice President for Medical Affairs, MMS

2:40 PM  Understanding and Treating Depression in Men
  Arnold Robbins, MD
  Chair, MMS Committee on Men's Health; Associate Clinical Professor of Psychiatry at Tufts-New England Medical Center and Boston University School of Medicine

3:30 PM  Q & A

4:00 PM  PROGRAM ADJOURNMENT

Here's what your colleagues had to say about the 2nd Annual Men's Health Symposium:

"Variation of topics that were well presented in every case"

"Great program — all relevant topics. Thank you! Please keep up the great work with another program in '05."

"Well-informed speakers"..."Really excellent"..."Good and diverse speakers"

www.massmed.org  800.843.6356
ARAM V. CHOBANIAN, MD, founded and was director of the University's Cardiovascular Institute prior to becoming the dean of the School of Medicine in 1988. He has published more than 250 basic and clinical research articles on cardiovascular diseases, with a particular emphasis on hypertension and vascular biology. He has served on editorial boards for several publications, including the New England Journal of Medicine, and has chaired the NIH Task Force on Hypertension Research of the American Heart Association's Council on High Blood Pressure Research and the Food and Drug Administration's Cardiovascular and Renal Advisory Committee. Dr. Chobanian is currently a member of the Board of External Advisers of the National Heart, Lung, and Blood Institute. In 2003, Dr. Chobanian was appointed president ad interim by the trustees of Boston University.

WILLIAM P. CASTELLI, MD, is currently the medical director of the Framingham Cardiovascular Institute in Massachusetts and serves as adjunct associate professor of medicine for Boston University School of Medicine. In 1970, the Offspring-Spouse Study was organized, and in 1979, Dr. Castelli became the third director of the Framingham Heart Study, which now includes four generations of Framingham residents. Dr. Castelli has taught epidemiology and prevention of atherosclerotic disease for over 20 years at Harvard Medical School, Boston University School of Medicine, and the University of Massachusetts Medical School. Dr. Castelli is a member of professional societies both in the United States and Europe, and has been awarded several prestigious awards throughout his career.

DAVID C. DODSON, MD, (moderator) is an assistant clinical professor of medicine at Tufts University School of Medicine and is a primary care internist at Newton-Wellesley Hospital. He is board certified in internal medicine. A graduate of the University of Ottawa Medical School, Dr. Dodson did his residency and fellowship in the Boston area at Brigham and Women's Hospital and Carney Hospital. He is the vice chair of the MMS Committee on Men's Health and is currently the president of the Charles River District Medical Society.

JOHN A. FROMSON, MD, is vice president for medical affairs at the MMS. He is also an assistant clinical professor of psychiatry at Harvard Medical School. Dr. Fromson currently chairs the American Psychiatric Association's Committee on Physician Health, Illness, and Impairment, and he is co-chair of the American Academy of Addiction Psychiatry's Committee on Physician Health.

ALAN M. HARVEY, MD, MBA, is president-elect of the Massachusetts Medical Society. He is the Director of Quality Assurance and Quality Improvement, Department of Anesthesiology, Perioperative and Pain Medicine, Brigham and Women's Hospital/Harvard Medical School. He is a board certified anesthesiologist as well as a diplomate of the American Board of Pain Medicine and the American Board of Medical Management. Dr. Harvey has been active in the areas of quality and standards of care, patient safety, health care policy, health care finance and physician payment policy. He is the chair of the first statewide taskforce on Weight Loss Surgery of the Betsy Lehman Center for Patient Safety and Medical Error Reduction.

EDWIN (NED) C. HOLSTEIN, MD, is a clinical assistant professor in the Department of Community and Preventive Medicine at Mount Sinai School of Medicine. He is the president of Fathers and Families, a Massachusetts-based nonprofit organization that advocates for equal rights and responsibilities for divorced or never-married fathers and mothers. Dr. Holstein is also the president of Environmental Health Associates, PA., a Boston occupational and environmental health firm.
SIEGFRIED MERYN, MD, is the professor of medicine and chair of the Core Unit for Medical Education and Health Communication at the Medical University of Vienna. Over the course of his career, Siegfried has received innumerable honors from peers and medical societies. He is president of the International Society for Men's Health and Gender, vice-president of the European Men's Health Forum, general secretary of the 4th World Congress on Men's Health and Gender 2005, chairs the Austrian Chapter of the European Society for Sexual Medicine, and is editor-in-chief of the Journal for Men's Health and Gender. Among his many awards are the Friedrich Wewalka Prize, the Max Kade Foundation Award and Grant, the Kuner Scholarship, and others. Dr. Meryn is the author of 10 books, and his extensive research has led to over 150 publications, more than 100 of which are peer-reviewed, in national and international journals. Currently Dr. Meryn also holds the title of scientific president of update for the Vienna International Society for Medical Education, and he is chair of both the Memory Clinic and the Osteology-Osteoporosis Clinic in Vienna.

RICHARD SPARK, MD, received his undergraduate training at Yale and his medical degree from Case Western Reserve University School of Medicine where he was elected to the honor society Alpha Omega Alpha. After a stint as a medical intern in Boston, he was appointed post surgeon at Edgewood Arsenal in Maryland, where he served with distinction for two years, then returned to Boston for further training in medicine and subspecialty training in endocrinology. His research papers have been published in many major medical journals, including the New England Journal of Medicine, JAMA, the Annals of Internal Medicine, the Archives of Internal Medicine, and the Journal of Clinical Endocrinology and Metabolism. His article “Impotence is Not Always Psychogenic” changed forever the way doctors diagnose and treat men with sexual problems. Dr. Spark is often invited to speak at both major medical meetings and public forums on a wide range of health-related issues.

THE MMS CONFERENCE CENTER AT WALTHAM WOODS

The Conference Center at Waltham Woods is conveniently located just minutes from downtown Boston. The Center is ancillary to the award-winning headquarters of the Massachusetts Medical Society and offers an excellent environment for learning and training.

www.massmed.org 800.843.6356
**DIRECTIONS**

**MMS Headquarters at Waltham Woods**

**860 Winter Street, Waltham, MA**

**FROM BOSTON:** West on Mass. Pike/I-90 to Exit 15. Keep right beyond tollbooth. Take Rte. 128/I-95 North to Exit 27B (Wyman Street/Winter Street). Turn right at lights (Wyman Street) and continue right onto Winter Street. Stay in right lane on Winter Street to cross back over Rte. 128/I-95. (See "ALL" below.)

**FROM THE NORTH:** South on Rte. 128/I-95 to Exit 27B (Winter Street). (See "ALL" below.)

**FROM THE SOUTH:** North on Rte. 128/I-95 to Exit 27B (Wyman Street/Winter Street). Turn right at lights (Wyman Street) and continue right onto Winter Street. Stay in right lane on Winter Street to cross back over Rte. 128/I-95. (See "ALL" below.)

**FROM THE WEST:** East on Mass. Pike/I-90 to Exit 14. Keep left beyond tollbooth. Take Rte. 128/I-95 North to Exit 27B (Wyman Street/Winter Street). Turn right at lights (Wyman Street) and continue right onto Winter Street. Stay in right lane on Winter Street to cross back over Rte. 128/I-95. (See "ALL" below.)

**ALL:** Stay in far right lane through two sets of lights. Travel around the reservoir for approximately 0.5 mile. Turn left at granite sign for HealthPoint and Waltham Woods Corporate Center. Follow green signs to Waltham Woods Corporate Center to next granite sign for Waltham Woods (860–890 Winter Street). After sign, turn left into the Massachusetts Medical Society.

Due to high traffic volume and weather elements, please allow an extra 30 minutes for travel time. PARKING IS FREE.

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**ACCREDITATION**

**CME Credit/Accreditation**
The Massachusetts Medical Society designates this educational activity for a maximum of 8 category 1 credits toward the AMA Physician’s Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

*This program meets the criteria of the Massachusetts Board of Registration in Medicine for 4 hours of risk management study.*

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the sponsorship of the Massachusetts Medical Society and Boston University School of Medicine.

The Massachusetts Medical Society is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**CEU Credit**

Attendance at this program meets the Board of Registration in Nursing’s requirements for continuing education in Massachusetts pursuant to 244 CMR 5.00, Rules and Regulations.

**No Smoking Policy**

Consistent with the Massachusetts Medical Society’s commitment to wellness and the overall mission of the Society, smoking is expressly prohibited at an MMS-sponsored event.

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**NONMEMBERS—SAVE $200 ON REGISTRATION COSTS**

Join the Massachusetts Medical Society and attend this program at half price the nonmember cost of $400.

MMS membership is only $100 for the first year and includes a wide range of member benefits including discounts on programs such as The Annual Symposium on Men’s Health. District medical society dues, which vary according to where you work or live, are additional and required by MMS bylaws. For a listing of district medical society dues by city and town, please visit www.massmed.org/pages/dist_towns.asp.

You can join online at massmed.org/membership/apply.asp or send payment with the attached registration form.
REGISTRATION INFORMATION
Preregistration is required and space is limited. Registrations will be accepted on a first-come, first-served basis. To register, complete the registration form and mail it to Massachusetts Medical Society, P.O. Box 9155, Waltham, MA 02454-9155. Or register by calling (800) 843-6356 or faxing (781) 893-0413.

Confirmed registrants will receive notification and directions by mail. Cancellations must be received in writing at the MMS headquarters seven days prior to the program. The program sponsors reserve the right to cancel this program with full refunds to paid registrants.

In case of inclement weather, please call the MMS at (800) 322-2303, ext. 7306, or MMS security at ext. 7427 for program confirmation. We also recommend that registrants log on to the MMS website, www.massmed.org, for any schedule changes and/or program status prior to departing for the program.

Need Special Assistance?
If any participant of this program is in need of special assistance, please do not hesitate to call (800) 322-2303, ext. 7306, in advance of the program. We will do our best to make arrangements for you.

REGISTRATION

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Please check: [ ] MMS MEMBER  MEMBERSHIP NUMBER: __________________________
[ ] NONMEMBER

FIRST NAME: __________________________ M.I.: _____ LAST NAME: __________________________  [ ] MD  [ ] OTHER

E-MAIL: ______________________________________________________________

TITLE: ______________________________________________________________

ORGANIZATION: ______________________________________________________

ADDRESS: __________________________________________________________

________________________________________________________________________

CITY: __________________________ STATE: __________________________ ZIP CODE: __________________________

PHONE: __________________________ FAX: __________________________

REGISTRATION FEE

MMS MEMBER  NONMEMBER

PHYSICIAN  $200  $400

RESIDENT/STUDENT/MMSA  FREE  $100

OTHER  N/A  $160

[ ] Please sign me up for MMS membership and register me for The Annual Symposium on Men's Health so I'll save $200 on registration costs. My payment of $300 is enclosed ($200 registration fee and $100 member fee). I understand that I will be invoiced for applicable district dues.

[ ] Enclosed is my check payable to the Massachusetts Medical Society for $ __________________________.

[ ] Please bill my credit card for $ __________________________.

[ ] AMEX  [ ] VISA  [ ] MASTERCARD  [ ] DISCOVER

CARD NUMBER: ________________________________________________________

EXPIRATION DATE: ____________________________________________________

CARDHOLDER’S SIGNATURE: ____________________________________________
The 3rd Annual Symposium on Men's Health

A Risk Management Program

Continuing Education