CONTINUING EDUCATION CREDIT

Physicians: “The Philadelphia College of Osteopathic Medicine has been approved through the AOA Council on Continuing Medical Education for eight and a half AOA Category 1-A CME credits.”

Sign-in and full day attendance of program is required for credit. All faculty participating in continuing medical education programs sponsored by PCOM are expected to disclose to the program audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACME) through the joint providership of the Pennsylvania Medical Society and the Philadelphia College of Osteopathic Medicine. The Pennsylvania Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Pennsylvania Medical Society designates this live activity for a maximum of 8.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ACCOMMODATIONS

Radisson Hotel Valley Forge, located adjacent to Valley Forge Casino Resort in King of Prussia, PA. Direct: (610) 354-8118

PARKING

Free Self Parking or Valet $10.00.

FEE POLICIES

Physicians, DMD $250.00
Physician Assistants, Psychologists, Therapists $150.00
Nurses, Nurse Practitioners, Social Workers and all other Health Care Professionals $100.00
PCOM Fellows, Residents and Students $25.00.
All other Fellows, Residents & Students $50.00.

Registration fees for Saturday and Sunday programs are not refundable, nor can they be credited to future programs.
DESCRIPTION:
Transgender patients have historically been a stigmatized and underserved population of patients. The purpose of this one-day Continuing Medical Education (CME) symposium is to educate primary care providers about the medical and psychological needs of transgendered patients. The symposium will consist of lectures and interactive sessions to familiarize participants to what they need to know to care for and follow transgender patients. At the end of the day, participants will be better informed and more prepared to provide “primary care” to this often underserved population. Included in the definition of “primary care” will be the knowledge to allow the participant to take an active role in prescribing and following hormonal therapy for these patients as well as awareness of which preventative health measures need to be provided for these patients. Furthermore, surgical options for both MTF and FTM patients will be thoroughly discussed. The participant will also become familiar with resources available for the care of the transgender patients.

OBJECTIVES:
Upon completion of this program, participants should be able to:

• Discuss established protocols and guidelines in treating transgender patients.
• Recognize the need for and establish realistic primary care treatment plans for transgender patients.
• Recognize the need for and implement a methodology for a one-stage procedure.
• Recognize the need for and implement a methodology that will establish a continuity of care and follow-up. The lack of continuity of care is a particularly keen problem with this group of patients.
• Recognize the unique challenges presented to the medical community by Male to Female (MTF) and Female to Male (FTM) transgender patients, as well as by gender fluid individuals. Participants will learn the meaning of “affirmed gender.”
• Recognize the incredibly diverse nature of the transgender spectrum. Participants will be introduced to the new status of “GenderQueer.”
• Describe the surgical options available for transgender patients and what surgery can achieve and what it cannot achieve.
• Recognize the emotional impact of “transitioning,” as it applies to both patients and colleagues.
• Advocate for the need to include Transgender Medicine in Medical School Curriculum.
SCHEDULE

7:45 a.m.  Registration & Continental Breakfast

8:30 a.m.  Welcome and Introduction
            Jay S. Feldstein, DO ’81, President & CEO
            Philadelphia College of Osteopathic Medicine

8:45 a.m.  Access to Medical Care for Transgender Individuals in Pennsylvania
            Rachel Levine, MD, Professor of Pediatrics and Psychiatry, Penn State Milton S. Hershey
            Center, Pennsylvania Physician General

9:15 a.m.  Continuity of Care for Transgender Patients: A Personal Narrative
            Anne Koch, DMD, Founder and past Director of the Postdoctoral Program
            in Endodontics, Harvard School of Dental Medicine

9:45 a.m.  Delivery of Ethical and Competent Counseling Services for Transgender Clients
            Maureen Osborne, PhD, licensed Clinical Psychologist with over 30 Years’ experience
            as a therapist, specializing in gender identity issues for 23 years.

10:15 a.m. Break

10:30 a.m. Multidisciplinary Team Approach for Transgender and Gender
            Non-Conforming Individuals
            Timothy Cavanaugh, MD, Medical Director of Fenway Health’s Transgender Health
            Program; Clinical Assistant Professor of Family Medicine, Alpert Medical School of
            Brown University

            John H. Turco, MD, Dartmouth-Hitchcock Medical Center, Specializing in Endocrinology
            & Metabolism; Professor of Medicine, Geisel School of Medicine, Dartmouth College

11:15 a.m. Puberty-Blocking Hormonal Therapy for Adolescents
            Norman P. Spack, MD, Associate Physician in Medicine, Assistant Professor, Harvard
            Medical School; Pediatric Endocrinologist at Boston’s Children Hospital
12:00 p.m.  **Box – Lunch (Evans Hall Lobby)**
*Note:* Take lunch and return to Ginsburg Amphitheater and the Zedeck Family Amphitheater

12:30 p.m.  **Lunch and Lecture**

**Differences between FtM and MtF Surgical Options**
Kathy L. Rumer, DO ’00, Aesthetic and Reconstructive Plastic Surgeon, Fellow of the American College of Osteopathic Surgeons; Site Director for the Philadelphia College of Osteopathic Medicine Plastic and Reconstructive Surgery Fellowship

1:30 p.m.  **MtF Surgical Options and Gender Wellness**
Christine McGinn, DO ’95, Plastic and Reconstructive Surgeon, CEO and Founder of Papillion Gender Wellness Center; a Comprehensive Transgender Clinic

**Case Study with Maureen Osborne, PhD**

3:00 p.m.  **Coffee/Tea Break**

3:15 p.m.  **Techniques of Facial Feminization Surgery**
Jeffrey Spiegel, MD, Facial Plastic Surgeon, Chief of the Division of Facial Plastic and Reconstructive Surgery at Boston University Medical Center

4:00 p.m.  **FtM Surgical Options: Natural and Aesthetic Results with One-Stage Procedure**
Sherman Leis, DO ’67, Plastic and Reconstructive Surgeon, Professor & Chair – Division of Plastic and Reconstructive Surgery, Philadelphia College of Osteopathic Medicine; Director, Philadelphia Center for Transgender Surgery

5:00 p.m.  **Panel Discussion/ Q & A – The Role of Primary Care**
A.C. Demidont, DO ’00, Adult & Adolescent Infectious Diseases and HIV Medicine; World Health Clinicians – Circle CARE Center

Monique A. Gary, DO ’09, M.Sc., Breast Surgical Oncologist, Director of Breast/Ovarian Cancer Risk Assessment Program, Grand View Health, Sellersville, PA; Clinical Instructor of Surgery, University of New England College of Osteopathic Medicine

Joan Grzybowski, DO ’87, Assistant Professor, Department of Family Medicine, Philadelphia College of Osteopathic Medicine – Roxborough Healthcare Center

**Moderator:** Robert Winn, MD, Medical Director, Mazzoni Center, Philadelphia, PA

6:00 p.m.  **Closing Remarks**
Dr. Norman Spack is a pediatric endocrinologist at Boston's Children Hospital and the co-founder of the hospital's Gender Management Service clinic. Created in 2007, the clinic remains one of the few in the world that treats minors with hormone replacement therapy.

Spack began working with college-aged transgender patients professionally in 1985, but found that once patients had reached adulthood, it was extremely difficult to treat their sexually mature bodies using hormone therapy. When parents of transgender children began seeking him out through online support groups, Spack started to think about possible treatments for patients in their youth, before puberty has permanently changed their bodies. Since then Spack has spoken widely on pediatric hormone therapy and has campaigned for law reform in several states to protect transgender people against hate crimes and discrimination.
Dr. McGinn is a Plastic Surgeon whose formal training was tailored specifically to transgender surgery in addition to all aspects of both General and Plastic Surgery. Since her own transition in 2000, she has been an activist and speaker on gender variant issues. She is the founder of Papillon Gender Wellness Center, a comprehensive gender support center that includes a variety of professional services in addition to Plastic Surgery.

The focus of Dr. McGinn's practice is not only providing plastic and reconstructive surgery services, but also to promote the importance of a holistic approach to the care of gender variant individuals to include preventive medicine, research, community outreach, primary care and therapeutic support systems. Of special interest to Dr. McGinn are long-term outcomes to gender confirmation surgery and contra-hormone therapy as they relate to improved quality of life and sexual health for gender variant individuals.

Dr. McGinn is on staff at two hospitals in the Philadelphia area. She is often called upon by universities and medical schools to help train students and faculty about transgender medicine. She currently serves on the National Advisory Council in Sexual Health to former Surgeon General David Satcher, MD; in this role she helps foster understanding of gender variance by promoting the inclusion of gender studies into the realm of education and research. She has a history of working to dispel the negative perceptions of transgenderism by being very open about her personal experiences including her service as Flight Surgeon for two NASA shuttle missions while serving in the US Navy from 1991-2000.
Dr. Sherman Leis Surgeon, Professor, Lecturer and Founder of Philadelphia’s Center for Plastic and Reconstructive Surgery

Surgeon, professor, speaker . . . Dr. Sherman Leis is Board Certified in General Surgery and Plastic and Reconstructive Surgery by the American Osteopathic Board of Surgery.

Early in his career, after completing general surgery training as Chief Resident in Surgery at Philadelphia’s Albert Einstein Medical Center in 1972, Dr. Leis was awarded a prestigious fellowship in plastic surgery with world renowned surgeons in Sweden and France. He completed Fellowships in Plastic and Reconstructive Surgery at University of Lund Hospital in Malmo, Sweden, at Hospital St. Louis in Paris, France and at Clinique Belvedere and Hospital Foch in Neuilly, France.

He returned to the United States and has practiced plastic surgery in the Philadelphia area since 1974. Soon after his return, he founded The Center for Plastic and Reconstructive Surgery, the first private out-patient cosmetic surgery center in the region. This unique facility is a former residence converted into elegant offices and consultation areas, state-of-the-art operating suites, and comfortable, furnished apartments for patients staying overnight.
Dr. Jeffrey Spiegel

is a world renowned facial plastic surgeon specializing in advanced facial plastic surgery. Headquartered in Boston, Dr. Spiegel sees patients from around the world who come for the most safe, effective, and beautiful facial plastic surgery available anywhere.

Dr. Jeffrey Spiegel, Chief of the Division of Facial Plastic and Reconstructive Surgery at Boston University Medical Center, offers a full spectrum of cosmetic and reconstructive treatments including facelift, eyelift, nose surgery, facial surgery, and more.

Dr. Spiegel is double board certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology – Head and Neck Surgery. He is the director of an academy accredited facial plastic surgery fellowship and professor at Boston University School of Medicine.
Dr. Maureen Osborne is a licensed psychologist who specializes in gender identity issues. She has over 25 years of experience as a therapist and has specialized in gender identity issues for the last 15 years.

Dr. Osborne earned her doctorate degree in Clinical Psychology at the University of Missouri-St. Louis in 1984.

She is a member of the American Psychological Association (APA), the Philadelphia Society of Clinical Psychologists, the World Professional Association for Transgender Health (WPATH), and Division 44 of the APA, which is a subcommittee that deals with LGBT issues.

Dr. Osborne has a theoretical training approach in contextual family therapy. This background led her to develop an interest in relational ethics and justice dynamics, which she further applies to her background in transgender issues.

As an internationally known speaker at various gender conferences, Dr. Maureen Osborne appeared in the MSNBC documentary “A Change of Gender”.
Dr. Rachel Levine, a resident of Middletown, Pennsylvania, is currently a professor of Pediatrics and Psychiatry at the Penn State Milton S. Hershey Medical Center, where she also serves as chief of the Division of Adolescent Medicine and Eating Disorders, a program she created on her own. She has also worked actively with the school’s Office of Diversity, mentoring LGBT students, faculty and staff, and she sits on the board of Equality PA.

In her role as physician general, Levine will advise the governor and secretary of the Department of Health on medical and public health-related issues. In a press release sent out this weekend, Wolf explains why he chose her for this position:
Timothy Cavanaugh, MD, has been named Medical Director of Fenway Health’s Transgender Health Program. In his new role, Dr. Cavanaugh will work closely with Ruben Hopwood, Coordinator of the Transgender Health Team, to oversee Fenway’s multidisciplinary team approach to providing excellent care to patients with gender dysphoria. This includes providing clinical leadership and training to physicians, midlevel providers, and nurses around transgender health issues; overseeing efforts to outreach to trans communities in New England; and implementing quality improvement processes that continuously enhance the transgender patient experience at Fenway Health. Dr. Cavanaugh will also work full time in the Medical Department as a Primary Care Physician at the Ansin Building located in the Fenway neighborhood.

Dr. Cavanaugh comes to Fenway with more than eight years experience working with transgender patients, first at Comprehensive Community Action Program in Providence, RI and then in private practice. He is board certified in Family Medicine, having completed his residency training at the University of Virginia Health System. Prior to this, Dr. Cavanaugh obtained a Bachelor of Science degree in Psychology at Princeton University, and his medical degree at Dartmouth Medical School.
Anne L. Koch, D.M. D.

Dr. Anne Koch received both her DMD and Certificate in Endodontics from the University of Pennsylvania. She is also the founder and past Director of the Postdoctoral Program in Endodontics at the Harvard School of Dental Medicine.

Following her clinical and academic career, Annie formed her own successful technology and development company, of which she was CEO and President. Following her retirement, Annie has dedicated her energies to two critical issues, “Aging in the Transgender Medicine.” Accordingly, she has started to put the pieces together, by generating seminars with both providers and staff at various medical centers. Additionally, Annie is very interested in the concept of rejuvenation and how it relates to aging in all individuals.

The author or more than one hundred and fifty articles in her prior specialty field, Dr. Koch has presented more than one thousand lectures worldwide. Dr. Koch is an active member of both the GLMA and WPATH.
Dr. Kathy L. Rumer is one of the few female board certified plastic and reconstructive surgeons in the Philadelphia tri-state area. She also a Fellow of the American College of Osteopathic Surgeons and a Site Director for the Philadelphia College of Osteopathic Medicine (PCOM) Plastic and Reconstructive Surgery Fellowship.

Dr. Rumer brings a unique background to her practice, combining advanced mathematics, engineering, art, and science to provide her patients with the best possible experience in their cosmetic endeavors. She received her Bachelor’s degree from Ursinus College, with a major in Applied Mathematics. She also acquired a formal education in Fine Arts and engineering. Following college, Rumer was an Aerospace engineer and a member of various NASA satellite launch teams. Seeking more of a personal challenge, Rumer decided to explore medicine in order to give her the satisfaction she sought in a career. After completing her plastic and reconstructive surgical training at PCOM, she decided to open her own practice, which now encompasses full state-of-the-art facilities in the Philadelphia Main Line community of Ardmore, PA.

Dr. Rumer performs a full range of aesthetic procedures for the face, body, breast, and hair restoration, both invasive and non-invasive. Utilizing the latest in breakthrough technologies and protocols, Rumer truly offers the very best procedures available.

Dr. Rumer is also a highly experienced, and nationally-recognized, transgender surgical specialist. She offers all types of gender confirming surgical procedures for both the male-to-female (MTF) and the female-to-male (FTM) communities. She has successfully performed numerous face, breast, chest, body contouring and gender reassignment (GRS) surgeries and is a member of WPATH (World Professional Association for Transgender Health).

Dr. Rumer has received both regional and national recognition for her contributions in the field of Plastic and Reconstructive Surgery. Most recently, she has been continuously named “Top Doc” since 2008 by Main Line Today magazine, and “Top Doc” by Philadelphia Magazine, as voted by her peers.
Robert Winn, MD  
Medical Director  
Mazzoni Center, Philadelphia, PA

Education:

BS, Neuroscience, Furman University 1991  
MS, Psychology, Villanova University 1993  
MD, Hahnemann University School of Medicine 1998  
Postgraduate Training and Fellowship Appointments: 
Family Medicine Residency, University of Pennsylvania 2001  
Family Medicine Research Fellowship, Thomas Jefferson University 2003  
MSPH, Thomas Jefferson University (candidate)  
HIV Specialist certification by American Academy of HIV Medicine 2005  
Hospital Appointment: Thomas Jefferson University Hospital, Philadelphia, PA  
Faculty Appointment: Department of Family and Community Medicine, Jefferson Medical College, Philadelphia, PA

Biography:
Dr. Robert Winn is medical director at the Community Health Center at Mazzoni Center, Philadelphia’s ONLY health center focused on the needs of the region’s lesbian, gay, bisexual, transgender communities. He is currently a Soros Foundation Physician Advocacy Fellow, and is working on a project entitled “Eliminating Health Disparities for LGBT Youth in Philadelphia.” He is also a member of the faculty at Jefferson Medical College, in the Department of Family and Community Medicine. His special interest in the health disparities of LGBT communities is manifest in his lectures and seminars to the medical and lay communities, his research endeavors at Jefferson and his development of clinical programming at Mazzoni Center.
A.C. Demidont, DO
Adult & Adolescent Infectious Diseases and HIV Medicine
LGBTQ and Transgender Healthcare
World Health Clinicians – Circle CARE Center
Norwalk, CT

Dr. A.C. Demidont is an infectious disease specialist in Norwalk, Connecticut and is affiliated with St. Luke's-Roosevelt Hospital Center. He received his medical degree from Philadelphia College of Osteopathic Medicine and has been in practice for 15 years. Dr. Demidont accepts several types of health insurance, listed below. He is one of 17 doctors at St. Luke's-Roosevelt Hospital Center who specialize in Infectious Disease. He also speaks multiple languages, including Spanish and German.
**Dr. Monique Gary** is a fellowship-trained Breast Surgical Oncologist at Grand View Health in Sellersville, PA. She is director of the GVH Breast/Ovarian Cancer Risk Assessment Program, and serves as clinical faculty for both PCOM and the University Of New England College Of Osteopathic Medicine. A native of Philadelphia, PA, she has over 15 years of grassroots community involvement in promoting health awareness and screenings for preventable diseases. Dr. Gary completed undergraduate studies at Florida A&M University and began as a researcher and community outreach liaison with the Fox Chase Cancer Center, where she helped establish the free mobile mammography and breast screening program and was a two-time recipient of the AACR Minority Scholar Award in Cancer Research. Dr. Gary obtained a Master’s degree in molecular biology in 2005, followed by the Doctorate in Osteopathic Medicine in 2009 from the Philadelphia College of Osteopathic Medicine. Upon completion of general surgery training at University of Massachusetts/Berkshire Medical Center, she completed fellowship training in breast surgical oncology at Medstar Washington Hospital and Georgetown University Hospital, where she helped to increase cultural competence and provider involvement in LGBT healthcare, particularly relating to breast surgery and cancer prevention in the DC Metro area.

In addition to her specialty surgical practice of benign and malignant breast disease, Dr. Gary is as an editor for BAOJ Surgery and the Medical Science Educator, and is the author of several peer-reviewed publications in cancer progression, surgical outcomes and disparities research. She is passionate about using her expertise to develop programs to address healthcare inequality for disparate populations including the LGBT community, ethnic, racial and religious minority groups in and around the greater Philadelphia area.
John H. Turco, MD
Dartmouth-Hitchcock Medical Center
Endocrinology & Metabolism

Professor of Medicine, Geisel School of Medicine, Dartmouth College

Joined Dartmouth-Hitchcock Medical Center in 1979

Areas of Focus:
Adrenal Disorders
Osteoporosis
Pituitary Disorders
Thyroid Aspiration
Thyroid Disorders
Transgender Hormonal Therapy

Education:
Medical School: MD, Columbia University College of Physicians and Surgeons, New York, NY, 1974
Residency: Internal Medicine, Dartmouth-Hitchcock Medical Center, Lebanon, NH, 1974-1977
Fellowship: Endocrinology, Dartmouth-Hitchcock Medical Center, Lebanon, NH, 1977-1979
Board Certification: Endocrinology & Metabolism
Internal Medicine, 1977

Specialties:
Cancer / Oncology
Endocrine Tumors Program
Endocrinology
Endocrinology – Cancer
Joan Grzybowsk, DO ‘87

Assistant Professor in Philadelphia College of Osteopathic Medicine (PCOM Department of Family Medicine.

Joined PCOM-Roxborough Healthcare Center in 2006

Areas of Focus:

LGBT Health
Women’s Health
Underserved Populations
Integrative Medicine
Spirituality in Medicine
Preventive Medicine
Family Medicine (Rural and Underserved Areas)

Education:


Specialties:

Family Medicine
Preventive Medicine