

**Program Type:** Fellowship in Women's Heart Disease and Health

**Date Established:** 2002

**Number of Positions:** 1 per year

**Duration of Program:** 1 year

**Sponsored by:** Women's Heart Center, Cedars-Sinai Medical Center

**Contact:**

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**Eligibility Requirement(s):**

Completion of a residency in internal medicine, OB-GYN, or family medicine.

**Required Activities**

1. Under the direction of Dr. Bairey Merz, the Fellow will work with Dr. Bairey Merz in her pioneering research in the prevention and diagnosis of heart disease in women. Specifically, the Fellow will participate and facilitate the clinical aspects of the ongoing research directed at improved understanding of the gender differences in heart disease, in order to translate these research findings into improved heart disease care for women.

**Optional Activities**

2. Didactic and Clinical Core Women's Health Curriculum – Six (Core Rotations in – 1. Bone Health -Endocrinology, 2. Reproductive Health-Office Ob/Gyn, 3. Mental Health-Depression/Anxiety/Eating D/O Clinic, 4. Preventive Health, 5. Breast Health-Radiology, 6. Elective, e.g. but not limited to Rheumatology, Cardiology, Alternative and Complementary Medicine, Uro-Gynecology/pelvic floor Voiding, Adolescent Medicine, Office-based GYN Procedures, Medical High-risk Pregnancy, Chronic Pelvic Pain.
3. Weekly ongoing continuity clinics in Office Gynecology and Women's Primary Care.
4. Academic Programs- e.g. arrange weekly-monthly conferences, journal club, Colloqui and quarterly Interdisciplinary Grand Rounds on Women's Health Topics.
5. Tutorials with Designated Mentor(s).

6. Career Development Seminars
7. Many options are available through the UCLA and USC systems.

### **Special Degree(s)/Certificate(s) Offered**

Fellows are eligible for course work at UCLA leading to a Master of Public Health degree.

### **Goals of the Program:**

1. To provide focused training in clinical and translational research with regard to heart disease in women.
2. To provide training in the comprehensive care of women across the lifespan.
3. To train practitioners in research, teaching, health administration and policy in women's health.
4. To respond to need of individual residents, fellows, faculty and voluntary staff regarding women's health in the medical institution and community.

### **Reason for Initiating Program**

The Women's Guild of Cedars-Sinai Medical Center raised money for the Women's Guild Endowed Chair in Women's Health in response to the awareness of improving women's health through education, research and training. The current chair-holder, Dr. Bairey Merz, started this fellowship as part of a comprehensive Women's Health Program at Cedars-Sinai Medical Center. Current funding comes from philanthropic support.

## **Women's Health Fellowship Topics for Education and Training:**

### **Bone Health**

1. Osteoporosis: Interpreting DEXA, initiating therapy, prevention, and fracture management

### **Reproductive Health**

2. Hormonal variation throughout the lifespan
3. Effects of hormones on organ systems
4. Menopause: HRT, alternative therapies, etc
5. Uro-gynecology: Incontinence- Pelvic floor, voiding center, rectal. Evaluation and management. Office Urodynamics
6. Ovarian Cancer: prevention, evaluation and treatment
7. Sexual response, function and dysfunction
8. Abnormal PAP with Colposcopy
9. PMS
10. Urgent Gynecology
11. STD
12. Abnormal Uterine Bleeding at various ages including endometrial biopsy
13. Endometriosis
14. Hirsutism
15. Cystocele, Rectocele, enterocele, uterine prolapse
16. Contraception Management- including IUD placement, abortion, diaphragm fitting, contraception in medically high-risk women.
17. Reproductive Endocrinology including infertility
18. Preconception and postconception counseling
19. High Risk OB Consulting- including DM management
20. Drugs: lactation, pregnancy (including teratogens), interactions with estrogens
21. Complications of Pregnancy and Birth

### **Mental Health**

22. Mental Health- Depression, Anxiety, Sexual including dyspareunia, Eating Disorders, Post Partum Depression, Somatization, PTSD, Family Therapy
23. Body Image
24. Cognitive function: relationship to sleep and hormone status
25. Parenting
26. Domestic violence, assist victims of physical, emotional and psychologic abuse including Rape Protocol

### **Preventive Health**

27. Preventive Health: CAD, gyn cancers, osteoporosis, etc screening
28. Preventive Health CAD, gyn cancers, osteoporosis management
29. Preventive Health – public health, administration

30. Genetic counseling and management of women with strong family h/o cancer, CAD, etc

### **Breast Health**

31. Breast Disease including Breast Cancer, Pain, Mass, and galactorrhea/ nipple discharge
32. Mammography, sonography, breast biopsy

### **Others-Electives**

33. Normal physiology and anatomic variances
34. Cardiovascular Disease
35. Alternative and Complementary Therapies – Menopause, Osteoporosis, PMS, other
36. Obesity management and weight loss, nutrition
37. Irritable Bowel Syndrome
38. Chronic Pain- including Pelvic Pain, Fibromyalgia, Interstitial Cystitis, Migraine, Abdominal Pain
39. Headache
40. Sleep disorder
41. Adolescent Medicine
42. Geriatrics medicine
43. DM, Thyroid Disease
44. Care of Special Populations: lesbians, minorities, disabilities (ESRD)
45. Mitral Valve Prolapse
46. Practice Management, Career Development