Boston Children's Hospital
Sports Medicine

Female Athlete Conference

Friday & Saturday,
June 9–10, 2017

Babson College | Conference Center

231 Forest Street, Wellesley, MA

bostonchildrens.org/**femaleathleteconference**

A BOSTON CHILDREN'S HOSPITAL CONTINUING MEDICAL EDUCATION COURSE
CME COURSE

BEST CHILDREN'S HOSPITALS
U.S.News & World Report
ORTHOPEDICS
2016–17

About the course

The **2017 Female Athlete Conference** is a global event designed for female athletes, coaches, trainers, and anyone involved in the evaluation and management of female athletes.

In the last 40 years, the number of girls competing in high school sports increased from 295,000 to nearly 3.2 million with more women playing collegiate sports than ever before.

As girls and young women become more empowered through sports, it is important to advance research on how sex and gender differences affect their performance and overall sports experience.

With research advancement in mind, the Female Athlete Conference, the only conference of its kind, centers on the specific health issues that make female athletes unique.

Experts in sports medicine, sports psychology, sports science, nutrition, and sports culture will present strategies to prevent and treat clinical issues and injuries that can limit a female athlete's performance.

Topics include, but are not limited to:

- Interrelationship of nutrition, menstrual cycles and bone health
- Sexualization and sexual assault of female athletes
- Transgender athlete sensitivity and inclusion
- Concussion and ACL injury prevention and treatment
- Adolescent sports health
- Metabolic assessment for athletic performance

Through information sharing and networking opportunities, the 2017 Female Athlete Conference intends to improve female athletes' training, confidence and motivation to advance their success on and off the field.

Target audience

- Physicians
- Physician assistants
- Nurses
- Nurse practitioners
- Sports medicine specialists
- Physical therapists
- Athletic trainers
- Orthopedists
- Psychologists
- Coaches
- Female athletes and their families
- Others involved with the evaluation and management of female athletes

Course Director
Kathryn E. Ackerman, MD, MPH, FACSM

Co-chair
Angeli Paleja, MS

Co-chair
Allyson Parziale

REGISTER TODAY | bostonchildrens.org/femaleathleteconference

	EARLY BIRD RATE (ends 4/22/17)	REGULAR RATE
PHYSICIAN	$295	$395
ALLIED HEALTH PROFESSIONAL	$245	$295
TRAINEE (includes families/coaches/students)	$95	$150

Accreditation

In support of improving patient care, Boston Children's Hospital is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for the healthcare team.

PHYSICIANS
Boston Children's Hospital designates this live activity for a maximum of 11.5 *AMA PRA Category 1 Credits*™. Physicians should claim only credit commensurate with the extent of their participation in this activity.

AAPA accepts AMA category 1 credit for the PRA from organizations accredited by ACCME.

NURSES
Boston Children's Hospital designates this activity for 11.5 contact hours for nurses. Nurses should only claim credit commensurate with the extent of their participation in the activity.

ATHLETIC TRAINERS
Children's Sports Medicine Foundation (BOC AP# P3340) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 11.5 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

PHYSICAL THERAPISTS
The APTA of MA approves "The Female Athlete Conference" for 11.5 Continuing Education Hours.

DIETITIANS
The Commission on Dietetic Registration has approved this course for 6 CPEUs.

Registration and refund policies

To register online, please visit:
bostonchildrens.org/femaleathleteconference

Registration by check (draft on a United States bank): please make payable to Boston Children's Hospital and contact CME Department at cmedepartment@childrens.harvard.edu to discuss payment. Telephone or fax registration is not accepted. Registration with cash payment is not permitted. Upon receipt of your paid registration, an email confirmation from the Boston Children's office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation and certificate.

Fifty-percent (50%) refunds will be issued for all cancellations received prior to the start of the course. Refund requests must be received by postal mail, email or telephone. "No shows" are subject to the full course fee, and no refunds will be issued once the conference has started.

Disclosure policy

Boston Children's Hospital adheres to all ACCME, ANCC, and ACPE Essential Areas, Standards, and Policies. It is Boston Children's policy that those who have influenced the content of a continuing education activity (e.g. planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that Boston Children's may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

Objectives

Upon completion of this course, participants will be able to:

- Discuss the increased susceptibility and prolonged symptoms of female athletes after head impacts and evaluate potential for novel brain injury protection strategies
- List ways that body systems manifest malnutrition acutely and long-term, and recognize when food and movement habits meant to promote health become unhealthy and unsafe
- Describe current sports regulations regarding transgender athlete participation and discuss areas of improvement to enhance inclusion and fairness for all
- Identify the signs and symptoms of chronic stress and energy deficiency and explain how treating chronic stress can improve recovery from relative energy deficiency in sport
- Identify sex specific risk factors for bone stress injuries
- Recognize gender differences in the reactions to sexualization of athletes
- Establish a comprehensive plan for college recruitment through organization, professionalism, and communication
- Describe sex-differences in ACL-reconstruction outcomes and findings from a novel bridge-enhanced ACL regeneration trial
- List the strength and flexibility challenges of the adolescent female athlete and describe a training plan to minimize common injuries
- Describe various methodologies for nutritional assessment and estimating female athlete energy needs

Inquiries

cmedepartment@childrens.harvard.edu
or at 617-919-3108.

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GENERAL SESSION

7–8 a.m. **Registration and Continental Breakfast**

8–8:15 a.m. **Opening Remarks**
Kathryn Ackerman, MD, MPH, FACSM

8:15–9 a.m. **Concussion Prevention: Has Nature Already Provided the Solution?**
Greg Myer, PhD, CSCS

9–9:45 a.m. **When Healthy Eating Becomes Unhealthy/ Medical Complications of Malnutrition and Eating Disorders in Athletes**
Jennifer Gaudiani, MD, CEDS

9:45–10:15 a.m. **BREAK**

10:15–11 a.m. **Transgender Athletes: The Interplay of Gender, Sports and Science**
Kathryn Ackerman, MD, MPH, FACSM

11–11:45 a.m. **Keynote Speaker**
Gevvie Stone, MD, 2016 Olympic Silver Medalist

11:45 a.m.–12:15 p.m. **Exhibitor Hall**

12:15–1:15 p.m. **LUNCH**

Gevvie Stone

TRACK 1 | NUTRITION

1:15–2:15 p.m. **Nutritional Assessment of Energy Availability Using Metabolic Testing**
Leigh P. Van Dusen, MS, LDN

2:30–3:30 p.m. **Sex Differences in Thermoregulation and Hydration: Specific Needs for the Female Athlete**
Stacy Sims, MSc, PhD

3:30–4 p.m. **SNACK BREAK**

4:15–5 p.m. **Exercise-Associated Iron Deficiency and the Female Athlete**
Erica Goldstein, MS, RDN, LD/N, CSCS, CISSN

TRACK 2 | MEDICINE

1:15–2:15 p.m. **Sex-Differences in ACL Surgical Outcomes and Results of a Novel Bridge-Enhanced ACL Repair Technique**
Martha Murray, MD & Lyle Micheli, MD, FACSM

2:30–3:30 p.m. **Bone Stress Injuries in Female Athletes**
Adam Tenforde, MD & Kristin Popp, PhD

3:30–4 p.m. **SNACK BREAK**

4:15–5 p.m. **Exercise-Induced Asthma**
Rebecca Breslow, MD & Dawn Ericson, MD

TRACK 3 | DANCE

1:15–2:15 p.m. **Addressing the Void: An Interdisciplinary Discussion of the Underrepresentation of Women in Leadership Positions of Major US Ballet Companies**
Rachel Cossar, MS, Miriam Rowan, MS & Katherine Wilson, LICSW

2:30–3:30 p.m. **Female Athlete Body Project with Professional Ballet Dancers**
Sasha Gorrell, MA

3:30–4 p.m. **SNACK BREAK**

4:15–5 p.m. **So You Think You Know the Female Dancer?**
Dai Sugimoto, PhD, ATC, CSCS, Andrea Stracciolini, MD & Joana Fraser, MD

5–7 p.m. **Cocktail Reception and Poster Presentations**
The Sorenson Center for the Arts

GENERAL SESSION

7–8 a.m. **Registration and Continental Breakfast**

8–8:30 a.m. **Opening Remarks**
Harvard Women's Soccer Team

8:30–9:15 a.m. **Athletic Bodies on Display: The Consequences of Sexualization and Self-Objectification for College Athletes**
Sharon Chirban, PhD

9:15–10 a.m. **Sexual Assault Prevention in Athlete Populations: Real Solutions**
Mitch Abrams, PsyD

10–10:45 a.m. **Exhibitor Hall**

TRACK 1 | COACHING

10:45–11:45 a.m. **Prior Proper Planning: College Recruiting Tutorial**
Cassandra Cunningham, MEd

Noon–1 p.m. **Race and Gender in Sports**
Vanessa Britto, MD, MSc & Michele Mahr, PhD

1–1:45 p.m. BOXED LUNCH

1:45–2:45 p.m. **Applying a Relative Energy Deficiency in Sport (RED-S) Screening Tool to a College Population**
Laura Moretti, MS, RD, CSSD, LDN & Meg Schrier, MS, RD, CSSD, LDN

3–4 p.m. **Coaching Essentials: The Intangibles Behind the X's and O's**
Pam Vaughan

TRACK 2 | PERFORMANCE

10:45–11:45 a.m. **Using Sports Science Tools to Monitor Training Loads in Female Athletes**
Charles Pedlar, MSc, PhD, FBASES & Georgie Bruinvels, PhD

Noon–1 p.m. **The Pursuit of Excellence: Mastering Confidence Through Mental Skills Training**
Kate Bennett, PsyD

1–1:45 p.m. BOXED LUNCH

1:45–2:45 p.m. **Sex Hormones and Sports Injuries**
Ellen Casey, MD

3–4 p.m. **Energy Deficiency and Stress Hormones: How Are They Impacting Your Performance?**
Anna Turner, MS, RD, CSSD, CISSN, Bree Simmons, MD & Kacey Oiness, PhD

TRACK 3 | STRENGTH AND RECOVERY

10:45–11:45 a.m. **The Science and Art of Training Smart with a Sports Injury**
Deanna Pomfret

Noon–1 p.m. **"Separation Anxiety": Diastasis and Pregnancy**
Erin Smith, PT, DPT & Jennifer Doyle, DPT

1–1:45 p.m. BOXED LUNCH

1:45–2:45 p.m. **Personalizing an Injury Prevention Plan for the Adolescent Female Athlete**
Kate Hamilton, PT, DPT, OCS

3–4 p.m. **The Use of Exercise in the Management of Low Back Pain: A Review of 25 Years of Research Development Related to the Effects of Exercise on Low Back Pain**
Lisa Childs, PT

4–4:15 p.m. **Closing Remarks**
Kathryn Ackerman, MD, MPH, FACSM

Faculty

Course Director:

Kathryn Ackerman, MD, MPH, FACSM
Medical Director, Female Athlete Program, Boston Children's Hospital; Assistant Professor of Medicine, Harvard Medical School, Boston, MA

Faculty:

Mitch Abrams, PsyD
Clinical Assistant Professor, Department of Psychiatry, Robert Wood Johnson Medical School, Piscataway Township, NJ

Kate Bennett, PsyD
Clinical Sports Psychologist, Athlete Insight, Centennial, CO

Rebecca Breslow, MD
Sports Medicine Fellow, Boston Children's Hospital, Boston, MA

Vanessa Britto, MD, MSc
Medical Director, Wellesley College, Wellesley, MA

Georgie Bruinvels, PhD
Researcher, Female Health and Wellbeing Group, University College London, London, UK

Ellen Casey, MD
Research Director, Women's Sports Medicine Program, Assistant Professor of Physical Medicine and Rehabilitation at the Hospital of the University of Pennsylvania, PA

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Physical Therapist/Researcher, Division of Research, New England Baptist Hospital, Boston, MA

Sharon Chirban, PhD
Sports Psychologist, Boston Children's Hospital, Boston, MA

Rachel Cossar, MS
Former Senior Corps de Ballet Dance, Boston Ballet, Boston, MA

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USA Junior National Team Rowing Coach, Founder of Power of 3, LLC, Philadelphia, PA

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Joana Fraser, MD
Sports Medicine Physician, Boston Children's Hospital, Boston, MA

Marina Gearhart, BA
Former Student Researcher, Boston Children's Hospital, Boston, MA

Erica Goldstein, MS, RDN, LD/N, CSCS, CISSN
Clinical Dietitian, Mayo Clinic, Jacksonville, FL

Sasha Gorrell, MA
Former Corps de Ballet, Boston Ballet and American Ballet Theatre, New York, NY

Jennifer Gaudiani, MD, CEDS
Founder & Medical Director of the Gaudiani Clinic, Denver, CO

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Founder of Girl Fit Physical Therapy, Boston, MA

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Rehabilitation Psychology, CRC, Assistant Professor, St. Cloud State University, St. Cloud, MN

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Clinical Nutrition Specialist, Division of Sports Medicine, Boston Children's Hospital, Boston, MA

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Surgical Director, Female Athlete Program, Boston Children's Hospital, Boston, MA

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Sport and Performance Psychologist, St. Vincent Sports Performance, Indianapolis, IN

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Visiting Researcher, Cardiovascular Performance Program, Massachusetts General Hospital, Boston, MA; Reader in Sports and Exercise Science, St Mary's University, Twickenham, UK

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Research Fellow in Medicine, Massachusetts General Hospital, Boston, MA

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Doctoral Candidate, PGSP - Stanford PsyD Consortium, Stanford, CA

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Sports Dietitian, Harvard University Athletics, Cambridge, MA

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Senior Staff Physical Therapist, Boston Sports Medicine, Boston, MA

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2016 Olympic Silver Medalist-Women's Single Scull Rowing, Boston, MA

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Pam Vaughan
Founder, PV Team Consulting, Boston, MA

Katherine Wilson, LICSW
Core Staff, Boston Behavioral Medicine, Boston, MA

Exhibitors

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Notes

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Until every child is well

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Department of Continuing Education
300 Longwood Avenue, LM 7, Boston, MA 02115

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