Spring has finally arrived for those of us in the northern part of the country. It’s wonderful driving to work in daylight! Enjoy it while it lasts. This has been an interesting year in health care, women’s health in particular, at least here in New York. Women’s reproductive rights and access are being legislated and used as political leverage with aggression that we haven’t seen in years – from limiting access to birth control to economic policies that repress women and maintain health disparities. No matter what your political or religious leanings, I think we can all agree that our legislators should not be in the exam room during our confidential discussions with patients. I plan to discuss some of these issues during my presidential address in Cancun this October.

Make your reservations immediately:

ARRIVE: Tuesday, OCT. 15, 2019
(Science on Wed.-Thur.-Fri.-Sat.)
DEPART: Sunday, OCT. 20, 2019

The program committee, led by Andy Wagner, has been hard at work creating an outstanding program for Cancun with well known national & international speakers. This year, my theme will focus on various aspects of wellness, from both health care provider and patient perspectives. Topics will include global women’s health, reducing complexity on L & D, financial wellness concerns and preventing burnout through career rejuvenation.

Our Cancun location will be conducive to relaxation and daily beachfront yoga! We’ve also been working on ways to modernize CAOG and recruit new members – but we need your help! Plan to bring a young colleague or practice partner to this meeting to show them the benefits of a smaller meeting format in great locations with top-notch speakers and thought-provoking discussion that extends beyond the formal science. See you all there!!

Vanessa Barnabei, M.D., Ph.D.
CAOG President
The vitality and future growth of the CAOG requires new members. If you know someone who should be considered for CAOG membership, either active or adjunct, please encourage them to send in an application. Application forms are available online. The deadline is July 1, 2019 for receipt of completed applications in the CAOG office.

Adjunct members are also reminded that they are required to apply for active membership once they become board certified.

Cancun Amazing Facts

- From only 3 residents in 1970 Cancun has now grown to over half a million residents with millions more tourists visiting annually via Mexico’s second busiest airport.
- Massive renovations in recent years have doubled (from 7 miles to 14 miles) the pristine white sand coast of Cancun – where will it end? Did you know that the beaches are made of crushed coral?
- Cancun’s Hotel Zone is actually a peninsula on a peninsula. Hotels have beachfront facing the Caribbean Sea on one side and the Nichupte Lagoon on the other. Bridges provide easy access & security.
- The Great Mayan Barrier Reef in Cancun is the second largest coral reef in the world after Australia’s Great Barrier Reef. Scuba divers flock to Cancun and the underwater cave systems.
- Cancun alone generates a third of Mexico’s tourism revenue. Perfect weather averaging 80 degrees annually sounds especially good to CAOG members from the north!
- Mayan ruins abound in the Yucatan and day trips can be arranged at the hotel. As usual there’s more to do than you will have time to enjoy. The solution is come back.
- Cancun has 46,000 destination weddings annually with hotels & restaurants galore!
- The Chichén Itzá Pyramid beckons tourists.

Time is running out to process 2019 new member applications.

MEMBERSHIP MATTERS

New Members Needed

MEMBERSHIP MATTERS

2019 Meeting Rebate

For each new active member application you endorse, receive a $100 rebate from your Cancun registration fee to a maximum of $500.00! (5 new members each)
THE CENTRAL ASSOCIATION OF

OBSTETRICIANS AND GYNECOLOGISTS

86TH ANNUAL MEETING
OCTOBER 16 – 19, 2019
WEDNESDAY, THURSDAY, FRIDAY
& SATURDAY (4 DAYS)

THE PYRAMID AT GRAND OASIS
CANCUN, MEXICO

CONFERENCE INFORMATION AND REGISTRATION

Cancun, Mexico
Refresh as spirits soar at the all-inclusive Pyramid at Grand Oasis
Welcome to Cancun – Yucatan’s Royal Mayan Oasis

What a pleasure to journey to Mexico for the 86th Annual Scientific Meeting of the Central Association of Obstetricians and Gynecologists. The program looks great and the splendor of Cancun is truly worth visiting. This annual Fall opportunity to see old friends and meet new colleagues is what makes the CAOG so special. Be sure to reserve these dates today – October 15, 16, 17, 18, 19, 20 – and think about room and airline reservations as well. On behalf of the Officers and Trustees please join us in celebrating our great tradition of science and fellowship that is your Central Association.

Vanessa Barnabei, President CAOG

About The Pyramid at Grand Oasis: Surrounded by water and sun, the recently renovated Pyramid at the Oasis is beyond amazing for convenience and proximity to everything. Only 30 minutes from Cancun International Airport, ground transportation is incredibly convenient. A rental car is not necessary to enjoy the venue. Exploring surrounding sites can best be done with scheduled tours through the resort.

Room Reservations: The CAOG has reserved a block of rooms for the meeting starting at $278.00 per night/single occupancy or $205.00 /per person per night double occupancy ($410.00 per couple) which includes all taxes and fees. To take advantage of this incredibly favorable all-inclusive rate, please be certain to identify yourself with the CAOG when registering. For reservations and information on what the Pyramid has to offer click on the following link: groupsatoasis.com/the-pyramid-at-grand-cancun.html

ALL ROOM RESERVATIONS NEED TO BE DONE BY JULY 31, 2019.

We need the room block to fill. Please support the CAOG by attending the Meeting and staying at the Pyramid. The CAOG contracts for a specific number of rooms that must be sold out to avoid financial penalties.

Dining Options: As a luxury all-inclusive you never need to leave the Pyramid at the Oasis to experience a vast variety of dining choices. From gourmet dishes to beachside grill fare there is everything for everyone. Top 10 Cancun restaurants on property include innovative techno-emotional cuisine at Benazuza, The White Box which is more than “just for lunch,” The Black Hole which will defy your senses in the dark and my personal favorite Careyes. Add at least another 18 restaurants and 17 resort bars to that list and – you get the picture. On arrival stake out your favorites and plan your days and nights around this plethora of food and beverage options.

Entertainment: While Cancun is a mecca for tourists, golfers and adventurers, the CAOG recommends that you maximize the all-inclusive facilities at the Pyramid at Grand Oasis if you have any safety concerns. Between the pools, the beach, the Oasis arena, the Red Casino and show and the Kinky Cabaret Night Club the fun never ends. With so much to enjoy you may opt to come early, stay late or even return again and again. The Pyramid at the Oasis rates are good for a few days before and after our event. Blend the best of water sports, dining, family entertainment and after hours fun and still walk everywhere.

Spouse/Guest Program…. President Vanessa Barnabei’s adult daughter and son invite you to join them at the spouse/guest reception Thursday morning. Learn about yoga, fitness and wellness while having fun with the experts. As always, it will be not only fun but a great way to meet new friends and renew old acquaintances. We recommend that any off property tours or events be arranged through the resort’s professional staff for best results.

Preliminary Scientific Program…. Original scientific research will be the focus of at least 20 oral presentations and almost twice as many poster presentations. After sunrise there will be an opportunity for yoga, beach exercise and breakfast before lectures begin. In addition to current hot topics, special invited guest speakers will further highlight this outstanding CAOG program. Review the preliminary program now. You won’t want to miss a single talk!
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00 a.m. – 12:45 p.m.</td>
<td>General Registration/Exhibit Hall</td>
</tr>
<tr>
<td>7:30 – 8:30 a.m.</td>
<td>Hot Topic “Reducing Complexity on Labor &amp; Delivery” Neel T. Shah, M.D. – Boston, MA</td>
</tr>
<tr>
<td>8:30 – 9:45 a.m.</td>
<td>Original Research Paper Presentations</td>
</tr>
<tr>
<td>9:45 – 10:30 a.m.</td>
<td>Break – Scientific Posters/Exhibits</td>
</tr>
<tr>
<td>10:30 – 11:15 a.m.</td>
<td>Hot Topic “Counseling and Management of Pregnancies at Risk for Perivable Birth” Emily A. DeFranco, D.O., M.S. – Cincinnati, OH</td>
</tr>
<tr>
<td>11:15 – 11:45 a.m.</td>
<td>Original Research Paper Presentations</td>
</tr>
<tr>
<td>11:45 a.m. – 12:45 p.m.</td>
<td>Hot Topic “Trauma-Informed Care” Whitney E. Mendel, Ph.D. – Buffalo, NY</td>
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<tr>
<td>2:00 p.m. – 5:00 p.m.</td>
<td>Scientific Poster Display Set Up</td>
</tr>
<tr>
<td>6:00 – 7:30 p.m.</td>
<td>Welcome Reception (all attendees invited)</td>
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**THURSDAY, OCTOBER 17, 2019**

<table>
<thead>
<tr>
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<th>Activity</th>
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<tbody>
<tr>
<td>7:00 a.m. – 12:45 p.m.</td>
<td>General Registration/Scientific Posters/Exhibits</td>
</tr>
<tr>
<td>7:30 – 8:30 a.m.</td>
<td>Hot Topic “Impact of Consumerism/Social Media on Clinical Practice” Neel T. Shah, M.D. – Boston, MA</td>
</tr>
<tr>
<td>8:30 – 9:00 a.m.</td>
<td>Original Research Paper Presentations</td>
</tr>
<tr>
<td>9:00 – 10:00 a.m.</td>
<td>Hot Topic “Reengineering EFM Interpretation: Fetal Reserve Index” Mark I. Evans, M.D. – New York, NY</td>
</tr>
<tr>
<td>10:45 – 11:45 a.m.</td>
<td>Original Research Paper Presentation</td>
</tr>
<tr>
<td>11:45 a.m. – 12:45 p.m.</td>
<td>Hot Topic “Physician Burnout” Whitney E. Mendel, Ph.D. – Buffalo, NY</td>
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**FRIDAY, OCTOBER 18, 2019**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>7:00 a.m. – 12:45 p.m.</td>
<td>General Registration/Scientific Posters/Exhibits</td>
</tr>
<tr>
<td>7:30 – 8:30 a.m.</td>
<td>Original Research Paper Presentations</td>
</tr>
<tr>
<td>8:30 – 9:30 a.m.</td>
<td>Hot Topic “Mexican Women’s Health Care: An Overview” Ernesto Castelazo Morales, M.D. – Mexico City, Mexico</td>
</tr>
<tr>
<td>9:30 – 10:00 a.m.</td>
<td>Original Research Paper Presentations</td>
</tr>
<tr>
<td>10:00 – 10:45 a.m.</td>
<td>Break – Scientific Posters/Exhibits</td>
</tr>
<tr>
<td>10:45 – 11:45 a.m.</td>
<td>Original Research Paper Presentations</td>
</tr>
<tr>
<td>11:45 a.m. – 12:30 p.m.</td>
<td>Key Note Speaker “Global Women’s Health Challenges” John J. Sciarra, M.D., Ph.D. – Chicago, IL</td>
</tr>
<tr>
<td>12:30 – 1:15 p.m.</td>
<td>Presidential Address “Perspectives on Wellness” Vanessa M. Barnabei, M.D., Ph.D. – Buffalo, NY</td>
</tr>
<tr>
<td>1:15 – 1:45 p.m.</td>
<td>Annual Business Meeting CAOG</td>
</tr>
<tr>
<td>6:00 – 9:00 p.m.</td>
<td>Farewell Reception &amp; Dinner (all attendees invited)</td>
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**SATURDAY, OCTOBER 19, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30 – 8:15 a.m.</td>
<td>Original Research Paper Presentations</td>
</tr>
<tr>
<td>8:15 – 9:00 a.m.</td>
<td>Hot Topic “Financial Wellness Challenges” Brent W. Bost, M.D., M.B.A. – Colleyville, TX</td>
</tr>
<tr>
<td>9:00 – 9:30 a.m.</td>
<td>Original Research Paper Presentations</td>
</tr>
<tr>
<td>9:30 – 10:00 a.m.</td>
<td>Break/Refreshments</td>
</tr>
<tr>
<td>10:00 – 10:45 a.m.</td>
<td>Hot Topic “Yoga, Fitness &amp; Balanced Life Style” Shilpa Babbar, M.D. – St. Louis, MO</td>
</tr>
<tr>
<td>10:45 – 11:45 a.m.</td>
<td>Original Research Paper Presentations</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>
Exclusive resort restaurants, bars and entertainment await your pleasure . . .

Or just lounge by the pool. Great R&R plus CAOG Science and Friends
PTO “Endowment” Fund Update

In 1994 the CAOG established the PTO Fund (Presidents-Trustees-Officers) and initially solicited voluntary contributions from all past presidents, past board members and past officers to supplement the operating funds. As noted in past Newsletters, this restricted endowment fund needs to grow since only interest income can be used to provide CAOG Award stipends. With interest rates so low this will be a continuing challenge for years to come.

Contributions continue to be solicited from all members. Donor names are published in both the quarterly Newsletter and the Annual Scientific Program (any size contribution is most appreciated). Thanks to these 2019 early bird supporters whom the CAOG is proud to recognize:

Karolina Adam, M.D.
David G. Anderson, M.D.
Lester A. Ballard, Jr., M.D.
Vanessa M. Barnabei, M.D. Ph.D.
John J. Barton, M.D.
Joe E. Belew, M.D.
Dana M. Benden, M.D.
John W. Calkins, M.D.
Allan G. Charles, M.D.
Suneet P. Chauhan, M.D.
John W. Chisholm, M.D.
Christine H. Comstock, M.D.
Stephen H. Cruikshank, M.D., MBA
Emily A. DeFranco, D.O.
Joel R. DeKoning, M.D.
Bruce H. Drukker, M.D.
Philip N. Eskew, Jr., M.D.
Peter E. Fehr, M.D.
Michael G. Flax, M.D.
Stephen J. Fortunato, M.D.
Ernst R. Friedrich, M.D.
Norman F. Gant, M.D.
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William P. Gideon, M.D., MPH
Gita P. Gidwani, M.D.
William E. Graham, M.D.
Peter B. Greenspan, D.O.
Larry P. Griffin, M.D.
Thomas L. Gross, M.D.
Richard S. Hansell, M.D.
Edwin J. Humphrey, III, M.D.
James R. Hutchison, M.D.
Richard T. Jennings, M.D.
Larry H. Johnson, M.D.
Harry S. Jonas, M.D.
Frank J. Keefer, M.D.
Randall T. Kelly, M.D.
Kelvin F. Kesler, M.D.
Gary F. Lockwood, M.D.
Franklin D. Loffer, M.D.
Robert P. Lorenz, M.D.
Dennis J. Lutz, M.D.
Sherburne M. MacFarlan, M.D.
George D. Malkasian, Jr., M.D.
Federico G. Mariona, M.D.
Jeffrey N. Maurus, M.D., MPH
Pamela R. Midboe-Pen, M.D.
Frank C. Miller, M.D.
John C. Morrison, M.D.
Susan M. Mou, M.D.
John B. Nettles, M.D.
Jacob F. Palomaki, M.D.
J. Coffy Pieternelle, M.D.
Thomas F. Purdon, M.D.
Oney C. Raines, III, M.D.
M. Gary Robertson, M.D.
Stewart D. Ryckman, M.D.
Paul T. Schnatz, M.D.
Walter R. Schwartz, M.D.
John J. Sciarra, M.D., Ph.D.
Joseph C. Scott, Jr., M.D.
Bobby L. Shull, M.D.
Lee P. Shulman, M.D.
Robert J. Sokol, M.D.
Jerry J. St. Pierre, M.D.
Charles R. Stedman, M.D.
Stacy R. Stephens, M.D.
Shailla Sundaresh, M.D.
Jacob Tal, M.D.
Craig V. Towers, M.D.
James W. Van Hook, M.D.
Andrew F. Wagner, M.D.
Gilbert R. Wessel, M.D.
W. Wayne Workman, M.D.

Donations to the CAOG Archives are welcome throughout the year. Old member directories, program books, past newsletters, photographs and other related memorabilia are still needed. If in doubt about what we are missing, call the CAOG office.
Karolina Adam, M.D. was born in Prague, Czechoslovakia but she was educated in the United States with high school in Bellaire, Texas and an undergraduate degree from Rice University in Houston. Dr. Adam received her M.D. at the Medical College of Pennsylvania. Her training in obstetrics and gynecology included residency at Baylor College of Medicine Affiliated Hospitals in Houston, Texas and a maternal-fetal medicine fellowship at the same institution. Dr. Adam is board certified in both OB-Gyn and Maternal Fetal Medicine and is currently a clinical associate professor at Baylor. Karolina is on the active staff of four Houston area hospitals and has consulting privileges at several others. She serves on numerous hospital committees and is a member of the Board of Trustees at the Women’s Hospital. She is well published and very involved in state and national Ob-Gyn organizations. A member of the CAOG since 1993, Karolina has contributed her time and talent as both a past trustee and this year as vice-president.

**Reminder: Change in Meeting Format**

There has been a change in the Cancun meeting format. Arrival should be on Tuesday, October 15, 2019 because the scientific program will start a day early on Wednesday, October 16. This will mean 4 instead of 3 mornings of science, allowing more resort time in the afternoons and evenings. This should be especially popular with attendees.

Room rates will also be different. For couples, the room rate is **$205 per day** each for a total of $410. Since this all inclusive rate combines room, food, beverage and resort activities (with no added taxes or gratuities) it’s actually quite a bargain when you compare it to past and upcoming meetings. Kids may be included for free depending upon their age (12 and under) but maybe we can help with family accommodations in some instances.

**CAOG Management Report**

The CAOG office is now in overdrive to make the 2019 Annual Meeting at the Pyramid at Grand Oasis in Cancun, Mexico one of the best ever. This fabulous all inclusive resort offers every amenity and the perfect place for R&R.

Currently we are trying to collect the last of the 2019 dues and a few owing from 2018. The deadline for new member applications – both active and adjunct – is fast approaching (July 1”) so please submit these to me promptly to qualify for your active new member registration rebate. The membership committee will be meeting later in July.

Also continue to send updates for e-mails, telephone numbers and addresses on a timely basis. Don’t forget to check our website for the latest information as well. Your PTO fund donations are welcome anytime, too.

This issue of the CAOG Newsletter contains the Annual Meeting Information, Preliminary Program and Meeting Registration form.

Cancun has something for everyone. If you need any help with activity suggestions for October, please let me know soon or go online anytime. Early reservations are always suggested.

The Program Committee is now done receiving abstracts. At least 20 will be selected for oral presentation and most of the rest for poster presentations. All the presenters will be notified in early June. The Call for Discussants will follow by e-mail about a week later. Your participation is always most appreciated.

Our office continues to field a wide variety of questions and comments on a daily basis. Although we don’t always know the answer immediately, we can find most of them promptly. We appreciate your ongoing support and CAOG enthusiasm. Enjoy Summer and then extend it by coming to Cancun.

Rochelle Hickel, Executive Director

**See you in the Mayan Yucatan!**