

Overview modules



Date	Module	Speakers	Page
10 – 11 March 2021	Introduction to Sex- and Gender-Specific Medicine	Prof. Dr. med. Dr. sc. nat. Catherine Gebhard; Dr. Tina Büchler; Aude Fauvel; Dr. MSc Marija Glisic; Prof. Dr. med. Nicola Low; Dr. med. Dr. sc. nat. Taulant Muka; Dr. Joëlle Schwarz	2
12 – 13 April 2021	Cardiovasulcar Medicine	Prof. Dr. med. Dr. sc. nat. Catherine Gebhard; Dr. med. Dr. sc. nat. Taulant Muka; Dr. med. Christine Kissel; PD Dr. med. Barbara Stähli; Prof. Dr. med. Corinna Brunckhorst; PD Dr. med. Dr. sc. nat. Elena Osto	3
5 – 6 May 2021	Endocrinology and Metabolism	Prof. Dr. med. Lia Bally; PD Dr. med. Dr. phil. Vanessa Banz; Prof. Dr. med. Guido Beldi; Prof. Dr. med. Annalisa Berzigotti; Prof. Dr. med. Christa Flück; Dr. med. Johannes Lenglinger	4
2 – 3 June 2021	Study Design and Research	Dr. Joëlle Schwarz; Prof. Dr. Ineke Klinge; Prof. Dr. med. Carole Clair; Prof. Dr. Thorsten Buch; Dr. Philippe Bugnon; Dr. med. Antonella Santuccione Chadha	5
28 – 29 June 2021	Oncology	Prof. Dr. Paolo Dotto; Dr. med. Berna Özdemir; PD Dr. med. Anna Wagner	6
3 – 4 September 2021	Neurology and Psychiatry	Prof. Dr. med. Susanne Wegener ; KD Dr. med. Caroline Benz; Dr. med. David Garcia Nuñez; Dr. Maria Teresa Ferretti ; Prof. Dr. sc. nat. Reto Huber; Prof. Dr. rer. nat. Lutz Jäncke; Prof. Dr. med. Bea Latal; Prof. Dr. med. Anita Riecher-Rössler; PD Dr. sc. nat. Valerie Treyer	7
28 – 29 October 2021	Pharmacology, Anaesthesia and Intensive Care	Prof. Dr. med. Dr. h.c. Vera Regitz-Zagrosek; PD Dr. phil. nat. Ursula Amstutz; Dr. med. Giovanna Brandi; PD Dr. med. Martin Schläpfer; Prof. Dr. pharm. Ursula von Mandach	8
1 – 2 November 2021	Musculoskeletal Medicine, Autoimmunity & Gender Forensics	Prof. Dr. med. Johannes Scherr; Prof. Dr. med. Oliver Distler; Prof. Dr. med. Mazda Farshad; Prof. Dr. med. Frauke Förger; Dr. med. Stefan Fröhlich; Prof. Dr. med. Rahel Kubik; Dr. med. Carina Mihai; Prof. Dr. med. Burkhard Möller; PD Dr. med. Caroline Ospelt; Prof. Dr. med. Michael Thali	9
6 – 7 December 2021	Primary Care/Health Services	Prof. Dr. med. Carole Clair; Dr. Joëlle Schwarz; Dr. med. Joana Le Boudec; Dr. med. Yolanda Müller; Prof. Dr. med. Steffen Eychmüller ; Dr. med. Nathalie Romain-Glassey; Dr. med. Erika Volkmar; Dr. med. Régis Marion-Veyron	10
13 – 14 January 2022	Infectious Diseases	PD Dr. med. M.C. Christine Thurnheer; Prof. Dr. med. Hansjakob Furrer; Prof. Dr. med. Nicola Low; Prof. Dr. med. Annelies Zinkernagel; Dr. med. Silvio Brugger; Dr. med. Sabina A. Guler; Prof. Dr. med. Fiona Burkhard	11
14. – 15. February 2022	Final Colloquium	Prof. Dr. med. Dr. sc. nat. Catherine Gebhard and others	

Introduction to Gendermedicine



Objectives of the module

Participants

- know the concepts of sex- and gender-specific medicine in everyday clinical practice and research.
- know the distinction between “sex” and “gender” and are able to problematize it.
- have become familiar with the impact of sex- and gender-unspecific medicine on the health care systems and know the concept of intersectionality.

Content of the module

In the introductory module participants are introduced to the basics of gender theory: What is the difference between biological gender (sex) and socio-culturally shaped phenomena (gender)? Does gender have a history? To what extent is gender linked to other social categories (such as age, religion, class or ethnicity).

Participants will also gain insight into the concepts of gender-specific medicine that are important for practice and research, learn about the effects of sex and gender on health and the health care system and gain an overview of innovative concepts of gender-specific prevention, diagnosis and therapy of diseases.

Methods

The course comprises of lectures, discussions, and group work.

Proof of performance

Group and individual work during the course.

Preparation and follow-up

Ten hours of preparation (reading), no follow-up

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

Prof. Dr. med. Dr. sc. nat Catherine Gebhard (Chair)
Dr. Tina Büchler
Aude Fauvel
Dr. MSc Marija Glisic
Prof. Dr. med. Nicola Low
Prof. Dr. med. Dr. sc. nat. Taulant Muka
Dr. Joëlle Schwarz

Date

10 – 11 March 2021

Place

University of Bern, Mittelstrasse 43, 3012 Bern

Language

English

Course fee

CHF 960.–

Deadline

1 February 2021

Registration

www.gender-medicine.ch

Cardiovascular Medicine



Objectives of the module

Participants

- know the sex- and gender-specific differences in coronary artery disease.
- know the different pharmacodynamics and kinetics of cardiovascular drugs in men and women.
- are aware of the gender neglect in cardiovascular research, the resulting knowledge gaps, and the consequences for clinical practice.
- know gender differences in heart failure, sudden cardiac death, and cardiac arrhythmias.

Content of the module

Cardiology is typical example of a medical field that has geared its treatment concepts to one specific gender. Myocardial infarction is still considered a typical male's disease, although women encounter a heart attack just as often- but on average 10 years later – than men. Variables accounting for higher case fatality rates in women are still largely unexplored, and the knowledge gaps are nourished by the persistent underrepresentation of women in cardiovascular clinical trials. Management strategies and guidelines for coronary artery are derived from predominantly male populations. Women with an acute myocardial infarction report more often unspecific symptoms and, consequently, experience higher patient and system delays.

Methods

The course comprises of lectures, discussions, and group work.

Proof of performance

Group and individual work during the course.

Preparation and follow-up

Ten hours of preparation (reading), no follow-up

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

Prof. Dr. med. Dr. sc. nat. Catherine Gebhard (Chair)
Prof. Dr. med. Dr. sc. nat. Taulant Muka
Dr. med. Christine Kissel
PD Dr. med. Barbara Stähli
Prof. Dr. med. Corinna Brunckhorst
Prof. Dr. med. Dr. sc. nat. Elena Osto

Date

12 – 13 April 2021

Place

Center for Continuing Education, University of Zurich

Language

English

Course fee

CHF 960.–

Deadline

1 March 2021

Registration

www.gender-medicine.ch

Endocrinology and Metabolism



Objectives of the module

Participants

- know the influence of sex on the regulation of metabolism and energy balance.
- are familiar with sex-specific differences in metabolic diseases.
- know the influence of sex and gender on surgical procedures.
- know the basics of gender development and disorders of gender differentiation.
- know the influence of sex on the physiology and pathology of the liver, gastrointestinal tract and organs of the pelvic floor.
- are familiar with gender differences in microbiomes.

Content of the module

Metabolic diseases affect the lives of men and women at different stages of life in different and diverse ways. For example, men at a younger age and with lower BMI have a higher risk of type 2 diabetes than women, who in turn are affected by a sharp increase in the risk of post-menopausal diabetes-associated cardiovascular disease.

The module deals with sex-specific aspects of hormonal balance, gonadal differentiation, energy metabolism as well as physiology and pathology of metabolic-relevant organs (liver, gastrointestinal tract, pelvic floor organs).

Methods

The course consists of lectures, discussion, small-group activities, self-study.

Proof of performance

Power point presentation (15min)

Preparation and follow-up

Preparation of presentation

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

Prof. Dr. med. Lia Bally (Chair)
PD Dr. med. Dr. phil. Vanessa Banz
Prof. Dr. med. Guido Beldi
Prof. Dr. med. Annalisa Berzigotti
Prof. Dr. med. Christa Flück
Dr. med. Johannes Lenglinger

Date

5 – 6 May 2021

Place

University of Bern, Mittelstrasse 43, 3012 Bern

Language

English

Course fee

CHF 960.–

Deadline

1 April 2021

Registration

www.gender-medicine.ch

Study Design and Research



Objectives of the module

Participants

- are familiar with general principles and international policies on the inclusion of sex and gender in health research
- are able to critically appraise sex/gender bias in research design, methods, interpretation and publications
- are familiar with different methods and approaches to minimize sex/gender bias
- have a thorough understanding of the importance of sex and gender in their own research

Content of the module

How to design and conduct research minimizing sex/gender bias: This module aims at identifying, understanding and addressing sex/gender bias in the different research phases, including research design, population choice and sampling, data collection, data analysis, results interpretation, and recommendations drafting for clinical practice.

Further, to understand and act on sex and gender inequalities in clinical practice and health research, it is essential to have data that correctly reflect factors and pathways that induce differences. Is biology driving inequalities? Or social factors? How can we detangle the effects of sex on health, of gender on health, or of both sex and gender combined?

Methods

The course consists of lectures, discussions and group work based on participants research projects.

Proof of performance

Group work during the course.

Preparation and follow-up

Ten hours preparation (reading), no follow-up

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

Dr. Joëlle Schwarz (Chair)
Prof. Dr. Ineke Klinge
Prof. Dr. med. Carole Clair
Prof. Dr. Thorsten Buch
Dr. Philippe Bugnon
Dr. med. Antonella Santucci Chadha

Date

2 – 3 June 2021

Place

University of Bern, Mittelstrasse 43, 3012 Bern

Language

English

Course fee

CHF 960.–

Deadline

30 April 2021

Registration

www.gender-medicine.ch

Oncology



Objectives of the module

Participants

- have an overview on sex differences in oncology and the scientific, clinical and societal implications of sex differences for prevention, diagnosis and treatment of cancer.
- are familiar with the combined impact of sexual hormones and sex chromosomes on cancer susceptibility with a focus on intrinsic control of cancer initiating cell populations, tumor microenvironment and systemic determinants of cancer development.

Content of the module

- Rationale for considering gender in cancer prevention and treatment
 - Sex differences in epidemiology of various cancers
 - Sex and gender differences in carcinogen exposition
- Sex chromosomes and their impact on cancer susceptibility
- Impact of sex on systemic determinants of cancer development: immunity, tumor microenvironment, cancer initiating cells, metabolism, microbiome
- Clinical implications of sex and gender differences in cancer
 - Sex differences in response and toxicity of anticancer therapies
 - Sex differences in oncological surgery and radiotherapy outcomes
 - Implications for clinical trial design and reporting of results
 - Sex-specific drug dosing strategies?
 - Sex-specific cancer prevention efforts?

Methods

The course consists of lectures, discussions and group work.

Proof of performance

Group work during the course.

Preparation and follow-up

Ten hours preparation (reading), no follow-up

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

Prof. Dr. Paolo Dotto (Chair)
Dr. med. Berna Özdemir
PD Dr. med. Anna Wagner

Date

28 – 29 June 2021

Place

University of Bern, Mittelstrasse 43, 3012 Bern

Language

English

Course fee

CHF 960.–

Deadline

20 May 2021

Registration

www.gender-medicine.ch

Neurology and Psychiatry



Objectives of the module

Participants

- know similarities and differences in the healthy brain and in the development of gender identity
- know sex and gender differences in healthy and disturbed sleep
- are aware of sex and gender differences in neurological and psychiatric diseases and their consequences for the treatment

Content of the module

The module neurology and psychiatry combines the specialties of neurology, sleep research, psychiatry and developmental paediatrics. In all these areas, clear sex and gender differences can be observed.

The module comprises the following blocks:

- Neurological diseases in both sexes (risk factors, manifestation, therapy and course): stroke, neuroimmunological diseases, neurodegenerative diseases, epilepsy
- Sex and gender differences in healthy and disturbed sleep
- Sex and gender differences in dementia and Alzheimer's disease
- Sex and gender differences in mental health
- Development of gender identity, description of gender differences in the individual areas of competence and in case of disorders

Methods

The course consists of lectures, discussions and group work.

Proof of performance

Short oral presentation or written case report/essay

Preparation and follow-up

Ten hours preparation (reading), no follow-up

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

Prof. Dr. med. Susanne Wegener (Chair)

KD Dr. med. Caroline Benz

Dr. med. David Garcia Nuñez

Dr. Maria Teresa Ferretti

Prof. Dr. sc. nat. Reto Huber

Prof. Dr. rer. nat. Lutz Jäncke

Prof. Dr. med. Bea Latal

Prof. Dr. med. Anita Riecher-Rössler

PD Dr. sc. nat. Valerie Treyer

Date

3 – 4 September 2021

Place

Centre for Continuing Education, University of Zurich

Language

English

Course fee

CHF 960.–

Deadline

30 July 2021

Registration

www.gender-medicine.ch

Pharmacology, Anesthesia and Intensive Care



Objectives of the module

Participants

- understand how sex differences in pharmacokinetics and pharmacodynamics modulate drug effectiveness and adverse effects.
- know the central aspects of pharmaceutical therapy in pregnancy and during breastfeeding.
- are familiar with the gender-specific management of patients in anesthesia and intensive care.

Content of the module

- Students learn how sex differences in pharmacokinetics influence the metabolism and the distribution of drugs and how interactions with sex hormones affect drug metabolism.
- In pharmacogenetics sex-specific differences are complemented with an overview over the impact of genetic variability in drug metabolism, transport and mechanism of action on drug effectiveness and the risk of adverse drug reactions.
- In perinatal pharmacology, pharmacotherapy in pregnancy and during breastfeeding are presented.
- We discuss advantages and disadvantages of the inclusion of both sexes in all phases of drug development.
- In anesthesia we focus on sex specific effects and dosing of important drugs.
- In intensive care we discuss sex differences in specific medication-based treatments and technological support through devices.

Methods

The course consists of lectures, discussions and group work.

Proof of performance

Group work during the course.

Preparation and follow-up

Ten hours preparation (reading), no follow-up

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

Prof. Dr. med. Dr. h.c. Vera Regitz-Zagrosek (Chair)
PD Dr. phil. nat. Ursula Amstutz
Dr. med. Giovanna Brandi
PD Dr. med. Martin Schläpfer
Prof. Dr. pharm. Ursula von Mandach

Date

28 – 29 October 2021

Place

Centre for Continuing Education, University of Zurich

Language

English

Course fee

CHF 960.–

Deadline

15 September 2021

Registration

www.gender-medicine.ch

Musculoskeletal System and Rheumatic Diseases



Objectives of the module

Participants

- are aware of the specifics of female athletes with regard to injury patterns, trainability and training design, prevention, energy deficit syndromes, pregnancy.
- know the sex-specific differences of the immune system and are able to draw conclusions regarding immunopathogenesis, prevalence, phenotype and thus diagnostics, outcome and therapy of autoimmune diseases.
- know the various examination methods for diagnosing osteoporosis and can interpret their findings.
- know the epidemiological differences in forensic medicine with regard to sex and gender and can derive individual approaches from this.

Content of the module

- With regard to the musculoskeletal aspects of sports medicine, we discuss the sex- and gender-specific distribution of injury patterns. We explain differences between women and men in sports-associated craniocerebral traumas and in terms of metabolism under physical strain.
- We elaborate sex-specific differences in the prevalence and severity of immunological diseases and in response to therapeutics.
- We discuss gender differences of bone mass and density during different phases of life.
- In Forensic medicine we discuss differences in epidemiology and risk factors of suicide, intoxication, injuries and violence.

Methods

The course consists of lectures, discussions and group work.

Proof of performance

Group workshop during the course with interactive

presentation of the results at the end of the workshop.

Preparation and follow-up

Ten hours preparation (reading), no follow-up

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

Prof. Dr. med. Johannes Scherr (Chair)

Prof. Dr. med. Oliver Distler

Prof. Dr. med. Mazda Farshad

Prof. Dr. med. Frauke Förger

Dr. med. Stefan Fröhlich

Prof. Dr. med. Rahel Kubik

Dr. med. Carina Mihai

Prof. Dr. med. Burkhard Möller

PD Dr. med. Caroline Ospelt

Prof. Dr. med. Michael Thali

Date

1 - 2 November 2021

Place

Centre for Continuing Education, University of Zurich

Language

English

Course fee

CHF 960.–

Deadline

tbd

Registration

www.gender-medicine.ch

CAS Sex- and Gender-Specific Medicine

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Mittelstrasse 43, 3012 Bern

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www.gender-medicine.ch

Primary Care / Health Services



Objectives of the module

Participants

- can recognize sex and gender specificities in a selection of primary care topics (pain management, chronic diseases, care of older patients, palliative care, preventive medicine)
- develop a critical awareness of common gender stereotypes that might bias clinical activities and management of patients in primary care
- include intimate partner violence into the health issues to be addressed by general practitioners
- acquire knowledge about specific needs of LGBT+ in primary health care
- develop gender sensitive communication skills

Content of the module

Sex and gender specificities in primary health care are well known and documented. Cardiovascular symptoms are less recognized in women for example, whereas depression is not comprehensively addressed and undertreated in men. Referral to specialists is also prone to gender bias. Furthermore, gender specific issues such as intimate violence or LGBT+ specificities may only be recognized and addressed in general practice. This module aims at providing an overview on sex and gender differences in the vast domain of primary health care and bring tools to address gender-specific questions in the privileged setting of the general practice.

Methods

The course consists of lectures, discussions and group work.

Proof of performance

Group work during the course.

Preparation and follow-up

Ten hours preparation (reading), no follow-up

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

Prof. Dr. med. Carole Clair (Chair)

Dr. Joëlle Schwarz

Dr. med. Joana Le Boudec

Dr. med. Yolanda Müller

Prof. Dr. med. Steffen Eychmüller

Dr. med. Nathalie Romain-Glassey

Dr. med. Erika Volkmar

Dr. med. Régis Marion-Veyron

Date

6 – 7 December 2021

Place

University of Bern, Mittelstrasse 43, 3012 Bern

Language

English

Course fee

CHF 960.–

Deadline

1 November 2021

Registration

www.gender-medicine.ch

Infectious Diseases



Objectives of the module

Participants

- can explain the influence of sex and gender on the risk of sexually transmitted infections (STI) and HIV as well as infectious diseases in general and know the most important factors for STI and HIV epidemics.
- know anatomical and physiological sex as well differences in lung health and disease and the importance of social aspects, health behaviour and symptom perception.
- are aware of gender differences in the diagnosis and treatment of urological tumours, urinary tract infections and bladder dysfunction.

Content of the module

Different risk behaviour, the influence of gender roles, differences in anatomy and the immune system lead to important differences in epidemiology, expression, course and treatment of diseases. This module covers:

- Infectiology: Depending on sexual identity and orientation, risk behaviour with regard to certain infectious diseases differs. Anatomical and genetic differences contribute to differences in susceptibility and pathogenesis of infectious diseases.
- Pneumology: We discuss sex and gender differences in lung health and disease, the underlying biology and differences in health behaviour and symptom perception.
- Urology: This block deals with the differences between the sexes in the diagnosis and treatment of urological diseases. The anatomical differences and the role of hormones are explained.

Methods

The course consists of lectures, discussions and group work.

Proof of performance

Group work during the course.

Preparation and follow-up

Ten hours preparation (reading), no follow-up

Credits

1 ECTS-Point and CME-Points

Target group

Health care professionals and biomedical researchers, specialists from related fields; a university degree at Master's level is required.

Lecturers

PD Dr. med. M.C. Christine Thurnheer (Chair)
Prof. Dr. med. Hansjakob Furrer
Prof. Dr. med. Nicola Low
PD Dr. med. M.C. Christine Thurnheer
Prof. Dr. med. Annelies Zinkernagel
Dr. med. Silvio Brugger
Dr. med. Sabina A. Guler
Prof. Dr. med. Fiona Burkhard

Date

13 – 14 January 2022

Place

University of Bern, Mittelstrasse 43, 3012 Bern

Language

English

Course fee

CHF 960.–

Deadline

1 December 2021

Registration

www.gender-medicine.ch