

Arizona Psychiatry Access Line (APAL) Grand Round Series 2026

APAL Grand Rounds: PMDD: One Difficult Week, Repeated 500 Times

**January 16, 2026 – 12:00 PM
Online**

Overall Activity Objectives:

- 1 Initiate treatment for psychiatric concerns in perinatal and pediatric populations.
- 2 Appropriately screen and diagnose psychiatric illness in pediatric and perinatal populations.
- 3 Utilize available resources and referrals to support perinatal and pediatric populations.

Session Objectives:

- 1 Explain the neurobiological mechanisms underlying the cyclical nature of PMDD, including the concept of the danger zone, and discuss how this contributes to cumulative symptom burden across the reproductive lifespan.
- 2 Recognize the core clinical features of PMDD and accurately distinguish PMDD from premenstrual syndrome (PMS) and premenstrual exacerbation (PME).
- 3 Select and implement appropriate evidence-based strategies for managing PMDD in clinical practice.

Accreditation Statement:

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
kathryn Emerick, MD	Activity Director	Nothing to disclose - 10/24/2025
Jacquelin Esque, MD	Co-Director	Nothing to disclose - 10/24/2025
Saira Kalia, MD	Planning Committee Member	Nothing to disclose - 10/22/2025
Andrea McFerren, DO	Faculty	Nothing to disclose - 10/06/2025
Amanda Okpisz	Planning Committee Member	Nothing to disclose - 10/22/2025



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