



NAMS 2021: The State of Midlife Women's Health Today
(As of July 23, 2021)

Tuesday, September 21, 2021	
6:30 AM–6:00 PM	Translational Science Symposium <i>Charting the Path to Health in Midlife and Beyond: The Biology and Practice of Wellness</i> <i>Supported by</i> The National Institute on Aging of the National Institutes of Health under Award Number R13AG069384
	Nanette F Santoro, MD—Chair, 2021 Translational Science Symposium <i>Professor and E. Stewart Taylor Chair of Obstetrics and Gynecology</i> <i>University of Colorado School of Medicine</i> <i>Anschutz Medical Campus</i> <i>Aurora, Colorado</i>
6:30 AM–7:30 AM	Breakfast Round Tables <i>Faculty and Attendees</i>
7:30 AM–7:45 AM	Welcome and Introductory Remarks Nanette F Santoro, MD <i>Professor and E. Stewart Taylor Chair of Obstetrics and Gynecology</i> <i>University of Colorado School of Medicine</i> <i>Anschutz Medical Campus</i> <i>Aurora, Colorado</i> Hadine Joffe, MD, MSc <i>President, The North American Menopause Society</i> <i>Executive Director, Mary Horrigan Connors Center for Women's Health and Gender Biology</i> <i>Paula A. Johnson Professor of Psychiatry in the Field of Women's Health, Harvard Medical School</i> <i>Executive Vice Chair for Academic and Faculty Affairs, Department of Psychiatry</i> <i>Brigham and Women's Hospital, Dana Farber Cancer Institute</i> <i>Harvard Medical School</i> <i>Boston, Massachusetts</i>
7:45 AM–9:30 AM	Session 1—The Epidemiology of Wellness
	Session Chairs: Chrisandra L Shufelt, MD, MS, FACP, NCMP <i>Associate Director</i>

	<i>Barbra Streisand Women's Heart Center and Preventive and Rehabilitative Cardiac Center</i> <i>Director, Women's Hormone and Menopause Program</i> <i>Professor of Medicine, Cedars-Sinai Medical Center</i> <i>Los Angeles, California</i> Rebecca C Thurston, PhD, FABMR <i>Pittsburgh Foundation Chair in Women's Health and Dementia</i> <i>Professor of Psychiatry, Psychology, Epidemiology and Clinical and Translational Science</i> <i>Director, Women's Biobehavioral Health Research Program</i> <i>Director, Cardiovascular Behavioral Medicine Research Training Program</i> <i>University of Pittsburgh</i> <i>Pittsburgh, Pennsylvania</i>
7:45 AM–8:20 AM	<i>The Tao of Wellness</i> Holly Wyatt, MD <i>Professor, Nutrition Sciences</i> <i>School of Health Professions</i> <i>Senior Scientist, Nutrition Obesity Research Center</i> <i>The University of Alabama at Birmingham</i> <i>Birmingham, Alabama</i>
8:20 AM–8:30 AM	Q&A With Audience
8:30 AM–8:50 AM	<i>Can a Tao Be Biomarked?</i> Svati H. Shah, MD, MS, MHS <i>Professor of Medicine</i> <i>Associate Dean for Genomics</i> <i>Director, Precision Genomics Collaboratory</i> <i>Director, Adult Cardiovascular Genetics Clinic</i> <i>Division of Cardiology, Department of Medicine</i> <i>Associate Director, Clinical Translation</i> <i>Duke Molecular Physiology Institute</i> <i>Duke University School of Medicine</i> <i>Durham, North Carolina</i>
8:50 AM–9:00 AM	Q&A With Audience
9:00 AM–9:20 AM	<i>Social Connectedness: The Underpinning of Wellness</i> Julianne Holt-Lunstad, PhD <i>Professor of Psychology and Neuroscience</i> <i>Brigham Young University</i> <i>Provo, Utah</i>
9:20 AM–9:30 AM	Q&A With Audience
9:30 AM–10:00 AM	Break
10:00 AM–12:00 PM	Session 2— <i>Wellness at Midlife: Does It Predict the Future?</i>
	Session Chairs: Stephanie S Faubion, MD, MBA, FACP, NCMP, IF <i>Medical Director, The North American Menopause Society</i>

	<i>Professor and Chair, Department of Medicine</i> <i>Penny and Bill George Director, Mayo Clinic Center for Women's Health</i> <i>Mayo Clinic</i> <i>Jacksonville, Florida</i> Nanette F Santoro, MD <i>Professor and E Stewart Taylor Chair of Obstetrics and Gynecology</i> <i>University of Colorado School of Medicine</i> <i>Anschutz Medical Campus</i> <i>Aurora, Colorado</i>
10:00 AM–10:20 AM	<i>Disrupting a Disruptive Environment</i> Sarah Lindsey, PhD <i>Associate Professor, Department of Pharmacology</i> <i>Tulane University School of Medicine</i> <i>New Orleans, Louisiana</i>
10:20 AM–10:30 AM	Q&A With Audience
10:30 AM–10:50 AM	<i>Health Is Where the Heart Is</i> Samar R El Khoudary, PhD, MPH, BPharm, FAHA <i>Associate Professor, Department of Epidemiology, Epidemiology Data Center</i> <i>University of Pittsburgh</i> <i>Pittsburgh, Pennsylvania</i>
10:50 AM–11:00 AM	Q&A With Audience
11:00 AM–11:20 AM	<i>Disseminating and Implementing the DPP Model</i> Andrea M Kriska, PhD, MS <i>Professor, Department of Epidemiology</i> <i>Graduate School of Public Health</i> <i>University of Pittsburgh</i> <i>Pittsburgh, Pennsylvania</i>
11:20 AM–11:30 AM	Q&A With Audience
11:30 AM–11:50 AM	<i>Lifestyle—The Silver Bullet</i> Cynthia Stuenkel, MD, NCMP <i>Clinical Professor, Department of Medicine</i> <i>University of California, San Diego, School of Medicine</i> <i>La Jolla, California</i>
11:50 AM–12:00 PM	Q&A With Audience
12:00 PM–12:45 PM	Break and Box Lunch
12:45 PM–2:45 PM	<i>Session 3—Psychological Components of Wellness</i>
	Session Chairs: Nina Coslov, MBA

	<i>Founder, Women Living Better Cambridge, Massachusetts</i> Genevieve S Neal-Perry, MD, PhD <i>Department Chair and Robert A Ross Distinguished Professor of Obstetrics and Gynecology University of North Carolina Chapel Hill, North Carolina</i>
12:45 PM–1:05 PM	<i>How Early Life Experiences Shape Later Life Mental Health</i> C Neill Epperson, MD <i>Robert Freedman Endowed Professor and Chair, Department of Psychiatry University of Colorado School of Medicine Anschutz Medical Campus Aurora, Colorado</i>
1:05 PM–1:15 PM	Q&A With Audience
1:15 PM–1:35 PM	<i>Undermining the Power of Hot Flashes to Ruin Sleep</i> Rebecca C Thurston, PhD, FABMR <i>Pittsburgh Foundation Chair in Women's Health and Dementia Professor of Psychiatry, Psychology, Epidemiology and Clinical and Translational Science Director, Women's Biobehavioral Health Research Program Director, Cardiovascular Behavioral Medicine Research Training Program University of Pittsburgh Pittsburgh, Pennsylvania</i>
1:35 PM–1:45 PM	Q&A With Audience
1:45 PM–2:05 PM	<i>Towards Better Mental Health: Fortifying Oneself Against Sadness and Worry</i> Hadine Joffe, MD, MSc <i>President, The North American Menopause Society Executive Director, Mary Horrigan Connors Center for Women's Health and Gender Biology Paula A. Johnson Professor of Psychiatry in the Field of Women's Health, Harvard Medical School Executive Vice Chair for Academic and Faculty Affairs, Department of Psychiatry Brigham and Women's Hospital, Dana Farber Cancer Institute Harvard Medical School Boston, Massachusetts</i>
2:05 PM–2:15 PM	Q&A With Audience
2:15 PM–3:15 PM	Session 4—Orienting Clinical Practice to Promote Wellness
	Session Chairs: Isaac Schiff, CM, MD <i>Joe Vincent Meigs Distinguished Professor of Gynecology Harvard Medical School Chief, Department of Obstetrics and Gynecology, Emeritus The Women's Care Division Massachusetts General Hospital Boston, Massachusetts</i>

	Marla Shapiro, CM, MDCM, CCFP, MHSc, FRCPC, FCFP, NCMP <i>Professor, Department of Family and Community Medicine University of Toronto Toronto, Ontario, Canada</i>
2:15 PM–2:35 PM	<i>Validation: The Clinician’s Superpower</i> Nancy Fugate Woods, PhD, FAAN <i>Professor and Dean Emeritus University of Washington School of Nursing Seattle, Washington</i>
2:35 PM–2:45 PM	Q&A With Audience
2:45 PM–3:05 PM	<i>Becoming the Exercise Enthusiast You Always Hated</i> Helen L Coons, PhD, ABPP <i>Associate Professor and Director, Adult Psychology Clinical Director, Women’s Behavioral Health and Wellness Service Line Department of Psychiatry University of Colorado School of Medicine Anschutz Medical Campus Aurora, Colorado</i>
3:05 PM–3:15 PM	Q&A With Audience
3:15 PM–3:45 PM	Break
3:45 PM–5:45 PM	Session 5—<i>The Lifestyle Overhaul in 5 Easy Steps</i>
	Session Chairs: Ann Garnier <i>Founder and Chief Executive Officer Lisa Health Oakland, California</i> Samar R El Khoudary, PhD, MPH, BPharm, FAHA <i>Associate Professor, Department of Epidemiology, Epidemiology Data Center University of Pittsburgh Pittsburgh, Pennsylvania</i>
3:45 PM–4:05 PM	<i>Triangulating Weight Loss: Behavior, Medicine, and Surgery</i> Kara L Marlatt, MS, MPH, PhD <i>Exercise Physiologist and Postdoctoral Fellow Pennington Biomedical Research Center Baton Rouge, Louisiana</i>
4:05 PM–4:15 PM	Q&A With Audience

4:15 PM–4:35 PM	<i>Becoming the Meditation Enthusiast You Always Hated</i> Patti Montella <i>Author and Thought Leader</i> <i>Senior Faculty Member, Art of Living Foundation and the International Association for Human Values</i> <i>Boone, North Carolina</i>
4:35 PM–4:45 PM	Q&A With Audience
4:45 PM–5:05 PM	<i>Food: The Best Medicine</i> Gloria A Richard-Davis, MD, FACOG <i>Professor and Division Director</i> <i>Reproductive Endocrinology and Infertility</i> <i>Medical Director, PA Program</i> <i>Department of Obstetrics and Gynecology</i> <i>University of Arkansas for Medical Sciences</i> <i>Little Rock, Arkansas</i>
5:05 PM–5:15 PM	Q&A With Audience
5:15 PM–5:35 PM	<i>Menopause Care: An Ideal Model for Implementation Science</i> Marcel E Salive, MD, MPH <i>Division of Geriatrics and Clinical Gerontology</i> <i>National Institute on Aging</i> <i>Bethesda, Maryland</i>
5:35 PM–5:45 PM	Q&A With Audience
5:45 PM–6:00 PM	Wrap-Up and Next Steps
	Nanette F Santoro, MD <i>Professor and E Stewart Taylor Chair of Obstetrics and Gynecology</i> <i>University of Colorado School of Medicine</i> <i>Anschutz Medical Campus</i> <i>Aurora, Colorado</i>
2:00 PM–6:00 PM	Menopause 101 Course <i>The Best of Clinical Practice</i> <i>Supported in part by grant funding from</i> <i>Bonafide Health</i> <i>Pfizer Inc.</i> <i>Pharmavite LLC</i>
	Risa Kagan, MD, FACOG, CCD, NCMP—Co-Chair, Menopause 101 Course <i>Clinical Professor, Department of Obstetrics, Gynecology, and Reproductive Sciences</i> <i>University of California, San Francisco</i> <i>Sutter East Bay Medical Foundation</i> <i>Berkeley, California</i>

2:00 PM–2:05 PM	Welcome and Introductory Remarks Risa Kagan, MD, FACOG, CCD, NCMP <i>Clinical Professor, Department of Obstetrics, Gynecology, and Reproductive Sciences University of California, San Francisco Sutter East Bay Medical Foundation Berkeley, California</i>
2:05 PM–2:35 PM	Menopause 101: Overview Ekta Kapoor, MBBS, FACP, NCMP <i>Associate Professor of Medicine Assistant Director, Mayo Clinic Center for Women's Health Consultant, Divisions of General Internal Medicine and Endocrinology, Diabetes, Metabolism and Nutrition Mayo Clinic Rochester, Minnesota</i>
2:35 PM–3:05 PM	Vasomotor Symptoms 101: Hormone Therapy and Alternatives Ann Steiner, MD, FACOG, NCMP <i>Clinical Professor of Obstetrics and Gynecology Director and Founder, Menopause Clinic, Dickens Center for Women Perelman School of Medicine, University of Pennsylvania Philadelphia, Pennsylvania</i>
3:05 PM–3:35 PM	Genitourinary Syndrome of Menopause 101: How to Diagnose and Treat Susan Kellogg-Spadt, PhD, CRNP, IF, FCST, CSC <i>Director of Female Sexual Medicine, Center for Pelvic Medicine/MidLantic Urology Drexel University College of Medicine Bryn Mawr/Philadelphia, Pennsylvania</i>
3:35 PM–3:55 PM	Q&A With Audience
3:55 PM–4:10 PM	Break
4:10 PM–4:40 PM	Bone Health 101: Diagnosis and Treatment of Osteoporosis Andrea J Singer, MD, FACP, CCD <i>Director, Women's Primary Care Director, Bone Densitometry and Fracture Liaison Service Departments of Obstetrics and Gynecology and Medicine MedStar Georgetown University Hospital Washington, DC</i>
4:40 PM–5:10 PM	Sexual Health 101: The Basics of Diagnosis and Treatment of Sexual Dysfunction Sharon J Parish, MD <i>Professor of Medicine in Clinical Psychiatry, Professor of Clinical Medicine Weill Cornell Medical College Director of Medical Services, New York Presbyterian Hospital/ Westchester Division White Plains, New York</i>

5:10 PM–5:40 PM	<i>Mood and Cognition 101: What’s Normal and What’s Not?</i> Alison Shea, MD, PhD, FRCSC, NCMP <i>Assistant Professor, Departments of Obstetrics, Gynecology, and Psychiatry Faculty of Health Sciences, McMaster University Clinical Lead, Menopause Clinic St. Joseph’s Healthcare Hamilton, Ontario, Canada</i>
5:40 PM–6:00 PM	Q&A With Audience
Wednesday, September 22, 2021	
8:00 AM–1:00 PM	Pre-Meeting Symposium <i>Cardiometabolic Health in Midlife Women</i>
8:00 AM–8:05 AM	Welcome and Introductory Remarks Chrisandra L Shufelt, MD, MS, FACP, NCMP—Chair, Scientific Program Committee <i>Associate Director Barbra Streisand Women’s Heart Center and Preventive and Rehabilitative Cardiac Center Director, Women’s Hormone and Menopause Program Professor of Medicine Cedars-Sinai Medical Center Los Angeles, California</i>
8:05 AM–8:30 AM	<i>2020 AHA Statement on Menopause and CVD Risk Factors</i> Samar R El Khoudary, PhD, MPH, BPharm, FAHA <i>Associate Professor, Department of Epidemiology, Epidemiology Data Center University of Pittsburgh Pittsburgh, Pennsylvania</i>
8:30 AM–8:55 AM	<i>CVD Symptoms and Novel Risk Factors for CVD in Women</i> Odayme Quesada, MD, MHS, FAHA <i>Medical Director, Women’s Heart Center The Christ Hospital Heart, Vascular, and Lung Institute Assistant Professor, University of Cincinnati Cincinnati, Ohio</i>
8:55 AM–9:20 AM	<i>Lipids and Blood Pressure and Menopause, OH MY! Where to Start, What to Recommend</i> Margo B Minissian, PhD, ACNP, NEA-BC, FNLA, FAHA <i>Executive Director, Geri and Richard Brawerman Nursing Institute Simms/Mann Family Foundation Endowed Chair in Nurse Education, Innovation, and Research Assistant Professor, Cardiology Cedars-Sinai Medical Center Los Angeles, California</i>

9:20 AM–9:45 AM	<i>Medical Management of Obesity</i> Adrienne Youdim, MD, FACP <i>Associate Clinical Professor of Medicine UCLA David Geffen School of Medicine Cedars-Sinai Medical Center Beverly Hills, California</i>
9:45 AM–10:10 AM	Q&A With Audience
10:10 AM–10:25 AM	Refreshment Break
10:25 AM–10:50 AM	<i>Disparities in Care in Women’s Heart Health</i> Rachel M Bond, MD, FACC <i>System Director, Women’s Heart Health Dignity Health, Arizona Assistant Professor Internal Medicine, Creighton University School of Medicine Chandler, Arizona</i>
10:50 AM–11:15 AM	<i>Cardiometabolism: How Do We Optimize CVD Risk?</i> JoAnn Manson, MD, DrPH, FACP, NCMP <i>Chief, Division of Preventive Medicine Brigham and Women’s Hospital Professor of Medicine and the Michael and Lee Bell Professor of Women’s Health Harvard Medical School Professor, Harvard TH Chan School of Public Health Boston, Massachusetts</i>
11:15 AM–11:40 AM	<i>Ischemia With No Obstructive Coronary Artery Disease</i> Puja K Mehta, MD, FACC, FAHA <i>Director, Women’s Translational Cardiovascular Research Emory Women’s Heart Center Emory Clinical Cardiovascular Research Institute (ECCRI) Associate Professor of Medicine (Cardiology) Emory University School of Medicine Atlanta, Georgia</i>
11:40 AM–12:00 PM	Q&A With Audience
12:00 PM–12:15 PM	Break and Box Lunch Distribution
12:15 PM–12:40 PM	<i>Food as Medicine: Focus on Cardiometabolic Health</i> Timothy S Harlan, MD, FACP, CCMS <i>Associate Professor of Medicine Executive Director, Culinary Medicine Program George Washington University School of Medicine and Health Sciences Washington, DC</i>
12:40 PM–1:00 PM	Q&A With Audience Full Panel

1:00 PM–3:00 PM	2022 Scientific Program Committee Meeting Rebecca C Thurston, PhD, FABMR—Chair, 2022 Scientific Program Committee <i>Pittsburgh Foundation Chair in Women’s Health and Dementia Professor of Psychiatry, Psychology, Epidemiology and Clinical and Translational Science Director, Women’s Biobehavioral Health Research Program Director, Cardiovascular Behavioral Medicine Research Training Program University of Pittsburgh Pittsburgh, Pennsylvania</i>
3:00 PM–4:00 PM	NAMS Education Committee Meeting
4:30 PM–4:45 PM	Welcome and Introductory Remarks
4:30 PM–4:35 PM	Hadine Joffe, MD, MSc—NAMS President <i>Executive Director, Mary Horrigan Connors Center for Women’s Health and Gender Biology Paula A. Johnson Professor of Psychiatry in the Field of Women’s Health, Harvard Medical School Executive Vice Chair for Academic and Faculty Affairs, Department of Psychiatry Brigham and Women’s Hospital, Dana Farber Cancer Institute Harvard Medical School Boston, Massachusetts</i>
4:35 PM–4:45 PM	Chrisandra L Shufelt, MD, MS, FACP, NCMP—Chair, 2021 Scientific Program <i>Associate Director Barbra Streisand Women’s Heart Center and Preventive and Rehabilitative Cardiac Center Director, Women’s Hormone and Menopause Program Professor of Medicine Cedars-Sinai Medical Center Los Angeles, California</i>
4:45 PM–6:15 PM	Plenary Symposium 1—Presidential Symposium—At the Helm: The Science of How Your Brain Is Steering You Through Menopause Hadine Joffe, MD, MSc—NAMS President—Moderator <i>Executive Director, Mary Horrigan Connors Center for Women’s Health and Gender Biology Paula A. Johnson Professor of Psychiatry in the Field of Women’s Health, Harvard Medical School Executive Vice Chair for Academic and Faculty Affairs, Department of Psychiatry Brigham and Women’s Hospital, Dana Farber Cancer Institute Harvard Medical School Boston, Massachusetts</i>
4:45 PM–5:05 PM	KNDy Neurons and Female Hormone Regulation of Hot Flashes and Sleep Disturbance Stephanie L Padilla, PhD <i>Assistant Professor of Biology University of Massachusetts Amherst Amherst, Massachusetts</i>
5:05 PM–5:25 PM	Stress and HPA-Axis Dysregulation in Hot Flashes and Menopausal Sleep Disturbance Fiona Baker, PhD <i>Director, Human Sleep Research Program SRI International Menlo Park, California</i>

5:25 PM–5:45 PM	<i>Downstream Effects of Menopause Sleep Interruption on Mood, Cognition, and Metabolism</i> Hadine Joffe, MD, MSc—NAMS President <i>Executive Director, Mary Horrigan Connors Center for Women's Health and Gender Biology Paula A. Johnson Professor of Psychiatry in the Field of Women's Health, Harvard Medical School Executive Vice Chair for Academic and Faculty Affairs, Department of Psychiatry Brigham and Women's Hospital, Dana Farber Cancer Institute Harvard Medical School Boston, Massachusetts</i>
5:45 PM–6:15 PM	Q&A With Audience
6:15 PM–8:00 PM	President's Reception <i>Supported by TherapeuticsMD Premier Partner of the 2021 Annual Meeting</i>
Thursday, September 23, 2021	
7:00 AM–8:00 AM	Continental Breakfast for Registrants of the Annual Meeting
8:15 AM–9:15 AM	Keynote Address
	Chrisandra L Shufelt, MD, MS, FACP, NCMP—Moderator <i>Associate Director Barbra Streisand Women's Heart Center and Preventive and Rehabilitative Cardiac Center Director, Women's Hormone and Menopause Program Professor of Medicine Cedars-Sinai Medical Center Los Angeles, California</i>
8:15 AM–9:00 AM	<i>Midlife Women's Health: The Intersection of Research Health Policy and Clinical Care</i> Janine Austin Clayton, MD, FARVO <i>NIH Associate Director for Research on Women's Health Director, NIH Office of Research on Women's Health Bethesda, Maryland</i>
9:00 AM–9:15 AM	Q&A With Audience
9:15 AM–10:45 AM	Plenary Symposium 2—Breast Cancer Prevention, Screening, and Survivorship Care
	Andrew M Kaunitz, MD, FACOG, NCMP—Moderator <i>Professor and Associate Chairman Department of Obstetrics and Gynecology University of Florida College of Medicine—Jacksonville Medical Director and Director of Menopause and Gynecologic Ultrasound Services University of Florida Women's Health Specialists—Emerson Jacksonville, Florida</i>

9:15 AM–9:35 AM	Breast Cancer Risk Assessment for Women’s Health Clinicians Lisa C Larkin, MD, FACP, NCMP, IF <i>Founder and Chief Executive Officer Ms.Medicine Cincinnati, Ohio</i>
9:35 AM–9:55 AM	Chemoprevention and Lifestyle for Risk Reduction: Women’s Health Clinicians Have a Role Holly J Pederson, MD <i>Director, Medical Breast Services, Cleveland Clinic Associate Professor of Medicine, Case Comprehensive Cancer Center Cleveland, Ohio</i>
9:55 AM–10:15 AM	Menopause and Sexual Health in Survivors of Breast Cancer Shari Goldfarb, MD <i>Medical Oncologist Memorial Sloan-Kettering Cancer Center, Departments of Medicine, Epidemiology, and Biostatistics Weill Cornell Medical College, Department of Medicine New York, New York</i>
10:15 AM–10:45 AM	Q&A With Audience
10:45 AM–11:30 AM	Refreshment Break <i>Supported by Astellas</i>
11:00 AM–11:30 AM	Product Theater <i>Supported by TherapeuticsMD Premier Partner of the 2021 Annual Meeting</i>
11:30 AM–12:30 PM	Plenary Symposium 3—Managing Menopause in a Pandemic
	Brooke Faught, DNP, WHNP-BC, NCMP, FAANP, IF—Moderator <i>Director, Women’s Institute for Sexual Health Division of Urology Associates Nashville, Tennessee</i>
11:30 AM–11:50 AM	Adapting Menopause Care to Telehealth and Virtual Medicine Gloria A Bachmann, MD, MMS <i>Professor of Obstetrics, Gynecology, and Medicine Associate Dean for Women’s Health Director, Women’s Health Institute Medical Director of the PROUD Gender Center of New Jersey Rutgers Robert Wood Johnson Medical School New Brunswick, New Jersey</i>
11:50 AM–12:10 PM	Collateral Damage of COVID-19 in Women and Methods to Manage Vikki Pedigo, MSN, WHNP-BC, NBC-HWC <i>Nurse Practitioner and Health Coach Osher Center for Integrative Medicine Vanderbilt University Medical Center Nashville, Tennessee</i>

12:10 PM–12:30 PM	Q&A With Audience
12:30 PM–12:45 PM	Box Lunches Distributed
12:45 PM–2:15 PM	Plenary Symposium 4—<i>Bone Health: How to Identify and Prevent the First Fracture</i>
	Lisa Astalos Chism, DNP, APRN, NCMP, FAANP—Moderator <i>Clinical Director, Center for Breast Health Oakland Macomb Obstetrics and Gynecology Associates Adjunct Assistant Professor, Department of Surgery Wayne State University School of Medicine Rochester Hills, Michigan</i>
12:45 PM–1:20 PM	<i>Osteoporosis Screening in Women: FRAX and Beyond</i> Carolyn J Crandall, MD, MS, FACP, CCD, NCMP <i>Professor of Medicine David Geffen School of Medicine at University of California Los Angeles, California</i>
1:20 PM–1:55 PM	<i>Osteoporosis in Special Populations</i> Kendall F Moseley, MD <i>Assistant Professor of Medicine Clinical Director, Division of Endocrinology, Diabetes, and Metabolism Medical Director, Metabolic Bone and Osteoporosis Center Johns Hopkins University School of Medicine Baltimore, Maryland</i>
1:55 PM–2:15 PM	Q&A With Audience
2:15 PM–3:00 PM	Refreshment Break
2:30 PM–3:00 PM	Product Theater <i>Supported by Pharmavite LLC</i>
3:00 PM–4:30 PM	Plenary Symposium 5—<i>Abnormal Uterine Bleeding in Perimenopausal and Postmenopausal Women</i>
	Cynthia Stuenkel, MD, NCMP—Moderator <i>Clinical Professor, Department of Medicine University of California, San Diego, School of Medicine La Jolla, California</i>
3:00 PM–3:30 PM	<i>An Update of How to Evaluate the Uterus</i> Steven Goldstein, MD, NCMP <i>Professor of Obstetrics and Gynecology New York University Grossman School of Medicine New York, New York</i>

3:30 PM–4:00 PM	<i>Medical Management of Menopausal Bleeding</i> Chantel Ianthe Cross, MD <i>Associate Director, Reproductive Endocrinology and Infertility Fellowships Assistant Professor of Gynecology and Obstetrics Johns Hopkins Medicine Lutherville, Maryland</i>
4:00 PM–4:30 PM	Q&A With Audience
4:30 PM–5:45 PM	Concurrent Session 1—Oral Abstract Presentations
4:30 PM–5:45 PM	Concurrent Session 2—Oral Abstract Presentations
4:30 PM–5:45 PM	Concurrent Session 3—Canadian Menopause Society and the Society of Obstetricians and Gynaecologists of Canada Leadership Session
4:30 PM–5:45 PM	Concurrent Session 4—<i>A Decade of MsFLASH Findings: Time to Get the Word Out</i>
	Susan D Reed, MD, MPH—Moderator <i>Research Director, Women’s Reproductive Health Research Program Professor and Vice Chair, Department of Obstetrics and Gynecology Adjunct Professor, Epidemiology University of Washington School of Medicine Seattle, Washington</i> <i>Lights on MsFLASH: A Review of MsFLASH Interventions and Findings From Five Trials</i> Katherine A Guthrie, PhD, PI <i>Professor, Public Health Sciences Division Fred Hutchinson Cancer Research Center Seattle, Washington</i> Susan Reed, MD, MPH, PI <i>Research Director, Women’s Reproductive Health Research Program Professor and Vice Chair, Department of Obstetrics and Gynecology Adjunct Professor, Epidemiology University of Washington School of Medicine Seattle, Washington</i> <i>Dissemination: MyMenoPlan: A Website for Women and Their Providers</i> Andrea Z LaCroix, PhD, PI <i>Distinguished Professor of Epidemiology Director, Women’s Health Center of Excellence Herbert Wertheim School of Public Health and Longevity Science University of California San Diego La Jolla, California</i>
	<i>MsFLASH Panel Q&A With Audience</i> All MsFLASH Investigators In Attendance
6:00 PM–7:00 PM	Poster Session and Wine and Cheese Reception

7:15 PM–8:00 PM	Recognition Reception <i>By Invitation Only</i>
Friday, September 24, 2021	
6:45 AM–7:45 AM	Continental Breakfast for Registrants of the Annual Meeting
7:55 AM–8:30 AM	NAMS Annual Membership Town Hall
8:30 AM–9:30 AM	NAMS/Pfizer Wulf H Utian Endowed Lecture
	Rebecca C Thurston, PhD, FABMR—Moderator <i>Pittsburgh Foundation Chair in Women's Health and Dementia Professor of Psychiatry, Psychology, Epidemiology and Clinical and Translational Science Director, Women's Biobehavioral Health Research Program Director, Cardiovascular Behavioral Medicine Research Training Program University of Pittsburgh</i>
8:30 AM–9:15 AM	Promises and Challenges of Gene Editing in the Age of CRISPR Neville Sanjana, PhD <i>Core Faculty Member, The New York Genome Center Assistant Professor, Department of Biology, New York University Assistant Professor of Neuroscience and Physiology, NYU School of Medicine New York, New York</i>
9:15 AM–9:30 AM	Q&A With Audience
9:30 AM–11:00 AM	Plenary Symposium 6—What's New in Cervical Cancer Screening and Sexually Transmitted Infections in Midlife Women?
	Peter F Schnatz, DO, FACOG, FACP, NCMP—Moderator <i>Vice Chairman and Residency Program Director Department of Obstetrics and Gynecology, The Reading Hospital Professor of Obstetrics, Gynecology, and Internal Medicine Sidney Kimmel Medical College at Thomas Jefferson University Reading, Pennsylvania</i>
9:30 AM–10:00 AM	Cervical Cancer Screening and Recommendations for Follow-up of Abnormal Results Rebecca B Perkins, MD, MSc <i>Associate Professor of Obstetrics and Gynecology Boston University School of Medicine Boston, Massachusetts</i>
10:00 AM–10:30 AM	Sexually Transmitted Infections in Midlife Women: What Clinicians Need to Know Michael S Policar, MD, MPH <i>Professor Emeritus, Obstetrics, Gynecology, and Reproductive Sciences University of California, San Francisco, School of Medicine San Rafael, California</i>
10:30 AM–11:00 AM	Q&A With Audience
11:00 AM–11:45 AM	Refreshment Break <i>Supported by Astellas</i>

11:15 AM–11:45 AM	Product Theater <i>Supported by Avion/Acella Pharmaceuticals</i>
11:45 AM–12:45 PM	Plenary Symposium 7—Addressing Hair Loss and Voice Changes in Midlife Women
	Diane T Pace, PhD, APRN, FNP-BC, NCMP, IF, FAANP, FAAN—Moderator <i>Professor and Director, Special Academic Program, College of Nursing Associate Professor, College of Medicine, Department of Obstetrics and Gynecology University of Tennessee Health Science Center Memphis, Tennessee</i>
11:45 AM–12:05 PM	How to Win at Losing: Hair Loss in Midlife Women Alison J Bruce, MB, ChB <i>Chair, Department of Dermatology Professor of Dermatology Mayo Clinic Jacksonville, Florida</i>
12:05 PM–12:25 PM	Menopause and the Voice Cheryl Cox Kinney, MD, FACOG, NCMP <i>Director, Center for Female Health and Hormone Disorders Medical City Dallas Dallas, Texas</i>
12:25 PM–12:45 PM	Q&A With Audience
12:45 PM–1:00 PM	Box Lunches Distributed
1:00 PM–2:00 PM	Top-Scoring Abstract Presentations
2:00 PM–3:30 PM	Plenary Symposium 8—What's Hot in Sexual Health? <i>Supported in part by grant funding from Bonafide Health Sprout Pharmaceuticals</i>
	Monica M Christmas, MD, NCMP—Moderator <i>Associate Professor Director of Menopause Program Section of Minimally Invasive Gynecologic Surgery UChicago Medicine and Biological Sciences Chicago, Illinois</i>
2:00 PM–2:30 PM	Female Sexual Function in the Context of Aging and Complex Medical Conditions Stacy Lindau, MD <i>Professor of Obstetrics and Gynecology and Medicine-Geriatrics Director of the Program in Integrative Sexual Medicine University of Chicago Chicago, Illinois</i>

2:30 PM–3:00 PM	<i>When and How to Use Androgens</i> James A Simon, MD, CCD, NCMP, IF, FACOG <i>Clinical Professor, George Washington University Medical Director, Women’s Health and Research Consultants Washington, DC</i>
3:00 PM–3:30 PM	Q&A With Audience
3:30 PM–4:15 PM	Refreshment Break
4:15 PM–5:30 PM	Concurrent Session 1—Oral Abstract Presentations
4:15 PM–5:30 PM	Concurrent Session 2—Oral Abstract Presentations
4:15 PM–5:30 PM	Concurrent Session 3—Mexican Leadership Session
4:15 PM–4:20 PM	Dr. Marcelino Hernández Valencia—Moderator <i>President of AMEC Mexico City, Mexico</i>
4:20 PM–4:35 PM	<i>Adherence to Menopause Hormone Therapy Treatment in Mexico (Apego al tratamiento de terapia hormonal en la menopausia en México)</i> Dr. Luis Velasco Pérez <i>Servicio de Gineco Obstetricia/Obstetrics & Gynecology Services Hospital Ángeles México Mexico City, Mexico</i>
4:35 PM–4:50 PM	<i>Pathology Associated Within Peri- and Postmenopause in a Cohort with MHT (Patología asociada a la peri- postmenopausia en una Cohorte con THM)</i> Dr. Marcelino Hernández Valencia <i>Unidad de Investigación de Enfermedades Endocrinas Endocrine Research Unit National Medical Center Instituto Mexicano del Seguro Social (IMSS) Mexico City, Mexico</i>
4:15 PM–5:30 PM	<i>Impact on the Symptoms of Menopause Hormone Therapy (Impacto de la Terapia Hormonal de la Menopausia sobre su sintomatología)</i> Dr. Víctor Manuel Vargas Hernández <i>Servicio de Ginecología/Obstetrics & Gynecology Services Hospital Juárez de México Mexico City, Mexico</i>
4:15 PM–5:30 PM	<i>Non-Hormonal Treatment of Sexuality in Menopause (Tratamiento No Hormonal de la sexualidad en la Menopausia)</i> Dr. Rodolfo Islas Cortés <i>Servicio de Gineco Obstetricia/Obstetrics & Gynecology Services Hospital Ángeles México Mexico City, Mexico</i>

4:15 PM–5:30 PM	Round Table (Comentarios) Dra. Rosa María Sánchez Javier <i>Servicio de Gineco Obstetricia/Obstetrics & Gynecology Services</i> <i>Hospital Médica Sur</i> <i>Mexico City, Mexico</i>
4:15 PM–5:30 PM	Concurrent Session 4—International Menopause Society Session Brains, Bones, and Beyond
	Steven Goldstein, MD, NCMP—Moderator <i>Professor of Obstetrics and Gynecology</i> <i>New York University Grossman School of Medicine</i> <i>New York, New York</i>
4:15 PM–4:35 PM	How to Clear Brain Fog at Menopause: A Scientific Perspective Pauline M Maki, PhD—Moderator <i>Professor of Psychiatry, Psychology, and Obstetrics and Gynecology</i> <i>Director of Women's Mental Health Research</i> <i>Associate Director of the Center for Research on Women and Gender</i> <i>Program Director of the K12 BIRCWH Program</i> <i>University of Illinois at Chicago</i> <i>Chicago, Illinois</i>
4:35 PM–4:55 PM	Osteoporosis in the Time of COVID Marla Shapiro, CM, MDCM, CCFP, MHSc, FRCPC, FCFP, NCMP <i>Professor, Department of Family and Community Medicine</i> <i>University of Toronto</i> <i>Toronto, Ontario, Canada</i>
4:55 PM–5:15 PM	The WHI Revisited: Lessons Learned Robert D Langer, MD, MPH <i>Principal Scientist and Medical Director, Jackson Hole Center for Preventive Medicine</i> <i>Professor Emeritus of Family Medicine and Public Health, University of California, San Diego</i> <i>San Diego, California</i>
5:15 PM–5:30 PM	Q&A With Audience
5:45 PM–6:45 PM	Donor Cocktail Party
Saturday, September 25, 2021	
7:00 AM–8:00 AM	Continental Breakfast for Registrants of Annual Meeting
8:00 AM–8:15 AM	Announcement of Poster Prizes
8:15 AM–9:15 AM	NAMS/Kenneth W Kleinman Endowed Lecture
	JoAnn V Pinkerton, MD, NCMP—Moderator <i>Professor of Obstetrics and Gynecology and Division Director of Midlife Health</i> <i>The University of Virginia Health System</i> <i>Charlottesville, Virginia</i>

8:15 AM–9:00 AM	<i>Death, Dying, and Dignity: The Art of End-of-Life Care</i> Leslie J Blackhall, MD, MTS <i>Section Head, Palliative Care Tussi and John Kluge Chair in Palliative Medicine University of Virginia School of Medicine Charlottesville, Virginia</i>
9:00 AM–9:15 AM	Q&A With Audience
9:15 AM–10:30 AM	Plenary Symposium 9—<i>Hormonal Migraines: Perimenopause Through Menopause</i>
	Heather D Hirsch, MD, MS, NCMP—Moderator <i>Lead Physician, Menopause and Midlife Clinic, Fish Center for Women’s Health Brigham and Women’s Hospital Instructor, Harvard Medical School Boston, Massachusetts</i>
9:15 AM–9:45 AM	<i>Physiology of Hormonal Migraines and Migraine at Menopause</i> Kevin Weber, MD, MHA <i>Assistant Professor of Neurology, Headache Division Associate Director, Residency Program The Ohio State University Neurological Institute Department of Neurology Columbus, Ohio</i>
9:45 AM–10:15 AM	<i>Treatment Options for Midlife Migraines</i> Carolyn A Bernstein, MD <i>Associate Neurologist, Brigham and Women’s Hospital Assistant Professor of Neurology Harvard Medical School Boston, Massachusetts</i>
10:15 AM–10:30 AM	Q&A With Audience
10:30 AM–10:45 AM	Refreshment Break
10:45 AM–12:00 PM	Plenary Symposium 10—<i>Menopause Hormone Therapy: Risks, Benefits, and Alternatives</i>
	Wen Shen, MD, MPH—Moderator <i>Assistant Professor, Department of Obstetrics and Gynecology Johns Hopkins University School of Medicine Baltimore, Maryland</i>
10:45 AM–11:10 AM	<i>How to Advise of the Risks and Benefits of Hormone Therapy During Menopause</i> Jewel M Kling, MD, MPH, NCMP, FACP <i>Associate Professor of Medicine Chair, Women’s Health Internal Medicine Associate Chair of Equity, Inclusion, and Diversity, Department of Medicine Mayo Clinic Scottsdale, Arizona</i>

11:10 AM–11:35 AM	<i>Vasomotor Symptom Management: What's on the Horizon?</i> Stephanie S Faubion, MD, MBA, FACP, NCMP, IF <i>Medical Director, The North American Menopause Society Professor and Chair, Department of Medicine Penny and Bill George Director, Mayo Clinic Center for Women's Health Mayo Clinic Jacksonville, Florida</i>
11:35 AM–12:00 PM	Q&A With Audience
12:00 PM–1:00 PM	<i>Plenary Symposium 11—Top Things You Should Know This Year and Expert Panel</i> Panelists will each have 5 minutes to present findings from one standout recent article in their respective fields related to menopause and women's health. Panelists will be limited to seven slides. An Expert Panel discussion time will conclude the session.
	Pauline M Maki, PhD—Moderator <i>Professor of Psychiatry, Psychology, and Obstetrics and Gynecology Director of Women's Mental Health Research Associate Director of the Center for Research on Women and Gender Program Director of the K12 BIRCWH Program University of Illinois at Chicago Chicago, Illinois</i>
12:00 PM–12:05 PM	<i>Mental Health/Depression</i> Claudio N Soares, MD, PhD, FRCPC, MBA <i>Professor and Head, Department of Psychiatry Queen's University School of Medicine Executive Director, Research and Innovation, Providence Care Hospital Executive Lead, Strategy and New Partnerships Canadian Biomarker Integration Network in Depression (CAN-BIND) St. Michael's Hospital Kingston, Ontario, Canada</i>
12:05 PM–12:10 PM	<i>Sexual Health</i> Sheryl A Kingsberg, PhD <i>Chief, Division of Behavioral Medicine University Hospitals Cleveland Medical Center, MacDonald Women's Hospital Professor, Departments of Reproductive Biology and Psychiatry Case Western Reserve University School of Medicine Cleveland, Ohio</i>
12:10 PM–12:15 PM	<i>Cardiovascular Disease</i> Chrisandra Shufelt, MD, MS, FACP, NCMP <i>Associate Director Barbra Streisand Women's Heart Center and Preventive and Rehabilitative Cardiac Center Director, Women's Hormone and Menopause Program Professor of Medicine Cedars-Sinai Medical Center Los Angeles, California</i>

12:15 PM–12:20 PM	<i>Hot Flashes</i> Janet S Carpenter, PhD, RN, FAAN <i>Distinguished Professor, Department of Science of Nursing Care, Associate Dean for Research Indiana University School of Nursing Indianapolis, Indiana</i>
12:20 PM–1:00 PM	Q&A with Expert Panel