

 2026 ANNUAL MEETING  The Menopause Society™ October 20-24, 2026 Hilton Bayfront, San Diego	
<i>Bridging the Gap Between Research and Practice</i> (As of October 15, 2026)	
Tuesday, October 20, 2026	
1:00 PM–5:30 PM	Menopause 101 Course Sapphire Ballroom (Level 4)
1:00 PM–1:20 PM	Welcome and Introductory Remarks and Overview of Menopause Basics Monica M Christmas, MD, FACOG, MSCP—Course Director <i>Associate Medical Director, The Menopause Society Associate Professor and Director of the Menopause Program and Center for Women's Integrated Health Chief of Comprehensive Gynecology UChicago Medicine and Biological Sciences Chicago, Illinois</i>
1:20 PM–1:40 PM	Management of Vasomotor Symptoms Stephanie S Faubion, MD, MBA, FACP, MSCP, IF <i>Medical Director, The 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>
1:40 PM–2:00 PM	Management of Genitourinary Syndrome of Menopause Caroline Mitchell, MD, MPH <i>Associate Professor of Obstetrics, Gynecology, and Reproductive Biology Harvard Medical School Physician Investigator, Obstetrics and Gynecology Mass General Research Institute Boston, Massachusetts</i>
2:00 PM–2:20 PM	Management of Hypoactive Sexual Desire Disorder Holly N Thomas, MD, MS, MSCP <i>Associate Professor of Medicine and Clinical and Translational Research Director of the Comparative Effectiveness Research Track Director of the Leadership and Discovery Program University of Pittsburgh Pittsburgh, Pennsylvania</i>
2:20 PM–2:30 PM	Refreshment Break for Registrants of Menopause 101 Course Sapphire Ballroom Foyer (Level 4)

2:30 PM–2:50 PM	<i>Cognitive Changes in Midlife</i> Pauline M Maki, PhD <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>
2:50 PM–3:10 PM	<i>Cardiovascular Health</i> Chrisandra L Shufelt, MD, MS, FACP, MSCP <i>Professor and Chair, Division of General Internal Medicine</i> <i>Associate Director, Women’s Health Research Center</i> <i>Mayo Clinic</i> <i>Jacksonville, Florida</i>
3:10 PM–3:30 PM	<i>Mood Changes in Midlife</i> Claudio N Soares, MD, PhD, FRCPC, MBA, CPTR <i>Professor, Department of Psychiatry</i> <i>Director, Centre for Psychedelic Health and Research, Queen’s University</i> <i>Executive Director, The Canadian Menopause Society</i> <i>Ontario, Canada</i>
3:30 PM–3:50 PM	<i>Night Sweats: What If It’s Not Menopause</i> Cheryl Cox Kinney, MD, FACOG, MSCP <i>President, The Menopause Society</i> <i>Director, Center for Female Health and Hormone Disorders</i> <i>Dallas, Texas</i>
3:50 PM–4:00 PM	Break
4:00 PM–4:40 PM	<i>Case Discussions—What to Prescribe, When, and Why: Practical Prescribing in Menopause Care</i> Monica M Christmas, MD, FACOG, MSCP—Moderator Cheryl Cox Kinney, MD, FACOG, MSCP—Moderator
4:40 PM–5:30 PM	<i>Ask The Experts</i> Monica M Christmas, MD, FACOG, MSCP—Moderator <i>Panelists:</i> Cheryl Cox Kinney, MD, FACOG, MSCP Stephanie S Faubion, MD, MBA, FACP, MSCP, IF Pauline M Maki, PhD Caroline Mitchell, MD, MPH Chrisandra L Shufelt, MD, MS, FACP, MSCP Claudio N Soares, MD, PhD, FRCPC, MBA, CPTR Holly N Thomas, MD, MS, MSCP

1:00 PM–5:30 PM	Bone Health 101 Course Indigo Ballroom—A-E (Level 2)
1:00 PM–1:20 PM	<i>Welcome and Introductory Remarks</i> <i>Overview of Bone Loss with the Menopause Transition</i> Sherri-Ann M Burnett-Bowie, MD, MPH—Course Director <i>Associate Professor of Medicine Harvard Medical School Distinguished Physician, Endocrinology Division Mass General Brigham Medicine Boston, Massachusetts</i>
1:20 PM–1:45 PM	<i>Screening for Osteopenia or Osteoporosis—Who, When, and How?</i> Elaine W Yu, MD, MMSc <i>Associate Professor of Medicine Harvard Medical School Director, Bone Density Center Mass General Brigham Medicine Boston, Massachusetts</i>
1:45 PM–2:10 PM	<i>How Can Patients Prevent Developing Osteopenia, Osteoporosis, or Fractures?</i> Risa Kagan, MD, FACOG, CCD, MSCP <i>Clinical Professor Department of Obstetrics, Gynecology, and Reproductive Sciences University of California San Francisco Sutter East Bay Medical Group Berkeley, California</i>
2:10 PM–2:35 PM	<i>How Should a Patient With Osteopenia, Osteoporosis, or Fractures Be Treated?</i> Albert Shieh, MD <i>Associate Clinical Professor of Medicine Division of Geriatrics UCLA Health Los Angeles, California</i>
2:35 PM–2:45 PM	Refreshment Break for Registrants of Bone Health 101 Course Indigo Ballroom Foyer (Level 2)
2:45 PM–3:10 PM	<i>Side Effects of Antiosteoporosis Medications</i> Michael McClung, MD, FACP, FACE, FASBMR <i>Founding and Emeritus Director Oregon Osteoporosis Center Portland, Oregon</i>
3:10 PM–3:35 PM	<i>Two Sides of the Coin: Balancing Obesity Treatments with Bone Loss and Fracture Risk</i> Elaine W Yu, MD, MMSc <i>Associate Professor of Medicine Harvard Medical School Director, Bone Density Center Mass General Brigham Medicine Boston, Massachusetts</i>

3:35 PM–4:00 PM	<i>What is The Role of Exercise, Weighted Vests, Vibrating Machines, or Other Nontraditional Options in Optimizing Bone Health?</i> Sherri-Ann M Burnett-Bowie, MD, MPH <i>Associate Professor of Medicine Harvard Medical School Distinguished Physician, Endocrinology Division Mass General Brigham Medicine Boston, Massachusetts</i>
4:00 PM–4:10 PM	Break
4:10 PM–4:35 PM	<i>How Clinicians Can Reduce Osteoporosis or Fracture-Related Health Disparities</i> Sherri-Ann M Burnett-Bowie, MD, MPH <i>Associate Professor of Medicine Harvard Medical School Distinguished Physician, Endocrinology Division Mass General Brigham Medicine Boston, Massachusetts</i>
4:35 PM–5:30 PM	<i>Ask The Experts</i> Pelin Batur, MD, FACP, MSCP—Moderator <i>Professor of Obstetrics, Gynecology, and Reproductive Biology Cleveland Clinic Lerner College of Medicine of Case Western Reserve University Ob/Gyn and Women’s Health Institute, Department of Subspecialty Women’s Health Medical Director, Women’s Comprehensive Health and Research Center Cleveland Clinic Cleveland, Ohio</i> <i>Panelists:</i> Sherri-Ann M Burnett-Bowie, MD, MPH Risa Kagan, MD, FACOG, CCD, MSCP Michael McClung, MD, FACP, FACE, FASBMR Albert Shieh, MD Elaine W Yu, MD, MMSc
1:00 PM–5:00 PM	Menopause Research Workshop Aqua Salon (Level 3)
1:00 PM–1:10 PM	<i>Welcome and Workshop Overview</i> Yamnia I Cortés, PhD, MPH, RN, FAHA, FAAN—Moderator <i>Associate Professor The University of Iowa College of Nursing Iowa City, Iowa</i>
1:10 PM–1:55 PM	<i>Menopause Research: How Far Have We Come and Where Are We Going? Leading Scholars Critically Examine the Evolution of Menopause Research</i> Sara Looby, PhD, ANP-BC, FAAN—Moderator <i>Assistant Professor, Department of Medicine Harvard Medical School Clinical Investigator, Metabolism Unit, Endocrine Division Massachusetts General Hospital Boston, Massachusetts</i>

	Panelists: Rebecca C Thurston, PhD, FABMR, FSBSM, FAHA <i>Associate Dean for Women's Health Research Pittsburgh Foundation Chair in Women's Health and Dementia Distinguished Professor of Psychiatry, Psychology, Epidemiology and Clinical and Translational Science Director, Center for Women's Biobehavioral Health Research Program Director, Cardiovascular Behavioral Medicine Research Training Program University of Pittsburgh Pittsburgh, Pennsylvania</i> Nancy Fugate Woods, BSN, PhD, FAAN <i>Professor Emeritus Biobehavioral Nursing & Health Informatics University of Washington School of Nursing Seattle, Washington</i>
	Q&A With Audience
1:55 PM–2:35 PM	Starting Your Menopause Research Program—Part 1 <i>Key Menopause Studies and How to Access and Work Within These Datasets</i>
	Matthew Nudy, MD—Moderator <i>Assistant Professor of Medicine and Public Health Sciences Division of Cardiology Penn State College of Medicine Hershey, Pennsylvania</i>
1:55 PM–2:05 PM	<i>Study of Women's Health Across the Nation (SWAN)</i> Samar R El Khoudary, PhD, MPH, FAHA <i>Chair and Professor of Epidemiology, School of Public Health Director of Women's Public Health Research Initiatives, Institute of Women's Health Virginia Commonwealth University Richmond, Virginia</i>
2:05 PM–2:15 PM	<i>Women's Health Initiative (WHI)</i> Andrea LaCroix, PhD, MPH <i>Professor, Herbert Wertheim School of Public Health and Human Longevity Science UC San Diego San Diego, California</i>
2:15 PM–2:25 PM	<i>Menopause Strategies: Finding Lasting Answers for Symptoms and Health Trials (MsFLASH)</i> Susan Reed, MD, MPH, MS <i>Professor Emeritus, Obstetrics and Gynecology University of Washington Seattle, Washington</i>
2:25 PM–2:35 PM	Q&A With Audience
2:35 PM–2:45 PM	Refreshment Break for Participants of Research Workshop Aqua Salon (Level 3)

2:45 PM–3:30 PM	Starting Your Menopause Research Program—Part 2 <i>From Pilot Studies to Clinical Trials: Feasibility, Methods, and Implementation</i>
	Robin Austin, PhD, DNP, RN, FAMIA, FAAN—Moderator <i>Associate Professor</i> <i>University of Minnesota School of Nursing</i> <i>Minneapolis, Minnesota</i>
2:45 PM–3:00 PM	Getting Started with Interventional Research Alison Huang, MD, MPhil, MAS <i>Professor of Medicine, Urology and Epidemiology and Biostatistics</i> <i>Director of Research for General Internal Medicine at UCSF Health</i> <i>Director of the UCSF Health Women's Health Clinical Research Center</i> <i>University of California San Francisco</i> <i>San Francisco, California</i>
3:00 PM–3:15 PM	Ariel J Lang, PhD, MPH <i>Clinical Psychologist</i> <i>VA San Diego Healthcare System</i> <i>Professor in Residence</i> <i>Department of Psychiatry and Herbert Wertheim School of Public Health and Human Longevity Science</i> <i>UC San Diego</i> <i>San Diego, California</i>
3:15 PM–3:30 PM	Q&A With Audience
3:30 PM–4:10 PM	Starting Your Menopause Research Program—Part 3 <i>How Menopause Research Makes It Into Real World Care</i>
	Elizabeth Lorenzo, PhD, RN—Moderator <i>Associate Professor</i> <i>University of Texas Medical Branch</i> <i>School of Nursing</i> <i>Galveston, Texas</i>
3:30 PM–3:45 PM	MenoGap Lisa J Taylor-Swanson, PhD, LAc, Dipl OM (NCBAHM) <i>Associate Professor</i> <i>College of Nursing at University of Utah</i> <i>Salt Lake City, Utah</i>
3:45 PM–4:00 PM	Working Effectively with US Food and Drug Administration: Early Career Strategies for Research Success Christina Chang, MD, MPH <i>Director of the Division of Urology, Obstetrics, and Gynecology</i> <i>Office of New Drugs in the Center for Drug Evaluation and Research</i> <i>US Food and Drug Administration</i> <i>Washington, DC</i>
4:00 PM–4:10 PM	Q&A With Audience
4:10 PM–4:40 PM	Meet and Greet and Networking Yamnia I Cortés, PhD, MPH, RN, FAHA, FAAN—Moderator <i>Associate Professor</i> <i>The University of Iowa College of Nursing</i> <i>Iowa City, Iowa</i>

4:40 PM–5:00 PM	Next Steps: Resources and Opportunities Carolyn Gibson, PhD, MPH, MSCP, FABMR <i>Associate Professor, Department of Psychiatry and Behavioral Sciences University of California, San Francisco San Francisco, California</i>
Wednesday, October 21, 2026	
7:30 AM–8:00 AM	Coffee Service for Opening Symposium Sapphire Ballroom Foyer (Level 4)
8:00 AM–12:00 PM	Opening Symposium—<i>Cutting Through the Noise: The Evidence for Incorporating the Six Pillars of Lifestyle Medicine for Menopause</i> Sapphire Ballroom (Level 4)
	Overflow Room—Broadcasting from the General Session Aqua Salon (Level 3)
8:00 AM–8:10 AM	Welcome and Introductory Remarks Makeba Williams, MD, FACOG, MSCP—Chair, Scientific Program Committee <i>Professor of Obstetrics and Gynecology Clinical Director of the Center for Health, Awareness, and Research on Menopause (CHARM) University of Illinois College of Medicine Chicago, Illinois</i>
8:10 AM–8:30 AM	Move the Needle: What the Evidence Actually Says About Exercise in Menopause Amy Comander, MD <i>Director, Lifestyle Medicine Program Director, Breast Oncology and Cancer Survivorship Mass General Brigham Cancer Institute Harvard Medical School Boston, Massachusetts</i>
8:30 AM–8:50 AM	Cutting Through the Noise: A Clinical Dietitian's Perspective on Dietary Supplements in Menopause Annina Burns, PhD, RD <i>Clinician Dietitian Washington, DC</i>
8:50 AM–9:10 AM	Socially Connected and Clinically Well: What the Evidence Says About Connectedness in Menopause Michelle Tollefson, MD, FACOG <i>Professor Health Professions Department Metropolitan State University of Denver Denver, Colorado</i>
9:10 AM–9:30 AM	Beyond Self-Care: Precision Menopause Care Through an Evidence-Based Integration of Lifestyle, Integrative, and Mind-Body Medicine for Stress and Mental Well-Being Michelle L Thompson, DO, AOBFP, ABOIM, DipABLM, FACLM <i>Vice President of Medical Staff UPMC Horizon and Jameson Medical Director UPMC Lifestyle Medicine Program Associate Professor of Family Medicine, University of Pittsburgh School of Medicine Adjunct Clinical Professor, Philadelphia and Lake Erie College of Osteopathic Medicine Pittsburgh, Pennsylvania</i>

9:30 AM–10:00 AM	Q&A With Audience
10:00 AM–10:20 AM	Refreshment Break for Registrants of the Main Program Sapphire Ballroom Foyer (Level 4)
10:20 AM–10:40 AM	<i>Rest Assured: What We Know and What We Can Do About Sleep at Menopause</i> Suzanne Bertisch, MD, MPH <i>Senior Associate Consultant, Mayo Clinic Florida</i> <i>Director, Women's Health Sleep Medicine Program</i> <i>Director, Behavioral Sleep Medicine</i> <i>Jacksonville, Florida</i>
10:40 AM–11:00 AM	<i>Is It Helping or Hurting? Clinical Counseling Strategies for Substance Use in Midlife Women</i> Carolyn Gibson, PhD, MPH, MSCP, FABMR <i>Associate Professor, Department of Psychiatry and Behavioral Sciences</i> <i>University of California, San Francisco</i> <i>San Francisco, California</i>
11:00 AM–11:20 AM	<i>From Pillars to Practice: Integrating Lifestyle Medicine into Menopause Care</i> Karen E Adams MD, FACOG, DipABLM, MSCP <i>Farwell Family Director, Stanford Program in Menopause and Healthy Aging</i> <i>Faculty Affiliate, Stanford Center on Longevity</i> <i>Clinical Professor, Obstetrics and Gynecology</i> <i>Stanford University</i> <i>Palo Alto, California</i>
11:20 AM–12:00 PM	Q&A With Audience
12:00 PM–2:15 PM	Free Time Industry Education Session
1:30 PM–2:00 PM	Industry Education Session Indigo Ballroom—A-E (Level 2) <i>Supported by</i> Sumitomo Pharma America
2:10 PM–2:30 PM	Welcome and Introductory Remarks Sapphire Ballroom (Level 4)
	Overflow Room—Broadcast from the General Session Aqua Salon (Level 3)
2:10 PM–2:15 PM	Cheryl Cox Kinney, MD, FACOG, MSCP—President <i>Director, Center for Female Health and Hormone Disorders</i> <i>Dallas, Texas</i>
2:15 PM–2:25 PM	Stephanie S Faubion, MD, MBA, FACP, MSCP, IF—Medical Director <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>
2:25 PM–2:30 PM	Makeba Williams, MD, FACOG, MSCP—Chair, Scientific Program Committee <i>Professor of Obstetrics and Gynecology</i> <i>Clinical Director of the Center for Health, Awareness, and Research on Menopause (CHARM)</i> <i>University of Illinois College of Medicine</i> <i>Chicago, Illinois</i>

2:30 PM–4:30 PM	Presidential Symposium 1—<i>The Toll of Estrogen Avoidance</i> Sapphire Ballroom (Level 4)
	Cheryl Cox Kinney, MD, FACOG, MSCP—Moderator <i>Director, Center for Female Health and Hormone Disorders</i> <i>Dallas, Texas</i>
2:30 PM–2:50 PM	<i>The Cardiovascular Consequences of Estrogen Avoidance</i> Matthew Nudy, MD <i>Assistant Professor of Medicine and Public Health Sciences</i> <i>Division of Cardiology</i> <i>Penn State College of Medicine</i> <i>Hershey, Pennsylvania</i>
2:50 PM–3:10 PM	<i>The Toll of Estrogen Avoidance—Bone Health</i> Michael McClung, MD, FACP, FACE, FASBMR <i>Founding and Emeritus Director</i> <i>Oregon Osteoporosis Center</i> <i>Portland, Oregon</i>
3:10 PM–3:30 PM	<i>Early Menopause and the Impact on All-Cause Mortality</i> Monica M Christmas, MD, FACOG, MSCP <i>Associate Medical Director, The Menopause Society</i> <i>Associate Professor and Director of the Menopause Program and Center for Women’s Integrated Health</i> <i>Chief of Comprehensive Gynecology</i> <i>UChicago Medicine and Biological Sciences</i> <i>Chicago, Illinois</i>
3:30 PM–3:50 PM	<i>Breast Cancer Survivors: The Consequences of Estrogen Avoidance and Reconsidering the Estrogen Option</i> James A Simon, MD, CCD, MSCP, IF, FACOG <i>Clinical Professor</i> <i>George Washington University</i> <i>Washington, DC</i>
3:50 PM–4:10 PM	<i>Contextualizing Risk of Stroke and Breast Cancer: Estrogen Compared to Other Therapies</i> Howard N Hodis, MD <i>Professor of Medicine</i> <i>Harry J. Bauer and Dorothy Bauer Rawlins Professorship in Cardiology</i> <i>Keck School of Medicine of USC</i> <i>Los Angeles, California</i>
4:10 PM–4:30 PM	Q&A With Audience
4:30 PM–5:30 PM	<i>30 Years of SWAN: Transforming What We Know About Menopause</i> Sapphire Ballroom (Level 4)
	Yamnia I Cortés, PhD, MPH, RN, FAHA, FAAN—Moderator <i>Associate Professor</i> <i>The University of Iowa College of Nursing</i> <i>Iowa City, Iowa</i>

4:30 PM–4:50 PM	<i>Daily Hormone Patterns Across the Menopause Transition: New Insights and Discoveries</i> Nanette F Santoro, MD <i>Professor and E Stewart Taylor Chair of Obstetrics and Gynecology University of Colorado School of Medicine Anschutz Medical Campus Aurora, Colorado</i>
4:50 PM–5:10 PM	<i>The Impact of Menopause on Bone Loss and Body Composition: Insights from SWAN</i> Sherri-Ann M Burnett-Bowie, MD, MPH <i>Associate Professor of Medicine Harvard Medical School Distinguished Physician, Endocrinology Division Mass General Brigham Medicine Boston, Massachusetts</i>
5:10 PM–5:30 PM	<i>Menopause and Women’s Cardiovascular Health: What the SWAN Data Tells Us</i> Rebecca C Thurston, PhD, FABMR, FSBSM, FAHA <i>Associate Dean for Women’s Health Research Pittsburgh Foundation Chair in Women’s Health and Dementia Distinguished Professor of Psychiatry, Psychology, Epidemiology and Clinical and Translational Science Director, Center for Women’s Biobehavioral Health Research Program Director, Cardiovascular Behavioral Medicine Research Training Program University of Pittsburgh Pittsburgh, Pennsylvania</i>
5:30 PM–6:30 PM	President’s Cocktail Reception Promenade Plaza (Level 1)
Thursday, October 22, 2026	
7:00 AM–8:00 AM	Continental Breakfast for Registrants of the Main Program Sapphire Ballroom Foyer (Level 4)
8:15 AM–8:45 AM	Keynote Address Sapphire Ballroom (Level 4)
	Overflow Room—Broadcasting from the General Session Aqua Salon (Level 3)
	Stephanie S Faubion, MD, MBA, FACP, MSCP, IF—Host <i>Medical Director, The 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>
8:15 AM–8:45 AM	<i>Bridging the Gaps in Women’s Health: A Conversation with Dr. Jill Biden</i> Jill Biden, EdD <i>Former First Lady of the United States Chair, Women’s Health Network, Milken Institute Wilmington, Delaware</i>

9:00 AM–10:30 AM	Plenary Symposium 2—<i>More Than Survival: A Multidisciplinary Approach to Menopause Care Across the Cancer Continuum</i> Sapphire Ballroom (Level 4)
	Stacy M. Selbert, MSN, WHNP, MSCP—Moderator <i>Nurse Practitioner WashU Medicine Department of Ob/Gyn, Division of Academic Specialists St. Louis, Missouri</i>
9:00 AM–9:20 AM	<i>Cancer Treatment and the Hormonal Milieu: An Oncologist’s Perspective</i> VK Gadi, MD, PhD <i>Deputy Director, University of Illinois Cancer Center Professor and Director, Medical Oncology, University of Illinois at Chicago Attending Physician, University of Illinois Health Chicago, Illinois</i>
9:20 AM–9:40 AM	<i>Gynecologic Care Across the Previvor and Survivor Continuum</i> Versha Pleasant, MD, MPH <i>Clinical Assistant Professor Director, Cancer Genetics and Breast Health Department of OB/GYN University of Michigan Ann Arbor, Michigan</i>
9:40 AM–10:00 AM	<i>Shared Decision-Making for Menopause Management in Cancer Survivorship</i> Heidi Trott, ARNP, MSN <i>Former Co-director, Women’s Wellness Clinic Advanced Practice Provider, Breast Oncology High-Risk Screening/Genetics Clinic Fred Hutchinson Cancer Center University of Washington Seattle, Washington</i>
10:00 AM–10:30 AM	Q&A With Audience
10:30 AM–11:15 AM	Refreshment Break for Registrants of the Main Program Indigo Exhibit Hall (Level 2)
10:45 AM–11:15 AM	Industry Education Session Indigo Ballroom—A-E (Level 2) <i>Supported by</i> Astellas <i>Premier Partner of the 2026 Annual Meeting</i>
11:15 AM–12:30 PM	Plenary Symposium 3—<i>Menopause and Longevity Medicine: What We Know, What We Don’t Know, and What We Shouldn’t Promise</i> Sapphire Ballroom (Level 4)
	Jan L Shifren, MD, MSCP—Moderator <i>Director, Midlife Women’s Health Center Massachusetts General Hospital Professor of Obstetrics, Gynecology, and Reproductive Biology Harvard Medical School Boston, Massachusetts</i>

11:15 AM–11:40 AM	<i>Hormone Therapy and Cognition: Current Evidence and Clinical Implications</i> Pauline M Maki, PhD <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>
11:40 AM–12:05 PM	<i>Hormone Therapy and Cardiovascular Disease Risk: Current Evidence and Clinical Implications</i> Chrisandra L Shufelt, MD, MS, FACP, MSCP <i>Professor and Chair, Division of General Internal Medicine Associate Director, Women’s Health Research Center Mayo Clinic Jacksonville, Florida</i>
12:05 PM–12:30 PM	Q&A With Audience VK Gadi, MD, PhD Pauline M Maki, PhD Chrisandra L Shufelt, MD, MS, FACP, MSCP
12:30 PM–12:45 PM	Box Lunches Distributed for Registrants of the Main Program Sapphire Ballroom (Level 4)
12:45 PM–2:15 PM	Plenary Symposium 4—<i>Mind the Gap: Mood Disorders, Suicide Risk, and the Menopause Transition</i> Sapphire Ballroom (Level 4)
	Gloria A Richard-Davis, MD, MBA, MSCP, FACOG—Moderator <i>Regional Dean for Morehouse School of Medicine and More in Common Alliance Common Spirit Health, Virginia Mason Franciscan Health System Seattle, Washington</i>
12:45 PM–1:05 PM	<i>Mood Disorders and the Menopause Transition: What Every Clinician Needs to Know</i> Claudio N Soares, MD, PhD, FRCPC, MBA, CPTR <i>Professor, Department of Psychiatry Director, Centre for Psychedelic Health and Research, Queen’s University Executive Director, The Canadian Menopause Society Ontario, Canada</i>
1:05 PM–1:25 PM	<i>Suicide Risk in Midlife Women: Recognizing the Warning Signs During the Menopause Transition</i> Mary Kimmel, MD, PhD <i>Associate Professor of Psychiatry University School of Medicine in St. Louis St. Louis, Missouri</i>
1:25 PM–1:45 PM	<i>Beyond the Diagnosis: Resilience, Loneliness, and Psychological Wellbeing</i> Ellen E Lee, MD <i>Estelle and Edgar Levi Memorial Chair in Aging Professor and Division Chief of Geriatric Psychiatry, UC San Diego Program Director, Geriatric Psychiatry Fellowship, UC San Diego/San Diego VA Medical Center Staff Psychiatrist, VA San Diego Healthcare System San Diego, California</i>

1:45 PM–2:15 PM	Q&A With Audience
2:15 PM–3:00 PM	Refreshment Break for Registrants of the Main Program Indigo Exhibit Hall (Level 2)
2:30 PM–3:00 PM	Industry Education Session Indigo Ballroom—A-E (Level 2) <i>Supported by</i> Bayer <i>Premier Partner of the 2026 Annual Meeting</i>
3:00 PM–4:30 PM	Plenary Symposium 5—Midlife Dermatology: Evidence-Based Care for Skin and Hair Changes in Menopause Sapphire Ballroom (Level 4)
	Cheryl Cox Kinney, MD, FACOG, MSCP—Moderator <i>President, The Menopause Society</i> <i>Director, Center for Female Health and Hormone Disorders</i> <i>Dallas, Texas</i>
3:00 PM–3:25 PM	<i>Skin, Hormones, and Menopause: From Research to Clinical Practice</i> Shoshana Marmon, MD, PhD, FAAD <i>Chair, Menopause and Women’s Health in Dermatology Quality Improvement Workgroup</i> <i>Assistant Professor and Director of Clinical Research</i> <i>Department of Dermatology</i> <i>New York Medical College</i> <i>New York, New York</i>
3:25 PM–3:50 PM	<i>Midlife Hair Loss: What Every Menopause Clinician Needs to Know</i> Paradi Mirmirani, MD <i>Interim Medical Director, Clinical Trials Program</i> <i>Regional Director, Hair Disorders</i> <i>Physician Lead for Dermatology Research, Education and Academics</i> <i>Kaiser Permanente</i> <i>Volunteer Associate Clinical Professor</i> <i>Department of Dermatology</i> <i>University of California, San Francisco</i> <i>San Francisco, California</i>
3:50 PM–4:15 PM	Q&A With Audience
4:15 PM–4:30 PM	Break
4:30 PM–6:00 PM	Concurrent Session 1—Abstract Presentations Sapphire Ballroom (Level 4) Erica Oberman, MD, FACOG, MSCP—Moderator
4:30 PM–4:45 PM	<i>Menopause Hormone Therapy and Weight Loss Response to GLP-1–Based Therapies in Midlife Women: A Retrospective Cohort Study</i> Regina Castaneda, MD
4:45 PM–5:00 PM	<i>Hypoestrogenic Side Effect Profile During Drospirenone 4mg Use: Results from Three Phase III Clinical Trials</i> Michael Krychman, MD

5:00 PM–5:15 PM	<i>Headache, Fatigue, and Somnolence as Adverse Events Across Elinzanetant’s Clinical Trials: A Pooled Safety Analysis</i> JoAnn V Pinkerton, MD, MSCP
5:15 PM–5:30 PM	<i>Reduction in Daytime and Nighttime Vasomotor Symptom Frequency and Severity with Elinzanetant: A Pooled Analysis of OASIS-1 and OASIS-2 in the US Subpopulation</i> Hadine Joffe, MD, MSc
5:30 PM–5:45 PM	<i>Proportion of Postmenopausal Participants Achieving ≥50% Reduction in Moderate-to-Severe Vasomotor Symptom Frequency with Elinzanetant: Pooled US Population Data from OASIS-1 and OASIS-2</i> JoAnn V Pinkerton, MD, MSCP
5:45 PM–6:00 PM	<i>Estetrol Significantly Reduced the Frequency and Severity of Moderate-to-Severe Vasomotor Symptoms: A Pooled Analysis of Two Phase 3 Randomized Trials in Postmenopausal Women</i> Ekta Kapoor, MBBS, FACP, MSCP
4:30 PM–6:00 PM	Concurrent Session 2—Abstract Presentations Indigo Ballroom—A-E (Level 2) Omodamola Aje, MD—Moderator
4:30 PM–4:45 PM	<i>The “Regular Cycle Paradox”: Longitudinal Digital Cycle Tracking Reveals Perimenopause Symptom Burden Before STRAW+10 Perimenopause Criteria Are Met</i> Yihan Xu, PhD
4:45 PM–5:00 PM	<i>Patterns of Systemic Hormone Therapy Initiation Following Natural Menopause</i> Intira Sriprasert, MD, PhD
5:00 PM–5:15 PM	<i>Understanding Perceptions of Perimenopausal Heavy Menstrual Bleeding: Insights from a Social Listening Study</i> Matthew Cripps
5:15 PM–5:30 PM	<i>Scaling Access to Menopause Care: Real-World Symptom Improvement in an Employer-Sponsored Program</i> Gloria Richard-Davis, MD, MBA, MSCP, FACOG
5:30 PM–5:45 PM	<i>Cost-Effectiveness Analysis of Menopausal Hormone Therapy, A Modern Take</i> Elizabeth Ashby Gill, MD
5:45 PM–6:00 PM	<i>Insurance-Based Differences in Access to Menopause Society Certified Practitioners: Interim Results from a National Secret Shopper Study</i> Eri Maeda
6:15 PM–7:15 PM	Poster Session and Wine and Cheese Reception for Registrants of the Main Program Indigo Exhibit Hall (Level 2)

Friday, October 23, 2026

7:00 AM–8:00 AM	Continental Breakfast for Registrants of the Main Program Sapphire Foyer (Level 4)
7:00 AM–7:45 AM	Coffee With Colleagues Continental Breakfast Indigo 204 (Level 2)
7:55 AM–8:30 AM	Annual Membership Town Hall Sapphire Ballroom (Level 4)
8:30 AM–9:00 AM	The Menopause Society/Pfizer Wulf H Utian Endowed Lecture Sapphire Ballroom (Level 4)
	Overflow Room—Broadcasting from the General Session Aqua Salon (Level 3)
	Isaac Schiff, CM, MD—Moderator <i>Chief Emeritus, Department of Obstetrics and Gynecology</i> <i>Co-Director, Massachusetts General Hospital Midlife Women's Health Center</i> <i>Joe Vincent Meigs, Distinguished Professor of Gynecology, Harvard Medical School</i> <i>Boston, Massachusetts</i>
8:30 AM–8:50 AM	A New Era in Therapy for Autoimmune Diseases: Chimeric Antigen Receptor T-Cell Therapy Brings the Prospect of 'CURE' Within Reach Vikas Majithia, MBBS, MPH <i>Chair, Division of Rheumatology</i> <i>Department of Medicine</i> <i>Mayo Clinic</i> <i>Jacksonville, Florida</i>
8:50 AM–9:00 AM	Q&A With Audience
9:00 AM–10:30 AM	Plenary Symposium 6—Beyond the Basics: Cardiovascular Risk, Lipid Management, and Sex-Based Differences at Menopause Sapphire Ballroom (Level 4)
	Sara Looby, PhD, ANP-BC, FAAN—Moderator <i>Assistant Professor, Department of Medicine</i> <i>Harvard Medical School</i> <i>Clinical Investigator, Metabolism Unit, Endocrine Division</i> <i>Massachusetts General Hospital</i> <i>Boston, Massachusetts</i>
9:00 AM–9:20 AM	Assessing the Risk: Primary Prevention Guidelines and Their Application in Midlife Women Emily S Lau, MD, MPH <i>Assistant Professor of Medicine, Harvard Medical School</i> <i>Director, Cardiometabolic Health and Hormones Clinic</i> <i>Corrigan Women's Heart Health Program</i> <i>Massachusetts General Hospital</i> <i>Boston, Massachusetts</i>
9:20 AM–9:40 AM	Lipids and Lipoproteins Across the Menopause Transition: Applying Updated Guidelines to the Assessment of Atherogenic Dyslipidemia Janet Lo, MD, MS <i>Director, Lipid and Metabolism Associates</i> <i>Associate Professor of Medicine</i> <i>Harvard Medical School</i> <i>Boston, Massachusetts</i>

9:40 AM–10:00 AM	<i>Beyond Statins: Novel Treatment Strategies for Lipid Management and ASCVD Risk Reduction</i> Ijeoma Isiadinso MD, MPH, FACC, FASNC <i>Associate Professor of Medicine Division of Cardiology Medical Director, Emory Center for Heart Disease Prevention Emory University School of Medicine Atlanta, Georgia</i>
10:00 AM–10:30 AM	Q&A With Audience
10:30 AM–11:15 AM	Refreshment Break for Registrants of the Main Program Indigo Exhibit Hall (Level 2)
10:45 AM–11:15 AM	Industry Education Session Indigo Ballroom—A-E (Level 2) <i>Supported by</i> Cosette Pharmaceuticals
11:15 AM–12:45 PM	Plenary Symposium 7—<i>When the Pelvis Hurts: Bleeding, Urgency, and Pain</i> Sapphire Ballroom (Level 4)
	Oona O’Neill, MD—Moderator <i>Obstetrician/Gynecologist Atrium Health/Wake Forest School of Medicine Winston-Salem, North Carolina</i>
11:15 AM–11:35 AM	<i>Visually Directed, Clinically Confident: Uterine Evaluation in the Peri- and Postmenopausal Woman : Visually Directed, Clinically Confident: Visually Directed Hysteroscopy in Pre, Peri, and Postmenopausal Women</i> Linda D Bradley, MD <i>Professor, Obstetrics, Gynecology, and Reproductive Biology Cleveland Clinic Cleveland, Ohio</i>
11:35 AM–11:55 PM	<i>Overactive Bladder and Other Updates in Urogynecology</i> Heidi Brown, MD, MAS <i>Clinician Researcher, Division of Health Services Research and Implementation Science Department of Research Evaluation Kaiser Permanente San Diego, California</i>
11:55 PM–12:15 PM	<i>When Pain Persists: Chronic Pelvic and Sexual Pain in Midlife Women Through a Biopsychosocial Lens</i> Kathryn Witzeman, MD, FACOG <i>Clinical Professor, Department of Obstetrics and Gynecology University of Colorado Gynecologic Surgeon, Grand River Health Rifle, Colorado</i>
12:15 PM–12:45 PM	Q&A With Audience
12:45 PM–1:00 PM	Box Lunches Distributed for Registrants of the Main Program Sapphire Ballroom (Level 4)

1:00 PM–1:45 PM	Top Scoring Abstract Session Sapphire Ballroom (Level 4) Matthew Nudy, MD—Moderator
1:00 PM–1:15 PM	<i>Effects of Neurokinin Receptor Antagonists on Sleep Disturbance in Menopausal Women: A Systematic Review and Meta-analysis of Randomized Controlled Trials</i> Maria Julia Lemos, MD
1:15 PM–1:30 PM	<i>Effects of Elinzanetant on Daytime Sleepiness: Pooled Analysis of OASIS-1 and OASIS-2 Trials</i> Claudio N Soares, MD, PhD, FRCPC, MBA
1:30 PM–1:45 PM	<i>Closing the Gap in Menopause Care for Veterans and Service Members Through Evidence Based Guidance</i> Erin Allison Keyser, MD, MSCP
2:00 PM–3:30 PM	Plenary Symposium 8—Beyond Hormones: Emerging and Established Pharmacologies in Perimenopause and Menopause Management Sapphire Ballroom (Level 4)
	Laurie S Jeffers, DNP, FNP-BC, MSCP—Moderator <i>Cofounder and Former Codirector, Center for Midlife Health and Menopause NYU Langone Health, Grossman School of Medicine New York, New York</i>
2:00 PM–2:20 PM	<i>Realizing the Full Potential of the Estrogen Receptor as a Therapeutic Target in Different Estrogenopathies</i> Donald P McDonnell, PhD <i>Glaxo-Wellcome Distinguished Professor of Molecular Cancer Biology, in the School of Medicine Professor of Pharmacology and Cancer Biology Professor in Medicine Professor of Cell Biology Duke University School of Medicine Durham, North Carolina</i>
2:20 PM–2:40 PM	<i>Rewiring the Thermostat: From the Thermoneutral Zone to KNDy Neurons and Targeted Menopause Therapies</i> Genevieve Neal-Perry, MD, PhD <i>Department Chair, Obstetrics and Gynecology Robert A. Ross Distinguished Professor, Reproductive Endocrinology and Infertility UNC School of Medicine Chapel Hill, North Carolina</i>
2:40 PM–3:00 PM	<i>The Effect of NKB Antagonism Beyond the Hot Flash: Sleep, Bone and Cognition</i> JoAnn V Pinkerton, MD, MSCP <i>Mamie A Jessup Professor of Obstetrics and Gynecology Division Director for Midlife Health Founder, University of Virginia Midlife Health Center Charlottesville, Virginia</i>
3:00 PM–3:30 PM	Q&A With Audience
3:30 PM–4:15 PM	Refreshment Break for Registrants of the Main Program Indigo Exhibit Hall (Level 2)

3:45 PM–4:15 PM	Industry Education Session Indigo Ballroom—A-E (Level 2) <i>Supported by</i> Novo Nordisk
4:15 PM–5:15 PM	Concurrent Session 1—Abstract Presentations Sapphire Ballroom (Level 4) Arina Chesnokova, MD, MPH, MSHP, MSCP—Moderator
4:15 PM–4:30 PM	<i>Population Risk-based Breast Cancer Screening Safety and Acceptability</i> Andrea Z. LaCroix, PhD
4:30 PM–4:45 PM	<i>The Role of Reproductive Hormones in Arterial Stiffness in Postmenopausal Women</i> Jocelyn Spicuzza, PhD
4:45 PM–5:00 PM	<i>Reproductive Aging Mediates Genetic Pathways to Cardiovascular Risk Beyond Metabolic Syndrome</i> Shefali Setia Verma, PhD
5:00 PM–5:15 PM	<i>Identification of Menopause-Regulated Genes with Accelerated Expression Changes in Midlife</i> Elizabeth Theusch, PhD
4:15 PM–5:30 PM	Concurrent Session 2—Abstract Presentations Indigo Ballroom—A-E (Level 2) Anngene Anthony, MD—Moderator
4:15 PM–4:30 PM	<i>Perimenopausal Depression Severity Is Inversely Correlated with Allopregnanolone Levels</i> Clara O Sailer, MD, PhD
4:30 PM–4:45 PM	<i>The Effects of Transdermal Estradiol on Affective Symptoms and Reward-related Brain Activation in Perimenopausal-onset Anhedonia</i> Erin Bondy, PhD
4:45 PM–5:00 PM	<i>Prefrontal-Hippocampal Functional Connections Associate with Verbal Memory Performance and Differ by Menopause Stage</i> Katrina Wugalter
5:00 PM–5:15 PM	<i>Resting State Functional Connectivity Changes Across Menopause Stage: Aging Adult Brain Connectome (AABC) Consortium Study</i> Anna Vasilevskaya
5:15 PM–5:30 PM	<i>Association of Vasomotor Symptoms of Menopause with MRI and PET Biomarkers of Cognitive Health Later in Life</i> Firat Kara, PhD
5:45 PM–6:45 PM	Donor Cocktail Party Elevation Room (30th Floor)

Saturday, October 24, 2026	
7:00 AM–8:00 AM	Continental Breakfast for Registrants of the Main Program Sapphire Ballroom Foyer (Level 4)
8:00 AM–8:15 AM	Announcement of Poster Prizes Sapphire Ballroom (Level 4)
8:15 AM–8:45 AM	The Menopause Society/Kleinman Endowed Lecture Sapphire Ballroom (Level 4)
	Overflow Room—Broadcasting from the General Session Aqua Salon (Level 3)
	Makeba Williams, MD, FACOG, MSCP—Moderator <i>Professor of Obstetrics and Gynecology Clinical Director of the Center for Health, Awareness, and Research on Menopause (CHARM) University of Illinois College of Medicine Chicago, Illinois</i>
8:15 AM–8:35 AM	The US Food and Drug Administration's Role in Advancing Therapeutics for Midlife and Menopausal Women Kaveeta P Vasisht, MD, PharmD <i>Associate Commissioner for Women's Health Director, Office of Women's Health Office of the Commissioner Food and Drug Administration Washington, DC</i>
8:35 AM–8:45 AM	Q&A With Audience
8:45 AM–10:15 AM	Plenary Symposium 9—Desire, Arousal, and the Pelvic Floor: Sexual Health Across the Menopause Transition Sapphire Ballroom (Level 4)
	Sheryl A Kingsberg, PhD—Moderator <i>Chief, Division of Behavioral Medicine, Department of Ob/Gyn University Hospitals Cleveland Medical Center Professor, Departments of Reproductive Biology, Psychiatry, and Urology Case Western Reserve University School of Medicine Cleveland, Ohio</i>
8:45 AM–9:15 AM	Hypoactive Sexual Desire Disorder: Applying the Updated International Society for the Study of Women's Sexual Health Guidelines in Multidisciplinary Practice Jewel M Kling, MD, MPH, MSCP, MACP, IF <i>Professor of Medicine Chair, Women's Health Internal Medicine Suzanne Hanson Poole Dean, Mayo Clinic Alix School of Medicine, Arizona Campus Mayo Clinic Scottsdale, Arizona</i>
9:15 AM–9:35 AM	When Arousal and Orgasm Are Elusive: A Clinical Framework for Midlife Women Sally MacPhedran, MD, MS, IF, MSCP, FACOG <i>Professor, Reproductive Biology Case Western Reserve University School of Medicine Director, Midlife Women's Health Center University Hospitals President International Society for the Study of Women's Sexual Health Cleveland, Ohio</i>

9:35 AM–9:55 AM	<i>What the Pelvic Floor Has to Do With It: Rehabilitation Science and Sexual Function in Midlife Women</i> Karen R Brandon, PT, MPT, DSc <i>Clinical Instructor, Physical Therapy School of Allied Health Professions Loma Linda University Loma Linda, California</i>
9:55 AM–10:15 AM	Q&A With Audience
10:15 AM–10:45 AM	Refreshment Break for Registrants of the Main Program Sapphire Ballroom Foyer (Level 4)
10:45 AM–12:00 PM	Plenary Symposium 10—<i>Sleep Across the Menopause Continuum: What the Science Says and What Clinicians Can Do</i> Sapphire Ballroom (Level 4)
	Holly-Marie Bolger, DO, FACOG, MSCP—Moderator <i>Clinical Associate Professor of Obstetrics and Gynecology The University of Iowa Iowa City, Iowa</i>
10:45 AM–11:10 AM	<i>The Interrupted Night: Silent Health Consequences of Menopausal Sleep Disturbance</i> Shadab A Rahman, PhD, MPH <i>Director of Sleep, Circadian, and Behavioral Health Research Department of Psychiatry, Beth Israel Deaconess Medical Center Assistant Professor of Psychiatry Harvard Medical School Boston, Massachusetts</i>
11:10 AM–11:35 AM	<i>Are You Sleeping? Recognizing, Managing, and Referring Sleep Disorders at the Menopause Transition</i> Suzanne Bertisch, MD, MPH <i>Senior Associate Consultant, Mayo Clinic Florida Director, Women’s Health Sleep Medicine Program Director, Behavioral Sleep Medicine Jacksonville, Florida</i>
11:35 AM–12:00 PM	Q&A With Audience
12:00 NOON–1:00 PM	Plenary Symposium 11—<i>Query the Experts: Have Your Questions Answered</i> Sapphire Ballroom (Level 4)
	Makeba Williams, MD, FACOG, MSCP—Moderator <i>Professor of Obstetrics and Gynecology Clinical Director of the Center for Health, Awareness, and Research on Menopause (CHARM) University of Illinois College of Medicine Chicago, Illinois</i>
12:00 PM–1:00 PM	Panelists: Pelin Batur, MD, FACP, MSCP <i>Professor of Obstetrics, Gynecology, and Reproductive Biology Cleveland Clinic Lerner College of Medicine of Case Western Reserve University Ob/Gyn and Women’s Health Institute, Department of Subspecialty Women’s Health Medical Director, Women’s Comprehensive Health and Research Center Cleveland Clinic Cleveland, Ohio</i>

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