

Bridging the Gap Between Research and Practice

(As of October 21, 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* *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*
1:20 PM–1:40 PM	***Management of Vasomotor Symptoms*** **Stephanie S Faubion, MD, MBA, FACP, MSCP, IF** *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*
1:40 PM–2:00 PM	***Management of Genitourinary Syndrome of Menopause*** **Caroline Mitchell, MD, MPH** *Associate Professor of Obstetrics, Gynecology, and Reproductive Biology* *Harvard Medical School* *Physician Investigator, Obstetrics and Gynecology* *Mass General Research Institute* *Boston, Massachusetts*
2:00 PM–2:20 PM	***Management of Hypoactive Sexual Desire Disorder*** **Holly N Thomas, MD, MS, MSCP** *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*
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	***Cognitive Changes in Midlife*** **Pauline M Maki, PhD** *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*
2:50 PM–3:10 PM	***Cardiovascular Health*** **Chrisandra L Shufelt, MD, MS, FACP, MSCP** *Professor and Chair, Division of General Internal Medicine* *Associate Director, Women's Health Research Center* *Mayo Clinic* *Jacksonville, Florida*
3:10 PM–3:30 PM	***Mood Changes in Midlife*** **Claudio N Soares, MD, PhD, FRCPC, MBA, CPTR** *Professor, Department of Psychiatry* *Director, Centre for Psychedelic Health and Research, Queen's University* *Executive Director, The Canadian Menopause Society* *Ontario, Canada*
3:30 PM–3:50 PM	***Night Sweats: What If It's Not Menopause*** **Cheryl Cox Kinney, MD, FACOG, MSCP** *President, The Menopause Society* *Director, Center for Female Health and Hormone Disorders* *Dallas, Texas*
3:50 PM–4:00 PM	**Break**
4:00 PM–4:40 PM	**Case Discussions—*What to Prescribe, When, and Why: Practical Prescribing in Menopause Care*** **Monica M Christmas, MD, FACOG, MSCP—***Moderator* **Cheryl Cox Kinney, MD, FACOG, MSCP—***Moderator*
4:40 PM–5:30 PM	***Ask The Experts*** **Monica M Christmas, MD, FACOG, MSCP—***Moderator* *Panelists:* **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	***Welcome and Introductory Remarks*** ***Overview of Bone Loss with the Menopause Transition*** **Sherri-Ann M Burnett-Bowie, MD, MPH—***Course Director* *Associate Professor of Medicine* *Harvard Medical School* *Distinguished Physician, Endocrinology Division* *Mass General Brigham Medicine* *Boston, Massachusetts*
1:20 PM–1:45 PM	***Screening for Osteopenia or Osteoporosis—Who, When, and How?*** **Elaine W Yu, MD, MMSc** *Associate Professor of Medicine* *Harvard Medical School* *Director, Bone Density Center* *Mass General Brigham Medicine* *Boston, Massachusetts*
1:45 PM–2:10 PM	***How Can Patients Prevent Developing Osteopenia, Osteoporosis, or Fractures?*** **Risa Kagan, MD, FACOG, CCD, MSCP** *Clinical Professor* *Department of Obstetrics, Gynecology, and Reproductive Sciences* *University of California San Francisco* *Sutter East Bay Medical Group* *Berkeley, California*
2:10 PM–2:35 PM	***How Should a Patient With Osteopenia, Osteoporosis, or Fractures Be Treated?*** **Albert Shieh, MD** *Associate Clinical Professor of Medicine* *Division of Geriatrics* *UCLA Health* *Los Angeles, California*
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	***Side Effects of Antiosteoporosis Medications*** **Michael McClung, MD, FACP, FACE, FASBMR** *Founding and Emeritus Director* *Oregon Osteoporosis Center* *Portland, Oregon*
3:10 PM–3:35 PM	***Two Sides of the Coin: Balancing Obesity Treatments with Bone Loss and Fracture Risk*** **Elaine W Yu, MD, MMSc** *Associate Professor of Medicine* *Harvard Medical School* *Director, Bone Density Center* *Mass General Brigham Medicine* *Boston, Massachusetts*

3:35 PM–4:00 PM	***What is The Role of Exercise, Weighted Vests, Vibrating Machines, or Other Nontraditional Options in Optimizing Bone Health?*** **Sherri-Ann M Burnett-Bowie, MD, MPH** *Associate Professor of Medicine* *Harvard Medical School* *Distinguished Physician, Endocrinology Division* *Mass General Brigham Medicine* *Boston, Massachusetts*
4:00 PM–4:10 PM	**Break**
4:10 PM–4:35 PM	***How Clinicians Can Reduce Osteoporosis or Fracture-Related Health Disparities*** **Sherri-Ann M Burnett-Bowie, MD, MPH** *Associate Professor of Medicine* *Harvard Medical School* *Distinguished Physician, Endocrinology Division* *Mass General Brigham Medicine* *Boston, Massachusetts*
4:35 PM–5:30 PM	***Ask The Experts*** **Pelin Batur, MD, FACP, MSCP—***Moderator* *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* *Panelists:* **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	***Welcome and Workshop Overview*** **Yamnia I Cortés, PhD, MPH, RN, FAHA, FAAN—***Moderator* *Associate Professor* *The University of Iowa College of Nursing* *Iowa City, Iowa*
1:10 PM–1:55 PM	***Menopause Research: How Far Have We Come and Where Are We Going? Leading Scholars Critically Examine the Evolution of Menopause Research***
	Sara Looby, PhD, ANP-BC, FAAN—*Moderator* *Assistant Professor, Department of Medicine* *Harvard Medical School* *Clinical Investigator, Metabolism Unit, Endocrine Division* *Massachusetts General Hospital* *Boston, Massachusetts*

	Panelists: **Rebecca C Thurston, PhD, FABMR, FSBSM, FAHA** *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* **Nancy Fugate Woods, BSN, PhD, FAAN** *Professor Emeritus* *Biobehavioral Nursing & Health Informatics* *University of Washington School of Nursing* *Seattle, Washington*
	Q&A With Audience
1:55 PM–2:35 PM	**Starting Your Menopause Research Program—Part 1** ***Key Menopause Studies and How to Access and Work Within These Datasets***
	Matthew Nudy, MD—*Moderator* *Assistant Professor of Medicine and Public Health Sciences* *Division of Cardiology* *Penn State College of Medicine* *Hershey, Pennsylvania*
1:55 PM–2:05 PM	***Study of Women's Health Across the Nation (SWAN)*** **Samar R El Khoudary, PhD, MPH, FAHA** *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*
2:05 PM–2:15 PM	***Women's Health Initiative (WHI)*** **Andrea LaCroix, PhD, MPH** *Professor, Herbert Wertheim School of Public Health and Human Longevity Science* *UC San Diego* *San Diego, California*
2:15 PM–2:25 PM	***Menopause Strategies: Finding Lasting Answers for Symptoms and Health Trials (MsFLASH)*** **Susan Reed, MD, MPH, MS** *Professor Emeritus, Obstetrics and Gynecology* *University of Washington* *Seattle, Washington*
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** ***From Pilot Studies to Clinical Trials: Feasibility, Methods, and Implementation***
	Robin Austin, PhD, DNP, RN, FAMIA, FAAN—*Moderator* *Associate Professor* *University of Minnesota School of Nursing* *Minneapolis, Minnesota*
2:45 PM–3:00 PM	***Getting Started with Interventional Research*** **Alison Huang, MD, MPhil, MAS** *Professor of Medicine, Urology and Epidemiology and Biostatistics* *Director of Research for General Internal Medicine at UCSF Health* *Director of the UCSF Health Women's Health Clinical Research Center* *University of California San Francisco* *San Francisco, California*
3:00 PM–3:15 PM	**Ariel J Lang, PhD, MPH** *Clinical Psychologist* *VA San Diego Healthcare System* *Professor in Residence* *Department of Psychiatry and Herbert Wertheim School of Public Health and Human Longevity Science* *UC San Diego* *San Diego, California*
3:15 PM–3:30 PM	**Q&A With Audience**
3:30 PM–4:10 PM	**Starting Your Menopause Research Program—Part 3** ***How Menopause Research Makes It Into Real World Care***
	Elizabeth Lorenzo, PhD, RN—*Moderator* *Associate Professor* *University of Texas Medical Branch* *School of Nursing* *Galveston, Texas*
3:30 PM–3:45 PM	***MenoGap*** **Lisa J Taylor-Swanson, PhD, LAc, Dipl OM (NCBAHM)** *Associate Professor* *College of Nursing at University of Utah* *Salt Lake City, Utah*
3:45 PM–4:00 PM	***Working Effectively with US Food and Drug Administration: Early Career Strategies for Research Success*** **Christina Chang, MD, MPH** *Director of the Division of Urology, Obstetrics, and Gynecology* *Office of New Drugs in the Center for Drug Evaluation and Research* *US Food and Drug Administration* *Washington, DC*
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* *Associate Professor* *The University of Iowa College of Nursing* *Iowa City, Iowa*

4:40 PM–5:00 PM	***Next Steps: Resources and Opportunities*** **Carolyn Gibson, PhD, MPH, MSCP, FABMR** *Associate Professor, Department of Psychiatry and Behavioral Sciences* *University of California, San Francisco* *San Francisco, California*
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—*Cutting Through the Noise: The Evidence for Incorporating the Six Pillars of Lifestyle Medicine for Menopause*** 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* *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*
8:10 AM–8:30 AM	***Move the Needle: What the Evidence Actually Says About Exercise in Menopause*** **Amy Comander, MD** *Director, Lifestyle Medicine Program* *Director, Breast Oncology and Cancer Survivorship* *Mass General Brigham Cancer Institute* *Harvard Medical School* *Boston, Massachusetts*
8:30 AM–8:50 AM	***Cutting Through the Noise: A Clinical Dietitian's Perspective on Dietary Supplements in Menopause*** **Annina Burns, PhD, RD** *Clinician Dietitian* *Washington, DC*
8:50 AM–9:10 AM	***Socially Connected and Clinically Well: What the Evidence Says About Connectedness in Menopause*** **Michelle Tollefson, MD, FACOG** *Professor* *Health Professions Department* *Metropolitan State University of Denver* *Denver, Colorado*
9:10 AM–9:30 AM	***Beyond Self-Care: Precision Menopause Care Though 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** *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*

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	***Rest Assured: What We Know and What We Can Do About Sleep at Menopause*** **Suzanne Bertisch, MD, MPH** *Senior Associate Consultant, Mayo Clinic Florida* *Director, Women's Health Sleep Medicine Program* *Director, Behavioral Sleep Medicine* *Jacksonville, Florida*
10:40 AM–11:00 AM	***Is It Helping or Hurting? Clinical Counseling Strategies for Substance Use in Midlife Women*** **Carolyn Gibson, PhD, MPH, MSCP, FABMR** *Associate Professor, Department of Psychiatry and Behavioral Sciences* *University of California, San Francisco* *San Francisco, California*
11:00 AM–11:20 AM	***From Pillars to Practice: Integrating Lifestyle Medicine into Menopause Care*** **Karen E Adams MD, FACOG, DipABLM, MSCP** *Farwell Family Director, Stanford Program in Menopause and Healthy Aging* *Faculty Affiliate, Stanford Center on Longevity* *Clinical Professor, Obstetrics and Gynecology* *Stanford University* *Palo Alto, California*
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) *Supported by* **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* *Director, Center for Female Health and Hormone Disorders* *Dallas, Texas*
2:15 PM–2:25 PM	**Stephanie S Faubion, MD, MBA, FACP, MSCP, IF—***Medical Director* *Professor and Chair, Department of Medicine* *Penny and Bill George Director, Mayo Clinic Center for Women's Health* *Mayo Clinic* *Jacksonville, Florida*
2:25 PM–2:30 PM	**Makeba Williams, MD, FACOG, MSCP—***Chair, Scientific Program Committee* *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*

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

4:30 PM–4:50 PM	***Daily Hormone Patterns Across the Menopause Transition: New Insights and Discoveries*** **Nanette F Santoro, MD** *Professor and E Stewart Taylor Chair of Obstetrics and Gynecology* *University of Colorado School of Medicine* *Anschutz Medical Campus* *Aurora, Colorado*
4:50 PM–5:10 PM	***The Impact of Menopause on Bone Loss and Body Composition: Insights from SWAN*** **Sherri-Ann M Burnett-Bowie, MD, MPH** *Associate Professor of Medicine* *Harvard Medical School* *Distinguished Physician, Endocrinology Division* *Mass General Brigham Medicine* *Boston, Massachusetts*
5:10 PM–5:30 PM	***Menopause and Women's Cardiovascular Health: What the SWAN Data Tells Us*** **Rebecca C Thurston, PhD, FABMR, FSBSM, FAHA** *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*
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* *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*
8:15 AM–8:45 AM	***Bridging the Gaps in Women's Health: A Conversation with Dr. Jill Biden*** **Jill Biden, EdD** *Former First Lady of the United States* *Chair, Women's Health Network, Milken Institute* *Wilmington, Delaware*

9:00 AM–10:30 AM	**Plenary Symposium 2—*More Than Survival: A Multidisciplinary Approach to Menopause Care Across the Cancer Continuum*** Sapphire Ballroom (Level 4)
	Stacy M. Selbert, MSN, WHNP, MSCP—*Moderator* *Nurse Practitioner* *WashU Medicine* *Department of Ob/Gyn, Division of Academic Specialists* *St. Louis, Missouri*
9:00 AM–9:20 AM	***Cancer Treatment and the Hormonal Milieu: An Oncologist's Perspective*** **VK Gadi, MD, PhD** *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*
9:20 AM–9:40 AM	***Gynecologic Care Across the Previvor and Survivor Continuum*** **Versha Pleasant, MD, MPH** *Clinical Assistant Professor* *Director, Cancer Genetics and Breast Health* *Department of OB/GYN* *University of Michigan* *Ann Arbor, Michigan*
9:40 AM–10:00 AM	***Shared Decision-Making for Menopause Management in Cancer Survivorship*** **Heidi Trott, ARNP, MSN** *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*
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) *Supported by* **Astellas** *Premier Partner of the 2026 Annual Meeting*
11:15 AM–12:30 PM	**Plenary Symposium 3—*Menopause and Longevity Medicine: What We Know, What We Don't Know, and What We Shouldn't Promise*** Sapphire Ballroom (Level 4)
	Jan L Shifren, MD, MSCP—*Moderator* *Director, Midlife Women's Health Center* *Massachusetts General Hospital* *Professor of Obstetrics, Gynecology, and Reproductive Biology* *Harvard Medical School* *Boston, Massachusetts*

11:15 AM–11:40 AM	***Hormone Therapy and Cognition: Current Evidence and Clinical Implications*** **Pauline M Maki, PhD** *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*
11:40 AM–12:05 PM	***Hormone Therapy and Cardiovascular Disease Risk: Current Evidence and Clinical Implications*** **Chrisandra L Shufelt, MD, MS, FACP, MSCP** *Professor and Chair, Division of General Internal Medicine* *Associate Director, Women's Health Research Center* *Mayo Clinic* *Jacksonville, Florida*
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—*Mind the Gap: Mood Disorders, Suicide Risk, and the Menopause Transition*** Sapphire Ballroom (Level 4)
	Gloria A Richard-Davis, MD, MBA, MSCP, FACOG—*Moderator* *Regional Dean for Morehouse School of Medicine and More in Common Alliance* *Common Spirit Health, Virginia Mason Franciscan Health System* *Seattle, Washington*
12:45 PM–1:05 PM	***Mood Disorders and the Menopause Transition: What Every Clinician Needs to Know*** **Claudio N Soares, MD, PhD, FRCPC, MBA, CPTR** *Professor, Department of Psychiatry* *Director, Centre for Psychedelic Health and Research, Queen's University* *Executive Director, The Canadian Menopause Society* *Ontario, Canada*
1:05 PM–1:25 PM	***Suicide Risk in Midlife Women: Recognizing the Warning Signs During the Menopause Transition*** **Mary Kimmel, MD, PhD** *Associate Professor of Psychiatry* *University School of Medicine in St. Louis* *St. Louis, Missouri*
1:25 PM–1:45 PM	***Beyond the Diagnosis: Resilience, Loneliness, and Psychological Wellbeing*** **Ellen E Lee, MD** *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*

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) *Supported by* **Bayer** *Premier Partner of the 2026 Annual Meeting*
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* *President, The Menopause Society* *Director, Center for Female Health and Hormone Disorders* *Dallas, Texas*
3:00 PM–3:25 PM	***Skin, Hormones, and Menopause: From Research to Clinical Practice*** **Shoshana Marmon, MD, PhD, FAAD** *Chair, Menopause and Women's Health in Dermatology Quality Improvement Workgroup* *Assistant Professor and Director of Clinical Research* *Department of Dermatology* *New York Medical College* *New York, New York*
3:25 PM–3:50 PM	***Midlife Hair Loss: What Every Menopause Clinician Needs to Know*** **Paradi Mirmirani, MD** *Interim Medical Director, Clinical Trials Program* *Regional Director, Hair Disorders* *Physician Lead for Dermatology Research, Education and Academics* *Kaiser Permanente* *Volunteer Associate Clinical Professor* *Department of Dermatology* *University of California, San Francisco* *San Francisco, California*
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	***Menopause Hormone Therapy and Weight Loss Response to GLP-1–Based Therapies in Midlife Women: A Retrospective Cohort Study*** **Regina Castaneda, MD**
4:45 PM–5:00 PM	***Hypoestrogenic Side Effect Profile During Drospirenone 4mg Use: Results from Three Phase III Clinical Trials*** **Michael Krychman, MD**

5:00 PM–5:15 PM	***Headache, Fatigue, and Somnolence as Adverse Events Across Elinzanetant's Clinical Trials: A Pooled Safety Analysis*** **JoAnn V Pinkerton, MD, MSCP**
5:15 PM–5:30 PM	***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*** **Hadine Joffe, MD, MSc**
5:30 PM–5:45 PM	***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*** **JoAnn V Pinkerton, MD, MSCP**
5:45 PM–6:00 PM	***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*** **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	***The "Regular Cycle Paradox": Longitudinal Digital Cycle Tracking Reveals Perimenopause Symptom Burden Before STRAW+10 Perimenopause Criteria Are Met*** **Yihan Xu, PhD**
4:45 PM–5:00 PM	***Patterns of Systemic Hormone Therapy Initiation Following Natural Menopause*** **Intira Sriprasert, MD, PhD**
5:00 PM–5:15 PM	***Understanding Perceptions of Perimenopausal Heavy Menstrual Bleeding: Insights from a Social Listening Study*** **Matthew Cripps**
5:15 PM–5:30 PM	***Scaling Access to Menopause Care: Real-World Symptom Improvement in an Employer-Sponsored Program*** **Gloria Richard-Davis, MD, MBA, MSCP, FACOG**
5:30 PM–5:45 PM	***Cost-Effectiveness Analysis of Menopausal Hormone Therapy, A Modern Take*** **Elizabeth Ashby Gill, MD**
5:45 PM–6:00 PM	***Insurance-Based Differences in Access to Menopause Society Certified Practitioners: Interim Results from a National Secret Shopper Study*** **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* *Chief Emeritus, Department of Obstetrics and Gynecology* *Co-Director, Massachusetts General Hospital Midlife Women's Health Center* *Joe Vincent Meigs, Distinguished Professor of Gynecology, Harvard Medical School* *Boston, Massachusetts*
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** *Chair, Division of Rheumatology* *Department of Medicine* *Mayo Clinic* *Jacksonville, Florida*
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* *Assistant Professor, Department of Medicine* *Harvard Medical School* *Clinical Investigator, Metabolism Unit, Endocrine Division* *Massachusetts General Hospital* *Boston, Massachusetts*
9:00 AM–9:20 AM	***Assessing the Risk: Primary Prevention Guidelines and Their Application in Midlife Women*** **Emily S Lau, MD, MPH** *Assistant Professor of Medicine, Harvard Medical School* *Director, Cardiometabolic Health and Hormones Clinic* *Corrigan Women's Heart Health Program* *Massachusetts General Hospital* *Boston, Massachusetts*
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** *Director, Lipid and Metabolism Associates* *Associate Professor of Medicine* *Harvard Medical School* *Boston, Massachusetts*

9:40 AM–10:00 AM	***Beyond Statins: Novel Treatment Strategies for Lipid Management and ASCVD Risk Reduction*** **Ijeoma Isiadinso MD, MPH, FACC, FASNC** *Associate Professor of Medicine* *Division of Cardiology* *Medical Director, Emory Center for Heart Disease Prevention* *Emory University School of Medicine* *Atlanta, Georgia*
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) *Supported by* **Cosette Pharmaceuticals**
11:15 AM–12:45 PM	**Plenary Symposium 7—*When the Pelvis Hurts: Bleeding, Urgency, and Pain*** Sapphire Ballroom (Level 4)
	Oona O'Neill, MD—*Moderator* *Obstetrician/Gynecologist* *Atrium Health/Wake Forest School of Medicine* *Winston-Salem, North Carolina*
11:15 AM–11:35 AM	***Visually Directed, Clinically Confident: Visually Directed Hysteroscopy in Pre, Peri, and Postmenopausal Women*** **Linda D Bradley, MD** *Professor, Obstetrics, Gynecology, and Reproductive Biology* *Cleveland Clinic* *Cleveland, Ohio*
11:35 AM–11:55 PM	***Overactive Bladder and Other Updates in Urogynecology*** **Heidi Brown, MD, MAS** *Clinician Researcher, Division of Health Services Research and Implementation Science* *Department of Research Evaluation* *Kaiser Permanente* *San Diego, California*
11:55 PM–12:15 PM	***When Pain Persists: Chronic Pelvic and Sexual Pain in Midlife Women Through a Biopsychosocial Lens*** **Kathryn Witzeman, MD, FACOG** *Clinical Professor, Department of Obstetrics and Gynecology* *University of Colorado* *Gynecologic Surgeon, Grand River Health* *Rifle, Colorado*
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	***Effects of Neurokinin Receptor Antagonists on Sleep Disturbance in Menopausal Women: A Systematic Review and Meta-analysis of Randomized Controlled Trials*** **Maria Julia Lemos, MD**
1:15 PM–1:30 PM	***Effects of Elinzanetant on Daytime Sleepiness: Pooled Analysis of OASIS-1 and OASIS-2 Trials*** **Claudio N Soares, MD, PhD, FRCPC, MBA**
1:30 PM–1:45 PM	***Closing the Gap in Menopause Care for Veterans and Service Members Through Evidence Based Guidance*** **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* *Cofounder and Former Codirector, Center for Midlife Health and Menopause* *NYU Langone Health, Grossman School of Medicine* *New York, New York*
2:00 PM–2:20 PM	***Realizing the Full Potential of the Estrogen Receptor as a Therapeutic Target in Different Estrogenopathies*** **Donald P McDonnell, PhD** *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*
2:20 PM–2:40 PM	***Rewiring the Thermostat: From the Thermoneutral Zone to KNDy Neurons and Targeted Menopause Therapies*** **Genevieve Neal-Perry, MD, PhD** *Department Chair, Obstetrics and Gynecology* *Robert A. Ross Distinguished Professor, Reproductive Endocrinology and Infertility* *UNC School of Medicine* *Chapel Hill, North Carolina*
2:40 PM–3:00 PM	***The Effect of NKB Antagonism Beyond the Hot Flash: Sleep, Bone and Cognition*** **JoAnn V Pinkerton, MD, MSCP** *Mamie A Jessup Professor of Obstetrics and Gynecology* *Division Director for Midlife Health* *Founder, University of Virginia Midlife Health Center* *Charlottesville, Virginia*
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) *Supported by* **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	***Population Risk-based Breast Cancer Screening Safety and Acceptability*** **Andrea Z. LaCroix, PhD**
4:30 PM–4:45 PM	***The Role of Reproductive Hormones in Arterial Stiffness in Postmenopausal Women*** **Jocelyn Spicuzza, PhD**
4:45 PM–5:00 PM	***Reproductive Aging Mediates Genetic Pathways to Cardiovascular Risk Beyond Metabolic Syndrome*** **Shefali Setia Verma, PhD**
5:00 PM–5:15 PM	***Identification of Menopause-Regulated Genes with Accelerated Expression Changes in Midlife*** **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	***Perimenopausal Depression Severity Is Inversely Correlated with Allopregnanolone Levels*** **Clara O Sailer, MD, PhD**
4:30 PM–4:45 PM	***The Effects of Transdermal Estradiol on Affective Symptoms and Reward-related Brain Activation in Perimenopausal-onset Anhedonia*** **Erin Bondy, PhD**
4:45 PM–5:00 PM	***Prefrontal-Hippocampal Functional Connections Associate with Verbal Memory Performance and Differ by Menopause Stage*** **Katrina Wugalter**
5:00 PM–5:15 PM	***Resting State Functional Connectivity Changes Across Menopause Stage: Aging Adult Brain Connectome (AABC) Consortium Study*** **Anna Vasilevskaya**
5:15 PM–5:30 PM	***Association of Vasomotor Symptoms of Menopause with MRI and PET Biomarkers of Cognitive Health Later in Life*** **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* *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*
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** *Associate Commissioner for Women's Health* *Director, Office of Women's Health* *Office of the Commissioner* *Food and Drug Administration* *Washington, DC*
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* *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*
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** *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*
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** *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*

9:35 AM–9:55 AM	***What the Pelvic Floor Has to Do With It: Rehabilitation Science and Sexual Function in Midlife Women*** **Karen R Brandon, PT, MPT, DSc** *Clinical Instructor, Physical Therapy* *School of Allied Health Professions* *Loma Linda University* *Loma Linda, California*
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—*Sleep Across the Menopause Continuum: What the Science Says and What Clinicians Can Do*** Sapphire Ballroom (Level 4)
	Holly-Marie Bolger, DO, FACOG, MSCP–*Moderator* *Clinical Associate Professor of Obstetrics and Gynecology* *The University of Iowa* *Iowa City, Iowa*
10:45 AM–11:10 AM	***The Interrupted Night: Silent Health Consequences of Menopausal Sleep Disturbance*** **Shadab A Rahman, PhD, MPH** *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*
11:10 AM–11:35 AM	***Are You Sleeping? Recognizing, Managing, and Referring Sleep Disorders at the Menopause Transition*** **Suzanne Bertisch, MD, MPH** *Senior Associate Consultant, Mayo Clinic Florida* *Director, Women's Health Sleep Medicine Program* *Director, Behavioral Sleep Medicine* *Jacksonville, Florida*
11:35 AM–12:00 PM	**Q&A With Audience**
12:00 NOON–1:00 PM	**Plenary Symposium 11—*Query the Experts: Have Your Questions Answered*** Sapphire Ballroom (Level 4)
	Makeba Williams, MD, FACOG, MSCP—*Moderator* *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*
12:00 PM–1:00 PM	**Panelists:** **Pelin Batur, MD, FACP, MSCP** *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*

Stephanie S Faubion, MD, MBA, FACP, MSCP, IF
Medical Director, The Menopause Society
Professor and Chair, Department of Medicine
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Steven R Goldstein, MD, MSCP, CCD, FACOG, FRCOG
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