

**Transforming Women's Health
June 8 -10, 2023
Westin Chicago River North**

Times listed are Central time zone

THURSDAY, June 8, 2023

6:30 am – 7:00 am	Registration/Light Breakfast 6:45 am Livestream begins
7:00 am – 7:05 am	Welcome <i>Juliana (Jewel) M. Kling, M.D., M.P.H, N.C.M.P., Ekta Kapoor, M.B.B.S., N.C.M.P., & Taryn Smith, M.D., N.C.M.P.</i>
ENDOCRINOLOGY TOPICS	
7:05 am – 7:35 am	Polycystic Ovary Syndrome (PCOS) Update <i>Alice Chang, M.D, M.S.</i>
7:35 am – 7:45 am	Q&A
7:45 am – 8:15 am	Update in Osteoporosis Workup and Management <i>Ejigayehu (Gigi) Abate, M.D.</i>
8:15 am – 8:25 am	Q&A
8:25 am – 8:55 am	Diabetes: Updates in the care of Women <i>Aditi Kumar, M.B.B.S.</i>
8:55 am – 9:05 am	Q&A
9:05 am – 9:20 am	Light Refreshment Break
BREAST AND TRANSGENDER HEALTH	
9:20 am – 9:50 am	Management of Women with High Risk for Breast Cancer <i>Jessica Fraker, M.D.</i>
9:50 am – 10:00 am	Q&A
10:00 am – 10:30 am	Management of Genitourinary Syndrome of Menopause (GSM) in Female Cancer Survivors <i>Carol Kuhle, DO</i>
10:30 am – 10:40 am	Q&A
10:40 am – 11:10 am	Health Care Maintenance in Transgender People <i>Michelle Louie, M.D.</i>
11:10 am – 11:20 am	Virtual Presentation Q&A
11:20 am	Adjourn
1:00 pm - 5:00 PM	Optional: NAMS Menopause 101 (separate fee applies)

NAMS Menopause 101 @ Transforming Women's Health
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1:00 pm – 1:30 pm	Menopause 101 <i>Monica Christmas, MD, NCMP</i>
1:30 pm – 2:00 pm	Hormone Therapy Risks and Benefits <i>Stephanie Faubion, MD, MBA, NCMP</i>
2:00 pm – 2:15 pm	Q&A
2:15 pm – 2:45 pm	Mood Changes in Midlife Women <i>Pauline Maki, PhD</i> <i>University of Illinois at Chicago</i>
2:45 pm – 3:15 pm	Midlife Weight Gain <i>Ekta Kapoor, MBBS, NCMP</i>
3:15 pm – 3:30 pm	Q&A
3:30 pm – 3:45 pm	Break
3:45 pm – 4:15 pm	Cardiovascular Health <i>Chrisandra Shufelt, MD, NCMP</i>
4:15 pm – 4:45 pm	Sexual Health <i>Juliana (Jewel) M. Kling, MD, MPH, NCMP</i>
4:45 pm – 5:00 pm	Q&A
5:00 pm	Adjourn

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FRIDAY, June 9, 2023

6:30 am – 7:00 am	Light Breakfast 6:45 am Livestream begins
7:00 am – 7:05 am	Introduction <i>Juliana (Jewel) M. Kling, M.D., M.P.H, N.C.M.P., Ekta Kapoor, M.B.B.S., N.C.M.P., & Taryn Smith, M.D., N.C.M.P.</i>
MENOPAUSE AND HORMONE THERAPY	
7:05 am – 7:30 am	2022 NAMS Hormone Therapy Position Statement: Translating Guidelines to Practice <i>Stephanie Faubion, M.D., M.B.A., N.C.M.P.</i>
7:30 am - 7:40 am	Q&A
7:40 am – 8:10 am	Hormone Therapy 101: Practical Considerations for the Busy Clinician <i>Taryn Smith, M.D., N.C.M.P.</i>
8:10 am – 8:20 am	Q&A
8:20 am – 8:45 am	Non-hormone Treatments for Vasomotor Symptoms (VMS) <i>Juliana (Jewel) M. Kling, M.D., M.P.H., N.C.M.P.</i>
8:45 am – 8:55 am	Q&A
8:55 am – 9:10 am	Light Refreshment Break
9:10 am – 9:40 am	Premature Ovarian Insufficiency <i>Ekta Kapoor, M.B.B.S., N.C.M.P.</i>
9:40 am – 9:50 am	Q&A
9:50 am -10:35 am	Menopause Panel <i>Juliana (Jewel) M. Kling, M.D., M.P.H, N.C.M.P. Ekta Kapoor, M.B.B.S., N.C.M.P., Taryn Smith, M.D., N.C.M.P., Stephanie Faubion, M.D., M.B.A., N.C.M.P.</i>
10:35 am – 11:05 am	Weight management for Midlife Women <i>Meera Shah, M.B. Ch.B.</i>
11:05 am – 11:15 am	Q&A
11:15 am – 11:30 pm	Pick Up Lunches
MENOPAUSE TRANSITION	
11:30 pm – 12:00 pm	Lunch Talk: Menopause Transition and Cognition <i>Pauline Maki, Ph.D.</i> <i>University of Illinois at Chicago</i>
12:00 pm – 12:10 pm	Q&A

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12:10 pm – 12:40 pm	Menopause Transition and Cardiovascular Risk <i>Chrisandra Shufelt, M.D., N.C.M.P.</i>
12:40 pm – 12:50 pm	Q&A
12:50 pm – 1:00 pm	Stretch Break
CENTRAL SENSITIZATION, INTEGRATIVE MEDICINE AND BEYOND	
1:00 pm - 1:30 pm	Integrative Medicine in Menopause: Mind-Body Techniques <i>Denise Millstine, M.D.</i>
1:30 pm - 1:40 pm	Q&A
1:40 pm- 2:10 pm	Chronic Fatigue Syndrome and Fibromyalgia in Midlife <i>Dacre Knight, M.D.</i>
2:10 pm- 2:20 pm	Q&A
2:20 pm – 2:50 pm	A Simplified Understanding of Chronic Dizziness <i>David Zapala, Ph.D.</i>
2:50 pm – 3:00 pm	Q&A
3:00 pm	Adjourn

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SATURDAY, June 10, 2023

6:30 am – 7:00 am	Light Breakfast 6:45 am Livestream begins
7:00 am – 7:05 am	Introduction <i>Juliana (Jewel) M. Kling, M.D., M.P.H, N.C.M.P., Ekta Kapoor, M.B.B.S., N.C.M.P., & Taryn Smith, M.D., N.C.M.P.</i>
POTPOURRI TOPICS	
7:05 am – 7:35 am	Mood and Anxiety Disorders in Women <i>Katherine Moore, M.D.</i>
7:35 am – 7:45 am	Q&A
7:45 am – 8:15 am	Adverse Childhood Experiences and Long-term Health of Women <i>Walter Rocca, M.D., M.P.H.</i>
8:15 am – 8:25 am	Q&A
8:25 am – 8:55 am	Sexual Transmitted Infections (STI) and HIV infection in Women – 2023 Update <i>Mary Jo (MJ) Kasten, M.D.</i>
8:55 am – 9:05 am	Q&A
9:05 am – 9:20 am	Light Refreshment Break
GYNECOLOGY	
9:20 am – 9:50 am	Uterine Fibroids 2023 <i>Elizabeth (Ebbie) Stewart, M.D.</i>
9:50 am – 10:00 am	Q&A
10:00 am – 10:30 am	Evaluation and Management of Urinary Incontinence <i>Annetta Madsen, M.D.</i>
10:30 am – 10:40 am	Q&A
10:40 am – 11:10 am	Contraception Update <i>Paru David, M.D.</i>
11:10 am – 11:20 am	Q&A
11:20 am – 11:35 am	Pick up lunches
DERMATOLOGY	
11:35 am – 12:05 pm	Lunch Talk: Alopecia/Hair Loss in Women <i>Rochelle Torgerson, M.D., Ph.D.</i>
12:05 pm – 12:15 pm	Q&A

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12:15 pm – 12:45 pm	Vulvar Dermatoses: What's Up Down Below? <i>Alison Bruce, M.B. Ch. B.</i>
12:45 pm – 12:55 pm	Q&A
SEXUAL HEALTH	
12:55 pm- 1:20 pm	The Pelvic Floor Belongs To Everyone <i>Isabel Green, M.D.</i>
1:20 pm – 1:30 pm	Q&A
1:30 pm- 1:55 pm	Sexual Desire & Sex Therapy <i>Jennifer Vencill, Ph.D., L.P.</i>
1:55 pm- 2:05 pm	Q&A
2:05 PM	Adjourn