

# 21st Annual Women's Health Update

Hilton Scottsdale Resort & Villas, Scottsdale, Arizona

March 20-22, 2025

Mountain Standard Time

Thursday, March 20, 2025

## The Menopause Society Menopause 101

*(Optional - Separate Fee)*

6:30 AM	<b>Menopause 101 Registration &amp; Continental Breakfast</b>
7:20 AM	<b>Welcome Announcements</b> Jewel M. Kling, M.D.
7:30 AM	<b>Menopause 101</b> Taryn L. Smith, M.D.
8:00 AM	<b>Menopause Management</b> Cynthia A. Stuenkel, M.D.
8:30 AM	<b>Sexual Health</b> Jewel M. Kling, M.D.
9:00 AM	<b>Break</b>
9:30 AM	<b>Non-Hormone Therapies for Menopause</b> Denise M. Millstine, M.D.
10:00 AM	<b>CV Health</b> Chrisandra L. Shufelt, M.D.
10:30 AM	<b>Midlife Weight Gain</b> Ekta Kapoor, M.D.
11:00 AM	<b>Q &amp; A Session</b> Session Faculty
11:30 AM	<b>Lunch - <i>For Menopause 101 Attendees Only</i></b>
12:00 PM	<b>Registration</b>
12:30 PM	<b>Welcome Announcements</b> <i>Moderators: Ekta Kapoor, M.D., Jewel M. Kling, M.D., and Denise M. Millstine, M.D.</i>

12:45 PM	<b>Longevity Medicine: Science Fact or Science Fiction</b> Chrisandra L. Shufelt, M.D.
<b>Breast</b>	
1:15 PM	<b>Approach to Benign Breast Disease: Breast Pain, Nipple Discharge and Undifferentiated Breast Mass</b> Jessica L. Fraker, M.D.
1:45 PM	<b>Updates in Breast Imaging including Supplemental Imaging</b> Laura K. Harper, M.D.
2:15 PM	<b>Q &amp; A Session</b> Session Faculty
2:45 PM	<b>Refreshment Break</b>
<b>Gynecology</b>	
3:15 PM	<b>Updates in Cervical Cancer Screening</b> Margaret E. Long, M.D.
3:45 PM	<b>Pelvic Pain: Adenomyosis, Endometriosis and Beyond</b> Megan N. Wasson, D.O.
4:15 PM	<b>Endometrial Cancer: How to Screen, Diagnose and Treat</b> Kristina A. Butler, M.D., M.S.
4:45 PM	<b>Q &amp; A Session</b> Session Faculty
5:15 PM	<b>Adjourn</b>
<b>Friday, March 21, 2025</b>	
6:45 AM	<b>Continental Breakfast</b>
6:45 AM	<b>Optional Roundtable Discussions</b> <i>45 minutes each (separate fee)</i>
	<b>Menopause Basics – How to Diagnose, Role of Checking Hormones, Approach to Treatment (in-person &amp; livestream)</b> Sara S. Shihab, M.D. (in-person) Jewel M. Kling, M.D. (livestream)
	<b>An Approach to Low Libido – How do you Work it up and Pearls About Treatment Options</b>

	Talia Sobel, M.D. (in-person only)
	<b>Breast Density – What to do About it? Cases and More</b> Jessica L. Fraker, M.D. (in-person only)
7:35 AM	<b>Announcements</b> <i>Moderators:</i> Ekta Kapoor, M.D., Jewel M. Kling, M.D., and Denise M. Millstine, M.D.
<b>Hormones &amp; Menopause</b>	
7:40 AM	<b>Contraception for Non-Contraception</b> Paru S. David, M.D.
8:10 AM	<b>Menopausal Hormone Therapy - Clinical Pearls</b> Susan Kok, M.D.
8:40 AM	<b>Menopause Management After Early Menopause</b> Cynthia A. Stuenkel, M.D.
9:10 AM	<b>Menopause HT Case Challenges</b> Taryn L. Smith, M.D.  Panel: Jewel M. Kling, M.D. Susan N. Kok, M.D. Cynthia A. Stuenkel, M.D.
9:40 AM	<b>Q &amp; A Session</b> Session Faculty
10:20 AM	<b>Refreshment Break</b>
<b>Dermatology &amp; Other Skin Findings</b>	
10:50 AM	<b>Hair Loss</b> Alison J. Bruce, M.B., Ch.B.
11:20 AM	<b>Vulvar Dermatoses</b> Leah A. Swanson, M.D.

11:50 AM	<b>Urticaria - An Approach to Evaluation and Treatment</b> Rohit D. Divekar, M.B.B.S., Ph.D.
12:20 PM	<b>Q &amp; A Session</b> Session Faculty
12:50 PM	<b>Lunch</b> (provided)
<b>Hot Topics</b>	
1:40 PM	<b>Impact of Lifestyle on Breast Cancer Prevention</b> Dawn M. Mussallem, D.O.
2:10 PM	<b>Long COVID Treatment</b> Nerissa M. Collins, M.D.
2:40 PM	<b>Q &amp; A Session</b> Session Faculty
3:10 PM	<b>Refreshment Break</b>
<b>Sex, Gender &amp; Fertility</b>	
3:40 PM	<b>Sexual Health – Tips and Tricks</b> Talia Sobel, M.D.
4:10 PM	<b>Multidisciplinary Care in Transgender Health</b> Bob K. Horsley, M.D.
4:40 PM	<b>Updates in PCOS Diagnosis and Treatment</b> Suneela Vegunta, M.D.
5:10 PM	<b>Q &amp; A Session</b> Session Faculty
5:40 PM	<b>Adjourn</b>
<b>Saturday, March 22, 2025</b>	
6:30 AM	<b>Wellness Class - Qi Gong</b> Debbie Elam
6:30 AM	<b>Continental Breakfast</b>

	<b>Optional Roundtable Discussions</b> <i>45 minutes each (separate fee)</i>
6:45 AM	<b>Menopause – Non-hormone Treatment</b> Denise M. Millstine, M.D. (livestream)
	<b>Vaginal Health &amp; Products</b> Nicola A. Nicholson, P.A.-C., M.S. (in-person only)
	<b>Osteoporosis/Bone Health</b> Krupa B. Doshi, M.D. (in-person only)
7:35 AM	<b>Announcements</b> <i>Moderators:</i> Ekta Kapoor, M.D., Jewel M. Kling, M.D., and Denise M. Millstine, M.D.
<b>Primary Care +</b>	
7:40 AM	<b>Top (6-10) Studies in Women’s Health Over the Last Year</b> Sara S. Shihab, M.D.
8:10 AM	<b>Androgen in Women: Friend or Foe</b> Nanette Santoro, M.D.
8:40 AM	<b>SSRI Updates</b> Ashley A. Stillwell, D.O.
9:20 AM	<b>Q &amp; A Session</b> Session Faculty
9:50 AM	<b>Refreshment Break</b>
<b>Pain+</b>	
10:20 AM	<b>Sex and Gender Based Differences in Pain (Including Transgender People)</b> Natalie H. Strand, M.D.
10:50 AM	<b>Opioid Use Disorder: Where Do We Go from Here?</b> Holly L. Geyer, M.D.

11:10 AM	<b>Q &amp; A Session</b> Session Faculty
<b>Wellbeing</b>	
11:40 AM	<b>Human Trafficking: Identification and Factors to Know as a Clinician</b> Dominique Roe-Sepowitz, MSW, Ph.D.
12:15 PM	<b>Resilience Across Your Career</b> Anjali Bhagra, M.D., M.B.A.
1:15 PM	<b>Q &amp; A Session</b> Session Faculty
1:30 PM	Adjourn