

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)

6:45 AM	Registration for Menopause 101
7:20 AM	Welcome Announcements Jewel M. Kling, M.D.
7:30 AM	Menopause 101 Taryn L. Smith, M.D.
8:00 AM	Menopause Management Cynthia A. Stuenkel, M.D.
8:30 AM	Sexual Health Jewel M. Kling, M.D.
9:00 AM	Break
9:30 AM	Non-Hormone Therapies for Menopause Denise M. Millstine, M.D.
10:00 AM	CV Health Chrisandra L. Shufelt, M.D.
10:30 AM	Midlife Weight Gain Ekta Kapoor, M.D.
11:00 AM	Q & A Session Session Faculty
11:30 AM	Lunch - For Menopause 101 Attendees Only
Women's Health General Session	
12:00 PM	Registration for Women's Health General Session
12:30 PM	Welcome Announcements <i>Moderators:</i> Ekta Kapoor, M.D., Jewel M. Kling, M.D., and Denise M. Millstine, M.D.

12:45 PM	Longevity Medicine: Science Fact or Science Fiction Chrisandra L. Shufelt, M.D.
Breast	
1:15 PM	Approach to Benign Breast Disease: Breast Pain, Nipple Discharge and Undifferentiated Breast Mass Jessica L. Fraker, M.D.
1:45 PM	Supplemental Imaging for Dense Breast Tissue Laura K. Harper, M.D.
2:15 PM	Q & A Session Session Faculty
2:45 PM	Refreshment Break
Gynecology	
3:15 PM	Updates in Cervical Cancer Screening Margaret E. Long, M.D.
3:45 PM	Pelvic Pain: Adenomyosis, Endometriosis and Beyond Megan N. Wasson, D.O.
4:15 PM	Endometrial Cancer: How to Screen, Diagnose and Treat Kristina A. Butler, M.D., M.S.
4:45 PM	Q & A Session Session Faculty
5:15 PM	Adjourn
Friday, March 21, 2025	
6:30 AM	Continental Breakfast
6:45 AM	Optional Roundtable Discussions <i>45 minutes each (separate fee)</i>
	Menopause Basics – How to Diagnose, Role of Checking Hormones, Approach to Treatment (in-person & livestream) Sara S. Shihab, M.D. (in-person) Jewel M. Kling, M.D. (livestream)
	An Approach to Low Libido – How do you Work it up and Pearls About Treatment Options

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

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

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

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