

EDITORIAL

Jan L. Shifren, MD, NCMP 2013-2014 NAMS President

Dr. Jan L. Shifren was introduced as the 2013-2014 President of The North American Menopause Society (NAMS) in Dallas, TX, during the Society's 24th Annual Meeting on October 9, 2013. She succeeds Dr. Diane Pace and will serve a 1-year term.

Dr. Shifren is Associate Professor of Obstetrics, Gynecology, and Reproductive Biology at Harvard Medical School, and reproductive endocrinologist and director of the Menopause Program in the Obstetrics and Gynecology Department at Massachusetts General Hospital. She attended Yale College and Harvard Medical School. She completed her residency in obstetrics and gynecology at Brigham and Women's Hospital and Massachusetts General Hospital and her fellowship in reproductive endocrinology and infertility at the University of California, San Francisco.

"It is a great pleasure to welcome Dr. Jan Shifren as President of the NAMS Board of Trustees. Dr. Shifren is an outstanding leader in the field of menopause, and her specialization in the area of women's sexual health has made her a renowned figure internationally," says Dr. Margery L.S. Gass, NAMS Executive Director. "I first met Dr. Shifren many years ago during the clinical trials of a testosterone patch for women. She became the leading spokeswoman for the trial results. During her 15 years as a member of NAMS, including 5 years on the Board of Trustees, Dr. Shifren has been an enthusiastic contributor to the mission of the society on many levels. It is an honor to have Dr. Shifren serving as President. I look forward to a very productive year for NAMS under her leadership."

Dr. Shifren has been a member of the NAMS Board of Trustees since 2008. She has served on many NAMS committees, including the Executive Committee (2009-2013), the Scientific Program Committee (2007-2008 and 2009-2013), the Professional Education Committee (2007-2009), the Consumer Education Committee (2003-2007 and 2008-2013), the Abstract Review Committee (2003 and 2008-2009), the Poster Judging Panel (2002 and 2009), and the Trustee Nominating Committee.

She has contributed to NAMS' *Menopause Practice: A Clinician's Guide* and has served on the editorial board of *Menopause* (2000-2013). Dr. Shifren is a NAMS Certified Menopause Practitioner (NCMP).

Dr. Shifren is active in numerous other professional societies, including the American College of Obstetricians and Gynecologists, American Society for Reproductive Medicine, Society of Reproductive Endocrinologists, Endocrine Society, and Society

for Gynecologic Investigation. She serves on the editorial boards of *Menopause*, *Ob.Gyn. News*, and *Menopausal Medicine*. She is an ad hoc reviewer for the *New England Journal of Medicine*, *Fertility and Sterility*, *Journal of Women's Health*, and *Journal of Clinical Endocrinology and Metabolism*, among others.

She has served as principal investigator and co-investigator for several important studies related to menopause and female sexuality. In addition, she has published numerous articles, abstracts, and book chapters, and has delivered national and international presentations on menopause, hormone therapy, androgens for women, and female sexual function.

Dr. Shifren divides her time among research, teaching, and patient care. She is board-certified in obstetrics and gynecology, reproductive endocrinology, and infertility. Her clinical interests include menopause, infertility, and female sexual dysfunction. Dr. Shifren's research focuses on menopause, including the effects of estrogens, androgens, and alternative therapies on menopausal symptoms, mood, and sexual function. One of Dr. Shifren's current research projects is the development of a validated self-report measure for assessing the symptoms of vulvovaginal atrophy (VVA). "The goal of developing this measure is to better understand the prevalence and predictors of VVA in a large, representative sample of US women. This study is being performed with the New England Research Institutes, and NAMS is a research partner," she says.

Dr. Shifren's interest in medicine started early and was inspired by her late father. "My father was an obstetrician-gynecologist, and I have been interested in medicine for as long as I can remember," says Dr. Shifren. "Women's health care was a part of our daily lives, as dad often answered his pager during dinner and shared interesting cases. My mother even recounts a call from a distressed kindergarten teacher informing her that I had told the class how babies are made, in glorious detail."

Her interest in menopausal medicine was inspired by her mentor, Dr. Isaac Schiff. "Mentorship is critically important in our personal and professional lives, and I have been very fortunate to have one of the world's best mentors. Dr. Schiff is a founding member of NAMS and Editor-in-Chief of *Menopause*. He is also a great clinician, researcher, and teacher. Early in my career, Dr. Schiff shared his passion for quality health



care, research, and education related to midlife women's health, and sparked my interest in NAMS and the field of menopause. This year, I was extremely pleased to receive awards in the Ob/Gyn Department at Massachusetts General Hospital for both mentorship and resident teaching. I hope that I, too, may help others find careers as enjoyable and fulfilling as mine has been," says Dr. Shifren.

Dr. Shifren loves to teach and to travel internationally, and she is especially pleased when these interests overlap. She has enjoyed both teaching and traveling in the cities of Paris, Florence, Venice, Tel Aviv, Panama, and Buenos Aires.

In her personal life, Dr. Shifren also enjoys choral music and sang in choruses and small singing groups throughout high school and college. Although she no longer has the time to be a chorus member, she takes pleasure in attending concerts of Boston area singing groups and is especially thrilled to hear her son's terrific bass voice during his glee club and a capella concerts.

Dr. Shifren feels extraordinarily fortunate to be part of a large and loving family. "I'm the youngest of four children and live next door to my sister, who lives in the house in which we were raised. The neighborhood will be much quieter this year, as my son Andrew started college in the fall. My husband

John enjoys the practice of law and, even more so, his hobby of astronomy. We're all avid hikers, and although each year it's harder to keep up with Andrew, we recently reached the peak of Mount Katahdin in Maine," she says.

"I hope to continue the highly effective work of past presidents, members of the Board of Trustees, central office staff, and members of the Society in fulfilling the mission of NAMS to promote the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging," says Dr. Shifren. "As the strength of NAMS comes from its multidisciplinary membership, I hope to grow this membership by ensuring that clinicians and researchers from fields as varied as medicine, nursing, psychology, nutrition, epidemiology, pharmacy, and education find value in the resources we provide and feel welcome to contribute to the ongoing success of the Society," she says. "I'm especially pleased to be President as NAMS celebrates its 25th anniversary in 2014. We should all feel great pride in realizing that a small society, started in 1989, has now become one of the most important sources of accurate information about midlife women's health in the world."

The Editors