

SCIENTIFIC PROGRAM

Wednesday, October 3, 2018

7:30 AM - 8:00 AM **Pre-Meeting Symposium
Registration and Coffee Service**

Registration fee for the Pre-Meeting Symposium is separate from the Annual Meeting
Sapphire Terrace (Level 4)

8:00 AM - 1:00 PM **Pre-Meeting Symposium
*Everything Your Patients Always
Wanted to Know About Sex
but YOU Were Afraid to Ask***

Sapphire Ballroom A-O (Level 4)

2:00 PM - 4:00 PM **NAMS Competency
Examination (NCMP)**
Sapphire Ballroom D&H (Level 4)

4:30 PM - 4:45 PM **NAMS 2018 Annual Meeting
*Innovation, Evidence, and
Individualization: Moving
Menopause Management Forward*
*Welcome and Introductory
Remarks***

Sapphire Ballroom A-O (Level 4)

4:30 PM - 4:35 PM **Sheryl A Kingsberg, PhD**
NAMS President
Chief, Division of Behavioral Medicine
University Hospitals Cleveland Medical
Center
MacDonald Women's Hospital
Professor, Departments of Reproductive
Biology and Psychiatry
Case Western Reserve University School
of Medicine
Cleveland, Ohio

4:35 PM - 4:45 PM **Gloria A Richard-Davis, MD, NCMP**
Chair, NAMS 2018 Scientific Program
Committee
Division Director, Reproductive
Endocrinology and Infertility
University of Arkansas Medical Sciences
Department of Obstetrics and Gynecology
Little Rock, Arkansas

4:45 PM - 6:15 PM **Plenary Symposium 1
Presidential Symposium
*Sexual Desire: Wired for Wild?***

***Supported by grant funding from
Amag Pharmaceuticals***

Moderator

Sheryl A Kingsberg, PhD

NAMS President
Chief, Division of Behavioral Medicine
University Hospitals Cleveland Medical Center
MacDonald Women's Hospital
Professor, Departments of Reproductive Biology
and Psychiatry
Case Western Reserve University School
of Medicine
Cleveland, Ohio

4:45 PM - 5:15 PM **The Neurochemistry of Sexual
Desire and Sexual Pleasure**

James G Pfaus, PhD, IF

Professor, Department of Psychology
Concordia University
Montreal, Quebec, Canada

5:15 PM - 5:45 PM **Sex & Drugs & Rock & Roll
Sheryl A Kingsberg, PhD**

5:45 PM - 6:15 PM **Q&A With Audience**

6:15 PM - 8:00 PM **President's Reception**
Promenade Plaza (Level 1)

***Supported by the Premier Partner
of the 2018 Annual Meeting***

TherapeuticsMD

Thursday, October 4, 2018

- 6:45 AM – 8:00 AM** **Meeting and Continental Breakfast for Menopause Editorial Board Members**
Sapphire 400 A&B (Level 4)
- 7:00 AM – 8:00 AM** **Meet the Experts Breakfast Sessions**
Indigo Terrace (Level 2)
- 7:15 AM – 8:15 AM** **Continental Breakfast for Registrants of the Annual Meeting**
Supported by the Premier Partner of the 2018 Annual Meeting
TherapeuticsMD
Sapphire Terrace (Level 4)

- 8:15 AM – 9:15 AM** **Keynote Address**
Sapphire Ballroom A-O (Level 4)
Introduced by
Gloria A Richard-Davis, MD, NCMP
Chair, NAMS 2018 Scientific Program Committee
Division Director, Reproductive Endocrinology and Infertility
University of Arkansas Medical Sciences
Department of Obstetrics and Gynecology
Little Rock, Arkansas
- 8:15 AM – 9:00 AM** **Healthy Longevity and Telomeres: What Does Sex Have To Do With It?**
Elissa Epel, PhD
Professor, Department of Psychiatry
University of California
San Francisco, California
- 9:00 AM – 9:15 AM** **Q&A With Audience**

- 9:15 AM – 10:45 AM** **Plenary Symposium 2 Breast Health**
Supported in part by grant funding from
TherapeuticsMD
Moderator
Lisa C Larkin, MD, FACP, NCMP, IF
Lisa Larkin and Associates
Internal Medicine and Women's Health
Cincinnati, Ohio
- 9:15 AM – 9:45 AM** **Who Needs Genetic Testing for Breast Cancer?**
Holly J Pederson, MD
Director, Medical Breast Services,
Cleveland Clinic
Associate Professor of Medicine,
Case Comprehensive Cancer Center
Cleveland, Ohio
- 9:45 AM – 10:15 AM** **Point-of-Care Management of GSM in Women With or at High Risk for Breast Cancer**
Stephanie S Faubion, MD, FACP, NCMP, IF
Director, Executive and International Medicine
Director, Office of Women's Health
Professor of Medicine
Division of General Internal Medicine
Mayo Clinic
Rochester, Minnesota
- 10:15 AM – 10:45 AM** **Q&A With Audience**
- 10:45 AM – 11:30 AM** **Refreshment Break**
Indigo Ballroom (Level 2)
- 11:00 AM – 11:30 AM** **Product Theater**
Indigo Ballroom E (Level 2)
Supported by
TherapeuticsMD

Photography

No photography other than that preapproved by NAMS is permitted in the session rooms, Exhibit Hall, or Poster Hall. Violation may result in removal from the meeting.

SCIENTIFIC PROGRAM

Thursday, October 4, 2018

11:30 AM - 12:30 PM **Plenary Symposium 3**
A Scientific Update on Alzheimer Disease and Women

Supported in part by grant funding from

TherapeuticsMD

Moderator

Pauline M Maki, PhD

Professor of Psychiatry and Psychology
Director, Women's Mental Health Research Program

Senior Director of Research, UIC Center for Research on Women and Gender
University of Illinois at Chicago
Chicago, Illinois

11:30 AM - 11:50 AM **Perimenopause as a Neurologic Transition State: Emergence of Vulnerabilities to Neurodegenerative Disease**

Roberta Diaz Brinton, PhD

Director, Center for Innovation in Brain Science
Professor, Departments of Pharmacology and Neurology
College of Medicine, University of Arizona
Tucson, Arizona

11:50 AM - 12:10 PM **A Scientific Update on Alzheimer Disease: Etiology, Diagnosis, and Treatment**

Mark W Bondi, PhD, ABPP/CN

Past-President, The Society for Clinical Neuropsychology, American Psychological Association
Professor of Psychiatry, University of California San Diego School of Medicine
Director, Neuropsychological Assessment Unit, VA San Diego Healthcare System
San Diego, California

12:10 PM - 12:30 PM **Q&A With Audience**

12:30 PM - 12:45 PM **Box Lunches Distributed**

12:45 PM - 2:15 PM **Plenary Symposium 4**
Vasomotor Symptoms and Hot Flashes

Supported in part by grant funding from

KaNdy Therapeutics Ltd.

TherapeuticsMD

Moderator

Rebecca C Thurston, PhD

Director, Women's Biobehavioral Health Laboratory
Professor of Psychiatry, Psychology, Epidemiology, and Clinical and Translational Science
University of Pittsburgh
Pittsburgh, Pennsylvania

12:45 PM - 1:15 PM **KNDy Neurons, Neurokinin 3 Receptor Signaling and the Etiology of Hot Flashes**

Naomi E Rance, MD, PhD

Professor and Associate Head
Department of Pathology
University of Arizona, College of Medicine
Tucson, Arizona

1:15 PM - 1:45 PM **Recent Advances in the Treatment of Vasomotor Symptoms: KNDy May Be the New Sweet Spot**

Susan D Reed, MD, MPH

Research Director, Women's Reproductive Health Research Program
Professor and Vice Chair, Department of Obstetrics and Gynecology
Adjunct Professor, Epidemiology
University of Washington School of Medicine
Seattle, Washington

1:45 PM - 2:15 PM **Q&A With Audience**

2:15 PM - 3:00 PM **Refreshment Break**

Indigo Ballroom (Level 2)

2:30 PM - 3:00 PM **Product Theater**

Indigo Ballroom E (Level 2)

Supported by

Radius Health, Inc.

3:00 PM - 4:30 PM

**Plenary Symposium 5
Genitourinary Syndrome
of Menopause**

***Supported in part by grant funding
from***

TherapeuticsMD

Moderator

Risa Kagan, MD, FACOG, CCD, NCMP

Clinical Professor, Department of Obstetrics,
Gynecology, and Reproductive Sciences
University of California
East Bay Physicians Medical Group
Berkeley, California

3:00 PM - 3:30 PM

***Vaginal Estrogen Safety and
Labeling: State of the Science***

Carolyn J Crandall, MD, MS, NCMP

Professor of Medicine
David Geffen School of Medicine at the
University of California
Los Angeles, California

3:30 PM - 4:00 PM

***Review of Lasers for Genitourinary
Syndrome of Menopause***

Eric R Sokol, MD

Co-director Urogynecology and Pelvic
Reconstructive Surgery
Associate Professor of Obstetrics and
Gynecology and Urology
Stanford University School of Medicine
Stanford, California

4:00 PM - 4:30 PM

Q&A With Audience

4:30 PM - 5:45 PM

**Concurrent Session 1
Oral Abstract Presentations**

Sapphire Ballroom D (Level 4)

Moderator

**Chrisandra L Shufelt, MD, MS, FACP,
NCMP**

4:30 PM - 4:45 PM

***Effects of Hormone Therapy on Heart
Fat and Atherosclerosis Progression
in Recently Postmenopausal Women
from KEEPS Trial***

**Samar R El Khoudary, PhD, MPH,
BPharm, FAHA**

4:45 PM - 5:00 PM

***Effects of Single-Capsule
17 β -Estradiol/Progesterone
(TX-001HR) on Metabolic Parameters
and Cardiovascular Outcomes
in Menopausal Women of the
REPLENISH Trial***

Rogério A Lobo, MD

5:00 PM - 5:15 PM

***Evaluation of Systemic Effects of a
Vaginal Estradiol Softgel Capsule
(TX-004HR) in Menopausal Women
with Moderate-to-Severe
Dyspareunia***

Lisa C Larkin, MD, FACP, NCMP, IF

5:15 PM - 5:30 PM

***Effect of Age, Time Since Menopause
and Previous Hormone Therapy on
the Response to Intravaginal 6.5 mg
Prasterone***

David F Archer, MD, NCMP

5:30 PM - 5:45 PM

***Comparing Written and Verbal
Delivery of a Treatment Regimen
to Women with Overactive Bladder:
Single-blinded, Randomized
Controlled Trial***

**Lindsay Shirreff, MD, MSc(HQ),
FRCSC**

SCIENTIFIC PROGRAM

Thursday, October 4, 2018

- 4:30 PM - 5:45 PM** **Concurrent Session 2**
Oral Abstract Presentations
Sapphire Ballroom H (Level 4)
Moderator
Mary A Fischer, PhD, WHNP-BC, NCMP
- 4:30 PM - 4:45 PM ***Caucasian Women Have Greater Gains in Subcutaneous Abdominal Adiposity in the Years Leading Up to Menopause Compared to African-American Women***
Kara L Marlatt, PhD, MPH
- 4:45 PM - 5:00 PM ***Increased Anxiety and Depressive Symptoms Are Associated with Abnormal Resting Cardiac Autonomic Function in Peri- and Postmenopausal Women with Hot Flashes***
Polly Fu, MD
- 5:00 PM - 5:15 PM ***Modifying Effect of ApoE4 Genotype on the Association Between Metabolic Phenotype and Subclinical Atherosclerosis in Postmenopausal Women***
Intira Sriprasert, MD
- 5:15 PM - 5:30 PM ***Menstrual Cycle Length over the Menopause Transition is Associated with Subclinical Atherosclerosis after Menopause: The Study of Women's Health Across the Nation Daily Hormone Study***
Samar R El Khoudary, PhD, MPH, BPharm, FAHA
- 5:30 PM - 5:45 PM ***Estimation of the Underdiagnosis Rate of Vulvovaginal Atrophy among Women in Health Insurance Claims***
Érick Moyneur, MBA

- 4:30 PM - 5:45 PM** **Concurrent Session 3**
Canadian Leadership Session—Menopause: Before and After Its Time
Sapphire Ballroom P (Level 4)
Moderator
Elaine Jolly, OC, MD, FRCSC
Medical Director, Women's Health Program
The Ottawa Hospital
Professor of Obstetrics and Gynecology,
University of Ottawa
Ottawa, Ontario, Canada

Concurrent Session 3 (Continued)

- 4:30 PM - 4:55 PM ***Is It Menopause at Age 25 to 40?***
Wendy L Wolfman, MD, FRCSC(C), FACOG, NCMP
Professor, Department of Obstetrics and Gynecology
University of Toronto
Director, Menopause Unit, Mount Sinai Hospital
Toronto, Ontario, Canada
- 4:55 PM - 5:20 PM ***Is It Menopause at Age 65 to 80?***
Elaine Jolly, OC, MD, FRCSC
Medical Director, Women's Health Program,
The Ottawa Hospital
Professor of Obstetrics and Gynecology,
University of Ottawa
Ottawa, Ontario, Canada
- 5:20 PM - 5:45 PM ***Q&A With Audience***

4:30 PM - 5:45 PM Concurrent Session 4

How to Build a Menopause Practice

Sapphire Ballroom A-O (Level 4)

Moderators

Diana L Bitner, MD, NCMP, FACOG
Director, Midlife and Menopause Health Services, Spectrum Health
Assistant Professor, Michigan State University College of Human Medicine
Grand Rapids, Michigan

Ann L Steiner, MD, NCMP, FACOG
Clinical Professor of Obstetrics and Gynecology
Director and Founder, Menopause Clinic,
Dickens Center for Women
Perelman School of Medicine
University of Pennsylvania
Philadelphia, Pennsylvania

6:00 PM - 7:00 PM Poster Session and Wine and Cheese Reception

Supported in part by grant funding from

TherapeuticsMD
Indigo Ballroom (Level 2)

7:15 PM - 8:15 PM Recognition Reception

By Invitation Only
Aqua Terrace (Level 3)

Friday, October 5, 2018

6:45 AM - 7:45 AM

Trauma-Informed Care Breakfast Session (Inspired by the #MeToo Movement)

*(Note: Additional Fee From Annual
Meeting Registration)*

Sapphire Ballroom A-O (Level 4)

Speakers

Lisa Astalos Chism, DNP, APRN, NCMP, FAANP

Clinical Director, Women's Wellness Clinic
Sexual Health Counselor and Educator
Karmanos Cancer Institute
Adjunct Assistant Professor,
Department of Surgery
Wayne State University School of Medicine
Detroit, Michigan

Allison Johnson, LMFT

Licensed Marriage and Family Therapist and
Clinical Services Manager
Center for Community Solutions
San Diego, California

7:00 AM - 8:30 AM

Continental Breakfast for Registrants of Annual Meeting

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Sapphire Terrace (Level 4)

7:55 AM - 8:30 AM

NAMS Town Hall Meeting of Members

Sapphire Ballroom A-O (Level 4)

8:30 AM - 9:30 AM

NAMS/Pfizer Wulf H Utian Endowed Lecture

*Endowed by a 2005 grant from Pfizer
Inc.*

Sapphire Ballroom A-O (Level 4)

Introduced by

Wulf H Utian, MD, PhD, DSc(Med), FRCOG, FACOG, FICS

Honorary Founding President and Executive
Director Emeritus, NAMS
Professor Emeritus, Reproductive Biology, Case
Western Reserve University School of Medicine
Honorary Past President, International
Menopause Society
Chairman, Scientific Advisory Board,
Rapid Medical Research
Cleveland, Ohio

8:30 AM - 9:15 AM

Advances in Osteoporosis in the Last 40 Years

J Chris Gallagher, MD

Professor of Medicine
Creighton University School of Medicine
Omaha, Nebraska

9:15 AM - 9:30 AM

Q&A With Audience

SCIENTIFIC PROGRAM

Friday, October 5, 2018

9:30 AM - 11:00 AM **Plenary Symposium 6
Bone Health**

Supported in part by grant funding from

Amgen

Radius Health Inc.

TherapeuticsMD

Moderator

Carolyn J Crandall, MD, MS, NCMP

Professor of Medicine

David Geffen School of Medicine at the
University of California

Los Angeles, California

9:30 AM - 10:00 AM **Goal-directed Management of
Osteoporosis**

Steven R Cummings, MD, FACP

Professor Emeritus, Department of Medicine

University of California

San Francisco, California

10:00 AM - 10:30 AM **Bone Turnover Markers in Clinical
Practice**

Douglas C Bauer, MD

Professor, Department of Medicine

University of California

San Francisco, California

10:30 AM - 11:00 AM **Q&A With Audience**

11:00 AM - 11:45 AM **Refreshment Break**

Indigo Ballroom (Level 2)

11:15 AM - 11:45 AM **Product Theater**

Indigo Ballroom E (Level 2)

Supported by

Amag Pharmaceuticals

11:45 AM - 12:45 PM **Plenary Symposium 7
Cardiovascular Disease**

Supported in part by grant funding from

TherapeuticsMD

Moderator

**Chrisandra L Shufelt, MD, MS, FACP,
NCMP**

Associate Director, Barbra Streisand Women's
Heart Center and Preventive and Rehabilitative
Cardiac Center

Director, Women's Hormone and Menopause
Program

Associate Professor of Medicine, Cedars-Sinai
Medical Center

Los Angeles, California

11:45 AM - 12:05 PM **Update on Heart Failure: Ivabradine
and Sacubitril-Valsartan**

Michelle M Kittleson, MD, PhD

Director, Heart Failure Research

Director, Post-Graduate Education in Heart
Failure and Transplantation

Associate Professor of Medicine

Smidt Heart Institute at Cedars-Sinai

Los Angeles, California

12:05 PM - 12:25 PM **Hypertension Guidelines**

**Martha Gulati, MD, MS, FACC, FAHA,
FASPC**

Chief of Cardiology

University of Arizona College of Medicine

Editor-in-Chief, CardioSmart, The American
College of Cardiology

Physician Executive Director, Banner University
Medicine Heart Institute

Phoenix, Arizona

12:25 PM - 12:45 PM **Q&A With Audience**

12:45 PM - 1:00 PM **Box Lunches Distributed**

1:00 PM - 2:00 PM **Top-Scoring Abstract Presentations**

Sapphire Ballroom A-O (Level 4)

Moderator

**Samar R El Khoudary, PhD, MPH,
BPharm, FAHA**

1:00 PM – 1:15 PM

***Does Mindfulness Moderate Perceived
Stress and Menopause-related
Symptoms in Midlife Women?***

Richa Sood, MD, NCMP

1:15 PM – 1:30 PM

***Hypertensive Disorders of Pregnancy
and Gestational Diabetes as Risk
Factors for Hot Flashes in Midlife
Women***

Rhoda Jamadar Conant, MD

1:30 PM – 1:45 PM

***Bone Turnover and Risk of Hip
Fracture: A Case-Control Study in the
Women's Health Initiative***

Carolyn J Crandall, MD, MS, NCMP

1:45 PM – 2:00 PM

***Efficacy of Internet-based Cognitive
Behavioral Therapy for Treatment-
induced Menopausal Symptoms in
Breast Cancer Survivors: Results of a
Randomized Controlled Trial***

Vera Atema, MSc

2:00 PM - 3:30 PM

**Plenary Symposium 8
Obesity and Weight Loss**

***Supported in part by grant funding
from***

TherapeuticsMD

Moderator

Nanette F Santoro, MD

Professor and E Stewart Taylor Chair
of Obstetrics and Gynecology
University of Colorado School of Medicine
Aurora, Colorado

2:00 PM - 2:30 PM

***Behavioral Weight Loss Using
Lifestyle Modification***

Holly Wyatt, MD

Associate Professor, Department of Medicine
Division of Endocrinology, Metabolism, and
Diabetes
University of Colorado, Anschutz Medical
Campus
Aurora, Colorado

2:30 PM - 3:00 PM

EMPOWIR Study Findings

Ruth Freeman, MD

Professor of Medicine and Obstetrics and
Gynecology
Montefiore Medical Center
Bronx, New York

3:00 PM - 3:30 PM

Q&A With Audience

3:30 PM - 4:15 PM

Refreshment Break

Indigo Ballroom (Level 2)

SCIENTIFIC PROGRAM

Friday, October 5, 2018

- 4:15 PM – 5:30 PM** **Concurrent Session 1**
Oral Abstract Presentations
Sapphire Ballroom A-O (Level 4)
Moderator
Carolyn S Wilson, MD, NCMP
- 4:15 PM – 4:30 PM ***17 β -Estradiol/Progesterone in a Single, Oral, Softgel Capsule (TX-001HR) Significantly Increased the Number of Symptom-free Days in the REPLENISH Trial***
Andrew M Kaunitz, MD, NCMP
- 4:30 PM – 4:45 PM ***Eстетrol, the Next Generation of Hormone Therapy: Results of a Phase 2b Dose-finding Study in Postmenopausal Women (E4 Relief)***
Wulf H Utian, MD, PhD, DSc(Med), FRCOG, FACOG, FICS
- 4:45 PM – 5:00 PM ***Interferential Current: A New Option to Treat Sexual Complains in Premature Ovarian Insufficiency Women in Use of Hormone Therapy. A Randomized Clinical Trial***
Helena Patricia Giraldo, MD
- 5:00 PM – 5:15 PM ***A Critical Appraisal of Vasomotor Symptom Assessment Tools Used in Clinical Trials Evaluating Estrogen Therapy Compared to Placebo***
Marie Katherine Christakis, MD, MPH
- 5:15 PM – 5:30 PM ***Sleep and Light Therapy for Perimenopausal Depression***
Barbara L Parry, MD

- 4:15 PM – 5:30 PM** **Concurrent Session 2**
Oral Abstract Presentations
Sapphire Ballroom D (Level 4)
Moderator
Danette Conklin, PhD
- 4:15 PM – 4:30 PM ***Increased Risk for Cardiovascular Disease Among Postmenopausal Women with Diabetes and Comorbid Posttraumatic Stress Disorder***
Carolyn J Gibson, PhD, MPH
- 4:30 PM – 4:45 PM ***MeToo and Women's Health: Sexual Harassment, Sexual Assault, and Midlife Women's Health***
Rebecca C Thurston, PhD
- 4:45 PM – 5:00 PM ***Impact of Prior Preterm or Term Small-for-Gestational Age Birth on Maternal Blood Pressure Throughout the Menopausal Transition in the Study of Women's Health Across the Nation (SWAN)***
Yamnia I Cortés, PhD, MPH, MS, FNP
- 5:00 PM – 5:15 PM ***Dietary Soy Intake and Mortality Outcome in Chinese Breast Cancer Survivors***
Suzanne Ho, MSc, MPH, PhD, FACE, NCMP
- 5:15 PM – 5:30 PM ***The Johns Hopkins Menopause Curriculum App, A Pilot Study***
Isa I Ryan, MD

4:15 PM - 5:30 PM

**Concurrent Session 3
Mexican Leadership Session**

Sapphire Ballroom H (Level 4)

Moderator

Dr. Salvador Correu Reza

Presidente

Asociación Mexicana para el Estudio del
Climaterio A.C. (AMEC)

México City

***Determinación del grado de
glicosilación de gonadotropinas
en la menopausia***

Dr. Marcelino Hernández Valencia

Unidad de Investigación de Enfermedades
Endocrinas/Endocrine Research Unit

National Medical Center, Instituto Mexicano del
Seguro Social (IMSS)

Mexico City

***Niveles de homocisteína
como factor de riesgo para
cardiopatías en menopáusicas***

Dr. Víctor Manuel Vargas Hernández

Adscrito en ginecología Hospital Juárez de
México/Gynecology Department

Juarez Hospital of Mexico

Mexico City

***Atrofia Vulvo vaginal Vs Síndrome
Genitourinario de la Menopausia***

Dr. Fernando Sánchez Aguirre

Jefe de la División de Ginecología y Obstetricia/
Chief, Division of Gynecology and Obstetrics

Hospital Ángeles Mexico

Ex-President of AMEC

***Relación entre hormonas,
variables metabólicas y hábitos de
consumo alimenticio en mujeres
peri y posmenopáusicas***

Dra. Mónica Flores Ramos

Catedrático CONACYT, Comisionado al Instituto
Nacional de Psiquiatría Ramón de la Fuente
Muñiz

Mexico City

***Prevalencia de los cambios del perfil
andrógeno en 111 mujeres con
disfunción sexual en la menopausia***

Dr. Guillermo Federico Ortiz Luna

Coordinador de peri y postmenopausia/Chief
of Peri and Postmenopausal Department

Instituto Nacional de Perinatología (INPER)

Mexico City

5:45 PM - 6:45 PM

Donor Cocktail Party

Elevation Room (30th Floor)

Saturday, October 6, 2018

7:00 AM - 8:00 AM

**Continental Breakfast for
Registrants of Annual Meeting**

***Supported by the Premier Partner
of the 2018 Annual Meeting***

TherapeuticsMD

Sapphire Terrace (Level 4)

8:00 AM - 8:15 AM

Announcement of Poster Prizes

Sapphire Ballroom A-O (Level 4)

8:15 AM - 9:15 AM

**NAMS/Kenneth W Kleinman
Endowed Lecture**

Introduced by

**Marla Shapiro, CM, MDCM, CCFP,
MHSC, FRCPC, FCFP, NCMF**

Professor

Department of Family and Community Medicine
University of Toronto

Toronto, ON, Canada

8:15 AM - 9:00 AM

***Diagnosing American Democracy
2018: Suturing Divides With the Art
of Constructive Disagreement***

Matt Motyl, PhD

Assistant Professor of Psychology and Political
Sciences

University of Illinois at Chicago

Chicago, Illinois

9:00 AM - 9:15 AM

Q&A With Audience

SCIENTIFIC PROGRAM

Saturday, October 6, 2018

9:15 AM - 10:30 AM **Plenary Symposium 9
Sleep**

Supported in part by grant funding from

TherapeuticsMD

Moderator

Hadine Joffe, MD, MSc

Executive Director, Mary Horrigan Connors Center for Women's Health and Gender Biology

Paula A Johnson Associate Professor of Psychiatry in the Field of Women's Health, Harvard Medical School

Vice Chair for Psychiatry Research, Department of Psychiatry

Brigham and Women's Hospital, Dana Farber Cancer Institute

Harvard Medical School

Boston, Massachusetts

9:15 AM - 9:45 AM ***Sleep-circadian Rhythms and Aging Women: A Bidirectional Relationship***

Phyllis C Zee, MD, PhD

Chief of Sleep Medicine in the Department of Neurology

Benjamin and Virginia T Boshes Professor of Neurology, Sleep Medicine

Northwestern Medicine, Feinberg School of Medicine

Chicago, Illinois

9:45 AM - 10:15 AM ***Online Cognitive-Behavioral Therapy Treatment for Insomnia***

Lee M Ritterband, PhD

Jean and Ronald Butcher Eminent Scholars Professor

Department of Psychiatry and Neurobehavioral Sciences

Director, Center for Behavioral Health and Technology

University of Virginia School of Medicine
Charlottesville, Virginia

10:15 AM - 10:30 AM ***Q&A With Audience***

10:30 AM - 10:45 AM **Refreshment Break**
Sapphire Terrace (Level 4)

10:45 AM - 12:00 PM **Plenary Symposium 10
Four Updates on the MsFLASH Postmenopausal Vaginal Health Study: Quality of Life, Sexual Attitudes and Activities, Vaginal Inflammation, and the Vaginal Microbiome**

Moderator

Katherine Adams Guthrie, PhD

Member, Public Health Sciences Division

Fred Hutchinson Cancer Research Center

Seattle, Washington

10:45 AM - 11:45 AM ***Effects of Vaginal Estradiol Tablets and Moisturizer on Menopause-specific Quality of Life and Mood in Healthy Postmenopausal Women With Vaginal Symptoms: A Randomized Clinical Trial***

Susan J Diem, MD, MPH

Associate Professor of Medicine, Division of General Internal Medicine

University of Minnesota

Minneapolis, Minnesota

Postmenopausal Sexual Attitudes and Activity: A Randomized Clinical Trial of Vaginal Estradiol Tablets, a Vaginal Moisturizer, and Placebo

Susan D Reed, MD, MPH

Research Director, Women's Reproductive Health Research Program

Professor and Vice Chair, Department of Obstetrics and Gynecology

Adjunct Professor, Epidemiology

University of Washington School of Medicine
Seattle, Washington

Effect of Vaginal Estradiol, a Vaginal Moisturizer, and Placebo on Genital Inflammation in Postmenopausal Women With Moderate to Severe GSM

Alissa Mitchell, BA

Lab Technician, Vincent Center for Reproductive Biology

Massachusetts General Hospital

Boston, Massachusetts

Plenary Symposium 10 *(Continued)*

Comparing Vaginal Microbiota in Postmenopausal Black Women and White Women: A Pilot Study

Caroline Mitchell, MD, MPH

Assistant Professor of Obstetrics, Gynecology,
and Reproductive Biology
Harvard Medical School
Investigator, Vincent Center for Reproductive
Biology
Massachusetts General Hospital
Boston, Massachusetts

11:45 AM - 12:00 PM

Q&A With Audience

12:00 PM - 1:00 PM

Plenary Symposium 11 **Top Things You Should Know This Year**

In this symposium, each member of a panel of menopause experts will briefly present findings from one recent standout article in the field of menopause and women's health. The highlighted articles will present new significant work that changes our understanding or practice of menopause medicine. At the conclusion, the panelists will entertain your questions.

Supported in part by grant funding from

TherapeuticsMD

Moderator

**Diane Todd Pace, PhD, APRN,
FNP-BC, NCMP, FAANP**

Professor and Director, Special Academic
Programs, College of Nursing
Professor, College of Medicine, Department
of Obstetrics and Gynecology
University of Tennessee Health Science Center
Memphis, Tennessee

Panelists

**Lisa Astalos Chism, DNP, APRN,
NCMP, FAANP**

Clinical Director, Women's Wellness Clinic
Sexual Health Counselor and Educator
Karmanos Cancer Institute
Adjunct Assistant Professor, Department
of Surgery
Wayne State University School of Medicine
Detroit, Michigan

Plenary Symposium 11 *(Continued)*

**Steven R Goldstein, MD, FACOG,
CCD, NCMP**

Professor of Obstetrics and Gynecology
Director of Gynecologic Ultrasound
Co-director Bone Densitometry and Body
Composition
New York University School of Medicine
New York, New York

Andrew M Kaunitz, MD, NCMP

University of Florida Research Foundation
Professor and Associate Chairman
Department of Obstetrics and Gynecology
University of Florida College of Medicine—
Jacksonville
Director Menopause and Gynecologic
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