

NAMS EDITORIAL

Chrisandra L. Shufelt, MD, MS, NCMP, FACP, 2021-2022 NAMS President

Dr. Chrisandra L. Shufelt was elected as the 2021-2022 President of The North American Menopause Society (NAMS) during the Society's meeting of the Board of Trustees in September 2021. Dr. Shufelt succeeds Dr. Hadine Joffe as President and will serve a 1-year term.

Dr. Shufelt is a women's health expert, board-certified in internal medicine, with fellowship training in vascular biology and women's health. She received her medical degree in 2004 from the University of Southern California Keck School of Medicine. She did her residency at Santa Barbara Cottage Hospital in 2007 and her fellowship at Cedars-Sinai Medical Center in 2008.

"Dr. Shufelt's election to the presidency of NAMS is a win-win," says longtime NAMS member Dr. Wendy Klein. "She brings to this outstanding organization a career-long commitment to menopausal women's health and a passion for excellence in clinical care and in research. She has distinguished herself with her innovative funded clinical research, and her contributions to the understanding of sex and gender differences in cardiovascular medicine are noteworthy. As a longtime colleague and mentor, it is clear to me that Chrisandra has been tireless in her commitment to excellence in midlife education for both health professionals and women alike, which is one of many attributes that will serve to amplify the important work of NAMS."

Dr. Shufelt is professor of medicine at Cedars-Sinai Medical Center in Los Angeles and holds the Anita Dann Friedman Endowed Chair in Women's Cardiovascular Medicine and Research. She is the associate director of the Barbra Streisand Women's Heart Center and Codirector of the Preventive and Rehabilitative Cardiac Center at the Smidt Heart Institute at the Cedars-Sinai Heart Institute in Los Angeles, California. Dr. Shufelt established and directs the Women's Hormone and Menopause Program, a one-of-a-kind program developed to provide women with or at risk for heart disease an expert opinion about the use of hormone or nonhormone options for symptomatic menopause. She is part of the teaching faculty for the Internal Medicine and Obstetrics and Gynecology Residency Programs as well as the Endocrinology and Women's Heart Fellowships.

Dr. Shufelt's research interest is on hormones and cardiovascular disease. Her NIH-funded research focuses on young women with hypothalamic amenorrhea, a condition that results in low estrogen and infertility. She is evaluating the effect of this condition on cardiovascular function and immunoinflammatory

markers and studying whether short-term transdermal estrogen replacement may have benefit. She is the research director of the noninvasive vascular research core laboratory within the Barbra Streisand Women's Heart Center. In addition, she is a coinvestigator on many studies at Cedars-Sinai, including those focusing on coronary microvascular disease. She continues to be involved with several large studies, including the Women's Ischemia Syndrome Evaluation, the Women's Health Initiative, and the Los Angeles Atherosclerosis Study. She is the site Primary Investigator for the WARRIOR (Women's IschemiA TRial to Reduce Events In Non-ObstRuctive CAD) clinical trial.

"Dr. Shufelt will make an outstanding President of NAMS," says current NAMS President, Dr. Hadine Joffe. "I am so impressed by her passion and commitment to the care of midlife women and the drive and curiosity about how to improve what we can offer our patients that she exhibits through her cardiovascular research and educational initiatives. It is a pleasure to work with her."

An Active Member of NAMS since 2008, Dr. Shufelt became a NAMS Certified Menopause Practitioner (NCMP) that same year. In 2009, she was a mentee in the inaugural class of the NAMS Mentorship program. In 2010, she received the NAMS New Investigator Award. Her contributions to the Society include serving as a member of the Education Committee (Chair, 2013), Scientific Program Committee (Chair, 2021), Abstract Review Committee (Chair, 2019), and Poster Judging Panel. Dr. Shufelt coauthored a *Practice Pearl* on statin therapy in women, contributed to the cardiovascular section of the 4th, 5th, and 6th editions of *Menopause Practice: A Clinician's Guide*, and has contributed to *First to Know*, *Menopause e-Consult*, and *Menopause Care Updates*. She has authored a revised *Practice Pearl* on statin therapy in midlife women that was published in April 2021. She serves on the Editorial Board of *Menopause*, the journal of The North American Menopause Society; has hosted roundtable breakfast sessions at the



NAMS Annual Meeting; and has moderated Plenary Symposia. She was elected to the NAMS Board of Trustees in 2019.

“I think that Chrisandra and I felt we had hit the jackpot when we were matched as mentee-mentor for the inaugural NAMS Mentorship Program 12 years ago,” says Dr. JoAnn Manson, Professor of Medicine at Harvard Medical School and NAMS Past-President. “Not only did we share strong interests in estrogen therapy and cardiovascular disease, but we became fast friends and tremendously enjoyed working together. As a mentor, my main goals are to foster and promote the careers of my mentees, and it has been so personally rewarding to have a mentee (and now a colleague) such as Chrisandra. She has always brought so much enthusiasm, motivation, hard work, and expertise to the relationship. In 12 short years, she has advanced from an early trainee to an accomplished investigator, a full professor, and President of NAMS, along the way publishing major papers, winning the 2018 Thomas Clarkson Outstanding Clinical and Basic Science Research Award, and making such important contributions to the teaching mission of NAMS. It is a dream for a mentor to have a mentee like Chrisandra, and I consider it a true privilege.”

Dr. Shufelt has authored or coauthored more than 150 manuscripts and book chapters in the area of women’s health and served as coauthor on several scientific position statements on menopause and hormone therapy. She is currently on the Editorial Panel for the NAMS 2022 Hormone Therapy Position Statement and will chair the upcoming 2023 NAMS Nonhormone Therapies Position Statement. She has published in numerous peer-reviewed journals such as the *Journal of the American College of Cardiology*, the *Journal of the American Medical Association*, the *Journal of Clinical Endocrinology and Metabolism*, and *Menopause* and has presented at both national and international conferences.

“Dr. Shufelt brings to our Society a wealth of experience in terms of clinical practice, education, and research,” says Dr. Stephanie Faubion, NAMS Medical Director. “Her contributions to the literature related to cardiovascular risk in women, taking into account woman-specific factors, have been substantial. I look forward to working with Dr. Shufelt to forward the Mission of NAMS to improve the care of midlife women and to support our membership.”

As NAMS President, one of Dr. Shufelt’s priorities is to continue to build on the close community and comradery

NAMS has established for its members. “Especially after these difficult times, an organization such as NAMS is needed to remind us that we have a strong menopause community that is here to support one another,” says Dr. Shufelt. “The pandemic has made us realize what opportunities digital health and telemedicine are and how important it is to get the right information out through these avenues.”

Another initiative Dr. Shufelt intends to begin is to develop a vasomotor symptom consensus algorithm. “We need to get primary care professionals comfortable prescribing hormone therapy to midlife women” says Dr. Shufelt. “This would be a tool that would educate and address when hormone therapy is needed, when it is the preferred option, and when other options should be recommended.” Dr. Shufelt also plans to work closely with Dr. Faubion and the NAMS Board of Trustees on strategies to increase membership.

In addition to her work with NAMS, Dr. Shufelt is a member of several scientific organizations and has leadership roles in the American College of Physicians and the European Menopause and Andropause Society. She also is a member of the Endocrine Society, the American Society of Preventive Cardiology, and the American Heart Association. Dr. Shufelt has a long history with philanthropy, having served on the Downtown Women’s Shelter board in Los Angeles, where she helped establish a women’s health clinic. She also has served on the board of directors for Global Mobility, a nonprofit organization dedicated to providing mobility solutions, education, and advocacy to children with disabilities worldwide. As a strong advocate for women, she now serves on the board of overseers for Visionary Women, a nonprofit organization harnessing the power of leadership and community to encourage women to achieve their full potential.

Dr. Shufelt lives in Los Angeles, California, and enjoys spending time with her husband and two children. When she is not at work, you can find her savoring her husband’s fine cooking or spending time at the gym or with her daughter at the equestrian center with their hunter-jumper horse. “One of the things on which I pride myself is my work-life balance,” she says. “Being a physician and a mother is so incredibly rewarding.” Dr. Shufelt looks forward to getting back to international travel. She has been to 26 countries, and the next ones at the top of her list are Croatia and Portugal.

The editors