



## 2018 NAMS Annual Meeting Scientific Program

(As of August 13, 2018)

### *Innovation, Evidence, and Individualization: Moving Menopause Management Forward*

#### Tuesday, October 2, 2018

12:30 PM–1:00 PM	Registration for Translational Science Symposium <i>(Note: Separate Registration Fee From Annual Meeting)</i>
1:00 PM–5:00 PM	Utian Translational Science Symposium <i>New Therapies for Leiomyomas: When Surgery May Not Be the Optimal Approach</i> Supported by grant funding from Allergan
1:00 PM–5:00 PM	Speakers and Topics TBA
5:00 PM–7:00 PM	Registration Desk Open

#### Wednesday, October 3, 2018

7:00 AM–7:00 PM	Registration Desk Open
7:30 AM–8:00 AM	Pre-Meeting Symposium Registration and Coffee Service <i>(Note: Separate Registration Fee From Annual Meeting)</i>
8:00 AM–1:00 PM	Pre-Meeting Symposium <i>Everything Your Patients Always Wanted to Know About Sex but YOU Were Afraid to Ask</i> Supported by grant funding from TherapeuticsMD
8:00 AM–8:05 AM	<b>Welcome and Introductory Remarks</b>  <b>Sheryl A Kingsberg, PhD</b> <i>NAMS President and Co-chair, 2018 Pre-Meeting Symposium 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</i>
8:05 AM–8:30 AM	<b>Epidemiology and Classification: Office-Based Assessment and Communication Skills</b>  <b>Sharon J Parish, MD</b> <i>Professor of Medicine, Clinical Psychiatry, Weill Cornell Medicine Professor of Clinical Medicine Director of Medical Services, New York Presbyterian, Westchester Division New York, New York</i>

## Wednesday, October 3, 2018 (continued)

8:30 AM–9:00 AM	<p><b><i>The Biology in the Biopsychosocial Approach to Treating HSDD in Postmenopausal Women</i></b></p> <p><b>Irwin Goldstein, MD, IF</b>  <i>Director, San Diego Sexual Medicine          Director of Sexual Medicine, Alvarado Hospital          Clinical Professor of Surgery, University of California          San Diego, California</i></p>
9:00 AM–9:30 AM	<p><b><i>Pharmacologic and Nonpharmacologic Options for Arousal and Orgasm Issues in Postmenopausal Women</i></b></p> <p><b>Susan Kellogg Spadt, PhD, CRNP, IF, FCST, CSC</b>  <i>Director of Female Sexual Medicine, Center for Pelvic Medicine          Drexel University College of Medicine          Widener University College of Human Service Professions          Academic Urology Center for Pelvic Medicine          Philadelphia, Pennsylvania</i></p>
9:30 AM–10:00 AM	<p><b><i>The Psychosocial in the Biopsychosocial Approach to Treating HSDD, Arousal, and Orgasm Issues in Postmenopausal Women</i></b></p> <p><b>Sheryl A Kingsberg, PhD</b></p>
10:00 AM–10:15 AM	<p><b>Q&amp;A With Audience</b></p>
10:15 AM–10:40 AM	<p><b>Refreshment Break</b></p>
10:40 AM–11:10 AM	<p><b><i>The Role of the Physical Therapist in Female Sexual Function and Dysfunction</i></b></p> <p><b>Hollis Herman, DPT, PT, MS, OCS, WCS, BCB-PMD, IF, CSC, PRPC</b>  <i>Doctor of Physical Therapy          Orthopedic and Women’s Health Clinical Specialist and Certified Pelvic Rehabilitation Practitioner          HealthyWomen HealthyMen Physical Therapy          Co-founder, Herman and Wallace Pelvic Rehabilitation Institute          Cambridge, Massachusetts</i></p>
11:10 AM–11:40 AM	<p><b><i>Treatment Options for Sexual Problems Resulting From Genitourinary Syndrome of Menopause</i></b></p> <p><b>Jan L Shifren, MD, NCMP</b>  <i>Director, Midlife Women’s Health Center          Massachusetts General Hospital          Professor of Obstetrics, Gynecology, and Reproductive Biology          Harvard Medical School          Boston, Massachusetts</i></p>
11:40 AM–11:50 AM	<p><b>Q&amp;A With Audience</b></p>
11:50 AM–12:05 PM	<p><b>Break and Box Lunch Distribution</b></p>
12:05 PM–12:25 PM	<p><b><i>Testosterone for HSDD in Postmenopausal Women: Clinical Perspectives From Sexual Medicine</i></b></p> <p><b>Irwin Goldstein, MD, IF</b></p>
12:25 PM–12:45 PM	<p><b><i>Testosterone for HSDD in Postmenopausal Women: Clinical Perspectives From Gynecology</i></b></p> <p><b>Jan L Shifren, MD, NCMP</b></p>
12:45 PM–1:00 PM	<p><b>Q&amp;A With Audience</b></p>

## Wednesday, October 3, 2018 (continued)

1:00 PM–3:00 PM	<b>2019 Scientific Program Committee Meeting</b> <i>Members of the 2019 Scientific Program Committee Only</i>
2:00 PM–4:00 PM	<b>NAMS Certified Menopause Practitioner (NCMP) Competency Examination</b>
2:00 PM–3:15 PM	<b>NAMS Education Committee Meeting</b>
4:30 PM–4:45 PM	<b>Welcome and Introductory Remarks</b>
4:30 PM–4:35 PM	<b>Sheryl A Kingsberg, PhD</b> <i>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</i>
4:35 PM–4:45 PM	<b>Gloria A Richard-Davis, MD, NCMP</b> <i>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</i>
4:45 PM–6:15 PM	<b>Plenary Symposium 1—Presidential Symposium</b> <b><i>Sexual Desire: Wired for Wild?</i></b> <i>Supported by grant funding from Amag Pharmaceuticals</i>
	<b>Sheryl A Kingsberg, PhD—Moderator</b> <i>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</i>
4:45 PM–5:15 PM	<b><i>The Neurochemistry of Sexual Desire and Sexual Pleasure</i></b>  <b>James G Pfaus, PhD, IF</b> <i>Professor, Department of Psychology Concordia University Montreal, Quebec, Canada</i>
5:15 PM–5:45 PM	<b><i>Sex &amp; Drugs &amp; Rock &amp; Roll</i></b>  <b>Sheryl A Kingsberg, PhD</b>
5:45 PM–6:15 PM	<b>Q&amp;A With Audience</b>
6:15 PM–8:00 PM	<b>President's Reception</b> <i>Supported by grant funding from TherapeuticsMD</i>

## Thursday, October 4, 2018

7:00 AM–6:00 PM	<b>Registration Desk Open</b>
6:45 AM–8:00 AM	<b>Menopause Editorial Board Meeting and Breakfast</b>
7:00 AM–8:00 AM	<b>Meet the Experts CME Breakfast Sessions</b> <i>(Note: Additional Fee From Annual Meeting Registration)</i>
7:15 AM–8:15 AM	<b>Continental Breakfast for Registrants</b> <i>Supported by grant funding from TherapeuticsMD</i>
8:15 AM–9:15 AM	<b>Keynote Address</b>
	<b>Introduced by</b>  <b>Gloria A Richard-Davis, MD, NCMP</b> <i>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</i>
8:15 AM–9:00 AM	<b>Healthy Longevity and Telomeres: What Does Sex Have To Do With It?</b>  <b>Elissa Epel, PhD</b> <i>Professor, Department of Psychiatry University of California San Francisco, California</i>
9:00 AM–9:15 AM	<b>Q&amp;A With Audience</b>
9:15 AM–10:45 AM	<b>Plenary Symposium 2—Breast Health</b> <i>Supported in part by grant funding from TherapeuticsMD</i>
	<b>Lisa C Larkin, MD, FACP, NCMP, IF—Moderator</b> <i>Lisa Larkin and Associates Internal Medicine and Women’s Health Cincinnati, Ohio</i>
9:15 AM–9:45 AM	<b>Who Needs Genetic Testing for Breast Cancer?</b>  <b>Holly J Pederson, MD</b> <i>Director, Medical Breast Services, Cleveland Clinic Associate Professor of Medicine, Case Comprehensive Cancer Center Cleveland, Ohio</i>
9:45 AM–10:15 AM	<b>Point-of-Care Management of GSM in Women With or at High Risk for Breast Cancer</b>  <b>Stephanie S Faubion, MD, FACP, NCMP, IF</b> <i>Director, Executive and International Medicine Director, Office of Women’s Health Professor of Medicine Division of General Internal Medicine Mayo Clinic Rochester, Minnesota</i>

## Thursday, October 4, 2018 (continued)

10:15 AM–10:45 AM	<b>Q&amp;A With Audience</b>
10:45 AM–11:30 AM	<b>Refreshment Break</b>
11:00 AM–11:30 AM	<b>Product Theater</b> <i>Supported by TherapeuticsMD</i>
11:30 AM–12:30 PM	<b>Plenary Symposium 3—A Scientific Update on Alzheimer Disease and Women</b> <i>Supported in part by grant funding from TherapeuticsMD</i>
	<b>Pauline M Maki, PhD—Moderator</b> <i>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</i>
11:30 AM–11:50 AM	<b>Perimenopause as a Neurologic Transition State: Emergence of Vulnerabilities to Neurodegenerative Disease</b>  <b>Roberta Diaz Brinton, PhD</b> <i>Director, Center for Innovation in Brain Science Professor, Departments of Pharmacology and Neurology College of Medicine, University of Arizona Tucson, Arizona</i>
11:50 AM–12:10 PM	<b>A Scientific Update on Alzheimer Disease: Etiology, Diagnosis, and Treatment</b>  <b>Mark W Bondi, PhD, ABPP/CN</b> <i>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</i>
12:10 PM–12:30 PM	<b>Q&amp;A With Audience</b>
12:30 PM–12:45 PM	<b>Box Lunches Distributed</b>
12:45 PM–2:15 PM	<b>Plenary Symposium 4—Vasomotor Symptoms and Hot Flashes</b> <i>Supported in part by grant funding from KaNDy Therapeutics Ltd. TherapeuticsMD</i>
	<b>Rebecca C Thurston, PhD—Moderator</b> <i>Director, Women’s Biobehavioral Health Laboratory Professor of Psychiatry, Psychology, Epidemiology, and Clinical and Translational Science University of Pittsburgh Pittsburgh, Pennsylvania</i>
12:45 PM–1:15 PM	<b>KNDy Neurons, Neurokinin 3 Receptor Signaling and the Etiology of Hot Flashes</b>  <b>Naomi E Rance, MD, PhD</b> <i>Professor and Associate Head Department of Pathology University of Arizona, College of Medicine Tucson, Arizona</i>

## Thursday, October 4, 2018 (continued)

1:15 PM–1:45 PM	<p><b>Recent Advances in the Treatment of Vasomotor Symptoms: KNDy May Be the New Sweet Spot</b></p> <p><b>Susan D Reed, MD, MPH</b>  <i>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</i></p>
1:45 PM–2:15 PM	<b>Q&amp;A With Audience</b>
2:15 PM–3:00 PM	<b>Refreshment Break</b>
2:30 PM–3:00 PM	<p><b>Product Theater</b></p> <p><i>Supported by  Radius Health, Inc.</i></p>
3:00 PM–4:30 PM	<p><b>Plenary Symposium 5—Genitourinary Syndrome of Menopause</b></p> <p><i>Supported in part by grant funding from  TherapeuticsMD</i></p>
	<p><b>Risa Kagan, MD, FACOG, CCD, NCMP—Moderator</b>  <i>Clinical Professor, Department of Obstetrics, Gynecology, and Reproductive Sciences  University of California  East Bay Physicians Medical Group  Berkeley, California</i></p>
3:00 PM–3:30 PM	<p><b>Vaginal Estrogen Safety and Labeling: State of the Science</b></p> <p><b>Carolyn J Crandall, MD, MS, NCMP</b>  <i>Professor of Medicine  David Geffen School of Medicine at the University of California  Los Angeles, California</i></p>
3:30 PM–4:00 PM	<p><b>Review of Lasers for Genitourinary Syndrome of Menopause</b></p> <p><b>Eric R Sokol, MD</b>  <i>Co-director Urogynecology and Pelvic Reconstructive Surgery  Associate Professor of Obstetrics and Gynecology and Urology  Stanford University School of Medicine  Stanford, California</i></p>
4:00 PM–4:30 PM	<b>Q&amp;A With Audience</b>
4:30 PM–5:45 PM	<b>Concurrent Session 1—Oral Abstract Presentations</b>
4:30 PM–5:45 PM	<b>Concurrent Session 2—Oral Abstract Presentations</b>
4:30 PM–5:45 PM	<b>Concurrent Session 3—Canadian Leadership Session—Menopause: Before and After Its Time</b>
	<p><b>Elaine Jolly, OC, MD, FRCSC—Moderator</b>  <i>Medical Director, Women’s Health Program, the Ottawa Hospital  Professor of Obstetrics and Gynecology, University of Ottawa  Ottawa, Ontario, Canada</i></p>
4:30 PM–4:55 PM	<p><b>Is It Menopause at Age 25 to 40?</b></p> <p><b>Wendy L Wolfman, MD, FRCS(C), FACOG, NCMP</b>  <i>Professor, Department of Obstetrics and Gynecology  University of Toronto  Director, Menopause Unit, Mount Sinai Hospital  Toronto, Ontario, Canada</i></p>

## Thursday, October 4, 2018 (continued)

4:55 PM–5:20 PM	<p><b><i>Is It Menopause at Age 65 to 80?</i></b></p> <p>Elaine Jolly, OC, MD, FRCSC</p>
5:20 PM–5:45 PM	<p><b>Q&amp;A With Audience</b></p>
4:30 PM–5:45 PM	<p><b>Concurrent Session 4—<i>How to Build a Menopause Practice</i></b></p> <p><b>Diana L Bitner, MD, NCMP, FACOG—Moderator</b>  <i>Director, Midlife and Menopause Health Services, Spectrum Health  Assistant Professor, Michigan State University College of Human Medicine  Grand Rapids, Michigan</i></p> <p><b>Ann L Steiner, MD, NCMP, FACOG—Moderator</b>  <i>Clinical Professor of Obstetrics and Gynecology  Director and Founder, Menopause Clinic, Dickens Center for Women  Perelman School of Medicine, University of Pennsylvania  Philadelphia, Pennsylvania</i></p>
6:00 PM–7:00 PM	<p><b>Poster Session and Wine and Cheese Reception</b>  <i>Supported in part by grant funding from  TherapeuticsMD</i></p>
7:15 PM–8:15 PM	<p><b>Recognition Reception</b>  <i>By Invitation Only</i></p>

## Friday, October 5, 2018

7:00 AM–5:30 PM	<p><b>Registration Desk Open</b></p>
6:45 AM–7:45 AM	<p><b>Trauma-Informed Care Breakfast Session: Inspired by the #MeToo Movement</b>  <b>(Note: Additional Fee From Annual Meeting Registration)</b></p> <p><b>Lisa Astalos Chism, DNP, APRN, NCMP, FAANP—Moderator</b>  <i>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</i></p> <p><b>Allison Johnson, LMFT</b>  <i>Licensed Marriage and Family Therapist and Clinical Services Manager  Center for Community Solutions  San Diego, California</i></p>
7:00 AM–8:30 AM	<p><b>Continental Breakfast for Registrants</b>  <i>Supported by grant funding from  TherapeuticsMD</i></p>
7:55 AM–8:30 AM	<p><b>NAMS Annual Membership Town Hall</b></p>

## Friday, October 5, 2018 (continued)

<b>8:30 AM–9:30 AM</b>	<b>NAMS/Pfizer Wulf H Utian Endowed Lecture</b>
	<p><b>Introduced by</b></p> <p><b>Wulf H Utian, MD, PhD, DSc(Med), FRCOG, FACOG, FICS</b>  <i>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</i></p>
<b>8:30 AM–9:15 AM</b>	<p><b>Advances in Osteoporosis in the Last 40 Years</b></p> <p><b>J Chris Gallagher, MD</b>  <i>Professor of Medicine          Creighton University School of Medicine          Omaha, Nebraska</i></p>
<b>9:15 AM–9:30 AM</b>	<b>Q&amp;A With Audience</b>
<b>9:30 AM–11:00 AM</b>	<p><b>Plenary Symposium 6—Bone Health</b>  <i>Supported in part by grant funding from          Amgen          Radius Health, Inc.          TherapeuticsMD</i></p>
	<p><b>Carolyn J Crandall, MD, MS, NCMP—Moderator</b>  <i>Professor of Medicine          David Geffen School of Medicine at the University of California          Los Angeles, California</i></p>
<b>9:30 AM–10:00 AM</b>	<p><b>Goal-directed Management of Osteoporosis</b></p> <p><b>Steven R Cummings, MD, FACP</b>  <i>Professor Emeritus, Department of Medicine          University of California          San Francisco, California</i></p>
<b>10:00 AM–10:30 AM</b>	<p><b>Bone Turnover Markers in Clinical Practice</b></p> <p><b>Douglas C Bauer, MD</b>  <i>Professor, Department of Medicine          University of California          San Francisco, California</i></p>
<b>10:30 AM–11:00 AM</b>	<b>Q&amp;A With Audience</b>
<b>11:00 AM–11:45 AM</b>	<b>Refreshment Break</b>
<b>11:15 AM–11:45 AM</b>	<p><b>Product Theater</b>  <i>Supported by          Amag Pharmaceuticals</i></p>
<b>11:45 AM–12:45 PM</b>	<p><b>Plenary Symposium 7—Cardiovascular Disease</b>  <i>Supported in part by grant funding from          TherapeuticsMD</i></p>
	<p><b>Chrisandra L Shufelt, MD, MS, FACP, NCMP—Moderator</b>  <i>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</i></p>



## Friday, October 5, 2018 (continued)

11:45 AM–12:05 PM	<p><b>Update on Heart Failure: Ivabradine and Sacubitril-Valsartan</b></p> <p><b>Michelle M Kittleson, MD, PhD</b>  <i>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</i></p>
12:05 PM–12:25 PM	<p><b>Hypertension Guidelines</b></p> <p><b>Martha Gulati, MD, MS, FACC, FAHA, FASPC</b>  <i>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</i></p>
12:25 PM–12:45 PM	<b>Q&amp;A With Audience</b>
12:45 PM–1:00 PM	<b>Box Lunches Distributed</b>
1:00 PM–2:00 PM	<b>Top-Scoring Abstract Presentations</b>
2:00 PM–3:30 PM	<p><b>Plenary Symposium 8—Obesity and Weight Loss</b>  <i>Supported in part by grant funding from          TherapeuticsMD</i></p>
	<p><b>Nanette F Santoro, MD—Moderator</b>  <i>Professor and E Stewart Taylor Chair of Obstetrics and Gynecology          University of Colorado School of Medicine          Aurora, Colorado</i></p>
2:00 PM–2:30 PM	<p><b>Behavioral Weight Loss Using Lifestyle Modification</b></p> <p><b>Holly Wyatt, MD</b>  <i>Associate Professor, Department of Medicine          Division of Endocrinology, Metabolism, and Diabetes          University of Colorado, Anschutz Medical Campus          Aurora, Colorado</i></p>
2:30 PM–3:00 PM	<p><b>EMPOWIR Study Findings</b></p> <p><b>Ruth Freeman, MD</b>  <i>Professor of Medicine and Obstetrics and Gynecology          Montefiore Medical Center          Bronx, New York</i></p>
3:00 PM–3:30 PM	<b>Q&amp;A With Audience</b>
3:30 PM–4:15 PM	<b>Refreshment Break</b>
4:15 PM–5:30 PM	<b>Concurrent Session 1—Oral Abstract Presentations</b>
4:15 PM–5:30 PM	<b>Concurrent Session 2—Oral Abstract Presentations</b>

## Friday, October 5, 2018 (continued)

4:15 PM–5:30 PM

### Concurrent Session 3—Mexican Leadership Session

**Dr. Salvador Correu Reza—Moderator**

*Presidente  
Asociación Mexicana para el Estudio del Climaterio A.C. (AMEC)  
Mexico City*

**Speakers**

***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

## Saturday, October 6, 2018

7:00 AM–12:30 PM

### Registration Desk Open

7:00 AM–8:00 AM

### Continental Breakfast for Registrants

*Supported by grant funding from  
TherapeuticsMD*

7:00 AM–8:00 AM

### Society Board Meeting

8:00 AM–8:15 AM

### Announcement of Poster Prizes

## Saturday, October 6, 2018 (continued)

8:15 AM–9:15 AM	<b>NAMS/Kenneth W Kleinman Endowed Lecture</b>
	<p><b>Introduced by</b></p> <p><b>Marla Shapiro, CM, MDCM, CCFP, MHSC, FRCPC, FCFP, NCMP</b>  <i>Professor  Department of Family and Community Medicine  University of Toronto  Toronto, Ontario, Canada</i></p>
8:15 AM–9:00 AM	<p><b>Diagnosing American Democracy 2018: Suturing Divides with the Art of Constructive Disagreement</b></p> <p><b>Matt Motyl, PhD</b>  <i>Assistant Professor of Psychology and Political Sciences  University of Illinois at Chicago  Chicago, Illinois</i></p>
9:00 AM–9:15 AM	<b>Q&amp;A With Audience</b>
9:15 AM–10:30 AM	<p><b>Plenary Symposium 9—Sleep</b>  <i>Supported in part by grant funding from  TherapeuticsMD</i></p>
	<p><b>Hadine Joffe, MD, MSc—Moderator</b>  <i>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</i></p>
9:15 AM–9:45 AM	<p><b>Sleep-circadian Rhythms and Aging Women: A Bidirectional Relationship</b></p> <p><b>Phyllis C Zee, MD, PhD</b>  <i>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</i></p>
9:45 AM–10:15 AM	<p><b>Online Cognitive-Behavioral Therapy Treatment for Insomnia</b></p> <p><b>Lee M Ritterband, PhD</b>  <i>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</i></p>
10:15 AM–10:30 AM	<b>Q&amp;A With Audience</b>
10:30 AM–10:45 AM	<b>Refreshment Break</b>

**Saturday, October 6, 2018 (continued)**

10:45 AM–12:00 PM	<p><b>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</b></p>
	<p><b>Katherine Adams Guthrie, PhD—Moderator</b>  <i>Member, Public Health Sciences Division  Fred Hutchinson Cancer Research Center  Seattle, Washington</i></p>
10:45 AM–11:45 AM	<p><b>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</b></p> <p><b>Susan J Diem, MD, MPH</b>  <i>Associate Professor of Medicine, Division of General Internal Medicine  University of Minnesota  Minneapolis, Minnesota</i></p> <p><b>Postmenopausal Sexual Attitudes and Activity: A Randomized Clinical Trial of Vaginal Estradiol Tablets, A Vaginal Moisturizer, and Placebo</b></p> <p><b>Susan D Reed, MD, MPH</b>  <i>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</i></p> <p><b>Effect of Vaginal Estradiol, a Vaginal Moisturizer, and Placebo on Genital Inflammation in Postmenopausal Women With Moderate to Severe GSM</b></p> <p><b>Alissa Mitchell, BA</b>  <i>Lab Technician, Vincent Center for Reproductive Biology  Massachusetts General Hospital  Boston, Massachusetts</i></p> <p><b>Comparing Vaginal Microbiota in Postmenopausal Black Women and White Women: A Pilot Study</b></p> <p><b>Caroline Mitchell, MD, MPH</b>  <i>Assistant Professor of Obstetrics, Gynecology, and Reproductive Biology  Harvard Medical School  Investigator, Vincent Center for Reproductive Biology  Massachusetts General Hospital  Boston, Massachusetts</i></p>
11:45 AM–12:00 PM	<p><b>Q&amp;A With Audience</b></p>
12:00 PM–1:00 PM	<p><b>Plenary Symposium 11—Top Things You Should Know This Year</b>  <i>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.</i></p> <p><i>Supported in part by grant funding from  TherapeuticsMD</i></p>

## Saturday, October 6, 2018 (continued)

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

*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  
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### **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 Ultrasound Services  
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### **JoAnn V Pinkerton, MD, NCMP**

*Executive Director, The North American Menopause Society  
Professor of Obstetrics and Gynecology and Division Director of Midlife Health  
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### **Ann L Steiner, MD, NCMP, FACOG**

*Clinical Professor of Obstetrics and Gynecology  
Director and Founder, Menopause Clinic, Dickens Center for Women  
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### **Maida Taylor, MD, MPH, FACOG**

*Clinical Professor, Department of Obstetrics, Gynecology, and Reproductive Sciences  
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