

## EDITORIAL

### Hadine Joffe, MD, MSc 2020-2021 NAMS President

**D**r. Hadine Joffe was elected as the 2020-2021 President of The North American Menopause Society (NAMS) in October 2020. Dr. Joffe succeeds Dr. Rebecca Thurston as President and will serve a 1-year term.

“NAMS is so fortunate to have Dr. Joffe as its next President,” says colleague Dr. Jan L. Shifren, Vincent Trustees Professor of Obstetrics, Gynecology, and Reproductive Biology at Harvard Medical School in Boston. “She is an extraordinarily thoughtful researcher who has greatly advanced the understanding of the impact of vasomotor symptoms and sleep disturbance on midlife women’s health. Her research informs treatment options, with a special focus on meeting the complex needs of breast cancer survivors. She also has extraordinary leadership experience as Executive Director of the Mary Horrigan Connors Center for Women’s Health, which will benefit NAMS during these complex times.”

Dr. Joffe’s passion for treating and understanding menopause-related brain symptoms started during her early days training in psychiatry, when she took care of women who had depression and associated sleep, vasomotor, and fatigue symptoms develop as they transitioned through menopause, had their ovaries removed, or underwent other iatrogenic causes of menopause. At that time, in the mid-1990s, very little was known about how female hormones might affect the brain. To improve her ability to care for and study this population, she obtained additional informal training in sleep medicine and female reproductive endocrinology. Over the past 25 years, she continues to see women with these health conditions and derives her inspiration from the questions they ask and the ways in which they seek to understand and improve their symptoms with treatment. Dr. Joffe has devoted her career as a menopause clinician and researcher to validating the symptom experience and providing evidence-based rationale to empower women to understand the occurrence, course, and treatment outcomes that are personalized to them.

Dr. Joffe received her MD with honors in research from Cornell University Medical College in 1994, and her MSc in epidemiology from the Harvard School of Public Health in 2002. She completed residency in adult psychiatry at McLean Hospital in 1998 and a fellowship in reproductive psychiatry at Massachusetts General Hospital in 1999, all at Harvard Medical School.

Dr. Joffe is the Founder and Director of the Women’s Hormones and Aging Research Program at Brigham and Women’s Hospital, Harvard Medical School. She also serves as the Executive Director of the Mary Horrigan Connors Center for Women’s Health and Gender Biology. As the Executive Director of the Connors Center, she leads a team of investigators on a series of research studies related to sex/gender differences and the health of women more broadly, including the fields of women’s aging, brain health, stress, and the advancement and expansion of female-specific knowledge of novel therapeutics (drugs, devices, digital innovations) for women.

Besides Dr. Joffe’s role as Executive Director of the Connors Center for Women’s Health, she is also the Vice Chair for Research in the Department of Psychiatry at Brigham and Women’s Hospital, as well as the Paula A. Johnson Professor of Women’s Health at Harvard Medical School. She also serves as a Senior Psychiatrist in the Department of Psychiatry at Brigham and Women’s Hospital, Faculty Affiliate in the Division of Sleep Medicine at Harvard Medical School, and as Senior Psychiatrist in the Department of Psychosocial Oncology and Palliative Care at the Dana Farber Cancer Institute, where she is a member of the Dana Farber/Harvard Cancer Center Breast Cancer Program.

Dr. Joffe is a National Institutes for Health (NIH)-funded clinical translational researcher. Over the past 22 years, her research has focused on the mechanisms underlying, consequences of, and treatment approaches to neuropsychological manifestations of female reproductive hormone changes in the brain (mood, sleep, and vasomotor symptom disturbance) in midlife women and survivors of breast cancer. She studies the neural, hormone, and autonomic basis of these symptoms; the best approaches to treating them; and the effect that these symptoms have on each other and on adiposity, eating behaviors, and weight gain in midlife women using experimental paradigms, clinical- and community-based epidemiologic studies, and clinical trials.



With the recent receipt of a Specialized Center of Research Excellence (SCORE) in Sex Differences grant from the NIH, she is expanding her work to advance our understanding of how stress exposures are processed through the brain to adversely influence the health of postmenopausal women. Dr. Joffe also serves as a coinvestigator on the NIH-funded Study of Women's Health Across the Nation and Menopause Strategies: Finding Lasting Answers for Symptoms and Health.

Dr. Joffe explained at the NAMS 27th Annual Meeting that her research prioritizes validating the biological basis for menopause symptoms—the brain's responses to hormone changes—and the symptom manifestations of those changes. Her research has been continuously funded by the NIH for the past 20 years, as well as through foundation, pharmaceutical industry, and philanthropic sources.

“Dr. Joffe has made critical contributions to our understanding women's vasomotor symptoms and sleep during the menopause transition,” says current NAMS President, Dr. Rebecca Thurston. “I have full confidence that she is going to be an excellent President of NAMS.”

In 2014, Dr. Joffe was the recipient of the NAMS/Thomas Clarkson Outstanding Clinical and Basic Science Research Award. She was presented in 2019 with the Stuart T. Hauser, MD, PhD, Mentorship Award from the Harvard Medical School Department of Psychiatry for her commitment to mentoring and the Brigham Health 2020 Distinguished Clinician Award for clinical excellence.

Dr. Joffe has authored more than 130 research manuscripts and review papers. She currently serves on the *Menopause* Editorial Board as well as an Editorial Advisory Board Member for the *Archives of Women's Mental Health*, a General Editorial Board Member for the *Harvard Review of Psychiatry*, and previously as an Editorial Board Member for the *Journal of Clinical Endocrinology and Metabolism*.

An Active Member of NAMS since 2005, Dr. Joffe has served as Chair of the Abstract Review Committee and Poster Judging Panel and as a Member of the Education, Scientific Program, and Awards Committees. She has been a frequent invited speaker and moderator of breakfast roundtable discussions at NAMS Annual Meetings.

“I am delighted that Dr. Joffe, a colleague and friend, is the new President of NAMS,” says Dr. Joyce T. Bromberger, Professor Emeritus of Epidemiology at the University of Pittsburgh. “Her extensive and integrated knowledge of the biological, behavioral, and clinical aspects of menopause makes her an excellent person to lead The North American Menopause Society. Having collaborated on menopause

research with her for more than 10 years, I had the opportunity to benefit from her expertise in reproductive endocrinology and hormone changes in the brain, neurologic mechanisms of mood disturbance, and biomarkers of sleep disturbances. In addition to her leadership skills, which have been demonstrated in numerous activities, Dr. Joffe approaches her work with others in the spirit of inclusion and respectful collaboration.”

As NAMS President, Dr. Joffe's main priority is to build on the many strengths that the Society has in place—the rich educational programs and resources for our clinicians and researchers, the strong community we have built, the international impact of our work, and the continued efforts to improve the health of the women we serve. She will work closely with the NAMS Medical Director, the Board of Trustees, and the entire Central Office staff on active strategic initiatives. A primary goal of her presidency is to stimulate innovation in midlife women's care and research using novel digital approaches that are actively being developed. By educating NAMS members about these cutting-edge technologies, Dr. Joffe seeks to enhance opportunities for self-monitoring, mechanistic understanding, and treatment of menopause-related symptoms by women, their providers, and the research community. Dr. Joffe also seeks to draw attention to the characterization of menopause by the mass media to increase agency by midlife women and influence the public narrative about common symptoms in midlife women.

“Dr. Joffe is an incredible leader as demonstrated by her ability to organize the Faculty of the Connors Center at Brigham and Women's Hospital to obtain a major [NIH SCORE] grant,” says Dr. Isaac Schiff, Editor in Chief of *Menopause*. “She is a role model for all of us—she is a brilliant speaker and has moved the field of menopause forward with her research and at the same time is most approachable and a delight to speak with. And she has the most wonderful family and friends.”

Dr. Joffe lives in Boston with her husband and two children, one in college and the other finishing high school. She loves to cook, practice yoga, and explore the outdoors. Family activities keep everyone busy—there is rarely a quiet moment in her house, especially in this new era of COVID-19 quarantine. When they are able, they will be found traveling to Arizona, California, Scotland, Israel, Norway, and South Africa to visit family around the world.

*The Editors*