NAMS Editorial

Susan D Reed, MD, MPH, MS, NCMP
2022-2023 NAMS President

The North American Menopause Society (NAMS) is honored to announce that Dr. Susan D. Reed was elected as NAMS 2022-2023 President during the Society’s meeting of the Board of Trustees in October 2022 at its Annual Meeting in Atlanta, Georgia. Dr. Reed succeeds Dr. Chrisandra Shufelt as President and will serve a 1-year term.

Dr. Reed is Associate Research Director of the Women’s Reproductive Health Research Program; Professor Emeritus and Vice Chair for Research in the Department of Obstetrics and Gynecology at the University of Washington; and Adjunct Emeritus Professor in the Department of Epidemiology at the University of Washington School of Medicine. She has been an Attending Physician at the University of Washington Harborview Medical Center for more than 25 years and is now serving her department, organizing a Center of Excellence in Menopausal Health at the University of Washington.

Dr. Reed earned her bachelor’s and medical degrees from Stanford University. She completed her residency at the University of California San Francisco. She earned her master's in science in medical genetics from Sarah Lawrence College and a master's in public health (MPH) from the University of Washington. Her clinical interests include collaborative care models, holistic medicine, and hormone-sensitive gynecologic conditions. She has had ongoing National Institutes of Health (NIH) research funding for midlife women’s health projects since 2000. She is a Licensed Genetic Counselor through the American Board of Medical Genetics and is Board Certified through the American College of Obstetricians and Gynecologists.

“We are truly fortunate to have Dr. Reed as our NAMS President,” says NAMS medical director Dr. Stephanie S. Faubion. “She is nationally and internationally renowned for her research in midlife women’s health. Her substantial contributions to the field include serving as a principal investigator for the “Menopause Strategies: Finding Lasting Answers for Symptoms and Health” (MsFLASH) trials, which have provided better understanding of treatment strategies for bothersome menopause symptoms, I look forward to collaborating with her to serve our members.”

Dr. Reed was the Principal Investigator at the Seattle site for the first 5-year grant cycle of the MsFLASH research network. The MsFLASH trials are a set of clinical trials conducted in multiple US sites to examine the effects of therapies for hot flashes, among them, venlafaxine, escitalopram, yoga, exercise, cognitive-behavior therapy for hot flushes (and sleep challenges), and various estrogen preparations. She was one of three Multiple Principal Investigators for the entire MsFLASH network in the final funding cycle.

“NAMS is truly fortunate to have Dr. Reed as the next President of the Board of Trustees,” shared Dr. Jan Shifren, Harvard Medical School and Past-President of NAMS. “She is a world-renowned expert in midlife women’s health and will bring her extensive experience as a clinician, researcher, and educator to this important leadership position. Dr. Reed’s research is highly relevant to the health concerns of menopausal women, including high-impact studies of vasomotor symptoms, genitourinary syndrome of menopause, sexuality, sleep, and mood. She skillfully translates complex research findings to clinicians and patients to optimize health and shared decision-making.”

Dr. Reed has been an Active Member of NAMS since 1998. Her contributions to the Society include serving as a member of the Abstract Review Committee (Chair, 2015), Scientific Program Committee, and Poster Judging Panel. She also has served as a speaker at NAMS Annual Meetings and has held the office of Secretary on the Board of Trustees. Dr. Reed earned her NAMS Certified Menopause Provider (NCMP) credential in 2022.

“I have had the pleasure of working with Susan Reed during my faculty appointment at the University of Washington School of Nursing,” says Dr. Nancy Fugate Woods, Professor Emerita, University of Washington School of Nursing and Past-President of NAMS. “During the past 2 decades, I have had the opportunity to observe her contributions to women’s health research as an investigator for the MsFLASH trials, as well as her generous engagement in mentorship of colleagues and students.

“My work with Dr. Reed included collaborating with the interdisciplinary investigative team from the MsFLASH trials. Dr. Reed’s expertise in women’s health across the lifespan, and in particular midlife and the perimenopause, has made her an outstanding resource for investigators who seek her collaboration as a source of wisdom, including clinical expertise as well as reproductive endocrine expertise.”

Dr. Reed led and participated in development and refinement of measures appropriate for midlife women, leading efforts to assess women’s midlife sexual function with the Female Sexual Function Index. She participated in several collaborations related to other investigators’ efforts to create or modify measures for this population. Dr. Reed led a trial of vaginal estradiol or
vaginal moisturizer for vulvovaginal symptoms with Dr. Caroline Mitchell, advancing understanding of therapeutics for the genitourinary syndrome of menopause and the sexual functioning challenges women experienced. She also investigated characteristics of the postmenopausal vaginal microbiome, linking this work to the genitourinary syndrome of menopause.

In addition to leading the MsFLASH trials, Dr. Reed has collaborated on several large epidemiologic studies, including a multicenter study recently published in *The Lancet* and *JAMA Network Open* of uterine perforation and intrauterine device expulsion associated with breastfeeding and subsequent contraceptive use. Her current interdisciplinary collaborations focus on applications from neuroscience research to development of new therapies for hot flashes, including studies of a kappa agonist for management of vasomotor symptoms.

"Dr. Reed has provided mentorship for countless graduate students, postdoctoral scholars, and fellows," says Dr. Woods. "From 2005 to the present, she has served as research director for the National Institutes of Health (NIH) K12 Training Grant on Women's Reproductive Health Research. She mentored postdoctoral scholars for the Women's Health NIH T32 Training Grant (2008-2017) and the Bridging Interdisciplinary Research Network (BIRN) Training Grant from 2015 to 2019, providing generous support to trainees in each of these programs, fostering their development as future clinical scientists."

Dr. Reed has served on the Menopause Special Advisory Board for the *American Journal of Obstetrics and Gynecology* (2002-2017); as a member of the Editorial Board for *Menopause* (2019-present); as an Expert Reviewer for the US Preventive Services Task Force recommendations, "Menopausal Hormone Therapy in Postmenopausal Persons: Primary Prevention of Chronic Conditions" (2017, 2021); and as a reviewer for the *Journal of the American Medical Association*, the *American Journal of Obstetrics and Gynecology*, and the *Journal of the National Cancer Institute*, among others. Dr. Reed has authored or coauthored more than 250 articles, book chapters, and abstracts in the area of women's health. She has been an invited lecturer in national and international meetings.

"As NAMS President, now more than ever, I realize the importance of grounding our organizational initiatives within the framework of everything else in the world that is affecting our daily choices—war, pandemic, climate change, and loss of reproductive rights and freedoms, to name a few—and what matters most in our lives," says Dr. Reed. "NAMS as an organization can examine racist behavior in clinical practices and in our institutions and consider how best to challenge disinformation (about gender, race, menopause, menopause therapies, and women's health). We can promote equality in the care of all the perimenopausal and postmenopausal women we serve."

"We have an incredibly strong community in NAMS, and I look forward to working with our members. I welcome the work ahead to improve our website, with the goal of NAMS being the primary online source for accurate scientific information for healthcare professionals on all questions related to menopause and healthy aging. In so doing, we will call out sources of disinformation and highlight findings from evidence-based studies. I will encourage outreach to improve diversity among our membership. I aim to promote mentorship of young investigators in our organization and to encourage them to push the envelope in the acquisition of funding to answer those questions most important for the clinical care of our patients and with the greatest promise to improve the quality of their lives."

When asked about her personal life, Dr. Reed says, "The greatest joys in my life are my family. I live on Bainbridge Island with my husband. I have two adult children and two amazing grandchildren. I love any out-of-doors activities, and as I age, yoga is a mainstay. I swim and kayak in Puget Sound and am an avid hiker. I am a ceramicist (throw pottery on a wheel), love to garden, and am a voracious reader. I was a downhill ski racer on the Olympic C team. I no longer ski 60 to 70 MPH, but I admittedly do get on my bike and find the biggest hill I can, pedal as hard and as fast as possible, assume my ski racing tuck, and on a good day, I can hit 50 MPH on my bike."

"Susan is a wonderful and incredibly thoughtful clinician and researcher," says Dr. Hadine Joffe, Brigham and Women’s Hospital, Harvard Medical School, and NAMS Past-President. "She is a tremendous collaborator and mentor. She gives her all to all that she does, anchored around tremendous integrity and wisdom. She will be a strong and principled leader for NAMS."

*The editors*