

Menopausal Health

Sexual Wellness

Hormone Health

Skin, Bone, and Muscle Health

Weight and Metabolism

Aging and Longevity

Women's Mental Wellness

OBGYN Third Annual

Women's Health Forum



The Future of Women's Health: Wellness, Prevention, and Interdisciplinary Connection

Wednesday, November 19, 2025
7:45am - 4:30pm

Live/Hybrid Program
New York Academy of Medicine
1216 Fifth Avenue, New York, NY 10029

<https://mssm.cloud-cme.com/WomensForum>

COURSE DIRECTORS

Joanne Stone, MD, MS

Professor and System Chair
Ellen and Howard C. Katz Chair
Raquel and Jaime Gilinski
Department of Obstetrics,
Gynecology and
Reproductive Science
Icahn School of Medicine
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Susan Khalil, MD

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at Mount Sinai, New York, NY



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Agenda

TIME (Eastern)	TOPIC	SPEAKER(S)
7:45am - 8:30am	Registration, Continental Breakfast & Exhibits	
8:30am - 8:35am	Welcome & Introduction Theme: Innovative approaches to Integrative Women's Healthcare: A Science-Based Approach	Joanne Stone MD, MS
1. The Science of Nutrition and Supplements		
8:35am - 9:00am	Integrative Health in Women's Healthcare	Francesco Callipari, MD
9:00am - 9:25am	Thrive in Midlife: Making Hormones Work for You	Anna Barbieri, MD, FACOG, ABOIM
9:25am - 9:50am	Fueling the Pause: Nutrition for Perimenopause and Beyond	Lisa D. Ellis, MS, RDN, CDN, LCSW, CEDS-C
9:50am - 10:10am	Panel: Fact vs. Myth	
10:10am - 10:30am	BREAK	
2. Approaches for Optimizing Pelvic Health		
10:30am - 10:55am	Point Taken: Acupuncture's Role in Midlife Symptoms	Jillian Capodice, MS, LAC
10:55am - 11:20am	Her Next Chapter: Sexual Wellness that Lasts	Miriam Sivkin, MD
11:20am - 11:45am	PFMD for Vaginismus/Vulvodynia, Prenatal/ Postpartum, and Menopause	Pamela Morrison, MS, DPT, IMTC, BCB-PMD
11:45am - 12:05pm	Panel: Fact vs. Myth	
12:05pm - 1:05pm	Lunch Break & Exhibit Hall	
3. Decoding Women's Health: Genes, Screens, and Machines		
1:05pm - 1:30pm	Protect Her Future: From Cancer Risk Assessment to Action	Stephanie V. Blank, MD
1:30pm - 1:55pm	Decode Her DNA — What Tests Matter and When	Mary Norton, MD
1:55pm - 2:20pm	Seeing Smarter — AI Imaging in Women's Health	Zahi A. Fayad, PhD, FAHA, FACC, FISMRM
2:20pm - 2:40pm	Panel: Fact vs. Myth	
2:40pm - 3:00pm	BREAK	
4. Strong Bones, Strong Bodies: The Science of Muscle and Bone Health		
3:00pm - 3:25pm	Muscle: Your Natural Bone-BUILDER	Joseph Herrera, DO
3:25pm - 3:55pm	Bone Smart, Menopause Strong	Rachel Arakawa, MD
3:55pm - 4:15pm	Panel: Fact vs. Myth	
4:15pm - 4:25pm	Closing Remarks	Joanne Stone, MD, MS and Susan Khalil, MD

AGENDA SUBJECT TO CHANGE

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Guest Faculty

**Lisa D Ellis, MS, RDN, CDN,
LCSW, CEDS-C**

Registered Dietitian, Certified Eating
Disorders Specialist and Licensed Clinical
Social Worker

**Pamela Morrison, MS, DPT, IMTC,
BCB-PMD**

Owner, Pamela Morrison Physical Therapy

Mary E. Norton, MD

Professor and Vice Chair for
Clinical and Translational Genetics
Obstetrics, Gynecology &
Reproductive Sciences
David E. Thorburn, M.D. and Kate McKee
Thorburn Endowed Chair in Perinatal
Medicine and Genetics
University of California, San Francisco

**Icahn School of Medicine
at Mount Sinai Faculty****Rachel Arakawa, MD**

Assistant Professor in the Division
of Endocrinology, Diabetes, and
Bone Disease
Icahn School of Medicine at Mount Sinai,
New York, NY

Anna Barbieri, MD, FACOG, ABOIM

Clinical Strategy Leader
Carolyn Rowan Center for Women's
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Assistant Clinical Professor
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Mount Sinai School of Medicine
Fellow, University of Arizona Center for
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Stephanie V. Blank, MD

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Professor of Gynecologic Oncology,
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Director of Women's Health, Blavatnik
Family Chelsea Medical Center
at Mount Sinai
Co-Director of the Gynecologic
Cancer Center of Excellence
Tisch Cancer Institute
New York, NY

Francesco Callipari, MD

System Chief Operating Officer for
the OBGYN Service Line
System Vice Chair of Operations
Medical Director OBGYN FPA
Medical Director for Midwifery and
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Jillian Capodice MS, LAC

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Integrative Medicine, Acupuncture and
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Director Integrative Urology and
Wellness Program
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Icahn School of Medicine,
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Miriam Sivkin, MD

Assistant Clinical Professor,
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Reproductive Science, Raquel and
Jaime Gilinski Department of Obstetrics,
Gynecology and Reproductive Science,
Icahn School of Medicine at Mount Sinai,
New York, NY

**Zahi A. Fayad, PhD, FAHA,
FACC, FISMRM**

Director, BioMedical Engineering
and Imaging Institute
Lucy G. Moses Professor in Medical
Imaging and Bioengineering
Vice Chair for Research, Department
of Radiology
Professor of Medicine, Division
of Cardiology
Professor, Department of Artificial
Intelligence and Human Health
Icahn School of Medicine at Mount Sinai
New York, NY

Joseph Herrera, DO

Lucy G. Moses Professor, System Chair,
Department of Rehabilitation and
Human Performance
Mount Sinai Health System
Director of Sports Medicine
Icahn School of Medicine at Mount Sinai

Faculty Disclosure Policy

It is the policy of the Icahn School of Medicine at Mount Sinai to ensure objectivity, balance, independence, transparency, and scientific rigor in all accredited CE educational activities. All individuals in control of content of an activity accredited by ISMMS are expected to disclose all their financial relationships with ineligible companies existing within the prior 24 months. Relevant financial relationships are mitigated and disclosed to learners before the activity takes place. All relevant financial relationships have been mitigated.

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Program Overview

Join us for a dynamic one-day summit dedicated to exploring menopause and life beyond. This comprehensive course will cover the diagnosis and management of menopause, integrative and complementary therapies, and key aspects of sexual health.

Open to healthcare professionals – including physicians, advanced practice providers, and medical trainees (students, residents, and fellows) as well as patients and patient advocates – this symposium offers an evidence-based approach to women's health from perimenopause through postmenopause.

Sessions will highlight the role of integrative medicine in supporting long-term wellness, with a focus on optimizing care and promoting healthy aging in women.

Learning Objectives

- Discuss perimenopause and menopausal health and evaluate related topics such as mental, hormonal, structural and sexual wellness
- Evaluate the diagnostic roles of AI, imaging, and genetics, in women's health

Target Audience

Endocrinology
Nutrition
Ob/Gyn
Physical Therapy
Physician Assistants
Primary Care
Genomic Medicine

Accreditation

The Icahn School of Medicine at Mount Sinai is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation

The Icahn School of Medicine at Mount Sinai designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Verification of Attendance

Verification of attendance will be provided to all professionals.

Special Needs

The Icahn School of Medicine at Mount Sinai is in full compliance with provisions of the Americans with Disabilities Act (ADA) and is accessible for individuals with special needs. If you require special accommodations, email the Office of CME at cme@mssm.edu.

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Online Registration

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Fee Schedule

Physicians: \$150

MSHS Physicians: \$100

Registered Nurses, Nurse Practitioners, Physician Assistants: \$50

Virtual With CME Credit: \$100

Virtual: \$25

Patients: \$25

Medical Students, Residents, Fellows: complimentary

Women's Health Forum Information

Email: cme@mssm.edu

Cancellation Policy:

All refund and cancellation requests must be emailed to the CME office at cme@mssm.edu by November 5, 2025. Cancellations after this date are not eligible for a refund. An administrative fee of \$50 will be deducted from your refund. No refunds will be issued for registration fees that are equal or less than \$50.