

Menopausal Health

Sexual Wellness

Hormone Health

Skin, Bone, and Muscle Health

Weight and Metabolism

Aging and Longevity

Women's Mental Wellness

OBGYN Fourth Annual

Women's Health Forum



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

Wednesday, November 11, 2026
7:45am - 4:30pm

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

<https://mssm.cloud-cme.com/WHF26>

COURSE DIRECTORS

JOANNE STONE, MD

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Agenda

TIME (Eastern)	TOPIC	SPEAKER(S)
7:45am - 8:30am	Registration & Continental Breakfast	
8:30am - 8:45am	Welcome & Introduction	Joanne Stone, MD and Susan Khalil, MD
Managing Key Gynecologic Conditions		
8:45am - 9:05am	Innovators and Disrupters	Rosalind Wright, MD and Joanne Stone, MD
9:05am - 9:25am	Unraveling Endometriosis	Susan Khalil, MD
9:25am - 9:45am	Peeing better	Feven Getaneh, MD
9:45am -10:00am	Panel Discussion	
9:50am- 10:10am	Break	
Women's Health: Heart & Menstrual Systems		
10:10am - 10:30am	Menstrual Health - The 6th Vital Sign	Eugenia Alleva, MD
10:30am - 10:50am	Early Life Pregnancy and Cardiovascular Risk	Leslee J. Shaw, PhD
10:50am - 11:10am	Cardiovascular-Kidney-Metabolic Health Framework and Heart Failure Prevention	Anu Lala, MD
11:10am - 11:20am	Global Burden of Heart Disease in Women and Why the Time is NOW at All Stages of a Woman's Life	Roxana Mehran, MD
11:20am - 11:50am	Q&A	
11:50pm -12:20pm	Lunch Break	
Decision-Making in Modern Reproductive Medicine		
12:20pm-12:40pm	Endocrine Disrupters	Phillip Romanski, MD
12:40pm -1:00pm	Innovations, Genetic Screening, Informed Decision Making	Stephanie V. Blank, MD
1:00pm -1:20pm	Insights for Advanced Maternal Age	Angela Bianco, MD
1:20pm -1:30pm	Q&A	
Active Solutions		
1:30pm - 1:50pm	Food Ideas for an Anti-inflammatory Reset	Molly Knauer MS, RD
1:50pm - 2:10pm	Brain Health + 3 Tips and Why	Fanny M. Elahi, MD
2:10pm-2:30pm	Benefits of Meditation and Mindfulness	Anu Lala, MD
2:30pm - 2:50pm	Strength Training Balance, Aging - 3 Home Methods	Dana Tenengauzer, Alex Ford, Lois Steinig
2:50pm-3:10pm	Break	
Digital Health, Environmental Risk, and Direct-to-Consumer Medicine: A Patient-Centered Review		
3:10pm - 3:30pm	Self-Diagnosis/Direct to Consumer Landscape: GLP1s, Peptides, Bio Hacking and Supplements	Anna Barbieri, MD
3:30m -3:50pm	PMOS Poly Endocrine Metabolic Ovarian Syndrome	Andrea E. Dunaif, MD
3:50pm - 4:10pm	Benefits or Lack of Benefits for Specific Health Apps - Oura Ring, Watches, etc.	Zahi A. Fayad, PhD
4:10pm- 4:30pm	The Medicine of an Anti-Inflammatory Diet	Francesco Callipari, MD

AGENDA SUBJECT TO CHANGE

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continued

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Faculty

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PI, Life-course Exposomics Analytic
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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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Overview

Program Overview

The Fourth Annual Women's Health Forum is a multidisciplinary women's health activity that brings together leading clinicians, researchers, innovators, and wellness experts to explore the latest advances in hormonal, reproductive, cardiovascular, metabolic, and longevity medicine.

Learning Objectives

Identify key hormonal, reproductive, cardiovascular, metabolic, and environmental factors that influence women's health across the lifespan.

Evaluate current evidence regarding emerging technologies, digital health tools, genetic screening, and direct-to-consumer therapies used in women's healthcare.

Apply evidence-based preventive, lifestyle, and patient-centered strategies to improve clinical decision-making and long-term health outcomes for women.

Target Audience

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

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 6.5 *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

In-Person

Physicians: \$150

MSHS Physicians: \$100

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

Patients: \$50

Medical Students, Residents,
Fellows: complimentary

Virtual

Virtual With CME Credit: \$100

Virtual: \$25

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 October 28, 2026. 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.