OBGYN Fourth Annual

Women's Health Forum

Icahn School of Medicine at Mount Sinai

- Menopausal Health
- Sexual Wellness
- Hormone Health
- Skin, Bone, and Muscle Health
- Weight and Metabolism
- Aging and Longevity
- Women's Mental Wellness

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
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 at Mount Sinai
New York, NY

SUSAN KHALIL, MD, MS
Assistant Professor
Icahn School of Medicine at Mount Sinai
Division of Minimally Invasive Gynecologic Surgery
Department of Obstetrics, Gynecology, and Reproductive Science
Program Director, Fellowship in Minimally Invasive Gynecologic Surgery
Mount Sinai Health System
New York, NY



Women's Health Forum
Wednesday, November 11, 2026
Live/Hybrid Program

Agenda

TIME (Eastern)	TOPIC	SPEAKER(S)
7:45am - 8:30am	Registration & Continental Breakfast	
8:30am - 8:45am	Welcome & Introduction	**Joanne Stone, MD, MS and Susan Khalil, MD**
Managing Key Gynecologic Conditions		
8:45am - 9:05am	Innovators and Disrupters	**Rosalind Wright, MD**
9:05am - 9:25am	Unraveling Endometriosis	**Susan Khalil, MD**
9:25am - 9:45am	Pelvic Floor and Bladder Health: Myths Debunked	**Feven Getaneh, MD**
9:45am -10:00am	Fireside Chat on Women's Health with **Brendan Carr, MD, MS,** Chief Executive Officer, Professor & Davis Endowed Chair, Icahn School of Medicine, Mount Sinai Health System	
10:00am- 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	
11:50am -12:20pm	Lunch Break	
Decision-Making in Modern Reproductive Medicine		
12:20pm-12:40pm	Beyond the Cliff: What Every Woman's Health Provider Needs to Know About Reproductive Aging and Longevity	**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 for Healthy 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	Medicine without Permission: AI, Biohacking and the Changing Landscape of Health Care	**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

Women's Health Forum
Wednesday, November 11, 2026
Live/Hybrid Program

Faculty

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
at Mount Sinai
New York, NY

SUSAN KHALIL, MD
Assistant Professor
Icahn School of Medicine
at Mount Sinai
Division of Minimally Invasive
Gynecologic Surgery
Department of Obstetrics,
Gynecology, and
Reproductive Science
Program Director, Fellowship
in Minimally Invasive
Gynecologic Surgery
Mount Sinai Health System
New York, NY

GUEST FACULTY

ALEXANDRA FORD
Master Instructor
PilatesTime NYC
New York, NY

MOLLY KNAUER, MS, RD
Registered Dietitian
Co-Founder of Mersea
New York, NY

PHILLIP ROMANSKI, MD
Physician
Reproductive Endocrinology
and Infertility
RMA of New York
New York, NY

LOIS STEINIG
Comprehensive Pilates Teacher
Balanced Body University
Master Teacher
PilatesTimeNYC
New York, NY

DANA TENENGAUZER, MA
Owner/Founder PilatesTime NYC
Comprehensive Classical Pilates
Certification through Core Pilates NYC
Certified Buff Bones® Instructor
New York, NY

ICAHN SCHOOL OF MEDICINE AT MOUNT SINAI FACULTY

EUGENIA ALLEVA, MD, MS
Assistant Professor
Windreich Department for Artificial
Intelligence and Human Health
at Mount Sinai
Raquel and Jaime Gilinski Department
of Obstetrics, Gynecology and
Reproductive Science Mount Sinai
Hasso Plattner Institute for Digital
Health at Mount Sinai
Charles Bronfman Institute for
Personalized Medicine at Mount Sinai
Icahn school of Medicine
at Mount Sinai
New York, NY

ANNA BARBIERI, MD, FACOG
Assistant Clinical Professor
Icahn School of Medicine
at Mount Sinai
Clinical Strategy Leader
Carolyn Rowan Center for
Women's Health and Wellness
Raquel and Jaime Gilinski
Department of Obstetrics,
Gynecology and
Reproductive Science
Mount Sinai Health System
New York, NY

ANGELA BIANCO, MD
Professor
Icahn School of Medicine
Director, Maternal Fetal Medicine
Director, Maternal Fetal Medicine
Fellowship Program
Mount Sinai Health System
New York, NY

STEPHANIE V. BLANK, MD
Director of Gynecologic Oncology
Mount Sinai Health System
Professor of Gynecologic Oncology
Raquel and Jamie Gilinski
Department of Obstetrics,
Gynecology and
Reproductive Science
Co-Director, Center of Excellence
in Gynecologic Cancer
Tisch Cancer Center
Director of Women's Health
The Blavatnik Family – Chelsea
Medical Center at Mount Sinai
Icahn School of Medicine
at Mount Sinai
New York, NY

FRANCESCO CALLIPARI, MD
System Chief Operating Officer for
the OB/GYN Service Line
System Vice Chair of Operations
Medical Director for The Carolyn
Rowan Center for Women's Health
and Wellness
Medical Director for Midwifery and
Physician Associate Services
Raquel and Jaime Gilinski Department
of Obstetrics, Gynecology and
Reproductive Science
Icahn School of Medicine
at Mount Sinai
Mount Sinai Health System
New York, NY

BRENDAN G. CARR, MD, MS
Chief Executive Officer
Professor and Kenneth L. Davis, MD,
Distinguished Chair
Mount Sinai Health System
New York, NY

continued

Women's Health Forum
Wednesday, November 11, 2026
Live/Hybrid Program

Faculty

ANDREA E. DUNAIF, MD
Lillian and Henry M. Stratton
Professor of Molecular Medicine
Icahn School of Medicine
at Mount Sinai
Hilda and J. Lester Gabrilove
Division of Endocrinology, Diabetes,
and Bone Disease
Mount Sinai Health System
New York, NY

FANNY M. ELAHI, MD, PHD
Associate Professor of Neurology
and Neuroscience
Icahn School of Medicine
at Mount Sinai
Director of Brain Vascular
Therapeutics Program
Director of Glickenhaus Center
for Successful Aging
Mount Sinai Health System
New York, NY

ZAHI A. FAYAD, PHD
Director, BioMedical Engineering
and Imaging Institute
Director, Cardiovascular
Imaging Program
Director, Mount Sinai Healthspan
The Lucy G. Moses Professor in
Medical Imaging and Bioengineering
Vice Chair for Research and
Professor, Department of
Diagnostic, Molecular and
Interventional Radiology
Professor, Department of
Medicine, Division of Cardiology
Professor, Department of Artificial
Intelligence and Human Health
Icahn School of Medicine
at Mount Sinai
Mount Sinai Health System
New York, NY

FEVEN GETANEH, MD
Assistant Professor of
Obstetrics, Gynecology and
Reproductive Science
Division of Urogynecology
Icahn School of Medicine
at Mount Sinai
New York, NY

ANURADHA LALA-TRINDADE, MD, FACC, FHFSA
Professor of Cardiovascular Medicine
The Mount Sinai Fuster Heart Hospital
Departments of Obstetrics,
Gynecology And Reproductive
Science & Population Health Science
Integrative Cardiometabolic Health
and Wellness Lead at the
Rowan Center
Director of Heart Failure Research
Program Director, Advanced Heart
Failure & Transplant Fellowship
Icahn School of Medicine
at Mount Sinai
New York, NY

ROXANA MEHRAN, MD, FACC, FAHA, MSCAI, FESC
Mount Sinai Endowed Professor
in Cardiovascular Clinical Research
and Outcomes
Professor of Medicine (Cardiology)
and Population Health Science
and Policy
Icahn School of Medicine
at Mount Sinai
Director, The Center for
Interventional Cardiovascular
Research and Clinical Trials
Director, Center for Women's Heart
Health at Mount Sinai
Mount Sinai Health System
New York, NY

LESLEE J. SHAW, PHD
Professor and Endowed Chair
Director, Blavatnik Family Foundation
Women's Health Research Institute
Icahn School of Medicine
at Mount Sinai
New York, NY

ROSALIND J. WRIGHT, MD, MPH
Horace W. Goldsmith Professor
and Chair, Department of
Public Health
Co-Director, Institute for
Exposomic Research
PI, Life-course Exposomics Analytic
Program (LEAP) in Women's Health
BIRCWH K12 Program
Icahn School of Medicine
at Mount Sinai
New York, NY

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.

Women's Health Forum
Wednesday, November 11, 2026
Live/Hybrid Program

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 6.75 *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.

Women's Health Forum
Wednesday, November 11, 2026
Live/Hybrid Program

Live/Hybrid Program Activity

Online Registration

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

Fee Schedule

In-Person

Physicians: $150

MSHS Physcians: $100

Registered Nurses, Nurse Practitioners, Physician Assistants: $50

Patients: $50

MSHS APP/Sonographers: $25

APP/Sonographer: $50

Medical Students, Residents, Fellows: complimentary

WHAB Members/Developmental Staff: Complimentary

Supporter: 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.