

**Mount Sinai Health System**  
**Raquel and Jaime Gilinski Department of**  
**Obstetrics, Gynecology and Reproductive Science**

# **OB/GYN** Second Annual **Women's Health** **Forum**

**Reimagining how a health care system expands knowledge,  
empowers patients, and drives collaboration.**

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

**Wednesday, November 13, 2024**  
**7:00am - 5:30pm**  
**Live and Virtual Event**  
**New York Academy of Medicine**  
1216 Fifth Avenue, New York, NY 10029

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

**Register Now:**

<https://mssm.cloud-cme.com/2ndWHF>



**Icahn**  
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**Sinai**

# OB/GYN Second Annual Women's Health Forum

## Course Description

This one day course includes diagnosis and management of menopause, wellness and sexual health. Women's health will be addressed to highlight hormone, skin, bone, and muscle, weight and metabolism for women at all life stages. Designed for physicians, advanced practitioners, and fellows.

## Objectives

- Summarize Menopausal Health and evaluate related topics such as mental, hormonal, and sexual wellness
- Discuss emerging medical science to construct a holistic picture of skin, bone, and muscle health, as well as weight and metabolism, aging and longevity

## 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 7.50 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Online Registration

<https://mssm.cloud-cme.com/2ndWHF>

## Meeting Location

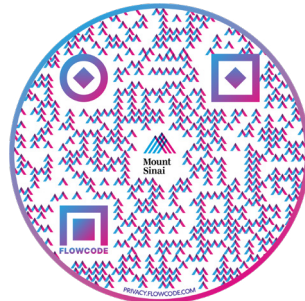
**New York Academy of Medicine**  
1216 Fifth Avenue, New York, NY 10029

## Registration Fees

**Physicians** – \$100  
**MSHS Physicians** – \$75  
**RNs, NPs and PAs** – \$50  
**Virtual Attendees** – \$25  
**Patients and all Others** – \$25  
**Medical students, residents, and fellows** – No charge

## Faculty Disclosure

It is the policy of Icahn School of Medicine at Mount Sinai (ISMMS) to ensure objectivity, balance, independence, transparency, and scientific rigor in all CME-accredited educational activities. All faculty participating in the planning or implementation of an activity accredited by ISMMS are expected to disclose all of their financial relationships with ineligible companies existing within the prior 24 months. All relevant financial relationships have been mitigated. Presenters must also make a meaningful disclosure to the audience of their discussion of unlabeled or unapproved drugs or devices. This information will be available as part of the course material.



**Scan here to support  
Women's Health at Mount Sinai**

# OB/GYN Second Annual Women's Health Forum

## Program

- 7:00am - 8:00am **Registration and Breakfast**
- 8:00am - 8:20am **Introduction and Welcome**  
Joanne Stone, MD, MS, and Susan Khalil, MD
- 8:20am - 8:30am **Overview on Women's Health**  
Nathan Kase, MD
- 8:30am - 9:00am **Beyond the symptoms: Integrative Strategies for Women's Hormonal Health**  
Anna Barbieri, MD
- 9:00am - 9:30am **Weight Loss in 2024**  
Barri Weinstein, MD
- 9:30am - 10:00am **Women's Mental Health across Reproductive Life Cycle**  
Natalie Rasgon, MD
- 10:00am - 10:10am **BREAK**
- 10:10am - 10:50am **Sexual Health**  
Barbara Chubak, MD
- 10:50am - 11:20am **Our evolving knowledge diagnosing Coronary Artery Disease in women**  
Leslee Shaw, PhD, MASNC, FACC, FAHA, MSCCT
- 11:20am - 11:30am **Q&A**
- 11:30am - 12:00pm **Brain Health**  
Fanny Elahi, MD, PHD
- 12:00pm - 12:10pm **Q&A**
- 12:10pm - 1:10pm **LUNCH**
- 1:10pm - 1:40pm **Skin Aging and Longevity**  
Helen He, MD
- 1:40pm - 1:50pm **Q&A**
- 1:50pm - 2:20pm **Ovaries and Longevity**  
Tia Jackson-Bey, MD, MPH
- 2:20pm - 2:30pm **Q&A**
- 2:30pm - 3:00pm **Preventing Gynecologic Cancer**  
Stephanie Blank, MD
- 3:00pm - 3:10pm **Q&A**
- 3:10pm - 3:15pm **BREAK**
- 3:15pm - 3:45pm **Lecture: Bone and Muscle Mass with aging**  
Leesa Galatz, MD, MBA
- 3:45pm - 3:55pm **Q&A**
- 3:55pm - 4:25pm **PT and Pelvic Floor Health**  
Amy Stein DPT, BCB-PMD, IF
- 4:25pm - 4:35pm **Q&A**
- 4:35pm - 5:05pm **Sleep Health and Women**  
Neomi Shah, MD, MPH, MS
- 5:05pm - 5:15pm **Q&A**
- 5:15pm - 5:30pm **Conclusion**

# OB/GYN Second Annual Women's Health Forum

## Faculty

### **Anna Barbieri, MD**

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

### **Stephanie Blank, MD**

Director of Gynecologic Oncology for the Mount Sinai Health System, Associate Director Tisch Cancer Institute, Women's Cancer, Professor of Gynecologic Oncology, Raquel and Jaime Gilinski Department of Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai Director of Women's Health, Blavatnik Family Chelsea Medical Center at Mount Sinai, Co-Director of the Gynecologic Cancer Center of Excellence, NY, NY

### **Barbara Chubak, MD**

Associate Professor of Urology at the Icahn School of Medicine at Mount Sinai, NY, NY

### **Fanny Elahi, MD, PHD**

Associate Professor, Departments of Neurology, Neuroscience, Pathology, Molecular and Cell-Based Medicine, Director of Fluid Biomarker Research, Center for Cognitive Health, Co-Director of Genomics Core, Alzheimer's Disease Research Center, Icahn School of Medicine at Mount Sinai, NY, NY

### **Leesa Galatz, MD, MBA**

Mount Sinai Professor and Chair, Shoulder and Elbow Sports and Reconstructive Surgery, Leni & Peter May Department of Orthopedics, Icahn School of Medicine at Mount Sinai, NY, NY

### **Helen He, MD**

Assistant Professor and Director of Laser and Cosmetic Surgery, Icahn School of Medicine at Mount Sinai, NY, NY

### **Tia Jackson-Bey, MD, MPH**

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

### **Susan Khalil, MD**

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

### **Nathan Kase, MD**

Dean Emeritus, Professor, Raquel and Jaime Gilinski Department of Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai, NY, NY

### **Natalie Rasgon, MD, PhD**

Professor, Department of Psychiatry and Behavioral Sciences, Department of Obstetrics and Gynecology Director, Center for Neuroscience in Women's Health Stanford University School of Medicine, Visiting Professor, Rockefeller University, Palo Alto, CA

### **Amy Stein, DPT, BCB-PMD, IF**

Owner/Founder, Beyond Basics Physical Therapy Midtown and Downtown, NY, NY

### **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, NY, NY

### **Neomi Shah, MD, MPH, MS**

Professor of Medicine, Associate Dean for Faculty Career Advancement, System Vice Chair for Faculty Affairs, Department of Medicine, Icahn School of Medicine at Mount Sinai, NY, NY

### **Leslee Shaw, PhD, MASNC, FACC, FAHA, MSCCT**

Mount Sinai Endowed Chair and Professor, Director, Blavatnik Family Research Institute, Vice Chair of Research, Department of Obstetrics, Gynecology and Reproductive Science, Department of Medicine (Cardiology), Population Health Science and Policy, Icahn School of Medicine at Mount Sinai, NY, NY

### **Barri Weinstein, MD**

Endocrinology, Diabetes, and Metabolism Specialist, Medical Director of Well by Messer's Midtown East, NY, NY