



JOHNS HOPKINS CENTER FOR
MENOPAUSE AND MIDLIFE HEALTH

PRESENTS

Empowered Transitions Menopause and Midlife Health

FEBRUARY 25–26, 2027

THE HOTEL AT ARUNDEL PRESERVE
7795 ARUNDEL MILLS BLVD
HANOVER, MARYLAND 21076

IN-PERSON AND VIRTUAL

*This activity has been approved for AMA PRA Category 1 Credits™.
PAs, NPs, and RNs can claim up to 14.5 CE credits.*



JOHNS HOPKINS
MEDICINE



DESCRIPTION

Join leading midlife women's health experts for an engaging, evidence-based course designed to give participants the knowledge, confidence, and practical tools to care for women through the menopause transition. Participants will explore the latest science, treatments, and emerging approaches in menopause medicine through dynamic presentations and real-world cases. Through comprehensive, multidisciplinary instruction, participants will strengthen their understanding of the diagnosis and management of menopause and its associated conditions while gaining practical strategies to deliver individualized, patient-centered care.

WHO SHOULD ATTEND

The Empowered Transitions: Menopause and Midlife Health course is designed for healthcare professionals who care for women throughout the menopause transition and beyond.

OBJECTIVES

After attending this activity, the learner will demonstrate the ability to:

- Apply current evidence-based guidelines and diagnostic criteria to identify menopause and common menopause-associated conditions.
- Develop individualized, patient-centered management plans using appropriate hormonal and non-hormonal therapies based on symptoms, risks, and patient preferences.
- Counsel patients on the risks, benefits, and appropriate use of menopausal hormone therapy and other treatment options to support shared decision-making.

ACCREDITATION STATEMENT

The Johns Hopkins University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



CREDIT DESIGNATION STATEMENT

The Johns Hopkins University School of Medicine designates this live activity for a maximum of 14.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

POLICY ON PRESENTER AND PROVIDER DISCLOSURE

It is the policy of the Johns Hopkins School of Medicine that the presenter and provider globally disclose conflicts of interest. The Johns Hopkins School of Medicine OCME has established policies in place to identify and mitigate relevant conflicts of interest prior to this educational activity. Detailed disclosure will be made prior to presentation of the education.

OTHER CREDITS

The American College of Obstetricians and Gynecologists (ACOG) has assigned up to 14.5 cognate credits to this program.

American Nurses Credentialing Center (ANCC) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME.

American Academy of Nurse Practitioners National Certification Program accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME.

PAs may claim a maximum of 14.5 Category 1 credits for completing this activity. **NCCPA** accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society.

The Johns Hopkins University has approved this activity for 14.5 contact hours for non-physicians.

ARTIFICIAL INTELLIGENCE (AI) DISCLOSURE REQUIREMENT

Per ACCME guidance, faculty participating in this activity were required to disclose any use of artificial intelligence (AI) in the development of educational content. Any disclosed AI-assisted content was reviewed and verified by the faculty member, who assumes full responsibility for the accuracy, completeness, and scientific integrity of the final presented material.

General Information

REGISTRATION

Thursday, February 25, 2027
7:30 – 8:00 a.m. EST
The Hotel at Arundel Preserve

LOCATION

The Hotel at Arundel Preserve
7795 Arundel Mills Blvd
Hanover, Maryland 21076
(410) 796-9830
Website: <https://www.thehotelarundel.com/>

Hotel Link:
<https://thehotelatarundelpreserve.ihotelier.com>
Hotel Registration Deadline: January 19, 2027

A limited block of sleeping rooms has been reserved for your convenience and will be available on a first-come, first-served basis.

Make your reservation online, using the group code **270217JOHN** or call the hotel directly and specify that you are attending the **Johns Hopkins Menopause and Midlife** conference to receive the special room rate of **\$169.00**, single or double, plus tax. Check-in time is 3:00 p.m. Check-out time is 11:00 a.m.

FEES

REGISTRATION CUT-OFF DATE: February 19, 2027

Register Online:
<https://hopkinscme.cloud-cme.com/course/courseoverview?P=5&EID=67482>

Methods of Payment: Learners must register and submit full payment prior to the start of the activity. On-site payments can only be accepted if made by learners via credit card through the online portal by 5:00 p.m. ET on the first day of the activity.

Physicians (In-person or Virtual)	\$650.00
Allied Health Professionals (In-person or Virtual)	\$550.00
Trainees (In-person or Virtual)	\$250.00

In-person registration fee includes instructional materials, continental breakfast, refreshment breaks, and lunch. *Virtual* registration fee includes instructional materials. Please specify which learning format at the time of registration. All formats are accredited for a maximum of 14.5 AMA PRA Category 1 Credits™.

You will receive a registration confirmation by e-mail. If you have not received it by February 19, 2027, call (410) 502-9636 to confirm that you are registered. A transcript of attendance will be available upon attestation of your credit hours and submission of the post-activity online evaluation.

The Johns Hopkins University reserves the right to cancel or postpone any activity due to unforeseen circumstances. In this event, the University will refund the registration fee but is not responsible for travel expenses. Additionally, we reserve the right to change the venue to a comparable venue. Under such circumstances, registrants will be notified as soon as possible.

LATE FEE AND REFUND POLICY

A \$50 late fee applies to registrations received after 5:00 p.m. ET on February 19, 2027. A handling fee of \$50 will be deducted for cancellation. Refund requests must be received by fax or mail by February 19, 2027. No refunds will be made thereafter. Transfer of registration to another Johns Hopkins activity in lieu of cancellation is not possible.

SYLLABUS

The syllabus will be accessible online and via your mobile device in the CloudCME app prior to the activity.

HOW TO OBTAIN CREDIT

After the activity, an online evaluation will be available to attendees to evaluate the activity and individual presentations and to identify future educational needs. Upon completion of the evaluation, the learner must attest to the number of hours in attendance. Credits earned will be added to the learner's transcript and immediately available for print.



The last day to access the evaluation and attest to your credits is April 12, 2027.

An outcome survey will be sent to all physician attendees within two months after the activity to assist us in determining what impact this activity had on the learner's practice.

AMERICANS WITH DISABILITIES ACT

The Johns Hopkins School of Medicine fully complies with the legal requirements of the ADA and the rules and regulations thereof. *Please notify us if you have any special needs.*

Program

February 25, 2027

Day One: Principles and Practice of Menopause Management

TIME	SESSION
7:30–8:00 AM EST	Registration, Breakfast, and Exhibits
SESSION ONE: MENOPAUSE AND TREATMENT STRATEGIES	
8:00–8:10 AM	Welcome and Conference Goals Wen Shen, MD, MPH, and Tina Zhang, MD
8:10–9:00 AM	MORNING KEYNOTE The Changing Landscape of Menopause JoAnn Pinkerton, MD
9:00–10:00 AM	Menopause Hormone Therapy 101: The Fundamentals of Treatment Wen Shen, MD, MPH
10:00–10:20 AM	Break
10:20–11:20 AM	Initiating and Adjusting Menopause Hormone Therapy Tina Zhang, MD
11:20 AM–12:00 PM	Evidence-Based Non-hormonal Treatment Options Wendy Bennett, MD, MPH
12:00–1:00 PM	Lunch
SESSION TWO: MENOPAUSE AND CLINICAL APPLICATION	
1:00–2:00 PM	AFTERNOON KEYNOTE Perimenopause: Recognizing the Signs and Managing the Transition Mary Jane Minkin, MD
2:00–3:00 PM	When Menopause Care Gets Complicated: Expert Perspectives on Challenging Clinical Cases Moderator: Wendy Bennett, MD, MPH Panelists: Mary Jane Minkin, MD; JoAnn Pinkerton, MD; Wen Shen, MD, MPH; Tina Zhang, MD
3:00–3:15 PM	Break
3:15–4:30 PM	Ask the Experts: Your Menopause Questions Answered Interactive audience Q&A with faculty
4:30 PM	Adjourn
4:30–6:00 PM	Cocktail Hour

The Johns Hopkins School of Medicine takes responsibility for the content, quality and scientific integrity of this CME activity. This schedule is subject to change.

Program

February 26, 2027

Day Two: A Multidisciplinary Approach to Menopause and Healthy Aging

TIME	SESSION
7:30–8:00 AM	Breakfast and Exhibits
SESSION ONE: MENOPAUSE AND SEXUAL FUNCTION Moderator: Mary Austin, DPT	
8:00–8:10 AM	Welcome Wen Shen, MD, MPH, and Tina Zhang, MD
8:10–9:00 AM	MORNING KEYNOTE Sex, Testosterone, and Libido: Understanding Sexual Desire and Treatment Options Jan Shifren, MD
9:00–9:20 AM	Genitourinary Syndrome of Menopause (GSM) Wen Shen, MD, MPH
9:20–9:45 AM	Pelvic Floor Disorders in Midlife Danielle Patterson, MD
9:45–10:30 AM	Panel Q&A Facilitated by Mary Austin, DPT
10:30–10:45 AM	Break
SESSION TWO: MENOPAUSE AND THE BRAIN Moderator: Lauren Gormley, OD, FAAO	
10:45–11:10 AM	Cognitive Function during the Menopause Transition Tracy Vannorsdall, PhD
11:10–11:35 AM	Hormones and Mental Health Lindsay Standeven, MD
11:35 AM–12:00 PM	Sleep Disruption and Menopause Charlene Gamaldo, MD
12:00–12:30 PM	Panel Q&A Facilitated by Lauren Gormley, OD FAAO
12:30–1:30 PM	Lunch

Program

SESSION THREE: MENOPAUSE AND CARDIOMETABOLIC HEALTH Moderator: Tina Zhang, MD	
1:30–1:55 PM	Cardiovascular Health and Menopause Erin Michos, MD MHS
1:55–2:20 PM	Bone Health Across the Menopause Transition Kendall Moseley, MD
2:20–2:45 PM	Weight Management in Midlife Marci Laudenslager, MD
2:45–3:15 PM	Panel Q&A Facilitated by Tina Zhang, MD
3:15–3:30 PM	Break
SESSION FOUR: MENOPAUSE AND EYE & MUSCULOSKELETAL HEALTH Moderator: Anne Burke, MD	
3:30–3:55 PM	Ocular Health in Midlife Lauren Gormley, OD FAAO
3:55–4:20 PM	Musculoskeletal Syndrome of Menopause Alexis Coslick, DO
4:20–4:50 PM	Panel Q&A Facilitated by Anne Burke, MD, MPH
4:50–5:00 PM	Closing Remarks Wen Shen, MD, MPH, and Tina Zhang, MD
5:00 PM	Adjourn

You will receive an e-mail notification to complete the evaluation form and to attest to the number of hours in attendance.

The registration desk will remain open during conference hours.

Speakers

ACTIVITY DIRECTORS

Wen Shen, MD, MPH
Associate Professor of Gynecology and Obstetrics
Director, Center for Menopause and Midlife Health

Tina Zhang, MD
Assistant Professor of Medicine
Division of General Internal Medicine
Director, Center for Menopause and Midlife Health

KEYNOTE SPEAKERS

Mary Jane Minkin, MD
Clinical Professor, Obstetrics, Gynecology & Reproductive Sciences Yale School of Medicine

JoAnn Pinkerton, MD
Professor
Obstetrics and Gynecology
University of Virginia

Jan Shifren, MD
Professor, Obstetrics, Gynecology, and Reproductive Biology
Harvard Medical School

JOHNS HOPKINS SPEAKERS

Mary Austin, DPT
Assistant Professor of Physical Medicine and Rehabilitation
Department of Physical Medicine and Rehabilitation
Associate Program Director, Doctor of Science in Rehabilitation Science

Wendy Bennett, MD, MPH
Professor of Medicine
Division of General Internal Medicine
Co-Director, Center for Women's Health Sex and Gender Research

Anne Burke, MD, MPH
Associate Professor of Gynecology and Obstetrics
Director, Family Planning Division
Fellowship in Family Planning

Alexis Coslick, DO, MS
Assistant Professor of Physical Medicine and Rehabilitation
Team Physician, Johns Hopkins University Athletics

Charlene Gamaldo, MD
Professor of Neurology
Neurology Director, Center for Sleep and Wellness

Lauren Gormley, OD, FAAO
Assistant Professor of Ophthalmology
Wilmer Eye Institute

Marci Laudenslager, MD, MPH, FTOS
Assistant Professor of Medicine
Division of General Internal Medicine

Erin Michos, MD, MHS
Professor of Medicine
Division of Cardiology
Director of Women's Cardiovascular Health

Kendall Moseley, MD
Associate Professor of Medicine
Division of Endocrinology and Metabolism
Director, Metabolic Bone & Osteoporosis Center

Danielle Patterson, MD, SM
Associate Professor of Gynecology and Obstetrics
Director, Urogynecology and Reconstructive Pelvic Surgery Fellowship

Lindsay Standeven, MD
Associate Professor of Psychiatry
University of Maryland
Director of Reproductive Psychiatry and Women's Mental Health Education

Tracy Vannorsdall, PhD
Associate Professor of Psychiatry and Behavioral Sciences
Department of Psychiatry and Behavioral Sciences
Director, Division of Medical Psychology

PLANNING COMMITTEE MEMBERS

Lauren Gormley, OD, FAAO
Assistant Professor of Ophthalmology
Wilmer Eye Institute

Erin Michos, MD, MHS
Professor of Medicine
Division of Cardiology
Director of Women's Cardiovascular Health

Kendall Moseley, MD
Associate Professor of Medicine
Division of Endocrinology and Metabolism
Director, Metabolic Bone & Osteoporosis Center

TO REGISTER OR FOR FURTHER INFORMATION

Register Online

<https://hopkinscme.cloudcme.com/course/courseoverview?P=5&EID=67482>

Register by Phone..... (410) 502-9636

Register by Fax..... (866) 510-7088

Confirmation/Certificates/

Transcripts..... (410) 502-9636

General Information..... (410) 955-2959

E-mail the Office of CME..... cmenet@jhmi.edu

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ACKNOWLEDGEMENT

Applications for commercial support from healthcare-related industries are pending. A complete list of contributors will be provided in the syllabus. Please note that commercial support received is solely for the educational component of the activity and will not be used to provide food and beverage.

Please note: The Physician Payments Sunshine Act was enacted by Congress to increase public awareness of financial relationships between drug and medical device manufacturers and physicians. In compliance with the requirements of this Act, the commercial supporter(s) of this activity may require the Johns Hopkins School of Medicine to report certain professional information (such as name, address, National Provider Identifier (NPI), and State License number) of physician attendees who receive complimentary food and beverage in conjunction with a CME activity. The commercial supporter is required to submit the collected data to the Centers for Medicare and Medicaid Services which will then publish the data on its website.