

Johns Hopkins School of Medicine  
Women's Wellness and Healthy Aging Program  
presents

# Empowered Transitions

## Menopause, Wellness and Healthy Aging in Women

Friday, November 1, 2024  
The Royal Sonesta Harbor Court Baltimore  
Baltimore, Maryland

This activity has been approved for *AMA PRA Category 1 Credits™*.

**PAs, NPs, RNs can claim up to 7.75 CE credits.**



JOHNS HOPKINS  
MEDICINE



## DESCRIPTION

This CME activity is created by the Johns Hopkins Women's Wellness and Healthy Aging Program, which delivers care that ensures women's health needs are addressed before, during and beyond menopause. The program focuses on personalized treatment of the whole woman with an understanding of medical conditions and healthy aging practices in her post reproductive years. The goal of this CME activity is to increase ambulatory providers' knowledge and confidence with regards to diagnosis and management of menopause and related conditions. By the end of this activity, providers will feel more confident in their ability to diagnose women in menopause, synthesize and communicate individualized treatment plans for specific symptoms and conditions. Topics will include various conditions that uniquely affect women going through menopause. There will be a panel of multi-disciplinary speakers.

## WHO SHOULD ATTEND

This activity is intended for health care providers who care for women as they transition through menopause.

## OBJECTIVES

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

- Report increased confidence in knowledge of menopause topics.
- Report increased confidence in managing symptoms of menopause.
- Counsel patients on menopause topics.

## 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 7.75 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** has assigned up to 7.75 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 7.75 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 7.75 contact hours for non-physicians.**

# General Information

## REGISTRATION

Friday, November 1, 2024  
7:30 – 8:00 a.m.

## LOCATION

### The Royal Sonesta Harbor Court Hotel Baltimore

550 Light Street  
Baltimore, Maryland 21202  
(800) SONESTA (766-3782)  
(410) 234-0550  
FAX: (410) 659-5925

Website: [www.intercontinental.com/baltimore](http://www.intercontinental.com/baltimore)

Hotel Link: <https://book.passkey.com/e/50770447>

Hotel Registration Cut Off Date: October 3, 2024

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

The Royal Sonesta Harbor Court Baltimore is a luxury hotel overlooking the Inner Harbor and featuring an award-winning restaurant and full-service health club. Make your reservation online at <https://book.passkey.com/e/50770447> or call the hotel directly and specify that you are attending the Johns Hopkins **Women's Wellness** conference to receive the special room rate of \$149, single or double, plus tax. On-site parking is available at an additional charge. Check-in time is 3:00 p.m. Check-out time is 12:00noon.

## FEES

**REGISTRATION CUT-OFF DATE: October 26, 2024**

Register Online:

<https://hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=46172>

**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. The registration fee includes instructional materials, continental breakfast, refreshment breaks and lunch.

Physicians.....\$275

Residents\*/Fellows\*/Nurses/NPs/PAs/Allied Health

Professionals .....\$175

\*with verification of status

You will receive a confirmation by e-mail. If you have not received it by **October 26, 2024**, 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 **October 26, 2024**. A handling fee of \$50 will be deducted for cancellation. An additional fee may apply for cancellation of other events, including workshops and social activities. Refund requests must be received by fax or mail by **October 26, 2024**. 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

Post 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 December 16, 2024.**

An outcome survey will be sent to all physician attendees within two months post 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

FRIDAY, NOVEMBER 1, 2024

7:30 – 8:00 Registration and Breakfast

8:00 **Welcome, Introduction and Conference Goals**  
Tina Zhang, MD

## SESSION ONE: MENOPAUSE AND CARDIO-METABOLIC HEALTH

Moderator: Vered Stearns, MD

8:10 – 8:55 **Keynote Speaker: Fundamentals of Menopause and Clinical Updates in Hormone Therapy**  
Wen Shen, MD, MPH

9:00 – 9:25 **Non-hormonal Treatments for VMS**  
Tina Zhang, MD

9:30 – 9:55 **Cardiovascular Health**  
Erin Michos, MD, MHS

10:00 – 10:15 BREAK AND EXHIBITS

10:15 – 10:40 **Bone Health**  
Kendall Moseley, MD

10:45 – 11:10 **Diabetes in Women's Health**  
Wendy Bennett, MD, MPH

11:10 – 11:45 **Q&A for Panel**  
Facilitated by Vered Stearns, MD

11:45 – 12:30 LUNCH - Hampton's Room

## SESSION TWO: MENOPAUSE AND THE MIND BODY CONNECTION

Moderator: Kendall Moseley, MD

12:30 – 12:55 **Weight Management**  
Selvi Rajagopal, MD, MPH

1:00 – 1:25 **Updates in Cancer Screening for Primary Care**  
Kim Peairs, MD

1:30 – 1:55 **Cognitive Function**  
Tracy Vannorsdall, PhD

2:00 – 2:25 **Hormones and Mental Health**  
Lindsay Standeven, MD

2:30 – 3:00 **Q&A for Panel**  
Facilitated by Kendall Moseley, MD

3:00 – 3:15 BREAK AND EXHIBITS

## SESSION THREE: MENOPAUSE & SEXUAL FUNCTION

Moderator: Francine McLeod, MD

3:15 – 3:40 **Pelvic Health**  
Danielle Patterson, MD, SM

3:45 – 4:10 **Sexual Health**  
Kate Thomas, PhD

4:15 – 4:45 **Q&A for Panel**  
Facilitated by Francine McLeod, MD

4:45 – 5:00 **Wrap-up**  
Wen Shen, MD, MPH

5:00 **Adjourn**

*You will receive an email 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  
Activity Director  
Associate Professor of  
Gynecology and Obstetrics

Tina Zhang, MD  
Activity Director  
Assistant Professor of Medicine  
Division of General Internal Medicine

## SPEAKERS

Wendy Bennett, MD, MPH  
Associate Professor of Medicine  
Division of General Internal Medicine

Francine McLeod, MD  
Assistant Professor of Obstetrics  
and Gynecology

Erin Michos, MD, MHS  
Associate Professor of Medicine  
Division of Cardiology

Kendall Moseley, MD  
Associate Professor of Medicine  
Division of Endocrinology and Metabolism

Danielle Patterson, MD, SM  
Assistant Professor of  
Gynecology and Obstetrics

Kim Peairs, MD  
Associate Professor of Medicine  
Division of General Internal Medicine

Selvi Rajagopal, MD, MPH  
Assistant Professor of Medicine  
Division of General Internal Medicine

Lindsay Standeven, MD  
Assistant Professor of Medicine  
Division of Psychiatry and Behavioral  
Sciences

Kate Thomas, PhD  
Instructor in Medicine  
Division of Psychiatry and Behavioral Sciences

Tracy Vannorsdall, PhD  
Associate Professor of Medicine  
Division of Psychology

## GUEST SPEAKER

Vered Stearns, MD  
Professor of Oncology  
Weill Cornell Medicine  
Adjunct Professor  
Oncology Center – Women's Malignancies  
Johns Hopkins Medicine

## PLANNING COMMITTEE MEMBERS

Erin Michos, MD, MHS  
Associate Professor of Medicine  
Division of Cardiology

Kendall Moseley, MD  
Associate Professor of Medicine  
Division of Endocrinology and Metabolism

Jenni Sheng, MD  
Assistant Professor of Oncology

Vered Stearns, MD  
Adjunct Professor  
Oncology Center –  
Women's Malignancies  
Johns Hopkins Medicine

## TO REGISTER OR FOR FURTHER INFORMATION

### Register Online

[hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=46172](https://hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=46172)

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](mailto:cmenet@jhmi.edu)

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Check out our mobile app CloudCME.



Organization Code: **HopkinsCME**

For technical assistance with website, CloudCME or credits, please  
visit our tech support help page:

<https://hopkinscme.cloud-cme.com/about/help>

## ACKNOWLEDGEMENT

Applications for commercial support from health care 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.

For general information, please visit the activity webpage: [hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=46172](https://hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=46172)

Visit our Women's Wellness and Healthy Aging website: [www.hopkinsmedicine.org/womens-wellness-program](https://www.hopkinsmedicine.org/womens-wellness-program)