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Survival Skills for Women's Health Fall 2026

Experts Teach Menopause – Hybrid Event

November 6-8, 2026

The Ritz-Carlton®
Pentagon City
Arlington, VA

18 *AMA PRA Category 1 Credits™*
18 Cognate Credits

Program Directors

Steven R. Goldstein, MD, CCD, MSCP, FACOG, FRCOG (H)
James A. Simon, MD, CCD, MSCP, IF, FACOG

Guest Faculty

Robynne Chutkan, MD; Angela Fitch, MD, FACP, FOMA; Jen Gunter MD, FRCS(C), FACOG, MSCP; Katherine Hamilton, MD; Alyse Kelly-Jones, MD; Carrie Krug, PT, DPT; Versha Pleasant, MD, MPH; Chrisandra Shufelt, MD, MS, FACP, MSCP; Andrea J. Singer, MD; Claudio N. Soares, MD, PhD, FRCPC, MBA

Welcome to Experts Teach Menopause

Women reaching the average age of menopause today were not yet 30 when the Women's Health Initiative (WHI) reshaped care in 2002. At that time, perimenopause was largely unrecognized, and even today, training in midlife women's health across nursing, medical school, and residency remains insufficient.

This comprehensive course provides state-of-the-art, evidence-based education on the care of women in perimenopause, menopause and beyond. Sessions are designed to deliver practical clinical insights, actionable strategies, and real world pearls for daily practice.

Key topics include hot flashes and night sweats, sleep disturbance, hormone therapy risks and benefits (including testosterone), weight gain/obesity and osteoporosis management, mood and cognitive changes, low libido and sexual dysfunction, vaginal dryness and dyspareunia, and nonhormonal treatment options for all of these.

Lectures and interactive Q&A sessions are led by a multi-disciplinary faculty of recognized experts in gynecology, primary care, breast health, psychiatry, dermatology, obesity medicine, sexual medicine, neurology, physical therapy and nursing.

Attendees will leave with immediately applicable knowledge to improve patient outcomes in midlife women's health. We look forward to welcoming you to an exceptional educational experience in Washington, DC.

Steve Goldstein and James Simon

Program Directors

Steven R. Goldstein, MD, CCD, MSCP, FACOG, FRCOG (H)
Past President, International Menopause Society
Past President, North American Menopause Society
Past President, American Institute of Ultrasound in Medicine
Professor of Obstetrics and Gynecology
New York University Grossman School of Medicine
Department of Obstetrics and Gynecology
New York University Langone Medical Center
New York, NY

James A. Simon, MD, CCD, MSCP, IF, FACOG
Past President, The Menopause Society
Past President, The International Society for the Study of Women's Sexual Health
Clinical Professor, George Washington University School of Medicine
President and Medical Director, IntimMedicine Specialists®
Washington, DC

Guest Faculty

Robynne Chutkan, MD
Assistant Professor of Medicine
Gastroenterology
Georgetown University Medical Center
Washington, DC

Angela Fitch, MD, FACP, FOMA
Co-Founder and Chief Medical Officer
Knownwell
Past President, Obesity Medicine Association
Assistant Professor, Harvard Medical School
Boston, MA

Jen Gunter, MD, FRCS(C), FACOG, MSCP
Nanaimo, Canada

Katherine Hamilton, MD
Assistant Professor of Neurology
Medstar Georgetown University
Washington, DC

Alyse Kelly-Jones, MD, FACOG, IF
Tryon Women's Center
Tryon Medical Partners
Charlotte, NC

Carrie Krug, PT, DPT
Pelvic Health Program Specialist
MedStar Health Physical Therapy
Timonium, MD

Versha Pleasant, MD, MPH
Clinical Assistant Professor
Director
Breast Health & Cancer Genetics Clinic
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Associate Director, Women's Health
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Past-President, The Menopause Society
Jacksonville, FL

Andrea J. Singer, MD
Professor
Medicine and Obstetrics and Gynecology
Georgetown University Medical Center
Washington, DC

Claudio N. Soares, MD, PhD, FRCPC, MBA
Immediate Past President
The Menopause Society
Executive Director
The Canadian Menopause Society
Professor of Psychiatry
Queen's University Canada
Director of Centre for Psychedelics
Health & Research (CPHR)
Queen's University and Providence Care
Kingston, Ontario, Canada

Information

Registration Fees

Physician	$1,595
Resident/Fellow/Military/Retired*	$1,495
NP/PA/CNM/RN	$1,295

**Written certification of status required*

The Ritz-Carlton® Pentagon City Welcomes You

A limited number of rooms have been set aside at $329 per night. Reservations can be made by **clicking here**. The reservation deadline is Tuesday, October 20, 2026.

On the banks of the Potomac River, the Ritz Carlton® Pentagon City is situated among world-class museums, cultural centers and one of the area's most impressive shopping districts. Hop on the Pentagon City Metro and you are only two stops from downtown DC and a plethora of national treasures. You can access an impressive list of free and fun attractions, including Smithsonian's National Zoo (pass required) and the Torpedo Factory Art Center – one of the biggest visual art centers in the country.

Conference Objectives

Upon completion of this conference, you will be able to:

- Understand the reality vs. the marketing of "compounded, synthetic, plant-based, bioidentical, etc."
- Improve sleep management skills particularly in perimenopausal and menopausal women
- Appreciate the nuance of the menopausal transition toward a better understanding of the stage related symptoms and their management
- Manage premature ovarian insufficiency (POI) from diagnosis to treatment
- Recognize Genitourinary Syndrome of Menopause (GSM) and its impact on quality of life while applying evidence-based hormonal and non-hormonal treatment options
- Advise overweight and obese patients with and without co-morbidities on successful weight loss strategies beyond simple diet and exercise including use of available pharmaceuticals
- Understand the nuances of migraine, headache, with and without aura, and what the healthcare provider can, and should do for such a patient including the new pharmacotherapeutic options
- Manage the menopause related gut microbiome toward better health and reduced disease
- Appreciate the impact of menopausal hormone therapy on the skin
- Understand the importance of breast cancer risk assessment and risk stratification due to genetic (including dense breast) and non-genetic causes
- Gain confidence in adhering to guidelines for breast cancer screening with 3D mammography and appropriate risk-based additional screening protocols
- Appreciate the dietary supplement facts and fantasies for evidenced patient care
- Become familiar with new and upcoming contraception options especially for perimenopausal women
- Assess breast cancer risk and provide evidence-based risk reduction strategies
- Diagnose and treat the increase in cardiovascular risk that patients experience at midlife
- Find the safety "sweet spot" using local and systemic menopausal hormone therapy after breast cancer without increasing recurrence risk
- Evaluate abnormal bleeding and distinguish disease states originating in the endometrium and myometrium
- Implement strategies for assessment, diagnosis, and treatment of pelvic floor dysfunction, including surgical and non-surgical (physical therapy) options
- Add new competencies for managing menopausal symptoms, using both hormonal and non-hormonal approaches, while separating fact from fiction
- Understand the new longevity medicine: expanding the lifespan or health span or both
- Differentiate between low sexual desire and hypo-active sexual desire disorder (HSDD), and appreciate how to improve both by engaging evidence-based treatments
- Use office vaginal sonogram/sonohysterogram as tool to improve care and reduce surgical interventions
- Differentiate the physiological actions of estrogens from androgens, implementing evidence-based androgen replacement paradigms for improved health and sexual function
- Appreciate the role of transvaginal ultrasound in midlife women, both its pitfalls and usages
- Understand the mood and cognition changes occurring at midlife and their evidence-based treatment by generalists and when to refer for specialist care
- Understand metabolic syndrome, prediabetes, and other cardiovascular risk factors, appreciate their diagnosis and current treatments toward better cardiovascular health and disease prevention
- Adopt a holistic approach to skeletal health for the prevention of bone loss and treatment of osteo-porosis using both antiresorptive and anabolic agents

Target Audience

Designed for physicians, nurse practitioners, physician assistants, and certified nurse midwives committed to advancing care in perimenopause, menopause and midlife women's health.

Program

Friday, November 6, 2026

Time	Program	Faculty
12:00	Registration	
12:25	Welcome and Announcements	Faculty
12:30	Menopausal Hormone Therapy: Where Does the Pendulum Belong	Simon
1:05	Breast Health for the Generalist: I	Pleasant
1:40	Compounded, Synthetic, Plant-based: Reducing the Confusion	Gunter
2:15	Questions and Answers	Faculty
2:30	**Break and Visit Exhibits**	
2:55	Testosterone: Myths and Realities	Simon
3:30	The Menopause Transition: Different Phases, Different Symptoms, Different Management	Goldstein
4:10	Estrogen Loss in Young Women: More Than Just POI	Shufelt
4:45	Menopause and the Microbiome: The Gut Changes Everything	Chutkan
5:20	Questions and Answers	Faculty
5:35	Adjourn for the Day	

Saturday, November 7, 2026

Time	Program	Faculty
7:00	Breakfast	
7:25	Morning Announcements	
7:30	Cognitive Function and Mood: What the Data Says	Soares
8:05	Breast Health for the Generalist: II	Pleasant
8:40	Obesity is a Chronic Disease	Fitch
9:15	Questions and Answers	Faculty
9:30	**Break and Visit Exhibits**	
9:55	Supplements: What You and Your Patients Need to Know	Gunter
10:30	Cardiovascular Disease and Menopause Therapy: How to Decide	Shufelt
11:05	Bone Health: Our Role as Generalists	Goldstein
11:45	Bone Health Pharmacotherapy: You Can Do This	Singer
12:15	Questions and Answers	Faculty
12:30	**Lunch on Your Own**	
1:40	GLPI's: Who, What, When, How	Fitch
2:15	Longevity Medicine: Lifespan vs. Healthspan	Shufelt
2:50	Can Menopausal Hormone Therapy Actually Reduce Breast Cancer?	Goldstein
3:25	Questions and Answers	Faculty
3:40	**Break and Visit Exhibits**	
3:55	Sleep: What You Need to Know	Soares
4:35	Sexual Wellbeing: The Generalist's Role	Kelly-Jones
5:10	Questions and Answers	Faculty
5:25	Adjourn for the Day	

Sunday, November 8, 2026

Time	Program	Faculty
7:00	Breakfast	
7:25	Morning Announcements	
7:30	Genitourinary Syndrome of Menopause: Yes, Dyspareunia, but Much More	Kelly-Jones
8:05	Migraine and Menopause	Hamilton
8:40	Non-hormonal Treatment of Menopausal Vasomotor Symptoms	Simon
9:15	Estrogen and Skin: What Is the Data?	Goldstein
9:45	Questions and Answers	Faculty
10:00	**Break and Visit Exhibits**	
10:15	The Role of Contraception in Perimenopausal Patients	Simon
10:50	The Vaginal Sonogram: How and Where It Fits In	Goldstein
11:25	Pelvic Floor PT: More Than Your Mother's Kegels	Krug
12:00	Menopausal Therapy After Breast Cancer	Simon
12:30	Questions and Answers	Faculty
12:45	Seminar Adjourns	

Please Bring Your Smartphone to Class Each Day
Program Details May Change

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Upcoming Conferences

Survival Skills for Women's Health Summer 2026
Experts Teach Menopause – Hybrid Event
July 17-19, 2026
Gaylord Rockies Resort & Convention Center
Aurora, CO

Contemporary OB-GYN Ultrasound 2026
Advances in Maternal-Fetal Imaging – Hybrid Event
September 18-20, 2026
Gaylord Rockies Resort & Convention Center
Aurora, CO

Survival Skills for Women's Health Fall 2026
Experts Teach Menopause - Hybrid Event
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The Ritz-Carlton® Pentagon City
Arlington, VA

The Best of the Big Apple OB-GYN Ultrasound® 2026
November 13-15, 2026
New York Marriott Downtown
New York, NY

National Diagnostic Imaging Symposium® 2026
December 6-10, 2026
Disney's Yacht & Beach Club Resort
Lake Buena Vista, FL

Advanced OB-GYN Ultrasound Symposium in Music City 2027
Expanding Expertise: Precision Imaging Across the Spectrum of Women's Health
January 15-17, 2027
The Westin Nashville
Nashville, TN

Survival Skills for Women's Health Spring 2027
Experts Teach Menopause - Hybrid Event
April 16-18, 2027
The Westin Nashville
Nashville, TN

Accreditation — World Class CME is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. World Class CME designates this live activity for a maximum of 18 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The American College of Obstetricians and Gynecologists has assigned up to 18 cognate credits to this program.

Nurse Practitioners and RNs — The American Nurses Credentialing Center and The American Academy of Nurse Practitioners Certification Program accept continuing education credits sponsored by organizations, agencies or educational institutions accredited or approved by the ACCME.

Physician Assistants (PA) — The American Academy of Physician Assistants accepts *AMA PRA Category 1 Credits™* from organizations accredited by ACCME. This course qualifies for Category 1 CME for PAs.

Certified Nurse Midwifes (CNM) — The American Midwifery Certification Board (AMCB) accepts Category 1 CME approval from organizations accredited by the ACCME.

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