

UVA Health Department of OBGYN presents

Menopause is Thriving at UVA

Friday, October 16, 2026 8am-4:00pm

The Omni Charlottesville Hotel, 212 Ridge McIntire Road
Charlottesville, VA



Program Overview

Join us for our inaugural CME-accredited conference, designed to equip healthcare providers with essential knowledge for guiding patients through menopause and beyond. Leading experts will address key topics, including perimenopause, hot flashes, mood changes, sexual dysfunction, weight management, and long-term health risks like osteoporosis and heart disease. Focused on actionable clinical takeaways, this symposium promotes collaboration among women's health providers and researchers at UVA, advancing menopause care to benefit women across Virginia and beyond.

Invited Keynote Speaker



Testosterone for Female Sexual Dysfunction: Help or Hype?

Jan L. Shifren, MD
Director, Midlife Women's Health

Chairs



JoAnn V. Pinkerton, MD, MSCP
Women's Midlife Health and Mame Jessup Professor
Department of Obstetrics and Gynecology
Division Director, Midlife Health
University of Virginia



Carrie Sopata, MD, MS, MSCP
Associate Professor of Obstetrics and Gynecology
Division of General Obstetrics and Gynecology
Vice Chair, Gynecology

Target Audience

- Physicians
- Nurses
- Pharmacists
- Physician Associates
- Advanced Care Practitioners
- Community Providers

AGENDA HIGHLIGHTS

**Hormonal Havoc:
Perimenopause
and Menopause**

Hormone Hurdles

**Managing Risks
in Gynecologic Cancer
and High-Risk Breast**

**Genitourinary Syndrome
of Menopause**

Let's talk About Sex

**Critical Window
for Health Optimization:
Heart, Brain, Bone**



UVA Health
Continuing Education

AGENDA

6:45 – 8:00

Breakfast & Registration

7:00 – 7:30

Breakfast Education Session: Close the Fracture Care Gap

Sponsored by Amgen
(non-accredited)



8:00 – 8:05

Introduction

JoAnn V. Pinkerton, MD, MSCP

8:05 – 9:15

Hormonal Havoc: Perimenopause and Menopause

8:05 – 8:25

Navigating Perimenopause

Dana Redick, MD, MSCP

8:25 – 8:45

Menopause Fact & Fiction

Carrie Sopata, MD, MPH

8:45 – 9:05

Reproductive Depression and Perimenopause

Jennifer Payne, MD

9:05 – 9:15

Faculty Panel Q&A

9:15 – 10:50

Hormone Hurdles

9:15 – 9:20

Introduction of Session, Keynote and Speakers

Paola Gehrig, MD, FACOG, FACS

9:20 – 9:50

Keynote

Testosterone for Female Sexual Dysfunction: Help or Hype?

Jan Shifren, MD

*Vincent Trustees Professor of
Obstetrics, Gynecology and
Reproductive Biology
Harvard Medical School*

9:50 – 10:10

Managing Hot Flashes without Hormones

JoAnn V. Pinkerton, MD, MSCP

10:10 – 10:30

Managing Menopausal Obesity: The Role of GLP-1s

Catherine Varney, DO

10:30 – 10:40

Faculty Panel Q&A

10:40 – 10:50

Break and Exhibits

10:50 – 1:10

Managing Risks in Gynecologic Cancer and High-Risk Breast

10:50 – 10:55

Introduction of Session

Carrie Sopata, MD, MPH

10:55 – 11:15

Breast Disease for Those at High-Risk

Vanessa Gregg, MD, MBA
Carrie Rochman, MD

11:15 – 11:35

Navigating Risk: Menopause Management in Gynecologic Cancer

Paola Gehrig, MD, FACOG, FACS

11:35 – 11:55

Hormone Therapy after Risk Reducing Surgery or Triple Negative Breast Cancer

Kari Ring, MD

11:55 – 12:05

Faculty Panel Q&A

12:05 – 12:15

Intro to Kinesiology and Break with Exhibitors

Jason D. Allen, PhD, RCEP, RVS

12:15 – 1:10

Discussion Tables - Lunch Provided

1:10 – 2:35

Genitourinary Syndrome of Menopause

1:10 – 1:15

Introduction of Session and Speakers

Katharine DeGeorge, MD, MS,
MSCP

1:15 – 1:35

UTI Prevention with Vaginal Estrogen

Stephanie Zuo, MD, MS

1:35 – 1:55

Let's Talk About Sex

Tamara Pringle, MD

1:55 – 2:15

Loss of Libido - What to Do?

Anita Clayton, MD

2:15 – 2:25

Faculty Panel Q&A

2:25 – 2:35

Break and Exhibits

2:35 – 3:50

Critical Window for Health Optimization: Heart, Brain, Bone

2:35 – 2:40

Introduction of Session and Speakers

Maria Badaracco, MD

2:40 – 3:00

Prevention of Cardiovascular Disease

Patricia Rodriguez-Lozano, MD,
MS, FACC, FSCCT

3:00 – 3:20

Aging Brain on Cognition and Behavior

Carol Manning, PhD, ABPP

3:20 – 3:40

Prevention and Treatment of Osteoporosis

Suzanne Jan de Beur, MD

3:40 – 3:50

Faculty Panel Q&A

3:50 – 4:00

Presentations and Closure

Dana Redick, MD, MSCP

DESIRED OUTCOMES AND FACULTY

At the conclusion of this activity, learners will be able to:

- Evaluate the risks and benefits of menopausal hormone therapy (MHT) and non-hormone therapies to facilitate shared decision making.
- Describe the neurological impact of hormone fluctuations, including brain fog, sleep disruption, and mood changes.
- Apply evidence-based screening and treatment strategies for osteoporosis.
- Educate others about the genitourinary syndrome of menopause and hypoactive sexual desire disorder (HSDD), as well as the roles of vaginal estrogen and testosterone.
- Differentiate between metabolic and cardiovascular risk factors that increase during the menopause transition, along with prevention strategies such as weight management.

UVA Faculty and Planning Committee

Maria Badaracco, MD*

Assistant Professor of Medicine
General Internal Medicine

Anita H. Clayton, MD, DLFAPA

Wilford W. Spradlin Professor
Psychiatry & Neurobehavioral Sciences
Professor of Clinical Obstetrics & Gynecology

Katharine DeGeorge, MD, MS, MSCP*

Professor, Department of Family Medicine
University of Virginia Health System
Executive Editor, DynaMed

Tanyell Essex, RN, BSN*

RN Care Coordinator
UVA Midlife Health Center

Paola A. Gehrig, MD, FACOG, FACS

W. Norman Thornton, Jr., Professor and Chair
Department of Obstetrics and Gynecology
ACMO Perioperative Services

Lisa Goldstein, CNM*

Nurse Practitioner
Division Director, Midlife Health

Vanessa Gregg, MD, MBA*

Associate Professor of Obstetrics and Gynecology
Division Director of General Obstetrics and Gynecology
Vice Chair, Faculty Development

Suzanne Jan de Beur, MD*

Professor of Medicine
Chief, Division of Endocrinology and Metabolism
Associate Dean for Clinical Research
Gerald D Aurbach Professor of Endocrinology

Carol Manning, PhD, ABPP

Harrison Distinguished Teaching Professor of Neurology.
Director of the Behavioral Neuropsychology Laboratory
Vice Chair for Faculty Development in Neurology
Director (and co-founder) of the Memory Aging and Care Clinic
Co-Director of the Virginia Alzheimer's Disease Center

Donna Musgrave, MD, MSCP*

Private Practice, Gynecology
Physicians to Women
Roanoke, Virginia

Jennifer L. Payne, MD

Professor and Vice Chair of Research
Department of Psychiatry and Neurobehavioral Sciences

JoAnn V. Pinkerton, MD, MSCP*

Women's Midlife Health and Mame Jessup Professor
Department of Obstetrics and Gynecology
Division Director, Midlife Health
University of Virginia

Dana Redick, MD, MSCP*

Associate Professor of Obstetrics and Gynecology
Division of Midlife Health
Assistant Dean of Medical Students

Kari Ring, MD*

Associate Professor of Obstetrics and Gynecology
Cancer Prevention and Population Health Program
Associate Fellowship Director, Gynecologic Oncology Fellowship
University of Virginia Health System

Carrie M. Rochman, MD

Associate Professor, Breast Imaging
Department of Radiology and Medical Imaging

Patricia Rodriguez-Lozano MD, MS, FACC, FSCCT*

Assistant Professor of Medicine and Radiology
Director of UVA Health Women's Heart Care
Associate Program Director, Cardiovascular Disease Fellowship
Chair, VCACC Women Cardiologists Committee

Tamara Pringle, MD

Assistant Professor of Obstetrics and Gynecology
Division of General Obstetrics and Gynecology
American Association of Sexuality Educators, Counselors and Therapists (AASECT), member

Carrie Sopata, MD, MS, MSCP*

Associate Professor of Obstetrics and Gynecology
Division of General Obstetrics and Gynecology
Vice Chair, Gynecology
University of Virginia

Catherine Varney, DO*

Board-certified physician in Family Medicine and Obesity Medicine
Associate Professor, Department of Family Medicine
Inaugural Obesity Medicine Director, UVA Health

Lindsey Vignali, MD

Assistant Professor
Obstetrics & Gynecology

Stephanie W. Zuo, MD, MS

Assistant Professor of Obstetrics and Gynecology
Division of Urogynecology, fellowship trained

Amy Harris, MBA

Continuing Education Program Manager

Call for Abstracts

The Planning Committee invites you to share your scholarship in our poster session. Abstracts must be submitted using this [Qualtrics Survey](#). The deadline for submission is October 2, 2026.



Scan to Submit
Abstract

Registration and Fees

Registration and payment are available at the [UVA Continuing Medical Education portal](#). Registration closes on Friday October 2, 2026. Syllabus will be available online the week of the conference until 30 days after the program. Please see cancellation policy prior to registration.

Physicians	\$300
Other Healthcare Professionals	\$200
Students & Residents	\$50
Industry Employees	\$500



Scan to Register



Scan to Apply for
Scholarship

Scholarship opportunities for Students/Residents

Please complete this [Qualtrics survey](#) to be considered for a \$50 scholarship to cover registration costs.

Cancellations, payment methods and accommodation requests

Policies on cancellation, payment methods and accommodation requests can be found on our website under FAQs. Additional questions, please contact uvacme@virginia.edu or 434-924-5310.



Scan to RSVP for
Breakfast Symposium

Accreditation and Designation Statements

In support of improving patient care, UVA Health Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



Physicians

UVA Health Continuing Education designates this live activity for a maximum of **7.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

UVA Health Continuing Education awards up to **7.25 contact hour(s)** for nurses who participate in this educational activity and complete the post-activity evaluation.

Hours of Participation

UVA Health Continuing Education awards **7.25 hours of participation** (consistent with the designated number of **AMA PRA Category 1 Credit(s)™** or ANCC contact hours) to a participant who successfully completes this educational activity. UVA Health Continuing Education maintains a record of participation for six (6) years.

Contact Information

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