

Let's Talk:

Conversations about Women's Health



Living in harmony with your hormones

Hormones – we all have them, but do we understand them? Why are they important? Over the course of a woman's life, her hormones will fluctuate and have serious ramifications – both positive and negative – on her health. Join us for our next Let's Talk to better understand the role hormones play in women's health and learn from leading experts about common hormone disorders like, polycystic ovary syndrome and thyroid disease, and how the combination of hormonal changes, normal aging and menopausal symptoms can wreak havoc on weight control for many women. Come, learn and interact with leading experts in the field of women's hormones!

Who: Women and Men

Date: Thursday, October 29, 2020

Registration: Zoom link will be emailed after registration

RSVP: Please register by October 28, 2020 at www.cwhr.org.
For more information, cwhr@cuanschutz.edu or
303-724-0305

AGENDA

6 - 6:05 p.m. **Judy Regensteiner, PhD**
Welcome

6:05 - 6:25 p.m. **Melanie Cree-Green, MD, Ph**
*Polycystic Ovary Syndrome –
Not Just a Period Problem*

6:25 - 6:45 p.m. **Sarah Mayson, MD**
*Exploring the Impact of
Thyroid Disease*

6:45 - 7:05 p.m. **Nanette Santoro, MD**
*Help! Menopause Just Stole
My Waistline!*

7:05 - 7:15 p.m. Question and answer panel

Presented by the University of Colorado **Center for Women's Health Research** at the CU Anschutz Medical Campus.

Americans with Disabilities Act: Event staff are glad to assist you with any special needs. If you need sign language interpretation or CART, please contact us at least three business days prior to the meeting date.

Let's Talk: Conversations about Women's Health is a lecture series that educates the community on topics of health. These evidence-based talks provide information that people need to make educated decisions about health for themselves and their families. Let's Talk content is uniquely created and presented by a panel of nationally recognized subject matter experts, physicians and researchers.

Give to the Center for Women's Health Research to support this and other programs designed to improve the health and well-being of women and their families at giving.cu.edu/cwhr.



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Speakers



Melanie Cree-Green, MD, PhD

University of Colorado School of Medicine

Polycystic Ovary Syndrome – Not just a period problem

Polycystic ovary syndrome (PCOS) is common, affecting up to 1 in 8 women, and most women are diagnosed due to problems with periods or fertility, often during adolescence. However, there are many other conditions associated with PCOS. These include metabolic, dermatologic and mood conditions and clinical care needs to be comprehensive and personalized.

Melanie Cree-Green, MD, PhD, Associate Professor in Pediatric Endocrinology, is a physician scientist who is focused on advancing clinical care for adolescents and women with PCOS. She is the director and founder of the multi-disciplinary PCOS clinic at Children's Hospital Colorado. Her multi-million dollar PCOS research program currently includes three clinical research trials, two trials testing new medications and the third trial testing a nutritional supplement. She is also the creator and lead investigator of a nationwide multi-center PCOS registry. Dr. Cree-Green is an advisor for PCOS Challenge, the largest patient organization in the U.S. for women with PCOS, which has a focus on advocacy and education. She also recently founded a PCOS focus group within the Pediatric Endocrine Society with the goal of improving the standard of care and research efforts for PCOS across pediatric academic centers. Dr. Cree-Green received her undergraduate degree from Bryn Mawr College and her MD and PhD degrees from the University of Texas Medical Branch. Her fellowship was completed at the University of Colorado, Children's Hospital Colorado Program in Pediatric Endocrinology.



Sarah Mayson, MD

University of Colorado School of Medicine

Exploring the impact of thyroid disease

Thyroid disease is among the most common of the endocrine (hormone) disorders and affects women at a higher rate than men. When excessive or deficient production of thyroid hormones occurs, symptoms and physical changes can be experienced throughout the entire body. Disorders of thyroid function can lead to cardiac and skeletal complications and can affect pregnancy outcomes.

Dr. Sarah Mayson is an endocrinologist with a special focus on thyroid disorders, particularly thyroid neoplasms/cancer. She is an Associate Professor in the Division of Endocrinology at the University of Colorado and leads the Thyroid Nodule Clinical Program at the University of Colorado Hospital. She also serves as Director of the Endocrinology Fellowship Training Program at CU. Dr. Mayson completed her undergraduate education at Bucknell University, received her M.D. from Jefferson Medical College, and completed internship and residency in Internal Medicine and fellowship in Endocrinology at the Hospital of the University of Pennsylvania.



Nanette Santoro, MD

University of Colorado School of Medicine

Help! Menopause Just Stole My Waistline!

When adverse changes in metabolism and body composition combine with common menopausal symptoms, many women find that their weight becomes harder and harder to control. This talk will discuss the reasons why these forces all converge to make menopause especially challenging, and what a woman can do to take back her waistline.

Dr. Nanette Santoro is a physician scientist and leader who has been an academic 'triple threat' for over 30 years in that she is an accomplished researcher, educator and clinician. Her research has far ranging impact because half of the population will eventually become menopausal and of these, about 75% are affected with significant symptoms that impact quality of life and may be associated with future risks for disease. An outspoken advocate for women in science, Dr. Santoro has most recently been recognized for her mentorship by the Endocrine Society and for her research by the American Society for Reproductive Medicine and the International Menopause Society. She has been named a Best Doctor by *Castle Connolly Westchester Magazine*, *New York Magazine*, and currently *5280 Magazine*. Since coming to Colorado, she has worked tirelessly to make the University of Colorado's department of Ob/Gyn one of the most successful in the country.

In 2018, Dr. Santoro was elected to the National Academy of Medicine, one of the highest honors that can be awarded to scientists.