

# Let's Talk:

## Conversations About Women's Health



### Your Head, Your Heart and Your Hormones

You are invited to a thought-provoking event sponsored UCHealth and the Center for Women's Health Research. This event is held in collaboration with the department of obstetrics and gynecology; the department of endocrinology, metabolism, and diabetes; the department of neurology; and the Anschutz Health and Wellness Center at the University of Colorado School of Medicine.

**Who:** Women and men

**Date:** Tuesday, November 28, 2017

**Where:** UCHealth - University of Colorado Hospital  
Bruce Schroffel Conference Auditorium  
Anschutz Inpatient Pavilion 2  
12505 East 16th Ave.  
Aurora, Colorado 80045

**Cost:** \$10 per person (includes light dinner)

**Parking:** Free valet parking will be available - instructions to follow

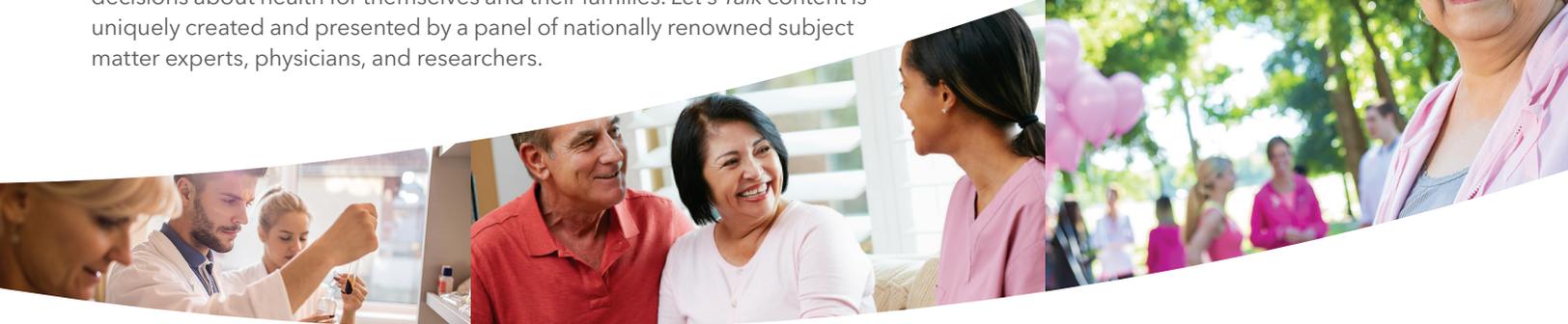
**RSVP:** Please register by November 21, 2017 at [www.uchealth.org/events](http://www.uchealth.org/events).  
For more information, call Chiara Del Monaco at 720-848-4023

If you need sign language interpretation or CART, please contact D. Chiara Del Monaco at 720-848-4023 or [Chiara.delmonaco@uchealth.org](mailto:Chiara.delmonaco@uchealth.org) at least three business days prior to the meeting date.

### Agenda

- 5:15 p.m. Check-in, light dinner and informational booths
- 6:00 p.m. Welcome and introductions
- 6:05 p.m. *Help! Menopause has Taken Away My Waistline!*  
- Nanette Santoro, MD
- 6:35 p.m. *Is Your Brain to Blame for Overeating and Can We Do Anything About It?*  
- Marc-Andre Cornier, MD
- 7:05 p.m. *Pursuing the Alzheimer's Cure: Genetic, Environmental and Hormonal Factors... and You.*  
- Huntington Potter, PhD
- 7:35 p.m. Question and Answer session
- 8:00 p.m. Adjourn

*Let's Talk: Conversations About Women's Health* is a lecture series that educates women in our community on topics of health. We present evidence based information so that women have the information they 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 renowned subject matter experts, physicians, and researchers.



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## Speakers



### **Nanette Santoro, MD**

E. Stewart Taylor Endowed Chair, Department of Obstetrics and Gynecology  
Professor, Division of Reproductive Endocrinology  
Secondary Appointment, Division of Reproductive Sciences  
University of Colorado School of Medicine

*Help! Menopause has Taken Away My Waistline!*

The combination of hormonal changes, normal aging, and symptoms can wreak havoc on weight control for many women. The audience will learn how to separate what is due to menopause from what is due to aging, and how common symptoms of menopause, such as hot flashes, can lead to lifestyle disruption and create a vicious cycle. Treatment of menopausal symptoms may help women maintain an active, healthy lifestyle as they navigate midlife.

Dr. Santoro's current research involves treatment of menopausal symptoms in women, understanding the mechanisms by which obesity causes relative infertility in women, and training of reproductive endocrinologists in clinical research. Her laboratory has specialized in the development and measurement of reproductive hormones using state-of-the-art methodologies. She developed techniques to perform field studies that allow for daily hormone assessments without the inconvenience of blood drawing by using urine sampling. She is also the Chair of the Steering Committee for the Reproductive Medicine Network, an NIH funded clinical trials network devoted to the study of problems in human reproduction.



### **Marc-Andre Cornier, MD**

Professor of Medicine  
Division of Endocrinology, Metabolism and Diabetes  
Anschutz Health and Wellness Center  
University of Colorado School of Medicine  
Anschutz Medical Campus

*Is Your Brain to Blame for Overeating and Can We Do Anything About It?*

Appetite regulation is a complex interaction between the brain, hormones, behaviors and the environment and is impacted by reproductive hormones (or lack thereof) and age. The audience will learn about how appetite is controlled and how hormones, aging, nutrition, and exercise impact these processes. You will also learn about what you can do help as it relates to your body weight and overall health and wellness.

Dr. Cornier an endocrinologist and researcher at the University of Colorado. He is interested in understanding why and how we eat and how this relates to unhealthy weight gain. He is also interested in how nutrition and exercise impact body weight regulation. His research includes measuring eating related behaviors and hormones as well as studying the brain using functional MRI technology. He is interested in how people are impacted by sex and age and how they adapt to their environment.



### **Huntington Potter, PhD**

Professor of Neurology  
Director, Rocky Mountain Alzheimer's Disease Center  
Director, Alzheimer's Disease Program, Linda Crnic Institute for Down Syndrome  
Anschutz Medical Campus  
University of Colorado, Denver

*Pursuing the Alzheimer's Cure: Genetic, Environmental and Hormonal Factors...and You.*

Dr. Huntington Potter is Professor and Vice Chair for Basic Research, Department of Neurology, Director of the Rocky Mountain Alzheimer's Disease Center at the University of Colorado, and Director of Alzheimer's Disease Programs for the Linda Crnic Institute for Down Syndrome. His laboratory seeks to identify and develop new therapies to stop Alzheimer's disease, to reverse its cognitive effects, and to ultimately cure the disease forever. He is an author of over 100 scientific articles and books, holds 16 U.S. patents, and is a Fellow of the American Association for the Advancement of Science and the National Academy of Inventors. His electron micrographs of DNA are on permanent exhibit in the Smithsonian Institute.

The audience will learn what Alzheimer's disease is, how it leads to, but is different from dementia, and what causes it. You will also learn what may alter your risk of developing Alzheimer's Disease, and finally, you will learn about how the Rocky Mountain Alzheimer's Disease Center at the CU Anschutz Medical Campus is working to develop and test new treatments and diagnoses for the disorder.