

Let's Talk:

Conversations about Women's Health



How Autoimmune Diseases Affect Women and Men Differently: Diagnosis, Management and Treatment

Autoimmune diseases refer to problems with the immune system, which fight off viruses, bacteria, and infection. When autoimmune disease strikes, the immune system attacks parts of the body by mistake. Join us to learn about how differences related to the biology of sex play a role in certain autoimmune diseases and hear from leading rheumatoid arthritis, multiple sclerosis, and celiac disease physicians and scientists.

Who: Women and Men

Date: Thursday, September 9, 2021

Registration: Please register by Thursday, September 9, 2021 at noon at www.ludemancenter.org. A zoom link will be emailed after registration.

For more information, email ludemancenter@cuanschutz.edu or call 303-725-0305.

AGENDA

- 6:00-6:10 p.m. **Judy Regensteiner, PhD**
Welcome
- 6:10-6:30 p.m. **Kristen Demoruelle, MD, PhD**
Sex Differences in Autoimmune Diseases
- 6:30-6:50 p.m. **Anna Shah, MD**
Exploring the Impact of Multiple Sclerosis on Women's Health
- 6:50-7:10 p.m. **Marisa Stahl, MD, MSCS**
Celiac Disease: What Women Need to Know
- 7:10-7:30 p.m. Question and answer panel

Presented by the University of Colorado **Ludeman Family 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 Ludeman Family 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.



Speakers



Kristen Demoruelle, MD, PhD

Sex Differences in Autoimmune Diseases

Kristen Demoruelle, MD, PhD, will explain different types of autoimmune diseases and sex differences associated with them. She will also discuss possible causes and prevention of these diseases. As a rheumatologist who studies the etiology of rheumatoid arthritis (RA), Dr. Demoruelle will discuss how RA is a systemic inflammatory autoimmune disease that primarily affects the joints and can lead to decreased quality of life and disability. RA affects women three times more often than men; the cause of these sex differences in RA are unknown.

Dr. Demoruelle's research focuses on understanding what causes RA-related antibodies to initially develop and whether there are sex differences in that process. Her studies investigate the lung and female genital tract as potential mucosal sites where RA-related antibodies may be triggered as a response to local inflammation. With her studies, she hopes to identify specific factors or mechanisms that may explain the differential effect of RA on women. Such findings could ultimately lead to new targets for RA treatment or prevention that could be personalized to an individual based on their sex or other factors.



Anna Shah, MD

Exploring the Impact of Multiple Sclerosis on Women's Health

Anna Shah, MD, will discuss women's health as it pertains to the diagnosis of multiple sclerosis (MS). This talk will encompass data about sex differences in the diagnosis of MS as well as information about pregnancy, breastfeeding and reproductive health in females with MS.

Anna Shah, MD, was born and raised in Chicago before moving to Missouri to complete a six year accelerated bachelors/medical degree program at the University of Missouri - Kansas City. She completed an internship and residency in neurology at the University of Michigan in Ann Arbor. When she and her family came out to complete a year of fellowship in neuroimmunology /multiple sclerosis at the University of Colorado, they quickly fell in love with Colorado and decided to continue their careers here. Dr. Shah enjoys spending time exploring the outdoors with her husband and two sons.



Marisa Stahl, MD, MSCS

Celiac Disease: What Women Need to Know

Celiac disease is one of the most common autoimmune diseases and disproportionately affects women. Dr. Stahl will review the signs and complications of celiac disease as well as the highlights of the gluten-free diet specifically as it applies to women.

Marisa Stahl, MD, is an assistant professor of pediatrics and pediatric gastroenterologist at the Colorado Center for Celiac Disease at Children's Hospital Colorado. Her research focuses on celiac disease screening and diagnosis in children and children with Down syndrome.