



Lifespan Approaches to Aging

Integrating Sex Differences

National Conference on Women's Health and Sex Differences Research

The Broadmoor Hotel,
Colorado Springs, CO

October 21 – 23, 2026

Wednesday, October 21, 2026

Welcome to the 2026 National Conference

Judy Regensteiner, PhD, University of Colorado Anschutz

2:30 - 2:45 p.m.

Early-Development and the Origins of Aging

Chairs:

Yoel Sadovsky, MD, Stanford University

Laura Brown, MD, University of Colorado Anschutz

T. Rajendra Kumar, PhD, University of Colorado Anschutz

2:45 - 4:20 p.m.

Speakers:

Krithika Lingappan, MD, PhD, MS, Perelman School of Medicine, University of Pennsylvania

The Crucial Role of Sex as a Biological Variable in Disease Susceptibility, Pathophysiology and Response to Therapy in the Preterm Neonate

Yoel Sadovsky, MD, Stanford University

Aging before Birth?

Tomin James, PhD, Stanford University

Data Blitz Presenters:

Rowan Karvas, PhD, University of Colorado Anschutz

Human Placental Villous Development - In Vitro Insights of the Peri-implantation Stage

Shilpi Sehgal, PhD, Stanford University

Sex-Specific Placental Transcriptomes Differ in Hypertensive Disorders of Pregnancy

Rebekah Bhansali, PhD, CNM, Johns Hopkins University

Endometriosis, Cardiometabolic Risk, and Cardiovascular Disease in a Large, Diverse US-Based Cohort

Keynote Address

4:30 - 5:15 p.m.

Roberta Brinton, PhD, The University of Arizona Health Sciences

Poster Presentations & Opening Reception

5:15 - 6:30 p.m.

Thursday, October 22, 2026

Breakfast Networking Lecture

8:00 - 8:45 a.m.

Nanette Wenger, MD, Emory School of Medicine

**At the Crossroads of Adolescence: Determinants of
Pubertal Development and Reproductive Health**

9:00 - 10:35 a.m.

Chairs:

Phoutdavone “Noy” Phimphasone-Brady, PhD, University of Colorado Anschutz

Ursula Kaiser, MD, Brigham and Women’s Hospital and Harvard Medical School

Speakers:

Ursula Kaiser, MD, Brigham and Women’s Hospital and Harvard Medical School

The Role of Genetic Imprinting in the Timing of Puberty

Olga Astapova, MD, PhD, University of Rochester

Tissue-Specific Insulin Signaling in Polycystic Ovary Syndrome

Janet Rich-Edwards, ScD, Brigham and Women’s Hospital

Environment, Epigenetics, and the Timing of Menarche

Data Blitz Presenters:

Lauren Gulley, PhD, MA, BA, University of Colorado Anschutz

Group Interpersonal Psychotherapy via Telehealth for Adolescent PCOS: Preliminary Effects from a Pilot Randomized Controlled Trial

Ana Paula De Abreu E Silva Metzger, MD, PhD, Harvard Medical School

MECP2 mutations in Central Precocious Puberty

Alisa White, PhD, Whitehead Institute for Biomedical Research

Toward Understanding Sex Differences in Pubertal Timing: Female-biased Prepubertal Gonadotropin Regulation across the Hypothalamic-pituitary-gonadal axis

Pregnancy as a Biological Turning Point:

10:55 a.m. - 12:30 p.m.

Long-Term Effects on Brain and Cardiometabolic Health

Chair:

Liisa Galea, PhD, The Centre for Addiction and Mental Health

Speakers:

Eliza Miller, MD, MS, University of Pittsburgh

Impact of Pregnancy on Cerebrovascular Disease Risk in Women

J. Paula Warrington, PhD, University of Mississippi

Preclinical Modeling of Cerebrovascular Dysfunction during and after Hypertensive Pregnancy

Jamie Maguire, PhD, Tufts University School of Medicine

Development of Neurosteroid-based Treatments for Postpartum Depression

Data Blitz Presenters:

Bonnie Lee, PhD, The Centre for Addiction and Mental Health

Paradoxical Effects of a Previous Reproductive Experience on the Aging Brain Depending on Alzheimer's Disease Risk

Geoffrey Dunn, PhD, University of Colorado Anschutz

Maternal Postpartum Stress Alters Circulating EV Protein Cargo and Peripheral Immune Cell Populations

Natalia Weinzierl, BS, University of Colorado Anschutz

Hedgehog Signaling Regulates Layer-specific Smooth Muscle Growth in the Uterus

Lunch Networking Session

12:30 - 1:30 p.m.

Rebecca Scalzo, PhD, University of Colorado Anschutz

Menopause - An Inevitable Consequence of Aging

1:30 - 3:05 p.m.

Chairs:

Wendy Kohrt, PhD, University of Colorado Anschutz

Rebecca Thurston, PhD, University of Pittsburgh

Speakers:

Jill Goldstein, PhD, MPH, Harvard Medical School

Prenatal Immune Origins of Brain Aging: Impact of Sex and Reproductive Status on Risk for Alzheimer's Disease

Rebecca Thurston, PhD, University of Pittsburgh

A Hot Flash is Not Just a Hot Flash: Menopausal Symptoms and Women's Heart and Brain Health

Dawn Lowe, PhD, University of Minnesota

Maintaining and Regenerating Skeletal Muscle: What's Estradiol Got to Do with It?

Data Blitz Presenters:

Lyndsey DuBose, PhD, University of Colorado Anschutz

Influence of Follicle Stimulating Hormone on Autoimmune Control of Blood Pressure in Postmenopausal Women

Kyoko Konishi, PhD, Massachusetts General Hospital, Harvard Medical School

Sex Differences in the Longitudinal Impact of Oxidative Stress and Mitochondria Metabolism on Memory

Sanna Darvish, BS, MS, University of Colorado Boulder

A Natural Early Onset of Menopause is Associated with Impaired Vascular Endothelial Function: Relation to Circulating Milieu-induced Excess Mitochondrial Reactive Oxygen Species Bioactivity

Women's Health Advocacy - Why it Matters and How to Get Started

3:30 - 4:30 p.m.

Moderator:

Amy Huebschmann, MD, University of Colorado Anschutz

Panelists:

Tracy Bale, PhD, University of Colorado Anschutz

Madelyn Adams, MPA, Society for Women's Health Research

Liisa Galea, PhD, The Centre for Addiction and Mental Health

Poster Presentations and Reception

4:30 - 6:00 p.m.

Friday, October 23, 2026

Sex-informed Strategies for Healthy Aging: Heart and Mind

8:45 - 10:20 a.m.

Chairs:

Jane Reusch, MD, University of Colorado Anschutz

Erin Michos, MD, Johns Hopkins School of Medicine

Speakers:

Sofiya Milman, MD, MS, Albert Einstein College of Medicine

Living to Healthy 100: Lessons from Women Centenarians

Kim Huffman, MD, PhD, Duke University

Lessons from MoTrPAC - Sex Differences in the Physiological Response to Exercise

Erin Michos, MD, Johns Hopkins School of Medicine

Hypertension in Women through Menopause Transition - Ovarian or Aging Effect

Data Blitz Presenters:

Mackenzie Kehmeier, PhD, University of Colorado Anschutz

Can GLP-1 Receptor Agonists Protect the Brain Vasculature after Estrogen Loss?

Anum Minhas, MD, MHS, Johns Hopkins School of Medicine

Clinical and Biomarker Subtypes of Preeclampsia

Andrea Brennan, PhD, AdventHealth Translational Research Institute

Body Weight Classification and Anti-obesity Medication Utilization Differ by Sex and Age in Adults with Type 1 Diabetes in the United States

Demystifying Big Data & Analytics to Inform Women's Health

10:45 - 11:30 a.m.

Moderator:

David Kao, MD, University of Colorado Anschutz

Panelists:

Gina Many, PhD, Pacific Northwest National Laboratory

James Mitchell, PhD, University of Colorado Anschutz

Closing Remarks

11:30 - 11:45 p.m.

Judy Regensteiner, PhD, University of Colorado Anschutz

Community Lunch Panel

12:00 - 2:00 p.m.

Menopause

Moderator:

Judy Regensteiner, PhD, University of Colorado Anschutz

Panelists:

Kim Huffman, MD, PhD, Duke University

Jane Reusch, MD, University of Colorado Anschutz

Liisa Galea, PhD, The Centre for Addiction and Mental Health



For more information about the National Conference on Women's Health and Sex Differences Research, visit https://medschool.cuanschutz.edu/center-for-womens-health-research/faculty-researchers_/research-events-trainings/national-conference.