

Let's Talk:

Conversations about Women's Health



Pivotal Life Transitions

Presented by the Center for Women's Health Research

We encounter many challenging physical and emotional transitions across the lifespan. Our complicated, fluctuating hormones trigger physiological changes that push us into the next life stage. Although often viewed as a source of stress and anxiety, transitions can also be a source of invigoration and can open us to many new possibilities.

Who: Women and men

Date: Tuesday, August 27, 2019

Where: UHealth - University of Colorado Hospital
Bruce Schroffel Conference Auditorium
Anschutz Inpatient Pavilion 2
12505 East 16th Avenue
Aurora, Colorado 80045

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

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

RSVP: Please register by August 23, 2019 at www.cwhr.org. For more information, please call 303-724-9179 or email cwhr@ucdenver.edu.

AGENDA

5:15 - 6 p.m. Registration and light dinner

6 - 6:30 p.m. **C. Neill Epperson, MD**
The Importance of Hormones for Brain Health in Women

6:30 - 7 p.m. **Natalie Nokoff, MD**
Puberty—A Dynamic Period of Change

7 - 7:30 p.m. **Marsha Guess, MD, MS**
WOMENopause: The Art of Graceful Aging

7:30 - 8 p.m. Question and answer panel

8 p.m. Adjourn

Americans with Disabilities Act: Event staff will be 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 renowned subject matter experts, physicians, and researchers.



Speakers



C. Neill Epperson, MD

The Importance of Hormones for Brain Health in Women

Many women wonder whether hormones are contributing to how they feel at reproductive timepoints such as menstruation, pregnancy, postpartum and the peri/postmenopause. The answer may be “yes”. However, this does not mean that changing hormonal status will resolve mood, cognitive and sexual issues. This talk will address the importance of reproductive hormones, such as estradiol, progesterone and testosterone, to brain health in women and provide practical understanding of recent data regarding hormone effects on mood, cognition and sexuality as women age.

C. Neill Epperson, MD, is the Robert Freedman Endowed Professor and Chairman of the Department of Psychiatry at the University of Colorado School of Medicine (CUSOM). Previously, Dr. Epperson was professor of psychiatry and of obstetrics and gynecology at the Perelman School of Medicine at the University of Pennsylvania, in Philadelphia, where she was also the founder and director of the Penn Center for Women’s Behavioral Wellness and of Penn PROMOTES Research on Sex and Gender in Health. Dr. Epperson is internationally recognized for her unique clinical and research expertise in women’s reproductive behavioral health across the lifespan. Her work has focused on sex differences related to early life stress and its impact on risk for affective disorders during periods of hormonal change.



Natalie Nokoff, MD

Puberty-A Dynamic Period of Change

Dr. Nokoff will discuss the physical, emotional and cognitive changes that take place during puberty. She will discuss strategies to help youth, as well as their parents, grandparents and caregivers, cope with this time of rapid change.

Natalie Nokoff, MD, is an Assistant Professor of Pediatric Endocrinology at the University of Colorado Anschutz Medical Campus. She graduated from Brown University with an undergraduate degree in Gender Studies and completed medical school there as well. She completed her residency in Pediatrics and fellowship in Pediatric Endocrinology at Children’s Hospital Colorado on the University of Colorado Anschutz Medical Campus and is Board-certified in Pediatrics and Pediatric Endocrinology. As a Pediatric Endocrinologist, she cares for children and adolescents with a range of conditions related to growth and puberty. She specializes in sex and gender differences. She works with transgender and gender diverse youth in the TRUE Center for Gender Diversity and with youth born with a difference of sex development in the SOAR clinic. She conducts research to better understand outcomes of specific treatments for youth with sex and gender differences. She is also a mother of two young children.



Marsha Guess, MD, MS

WOMENopause: The Art of Graceful Aging

Dr. Guess’ talk will review the signs and symptoms of menopause and discuss evidence-based treatments for women as they transition to their next phase of aging. By dispelling myths and misconceptions about the inevitable, Dr. Guess will aim to employ women with the tools and knowledge needed to journey into this stage with dignity, balance and elegance.

Dr. Guess earned her medical degree, completed her residency training and served as Administrative Chief Resident in Obstetrics and Gynecology at the David Geffen School of Medicine at UCLA. She completed her fellowship in Urogynecology and Reconstructive Pelvic Surgery and a Master’s Degree with Distinction, at the Albert Einstein College of Medicine/Montefiore Medical Center. She is Board-certified in Obstetrics and Gynecology and Female Pelvic Medicine and Reconstructive Surgery. She continues to provide comprehensive care to women with a broad range of pelvic floor disorders including pelvic organ prolapse, urinary and fecal incontinence and sexual dysfunction, tailoring her care to the specific needs of each patient. Her research interests include increasing women’s knowledge about pelvic floor disorders and understanding the pathophysiology of these conditions, particularly as they relate to pregnancy and parturition as well as sexual dysfunction. Dr. Guess has been the recipient of the Excellence in Teaching award on three occasions and was also recognized for her commitment to community service.