

The Menopause Center at Texas Children's Pavilion for Women and  
the Department of Obstetrics and Gynecology at Baylor College of Medicine  
present

# HOUSTON MENOPAUSE SUMMIT

**Friday, September 25, 2026**

**8:00AM to 3:00PM**

**Earn CME credit** in this hybrid course offered in-person at Texas Children's Pavilion for Women, 6651 Main St, Houston, TX 77030 and via Microsoft Teams

## COURSE DIRECTORS



**Nina Ali, MD**  
**Associate Professor**  
**Obstetrics and Gynecology**  
**Baylor College of Medicine**



**Karen Horst, MD**  
**Assistant Professor**  
**Obstetrics and Gynecology**  
**Baylor College of Medicine**

## Learning Objectives

At the conclusion of the conference, participants should be able to:

- Apply evidence-based, individualized strategies for the **diagnosis and management** of menopausal and perimenopausal symptoms
- Discuss **the impact of the menopause transition** on metabolism, pelvic health, mental health, and sexual function
- Discuss the impact of menopausal changes to **the health of women in Harris County**
- Implement and establish a **standardized process** to proactively screen for and address menopausal concerns during routine care
- Identify appropriate **therapies for menopause** and provide counseling on risks, benefits, and alternatives to support shared decision-making

**For more information and  
to register for the course:**



**For questions about the  
course contact:**

**Tiara Gatewood**  
**[gatewood@bcm.edu](mailto:gatewood@bcm.edu)**

## Accreditation/Credit Designation Statements

Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for **a maximum of 5.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Educational Methods

Lecture, Case Study, Small Group Breakout Sessions, and Panel Discussion

## Needs Statement

Gaps in menopause education among primary care and OB/GYN clinicians lead to challenges in diagnosis, risk assessment, and management, particularly in hormone therapy (HT), nonhormonal treatments, and individualized care. This course addresses these deficiencies through focused, guideline-based instruction on menopause physiology, symptom recognition, differential diagnosis, and evidence-based treatment, including appropriate HT use and alternatives while dispelling common misconceptions. It also highlights management of patients with obesity, mental health, and pelvic health concerns, and the role of health disparities and social determinants of care. The goal is to enhance clinician competence, confidence, and consistency in delivering high-quality, evidence-based menopause care.

## Activity Evaluation

Evaluation by questionnaire will address program content, presentation, and possible bias.

## Target Audience

**Specialties** - Endocrinology, Gynecology, Obstetrics and Gynecology, Primary Care, and Urology

**Professions** - Physicians, Physician Assistants, Nurse Practitioners, Nurses, Physical Therapists, Nutritionists, Dietitians, Trainees and Learners

## Speakers

Nina Ali, MD

Sarah Ammons, PT

Hannah Ballard, PhD, Rice University

Nicole Cirino, MD

Allison Conn, MD

Glorisel Gonzalez-Viera, MD

Karen Horst, MD

Francisco Orejuela, MD

Karla Sepulveda, MD

Utsavi Shah, MD

## About the Course

Lunch will be provided for in-person attendees.

