

HOUSTON MENOPAUSE SUMMIT

Agenda

Friday, September 25, 2026
8:00AM to 3:00PM

TIME	SESSION	PRESENTER
8:00A	Registration and Breakfast	
8:30A	Welcome and Introduction	Nina Ali, MD
8:45A	Data-driven insights on women's midlife health in Houston: A population-level perspective	Hannah Ballard, PhD Rice University
9:15A	No More "Suck It Up, Buttercup", Recognizing and Treating Perimenopause Symptoms	Karen Horst, MD
9:45A	Simplifying hormone therapy- practical pearls for busy clinicians	Nina Ali, MD
10:15A	Questions	Nicole Cirino, MD
10:30A	Coffee Break	
10:45A	Practical Considerations for Perimenopausal Insomnia	Glorisel Gonzalez-Viera, MD
11:15A	When the Change Meets the Scale: Menopause and Obesity	Utsavi Shah, MD, ACOG, DABOM
11:45A	Seeing the Future: Advances in Breast Cancer Risk Assessment	Karla Sepulveda, MD
12:15P	Questions	
12:30P	Lunch	
1:00P	Sex on The Female Brain: Approaching Sexual Function During the Menopausal Transition	Nicole Cirino, MD
1:30P	Common Vulvar Disorders	Allison Conn, MD
2:00P	Rethinking Overactive Bladder During the Menopause Transition: An evidence-based approach to urgency, the pelvic floor, and genitourinary syndrome of menopause	Francisco Orejuela, MD Chimira Peacock, DPT, SCS
2:30P	Questions	Karen Horst, MD
2:45P	Closing Remarks	Nina Ali, MD



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