

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
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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

Hannah Ballard, PhD, Rice University

Nicole Cirino, MD

Allison Conn, MD

Glorisel Gonzalez-Viera, MD

Karen Horst, MD

Francisco Orejuela, MD

Chimira Peacock, PT, DPT, SCS

Karla Sepulveda, MD

Utsavi Shah, MD

About the Course

Lunch will be provided for in-person attendees.

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College of
Medicine



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Pavilion for Women

