

CARDIOVASCULAR RISK ACROSS THE LIFESPAN FOR POLYCYSTIC OVARY SYNDROME (PCOS)

Workshop Agenda

October 13 and 22, 2021

Registration link: <https://seiservices.zoom.us/meeting/register/tJwsf-2grD0tGd3zz0xQk91m18zjhzy8yyG>

Videocast Day 1 link: <https://videocast.nih.gov/watch=43911>

Videocast Day 2 link: <https://videocast.nih.gov/watch=43914>

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the National Heart, Lung, and Blood Institute and the NIH Office of Research on Women's Health

and scientific input from the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development, the National Cancer Institute, the NIH Office of Disease Prevention and the National Institute of Diabetes and Digestive and Kidney Diseases

Co-Chairs:

- **C. Noel Bairey Merz, MD**
Irwin and Sheila Allen Chair in Women's Heart Research
Director of the Barbra Streisand Women's Heart Center
Director of the Erika J Glazer Women's Heart Research Initiative
Cedars-Sinai Smidt Heart Institute
Professor of Medicine at Cedars-Sinai Medical Center
- **Anuja Dokras, MD, PhD**
Professor of Obstetrics and Gynecology
Director of the PENN PCOS center
Medical Director of the Reproductive Surgical Facility
Chair of the Gynecology team of the Women's Health Service Line
University of Pennsylvania
- **Andrea Dunaif, MD**
Lillian and Henry M. Stratton Professor of Molecular Medicine
System Chief, Division of Endocrinology, Diabetes and Bone Disease
Icahn School of Medicine and Mount Sinai Health System

Objectives:

- Present epidemiological and pathophysiological links between cardiovascular disease (CVD) risk factors and PCOS, and the lifespan relationship between CVD and PCOS
- Review current PCOS diagnostic and clinical care guidelines
- Discuss mechanisms underlying CV risk across lifespan of women with PCOS
- Identify knowledge gaps and opportunities in PCOS-related CVD research
- Outline next steps in developing coordinated research plan relevant to CVD in PCOS over the next five years to address identified research gaps

Day 1: October 13, 2021 (All times are Eastern Time)

- 10:00 am** **Early Logon/Tech checks/Meeting Logistics**
- 11:00 am** **Workshop Goals and Expectations - NHLBI staff**
- 11:05 am** **Opening Remarks:** David Goff, MD, PhD
Director, Division of Cardiovascular Sciences
National Heart, Lung, and Blood Institute
NIH
- 11:15 am** **Session 1: Overview of the epidemiology and updates on diagnostic and clinical care guidelines of PCOS**
1. Introduction / Session Goals (Anuja Dokras, MD, PhD) (5 min)
 2. Patient story (Ms. Ashley Levinson) (5 min)
 3. 2012 conference overview (Andrea Dunaif, MD) (10 min)
 4. Diagnostic and clinical care guidelines of PCOS (Helena Teede, MBBS, PhD) (10 min)
 5. PCOS epidemiology (Ricardo Azziz, MD, MPH, MBA) (10 min)
 6. Racial/ethnic disparities and social determinants of health relevance in PCOS (Lawrence Engmann, MD) (10 min)
- Moderated discussion (Marcelle Cedars, MD) (30 min)
- 12:25 pm** **Keynote Lecture: PCOS-related CVD: state of the evidence** (JoAnn Manson, MD, MPH, DrPH)
(30 min)
- 1:05 pm** **MEAL BREAK**
- 1:45 pm** **Session 2: State of science on mechanisms underlying PCOS-related CVD risk**
Session 2A:
1. Introduction / Session Goals (Andrea Dunaif, MD) (5 min)
 2. Patient story (Ms. Diaonne M Taylor) (5 min)
 3. Genomic insights into the etiology, diagnosis and long-term health consequences of PCOS (Andrea Dunaif, MD) (20 min)
 4. Metabolic morbidities and sleep disturbances in PCOS (David A. Ehrmann, MD) (20 min)
 5. Androgens and Cardiometabolic Risk in Women (Pamela Ouyang, MBBS, MD) (20 min)
- Moderated Discussion (Richard Legro, MD) (30 min)
- 3:25 pm** **BREAK**
- 3:35 pm** **Session 2B:**
1. Introduction / Session Goals (Andrea Dunaif, MD) (5 min)
 2. PCOS and hypertension risk (Nina S. Stachenfeld, PhD) (10 min)
 3. Coagulation abnormalities and PCOS (Sven Skouby, MD, DMSc) (10 min)
 4. Depression, anxiety and emotional wellbeing in PCOS (Anuja Dokras, MD, PhD) (10 min)
 5. Cancer and CVD in PCOS: overlapping mechanisms (Holly Harris, MPH, ScD) (10 min)
 6. COVID 19 in PCOS women (Wiebke Arlt, PhD) (10 min)
- Moderated Discussion (Roger A. Lobo, MD) (30 min)

5:00 pm **Summary of Day 1**
5:20 pm **Announcement of Day 2 -NHLBI staff**

DAY 2: October 22, 2021 (All times are Eastern Time)

10:00 am **Early Logon/Tech checks/Meeting Logistics**
11:00 am **Workshop Goals and Expectations-Day 2 - NHLBI staff**

11:05 am **Opening Remarks:** Janine Clayton, MD
 NIH Associate Director for Research on Women’s Health
 Director, NIH Office of Research on Women’s Health

11:10 am **Session 3: CV risk across lifespan of women with PCOS**

1. Introduction / Session Goals (Noel Bairey Merz, MD) (5 min)
2. Women’s primary care physician experience (Kathrine D Sherif, MD) (10 min)
3. CVD in menopausal women with PCOS (C. Noel Bairey Merz, MD) (10 min)
4. CVD in reproductive age of women with PCOS (Erin Michos, MD, MHS) (10 min)
5. Subclinical CVD in women with PCOS (Chrisandra Shufelt, MD, MS) (10 min)
6. Adverse pregnancy outcomes in PCOS and later CVD (Enrique F. Schisterman, PhD) (10 min)
7. Developmental origin of CVD in offspring of mothers with PCOS (Laura Torchen, MD, MS) (10 min)
8. Childhood screening for cardiometabolic risks (Carissa M. Baker-Smith, MD, MPH, MS) (10 min)

Moderated Discussion (Kathy Rexrode, MD, MPH) (30 min)

12:50 pm **MEAL BREAK**

1:30 pm **Session 4: Needs assessment for studying CVD across life span in PCOS**

1. Introduction / Session Goals (Andrea Dunaif, MD) (5 min)
2. Can PCOS be accurately determined using Electronic Health Records? (Corrine Welt, MD) (10 min)
3. What study design is needed to demonstrate increased CVD risk in PCOS? (David Siscovick, MD, MPH) (10 min)
3. Can we use existing cohorts in studying CVD across life span in PCOS? (Jennifer Stuart, MD) (10 min)
4. Alternative methodology (“omics” approaches) addressing pathogenesis of PCOS (Mark Goodarzi, MD, PhD) (10 min)
5. Feasibility of early interventions to prevent cardiometabolic outcomes in PCOS (Melanie Cree-Green, MD, PhD) (10 min)

Moderated Discussion (Janet Rich-Edwards, ScD, MPH) (30 min)

2:55 pm **BREAK**

3:05 pm

***Session 5: Breakout Rooms**

Chairs lead 3 separate simultaneous discussions on implications for future research, stimulation of collaborations, outline next steps in developing coordinated research plan relevant to CVD in PCOS to address identified research gaps

**Please note: if you are on videocast and you want to participate in the breakout room discussions you need to join zoom meeting using your unique link provided to you when you registered. If not registered, please use this registration link: <https://seiservices.zoom.us/meeting/register/tJwsf-2grD0tGd3zz0xQk91m18zjhzy8yyG>*

4:00 pm

Session 6: Report from Breakout Rooms and discussion

4:45 pm

Session 7: Co-Chairs: Summary of Day 2 and closing remarks

5:15pm

Adjourn