

# **Cardiovascular Risk Across the Lifespan for Polycystic Ovary Syndrome**

**Virtual Workshop • October 13 and 22, 2021**

## **Speaker and Moderator Biographies**

**National Heart, Lung, and Blood Institute  
NIH Office of Research on Women's Health  
Eunice Kennedy Shriver National Institute of Child Health and Human Development National  
Cancer Institute  
NIH Office of Disease Prevention  
National Institute of Diabetes and Digestive and Kidney Diseases  
PCOS Challenge**

## Speaker and Moderator Biographies



**Wiebke Arlt, PhD**  
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Wiebke Arlt is the William Withering Chair of Medicine and Director of the Institute of Metabolism and Systems Research, IMSR, at the University of Birmingham. She leads a large, multi-disciplinary research group, comprising biologists, biochemists, clinician scientists and computational biologists, investigating the role of steroids in health and disease, with a particular focus on the link between steroids and metabolic disease. As an Honorary Consultant Endocrinologist, she leads specialist services for patients with adrenal and gonadal disorders at the Queen Elizabeth Hospital Birmingham, as part of the Birmingham Health Partners Centre for Endocrinology, Diabetes and Metabolism (CEDAM).

Wiebke has published over 200 original research articles and is a sought-after lecturer. Her scientific work has attracted several major national and international prizes including awards from the Society for Endocrinology UK (Society for Endocrinology Medal Lecture 2010, Clinical Endocrinology Trust Lecture 2015), the European Society of Endocrinology (EJE Prize 2009, Clinical Endocrinology Trust Medal Lecture 2016), the German Society for Endocrinology (Berthold Medal Lecture 2017) and the Endocrine Society USA (Ernst Oppenheimer Award 2010), Outstanding Clinical Investigator Award 2019). She was elected Fellow of the UK Academy of Medical Sciences in 2010.



**Ricardo Azziz, MD, MPH, MBA**  
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Ricardo Azziz, MD, MPH, MBA is an internationally recognized physician, scientist, and executive. His biomedical research focuses on the study of androgen excess disorders. He has published over 500 original peer-reviewed articles, book chapters, and reviews. He previously served as Deputy Director, Clinical & Translational Sciences Institute and Assistant Dean, Clinical and Translational Sciences at UCLA; Director, Center for Androgen-Related Disorders at Cedars-Sinai Medical Center, Los Angeles; and founder and Executive Director/Senior Executive Director, Androgen Excess & PCOS Society. Among other advisory capacities, he has served on multiple NIH committees, chaired the U.S. FDA Advisory Board on Reproductive Health Drugs, and served on the oversight committee for the California Institute for Regenerative Medicine. He has received, among other recognitions, the 2000 President's Achievement Award of the Society for Gynecologic Investigation; elected member of the Association of American Physicians; and is recipient of the 2014 Alumni Fellow Award of the Pennsylvania State University Alumni Association. He serves as faculty in the Dept. of Health Policy, Management, and Behavior in the School of Public Health, University at Albany, SUNY and the Depts. of Obstetrics & Gynecology, and Medicine in the School of Medicine and Dept. of Healthcare Organization & Policy in the School of Public Health, University of Alabama at Birmingham. He also serves as Fellow, Rockefeller Institute of Government.



**C. Noel Bairey Merz, MD**

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C. Noel Bairey Merz, MD, holds the Irwin and Sheila Allen Chair in Women's Heart Research, and is Director of the Barbra Streisand Women's Heart Center, the Linda Joy Pollin Women's Heart Health Program, the Erika J Glazer Women's Heart Research Initiative, and the Preventive Cardiac Center at the Cedars-Sinai Heart Institute. She also is Professor of Medicine at Cedars-Sinai Medical Center.

Dr. Bairey Merz's research interests include women and cardiovascular disease, mental stress and heart disease, and the role of exercise and stress management in reversing disease. A prolific lecturer and member of many professional organizations, Dr. Bairey Merz, has received numerous investigational grants and chairs the National Institutes of Health (NIH)-sponsored WISE (Women's Ischemic Syndrome Evaluation) initiative. Dr. Bairey Merz has received numerous awards and honors, and her extensive scientific publication record spans 425+ scientific papers, 315+ abstracts, myriad book chapters, and countless peer-reviewed journals. Dr. Bairey Merz earned her bachelor's degree at the University of Chicago, her medical degree at Harvard University, and completed her residency at the University of California, San Francisco, where she served as Chief Medical Resident before completing fellowships in clinical cardiology and nuclear cardiology at Cedars-Sinai Medical Center.



**Carissa M. Baker-Smith, MD, MPH, MS**

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Carissa M. Baker-Smith, MD MPH MS, is a NIH new investigator, board certified (Pediatrics and Pediatric Cardiology) and nationally recognized Preventive Pediatric Cardiologist who specializes in the management of youth with risk factors for premature cardiovascular disease (CVD), including obesity, dyslipidemia, and systemic hypertension (HTN). She currently serves as the Director of Pediatric Preventive Cardiology at Nemours Children's Health, Wilmington, DE.

To date, she has been responsible for the management of thousands of children with obesity, HTN, and dyslipidemia, some of whom also carry a diagnosis of polycystic ovarian syndrome (PCOS). Her research is designed to provide novel treatments and approaches to therapy for the management of risk factors for premature CVD beginning in childhood and adolescence.



**Marcelle Cedars, MD**

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Dr. Marcelle Cedars is a specialist in caring for patients going through in vitro fertilization and perimenopause, as well as patients with polycystic ovarian syndrome. She is director of the UCSF Center for Reproductive Health.

Cedars also directs UCSF's reproductive endocrinology division, coordinating the relationship between scientific research and personalized care for patients. In her own research, she focuses on ovarian aging and how it affects both fertility and women's overall health.

Cedars received her medical training at the University of Texas Southwestern Medical School. She completed a residency in obstetrics and gynecology at Parkland Health & Hospital System, followed by a fellowship in reproductive endocrinology at the University of California, Los Angeles.



**Janine Austin Clayton, MD**

Janine Austin Clayton, M.D., Associate Director for Research on Women's Health and Director of the Office of Research on Women's Health (ORWH) at the National Institutes of Health (NIH), is the architect of the NIH policy requiring scientists to consider sex as a biological variable across the research spectrum. This policy is part of NIH's initiative to enhance reproducibility through rigor and transparency. As co-chair of the NIH Working Group on Women in Biomedical Careers with NIH Director Dr. Francis Collins, Dr. Clayton also leads NIH's efforts to advance women in science careers. In 2021, Dr. Clayton was elected to the Board of Directors of the American Association for the Advancement of Science (AAAS).

Prior to joining the ORWH, Dr. Clayton was the Deputy Clinical Director of the National Eye Institute (NEI) for seven years. A board-certified ophthalmologist, Dr. Clayton's research interests include autoimmune ocular diseases and the role of sex and gender in health and disease. She is the author of more than 120 scientific publications, journal articles, and book chapters. Dr. Clayton, a native Washingtonian, received her undergraduate degree with honors from Johns Hopkins University and her medical degree from Howard University College of Medicine. She completed a residency in ophthalmology at the Medical College of Virginia. Dr. Clayton completed fellowship training in cornea and external disease at the Wilmer Eye Institute at Johns Hopkins Hospital and in uveitis and ocular immunology at NEI.

Dr. Clayton has received numerous awards, including the Senior Achievement Award from the Board of Trustees of the American Academy of Ophthalmology in 2008 and the European Uveitis Patient Interest Association Clinical Uveitis Research Award in 2010. She was selected as a 2010 Silver Fellow by the Association for Research in Vision and Ophthalmology. In 2015, she was awarded the American Medical Women's Association Lila A. Wallis Women's Health Award and the Wenger Award for Excellence in Public Service. Dr. Clayton was granted the Bernadine Healy Award for Visionary Leadership in Women's Health in 2016. She was also selected as an honoree for the Woman's Day Red Dress Awards and the American Medical Association's Dr. Nathan Davis Awards for Outstanding Government Service in 2017.



**Dr. Melanie Cree-Green, MD, PhD**

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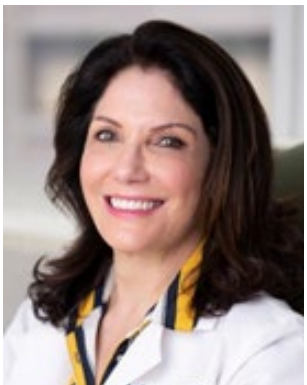
Dr. Melanie Cree-Green, MD, PhD is a physician scientist and pediatric endocrinologist at the University of Colorado Anschutz and Children's Hospital Colorado. She is interested in disorders of insulin resistance (IR) that have an impact on the reproductive axis and cardiometabolic health. Her long-term goal is to develop new treatments and improve care for young women with polycystic ovary syndrome (PCOS). Her current work is focused on understanding the development of metabolic disease in adolescents with excess weight and/or PCOS. She utilizes non-invasive yet powerful techniques including stable isotope tracers, magnetic resonance spectroscopy and metabolomics to probe physiology in at-risk-youth. She is currently conducting several interventional clinical trials in adolescents with PCOS with the goal of reversing early cardiometabolic disease. In addition to her research agenda, she is the founder and director of the multi-disciplinary PCOS clinic at Children's Hospital Colorado and co-founder and co-chair of the PCOS special interest group for the Pediatric Endocrine Society. She is also active with patient advocacy efforts.



**Anuja Dokras, MD, PhD**

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Dr. Dokras is a Professor of Obstetrics and Gynecology, Medical Director of the Reproductive Surgical Facility and Chair of the Gynecology team of the Women's Health Service Line at the University of Pennsylvania, Philadelphia, USA. She is also the Director of the PENN PCOS center, a multi-disciplinary center providing care to adolescents and women with PCOS. Dr Dokras' research focuses on understanding the determinants of long term cardiovascular risks associated with PCOS at both the cellular and population level. Other areas of research include the impact of clinical interventions on metabolic risk, pregnancy, health-related quality of life, anxiety, and mood disorders in PCOS. She is past President and current Associate Executive Director of the AE-PCOS society, an international society focused on supporting education and research related to all aspects of androgen excess disorders. She was the former Associate Editor of the Journal of Clinical Endocrinology and Metabolism and is the current Associate Editor of Endocrine Reviews. Her research has been funded by the National Institutes of Health, American Society of Reproductive Medicine and Reproductive Scientist Development Program. She is actively involved in advocacy and serves on the advisory board of PCOS Challenge.



**Andrea Dunaif, MD**

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Andrea Dunaif, M.D., is System Chief of the Division of Endocrinology, Diabetes and Bone Disease for the Mount Sinai Health System and the Lillian and Henry M. Stratton Professor of Molecular Medicine at the Icahn School of Medicine at Mount Sinai, New York, NY. She obtained her M.D. degree from Columbia University College of Physicians and Surgeons and completed her training in Internal Medicine at Presbyterian Hospital in New York City and her subspecialty training in Endocrinology and Metabolism at the Massachusetts General Hospital.

Dr. Dunaif has held several leadership positions in academic medicine, including the inaugural Director of Women's Health at Brigham and Women's Hospital and Director of Harvard Medical School's Center of Excellence in Woman's Health.

Dr. Dunaif is an internationally recognized expert in endocrinology and women's health. Her research on polycystic ovary syndrome (PCOS), the most common hormonal disorder of reproductive-age women, has shown that it is a leading risk factor for type 2 diabetes mellitus. More recently, she has made major advances in elucidating the genetic causes of PCOS and in discovering markers of PCOS risk in children and in male relatives. She has published almost 200 scientific articles and book chapters. She has received numerous awards and honors including the Endocrine Society's highest award for patient-oriented research, the Clinical Investigator Award, the Arnold Adolph Berthold Medal Prize from German Endocrine Society and the Ricardo Azziz Career Award from the AEPCOS Society. Dr. Dunaif has been elected to the American Society for Clinical Investigation and the Association of American Physicians.

She received a Doctor Honoris Causa from the University of Athens Medical School. She is a past president of the Endocrine Society, a former associate editor of *The Journal of Clinical Endocrinology and Metabolism* and of *Obesity* and a past Chair of the National Institutes of Health Integrative and Clinical Endocrinology and Reproduction Study Section.



**David A Ehrmann, MD**

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David A Ehrmann, MD, is a Professor of Medicine, Section of Endocrinology, Diabetes, and Metabolism at The University of Chicago. Dr. Ehrmann's research interests have focused on the pathogenesis of type 2 diabetes and associated metabolic disturbances in populations at increased risk for conversion from prediabetes to frank type 2 diabetes. He has conducted clinical studies and clinical trials in persons with impaired glucose tolerance, having served as the PI of the Diabetes Prevention Program (DPP) and DPP Outcomes Study (DPPOS) at the University of Chicago. He was also the PI of the Restoring Insulin Secretion (RISE) Study at the University of Chicago. The majority of Dr. Ehrmann's work has focused on metabolic derangements associated with polycystic ovary syndrome (PCOS), the most common endocrine disorder in women of reproductive age. Most recently, his studies have focused on the pathogenesis of obstructive sleep apnea (OSA) among women with PCOS. This population of women has a nearly 8-fold higher prevalence of the OSA compared to control women, even after adjustment for factors such as body weight, age, and sex-steroid concentrations. The results of recent investigations indicate that OSA is a major contributor to the pathogenesis of type 2 diabetes in PCOS.

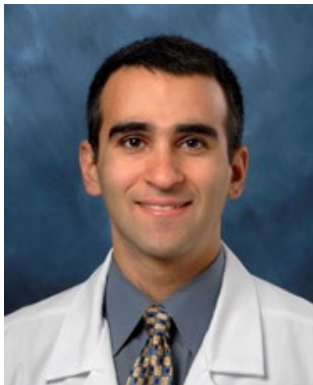


**Lawrence Engmann, MD**

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Dr. Engmann is Board certified in Obstetrics and Gynecology as well as Reproductive Endocrinology and Infertility. He completed his residency in Obstetrics and Gynecology and fellowship in Reproductive Endocrinology and Infertility at the University of Connecticut School of Medicine. He is an Associate Professor of Obstetrics and Gynecology at the University of Connecticut School of Medicine. Dr. Engmann is currently the Director of Clinical Research and of the Oncofertility program at The Center for Advanced Reproductive Services, Farmington CT. He is a CREST Scholar and has collaborated with the Reproductive Medicine Network on several projects.

Dr. Engmann has lectured extensively at National and International conferences and authored over 70 peer reviewed publications. His clinical research has focused on optimizing the chances of conception and reducing the risks associated with controlled ovarian stimulation in the setting of Assisted Reproductive Technology (ART). He has a long-term interest in the prevention of Ovarian Hyperstimulation Syndrome (OHSS) by utilizing GnRH agonist trigger for the induction of oocyte maturation, an intervention that he has championed and demonstrated to be safe and effective, thereby helping to usher in a change of practice within the field. He is also interested in addressing racial and ethnic disparities in reproductive medicine. He has won several awards in the field of Reproductive Endocrinology and Infertility.



**Mark O. Goodarzi, MD, PhD**

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Mark O. Goodarzi, MD, PhD is the Director of the Division of Endocrinology, Diabetes and Metabolism and Professor of Medicine at Cedars-Sinai Medical Center (CSMC) where he holds the Eris M. Field Chair in Diabetes Research. Dr. Goodarzi's research efforts focus on identification of genetic factors underlying conditions related to insulin resistance and the metabolic syndrome, using population-based approaches. Major focus areas include the genetics of polycystic ovary syndrome, the role of the gut microbiome in insulin homeostasis, and elucidation of genetic determinants of insulin clearance, insulin resistance and atherosclerosis in Hispanic Americans. Another research effort is characterization of the pathophysiology and genetics of pancreatogenic diabetes within the NIH-funded Consortium for the Study of Chronic Pancreatitis, Diabetes and Pancreatic Cancer and the Type 1 Diabetes in Acute Pancreatitis Consortium. Dr. Goodarzi's contributions were recognized by the Endocrine Society's Richard E. Weitzman Memorial Award.



**Holly Harris, MPH, ScD**

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Dr. Holly Harris is a public health researcher who studies the impact of lifestyle, nutrition and genetic factors on women's health. She focuses specifically on ovarian and breast cancer, as well as the hormonally related conditions that share reproductive risk factors with these diseases such as endometriosis, PCOS, and uterine fibroids. Much of Harris' research focuses on the potentially modifiable factors of diet and lifestyle on the risk of these conditions; she also explores their interrelatedness and shared risk factors. For instance, women with endometriosis may be at higher risk for ovarian cancer and, thus, may benefit from screening modalities not appropriate for the population at large. Identification of women at high risk for ovarian and breast cancer allows for targeted prevention strategies and can guide clinical decisions regarding frequency of screening and chemoprevention strategies.



**Richard S. Legro, MD**

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Dr. Richard S. Legro is Chair of the Department of Obstetrics and Gynecology and University Professor of Obstetrics and Gynecology and Public Health Sciences at Penn State College of Medicine in Hershey, PA. His research and clinical practice are primarily focused on polycystic ovary syndrome (PCOS)-diagnosis, treatment, and genetic/environmental causes as well as on improving infertility diagnosis and treatment. He has been continuously funded by the NIH for over twenty years as a principal investigator. He has designed and led many practice-changing multi-center infertility trials in the U.S. and China. These trials have expanded the scope of infertility outcomes beyond a clinical pregnancy to capture all maternal and fetal perinatal outcomes through pregnancy, delivery, and the neonatal period. He has published over 240 peer-reviewed articles. He is currently Secretary-Treasurer of the Endocrine Society. He has received many awards including election as an honorary member Ad Eundem of the Royal College of Obstetricians and Gynecologists in the UK and received the 2017 Excellence in Clinical Research Award from the FUNDACIÓN IVI in Spain.



**Ashley Levinson**

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Ashley Levinson is a retired orthopedic scrub nurse and has been a PCOS Patient Advocate and Educator for over 22 years serving her mission to bring more awareness to a syndrome that affects so many and is often misunderstood and dismissed. Her advocacy includes online campaigns #Heart4PCOS and #LemonFaceChallenge which have run over the past seven years and engaged thousands online.

She has and continues to advance awareness through social media campaigns, articles, podcasts and blog posts and has made multiple appearances on television including Discovery Health's Mystery Diagnosis to advance education about the syndrome. Ashley has and continues to volunteer for PCOS Challenge including PCOS Advocacy Day in Washington DC since its



inception in 2017 and currently serves as Chair of Community Outreach and Partnerships for PCOS Challenge.



**Roger A. Lobo, MD**  
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Roger A. Lobo, M.D. received his medical degree from Georgetown University Medical School in Washington, D.C., and completed his residency in Obstetrics and Gynecology at the Chicago Lying-in Hospital at the University of Chicago. He went on to complete a clinical research fellowship in the Division of Reproductive Endocrinology and Infertility at the University of Southern California Medical Center in Los Angeles. He has since held numerous teaching positions, including Assistant and Associate Professor in the Department of Obstetrics and Gynecology at the University of Southern California in Los Angeles, where he was later promoted to full Professor.

In 1995 he came to the Columbia University College of Physicians and Surgeons in New York City where he was named the Willard C. Rappleye Professor of Obstetrics and Gynecology, and Chairman of the Department. He was also appointed Director of the Center for Reproductive Sciences at the College of Physicians and Surgeons and Director of the Sloane Hospital for Women, Columbia University Medical Center, one of the most prestigious women's health centers in the country. He remains as a Full tenured Professor in the Department and is Fellowship Director of Reproductive Endocrinology and Infertility

In addition to a successful career in academics, Dr. Lobo was a member of the subspecialty division of the American Board. He has provided outside consulting services for many universities and several large pharmaceutical laboratories. He has functioned as Editor, Editorial Board member and/or Consultant for over 30 peer-reviewed medical journals in his field and has authored over 540 articles and 25 books. Dr. Lobo helped found the Journal of the Society for Gynecologic Investigation (Reproductive Sciences) and served as Editor-in-Chief from its inception until July 2006.

He was President of the Society for the years 1997-1998. He is also a member of many other prestigious societies and has been on the board and president of these societies being president of the Pacific Coast Reproductive Society, the Society for Reproductive Investigation (previously SGI) and the Androgen Excess and PCOS Society. He has received several awards over the years for teaching, service, and his research. He has been on the Board of the American Society for Reproductive Medicine and was the society's President in 2011.



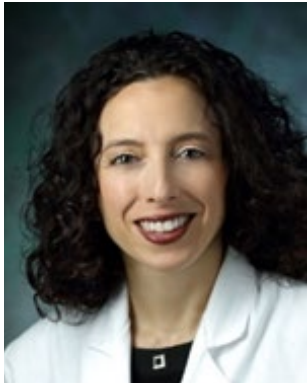
**JoAnn E. Manson, MD, MPH, DrPH**  
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JoAnn E. Manson, MD, MPH, DrPH, is Professor of Medicine and the Michael and Lee Bell Professor of Women's Health at Harvard Medical School, Professor in the Department of Epidemiology, Harvard T.H. Chan School of Public Health, and Chief of the Division of Preventive Medicine at Brigham and Women's Hospital (BWH). Dr. Manson is a physician epidemiologist, endocrinologist, and Principal Investigator (PI) or co-PI of several research studies, including the Women's Health Initiative Clinical Center in Boston, the cardiovascular component of the Nurses' Health Study, the Vitamin D and

Omega-3 Trial (VITAL); the Cocoa Supplement and Multivitamin Outcomes Study (COSMOS), and the Vitamin D for COVID-19 (VIVID) trial.

Her primary research interests include randomized clinical prevention trials of nutritional and lifestyle factors related to heart disease, diabetes, and cancer, the role of endogenous and exogenous estrogens as determinants of chronic disease, reproductive factors and CVD, and biomarker predictors of CVD. Dr. Manson has received numerous honors, including the American Heart Association's (AHA) Population Research Prize, the AHA's Distinguished Scientist Award, the AHA's Research Achievement Award, election to the Institute of Medicine of the National Academies (National Academy of Medicine), membership in the Association of American Physicians (AAP), fellowship in AAAS, the Woman in Science Award from the American Medical Women's Association, the Bernadine Healy Award for Visionary Leadership in Women's Health, the Massachusetts Medical Society awards in both Public Health and Women's Health Research, and the James D. Bruce Memorial Award for Distinguished Contributions in Preventive Medicine from the American College of Physicians.

Dr. Manson has published more than 1,200 articles, is the author or editor of several books and textbooks, serves as Editor-in-Chief of Contemporary Clinical Trials, and is a past president of the North American Menopause Society. She is one of the most highly cited researchers in the world and was one of the physicians featured in the National Library of Medicine's exhibition, History of American Women Physicians.



**Erin Michos, MD, MHS,**  
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Dr. Erin Michos, is an Associate Professor in the Division of Cardiology at the Johns Hopkins School of Medicine, with joint appointment in Epidemiology at the Johns Hopkins Bloomberg School of Public Health. She is the Associate Director of Preventive Cardiology

Dr. Michos is an internationally known expert in Preventive Cardiology and Women's Health, having authored >450 publications and 9 book chapters. Her research involves (1) Cardio-Obstetrics and cardiovascular disease prevention in women; (2) coronary artery calcium, inflammation, and other biomarkers; (3) lipids; and (4) diabetes & cardio-metabolic disease. She is the co-Editor-in-Chief for the American Journal of Preventive Cardiology, Associate Editor for Circulation, member of the Board of Directors for the American Society of Preventive Cardiology, and member of the ACC Prevention Leadership Council.

She is a co-investigator in several NIH studies including the MESA and ARIC cohorts. She is the Training Director for three American Heart Association Strategic Focused Research Networks and the recipient of 2 mentoring awards at Johns Hopkins University. She completed medical school at Northwestern University, Internal Medicine residency and Cardiology fellowship at Johns Hopkins Hospital, and a Master of Health Science degree at Johns Hopkins School of Public Health.



**Pamela Ouyang, MBBS, MD**

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Dr. Ouyang is Professor of Medicine, Johns Hopkins University School of Medicine, and a cardiologist. She is an established investigator with expertise in cardiovascular disease in women and in sex differences in cardiovascular risk and disease. She is a clinical researcher and epidemiologist. She is a co-investigator in the Multi-Ethnic Study of Atherosclerosis and her NIH grant supported the measurement of sex hormones in the women participants. She was the Center Director of the Johns Hopkins Center for the American Heart Association Strategically Focused Network (SFRN) on Women and Cardiovascular Disease, which consists of a training core for fellows, and Clinical Science, Population Science and Basic Science research projects. She developed the Johns Hopkins Women's Cardiovascular Health Center at Johns Hopkins and was a founding member of the Hopkins Women's Health Research Group (now the JH Center for Women's Health, Sex and Gender Differences). Her work has led to her appointment as a member of the American Heart Association Go Red for Women Strategic Advisory Committee for the Institute for Precision Cardiovascular Medicine. She was a Deputy Director of the Johns Hopkins Institute for Clinical and Translational Research (ICTR) from 2007 to 2019, funded through the Clinical and Translational Science Award (NIH). Her role has been to increase research collaborations between Johns Hopkins Bayview Medical Campus and the Johns Hopkins East Baltimore campuses as well as advancing community engagement. To promote interactions between community and researchers she started and is the Faculty Advisor to the Johns Hopkins Bayview Community Advisory Council (C-RAC). The C-RAC has organized an annual Community Forum focused on Healthy Aging for the past 4 years that attracts approximately 100 community participants (mostly African American) to learn about recent advances in medical topics identified as of interest by the community and to learn practical ways to improve health. Dr. Ouyang has a longstanding commitment to advance research involving sex differences and women's cardiovascular health, mentor researchers in these areas, and increase community engagement in research.



**Kathy Rexrode, MD, MPH**

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Dr. Kathy Rexrode M.D., MPH is the Chief of the Division of Women's Health in the Department of Medicine at Brigham and Women's Hospital and is an Associate Professor of Medicine at Harvard Medical School. Dr. Rexrode has broad women's health research experience, with expertise in risk factors for heart disease and particularly stroke in women including female-specific risk factors and advancing the understanding of sex differences in cardiovascular disease.

Dr. Rexrode has led several grants on the relationship of metabolomic profiles with coronary heart disease and stroke in women and is on the Executive Committee of the Consortium of Metabolomic Studies (COMETS). With Dr. Rich- Edwards, she was recently awarded an R01 to examine metabolomic profiles in women with a history of preterm delivery to discern risk profiles associated with cardiovascular risk in this population. She is author of more than 250 research publications and the lead investigator on multiple grants from the National Institutes of Health. She is the current chair of the Women and Special Populations Committee of the American Heart Association.

Dr. Rexrode is also a board-certified, practicing internist who takes care of women across the lifespan. Additionally, Dr. Rexrode leads the Brigham and Women's Hospital Office for Women's Careers in the Center for Diversity and Inclusion, where she works to support women's careers and their academic advancement and to address issues of equity, diversity, and inclusion.



**Janet Rich-Edwards, ScD, MPH**

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Janet Rich-Edwards (she/her/hers), ScD, MPH, is the Director of Research at the Division of Women's Health in the Department of Medicine and the Director of Developmental Epidemiology for Connors Center for Women's Health and Gender Biology at Brigham and Women's Hospital. She is an Associate Professor in Medicine at Harvard Medical School and in Epidemiology at the Harvard T.H. Chan School of Public Health. Dr. Rich-Edwards' research focuses on the intersection of a woman's reproductive health and her risk of chronic disease. She's conducted population and intervention studies in the United States, Norway, and Sweden aimed at using reproductive history to improve cardiovascular risk prediction and designing programs to help women with a history of adverse pregnancy outcomes change their cardiometabolic trajectories for the better.

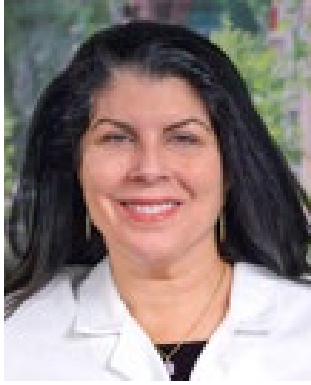


**Enrique F. Schisterman, PhD**

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Enrique F. Schisterman, PhD, chairs the Department of Biostatistics, Epidemiology, and Informatics (DBEI) at the University of Pennsylvania and is the editor in chief of the American Journal of Epidemiology. He is a national leader in reproductive epidemiology and epidemiological methods. His complementary training in statistics has enabled him to improve study designs; to fuel new methods; and to solve analytical challenges. He focuses especially on the methodological components of exposure assessment—particularly the use of biomarkers—and on the etiologic study of reproduction, including randomized trials of low-cost interventions to improve reproductive function.

Previously he served as senior investigator and Epidemiology Branch Chief in the Division of Intramural Population Health Research of the Eunice Kennedy Shriver National Institute of Child Health & Human Development at the NIH. His works include the BioCycle Study, a prospective observational study to assess the relationships between endogenous hormones and biomarkers across the menstrual cycle; the Effects of Aspirin on Gestation and Reproduction (EAGeR) Trial, where ongoing work suggests that low-dose aspirin increases live birth for some women with chronic inflammation; and the Folic Acid and Zinc Supplementation Clinical Trial (FAZST), which debunked the utility of folic acid and zinc supplements for fertility in men, highlighting the need for more attention to the role of male factors in couples' fertility.



**Katherine Sherif, MD**

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Katherine Sherif, MD is Professor and Vice Chair for Academic Affairs, Department of Medicine, Thomas Jefferson University. Dr. Sherif is a graduate of the Medical College of Pennsylvania, where she completed her Residency and Chief Residency. She completed a Clinical Fellowship in Medicine & Human Rights from Columbia University (Cairo) and believes that human rights begin at home.

Dr. Sherif leads the practice at Jefferson Women's Primary Care, Her practice focusses on the effect of sex hormones on non-reproductive systems. In 2000, she opened the first multidisciplinary academic practice devoted to PCOS. Dr. Sherif lobbies for PCOS to be recognized as more than just irregular menstrual periods. In her practice, she sees women every day with type 2 diabetes, fatty liver, early ischemic heart disease and obstetric complications who were not diagnosed with PCOS or treated aggressively to prevent cardiometabolic complications.

An international speaker and yearly recipient of the award, "Top Docs" listed in *Philadelphia Magazine*, Dr. Sherif is also a prolific writer and has published a text on Hormone Therapy, and a women's health textbook. In addition, Dr. Sherif served on the writing committee for the American Heart Association "Guidelines for Cardiovascular Disease Prevention in Women" and coauthored the *American College of Physicians' "Screening Mammography for Women 40-49 Years of Age: A Clinical Guideline."*



**Chrisandra Shufelt, MD, MS,**

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Chrisandra Shufelt MD, MS holds the Anita Dann Friedman Endowed Chair in Women's Cardiovascular Medicine and Research and is the Associate Director of the Barbra Streisand Women's Heart Center in the Smidt Heart Institute at Cedars-Sinai Medical Center. She is also the Director of the Women's Hormone and Menopause Program and co-Director of the Preventive and Rehabilitative Cardiac Center. Dr. Shufelt is Professor of Medicine and Faculty at Cedars-Sinai Medical Center and Associate Professor at the David Geffen School of Medicine at UCLA.

Dr. Shufelt is a women's health internist with fellowship training in vascular biology and women's health and a certified menopause practitioner. She has several National and International leadership roles in the American College of Physicians, the European Menopause and Andropause Society and the North American Menopause Society where she is President-elect of the Society and currently on the board of trustees. She has also co-authored several scientific position statements on menopause and hormone therapy. Her NIH-funded research focuses on young women with hypothalamic amenorrhea evaluating the impact on immune and vascular health. Dr. Shufelt has over 150 publications in the area of women's health and is involved with several large studies including the Women's Ischemia Syndrome Evaluation, the Women's Health Initiative, the Los Angeles Atherosclerosis Study and is site PI for the WARRIOR clinical trial.



**David Siscovick, MD, MPH**

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David Siscovick, MD, MPH currently is a Senior Research Scientist at The New York Academy of Medicine. He is Professor Emeritus of Medicine and Epidemiology at the University of Washington (UW), and he formerly co-directed the UW Cardiovascular Health Research Unit and Cardiovascular Epidemiology Training Program. He was a Robert Wood Johnson Clinical Scholar, American College of Physicians (ACP) Teaching and Research Scholar, NHLBI Preventive Cardiology Academic Awardee, and a Donald W. Reynolds Scholar. For more than three decades, he was an academic general internist and clinical epidemiologist with a focus on bridging clinical medicine and public health. His research has addressed the determinants and consequences of cardio-metabolic health across the lifespan. He was an investigator in multiple NHLBI-funded cohort studies that focused on older adults (CHS), young adults (CARDIA), multiple race-ethnicities (MESA), American Indians (SHS), and post-menopausal women (WHI). He was the PI of the NIH-funded Coronary Artery Risk Development in Young Adult (CARDIA) Women's Study and the Jerusalem Perinatal Follow-up Study. He currently is the co-principal investigator of a Patient-Centered Outcomes Research Institute (PCORI) grant assessing the impact of Medicaid Health Homes on the Process and Outcomes of Care for Patients with Diabetes before and during the COVID-19 pandemic in New York City. In 2014 and 2018, he was listed among the World's Most Influential Scientific Minds by Thomson Reuters. He has served on the Board of Scientific Counselors of the National Institute on Aging. He also is a past Chair of the American Heart Association (AHA) Council on Epidemiology and Prevention.



**Sven Skouby, MD, DMSc.**

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Dr. Skouby is the Professor in Gynecological Endocrinology and Reproductive Medicine, University of Copenhagen. He is also the Director of the Endocrinological and Reproductive Unit of the Dep. Ob/Gyn. Herlev Hospital, Faculty of Health and Medical Sciences, University of Copenhagen. Skouby did his Postdoctoral residency in Diabetology, Endocrinology and Reproductive Medicine. He is a founding member of the European Society of Contraception and Reproductive Health (ESC) in 1988 and was President 2000-2004. President of the Scandinavian Menopause Society 1990-2002, and President of the European Menopause and Andropause Society (EMAS) from 1994-2000 and was a Board member of the International Menopause Society (IMS). 2004-2010

During the last 20 years he was organizer and chairman for a number of national and international congresses, workshops and consensus meetings on reproductive health care in general and sex steroid and metabolism in particular: President of the First Global Congress of the ESC, Former member of the European Committee for Proprietary Medicinal Products (CPMP) expert advice group on Health Concerns in Relation to Sex Steroids, member of FIGO Expert Advisory Panel on Contraception and Menopause, former National representative in ESHRE, former Chairman of the gynecological guidelines Committee of the Danish Society of Obstetrics and Gynecology, member of the DSOG sub specialization committee. He was former coordinating Professor at the Institute of Clinical Medicine, Faculty of Health and Medical Sciences, University of Copenhagen. Official examiner or supervisor for more than 30 Ph.D

theses and numerous bachelor projects On a continuous basis reviewer on a series of European and International Journals.



**Nina S. Stachenfeld, PhD**  
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Dr. Nina Stachenfeld joined the John B. Pierce Laboratory and Yale School of Medicine (YSM) as a postdoctoral associate in the laboratory of the late Ethan R. Nadel, Ph.D. in 1993; she is currently a Fellow at the John B. Pierce Laboratory and a Senior Research Scientist at YSM. Dr. Stachenfeld's research addresses reproductive hormone effects on cardiovascular and autonomic function, exercise responses, temperature, and body fluid regulation. Her NIH funded research focuses on mechanisms involved in cardiovascular comorbidities in Polycystic Ovary Syndrome and endometriosis in humans. Her work also addresses the impact of hormones on cardiovascular health in transgender people. Dr. Stachenfeld has authored/co-authored over 80 publications. She is a member of the American Physiological Society, the American College of Sports Medicine, the American Autonomic Society and The Endocrine Society. She is the Co-Chair of the Committee on the Status of Women and Medicine at the Yale School of Medicine for the last three years, a committee on which she has been proud to serve for over 10 years. She also chairs the Climate and Diversity Committees at the John B. Pierce Laboratory. She also serves on the Women in Physiology Committee in the American Physiological Society.



**Jennifer Stuart, MD**  
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Dr. Jennifer Stuart is an Associate Epidemiologist in the Division of Women's Health at Brigham and Women's Hospital, Instructor of Medicine at Harvard Medical School, and Instructor of Epidemiology at the Harvard T.H. Chan School of Public Health. Her current research investigates the relationships between adverse pregnancy outcomes and maternal cardiovascular disease, including how to utilize these risk markers revealed through the cardiometabolic "stress test" of pregnancy to improve cardiovascular health in women. The overarching goal of Dr. Stuart's research as a reproductive and cardiovascular epidemiologist is to identify and utilize female-specific and female-predominant risk factors to delay or even prevent the development of cardiovascular risk factors and events, translating observational findings into actionable solutions for women.



**Diaonne M. Taylor**  
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Diaonne M. Taylor is a 43-year-old PCOS patient. She was first diagnosed with PCOS in October 2014. Looking back, she now knows that a lot of the medical issues she had over the years were the consequence of having undiagnosed PCOS. Diaonne spent many years seeing various specialists who would diagnosis her incorrectly and prescribe medication they were certain would help. When she once described her symptoms to my physician, they sent her to see a Neurologist who diagnosed her with absence epilepsy and put her on medication. Whenever she had an annual exam, she mentioned irregular periods and pain. She was told it was normal by several doctors and

placed on birth control. Diaonne had never heard of PCOS until her older sister was diagnosed with PCOS in her early 20s. Her sister was told its nothing to be concerned about. They were wrong. She developed high blood pressure which led to heart disease and kidney disease. She spent years in and out of the hospital. She died from heart failure on April 3, 2020.

Over the last 5 years, Diaonne has developed thyroid disease that led to her having her entire thyroid removed. She has also developed high blood pressure and insulin resistance. My fear is that more women like my sister will go untreated and monitored for medical conditions like heart disease until it is too late, since it is not directly associated with PCOS.



**Helena Teede, MBBS, PhD**

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Professor Helena Teede AM hold leadership roles across health care, research and policy including as Executive Director Monash Partners Academic Health Research Translation Centre and Director Monash Centre for Health Research and Implementation, Monash University.

Helena is a clinician, academic and leader. She's an endocrinologist with a focus on women's metabolic and reproductive health through mechanistic, clinical, health services and public health research into practice and policy. She's strongly committed to broad stakeholder engagement in health reform and service innovation, and is passionate about research and evidence translation into healthcare to improve health outcomes. Helena's research interests focus on women's health during the reproductive years, and on obesity and its endocrine, reproductive and metabolic complications – PCOS, infertility, pregnancy complications, gestational diabetes and diabetes.



**Laura Torchen, MD, MS**

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Laura Torchen, MD, MS, is an Assistant Professor at the Northwestern University Feinberg School of Medicine in the Department of Pediatrics and the Division of Pediatric Endocrinology. She obtained her BA in English Literature and Preprofessional Studies at the University of Notre Dame and her medical degree from Loyola University's Stritch School of Medicine. She went on to complete her pediatrics residency at Rush University Medical Center in Chicago and her Pediatric Endocrinology Fellowship along with her MS degree in Clinical Investigation at the Feinberg School of Medicine, Northwestern University.

Dr. Torchen's research interest has focused on the developmental origins of polycystic ovary syndrome (PCOS). She has explored this interest largely through studies investigating early reproductive and metabolic phenotypes in girls at increased risk, including daughters of affected women. Dr. Torchen has been funded by the Eunice Kennedy Shriver National Institute of Child Health and Development. She is also a founder and co-chair of the PCOS Special Interest Group for the Pediatric Endocrine Society.





**Corrine Welt, MD**

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Dr. Corrine Welt attended medical school at Cornell University Medical College in New York, then completed her internship and residency in Internal Medicine at Brigham and Women's Hospital in Boston, MA. She completed her fellowship in Endocrinology and Metabolism at Massachusetts General Hospital in Boston where she stayed as faculty until 2014. She moved to the University of Utah as a Professor of Medicine in 2014 and now serves as the Chief of Endocrinology, Metabolism and Diabetes. Her clinical research interests include the genetics of reproductive disorders resulting in anovulation, including primary ovarian insufficiency and polycystic ovary syndrome.