



HEALTH OF WOMEN CONFERENCE 2026

FRIDAY, MAY 29, 2026

HILTON RICHMOND HOTEL & SPA – SHORT PUMP

REGISTER AT: [HTTPS://WOMENSHEALTH.VCU.EDU/CONFERENCE/](https://womenshealth.vcu.edu/conference/)

HOSTED BY:



VCU Institute for Women's Health

IN COLLABORATION WITH:



Society for Women's Health Research



VCUHealth™

Women's Health Reports



Virginia Chapter

JOURNAL OF Women's Health



The Health of Women 2026 features an exciting day of cutting-edge content, providing novel strategies for the complex care of women. This year's agenda was developed following our valued approach of addressing women's health across the life span, with the challenges and nuances of sex and gender medicine addressed throughout the conference. This event caters to the learning needs of primary care physicians, nurse practitioners, nurses, physician assistants, pharmacists, and other health care professionals focused on women's health in family practice, internal medicine, and obstetrics and gynecology.

COURSE OBJECTIVES

- Describe recent advances in screening and treatment of disorders related to women's health, as it relates to cardio-metabolic and reproductive health.
- Describe the pertinent current screening strategies for bone densitometry, utilizing the most recent screening guidelines.
- State evidenced based strategies currently in use with patients undergoing treatment for breast cancer.
- Explain how certain environmental concerns lead to differing impacts and outcomes with reproductive health.
- Summarize the most current evidenced-based strategies leading to successful weight loss outcomes with women.
- Recall evidence-based approaches to the diagnosis and management of cognitive decline in women.
- Describe the benefits and risks using recently approved medications to improve outcomes in patients with vaginitis and symptoms related to menopausal hormone changes.
- Discuss the impact of current and trends in maternal mortality and morbidity
- Identify cutting-edge approaches to challenging cases of significant menopausal symptoms.

VENUE

Hilton Richmond Hotel & Spa - Short Pump
12042 West Broad Street, Richmond VA, 23233

MEETING REGISTRATION

- \$345 - Physician
- \$245 - Non-Physician

10% discount available for VCU faculty/staff. Email healthofwomen@vcuhealth.org for the discount code.

[Register online HERE](#)

CANCELLATION POLICY

Registration fee, less a 15% non-refundable administrative fee, will be refunded only if written notice of cancellation is received via email to healthofwomen@vcuhealth.org on or before April 29, 2026. There will be no refunds after that date.

QUESTIONS & INFORMATION

Have questions about the Health of Women's Conference? We're here to help: healthofwomen@vcuhealth.org

PROGRAM

Friday, May 29

All times are Eastern

7:00AM–7:45AM

Registration, Breakfast & Exhibit Visitation

7:45AM–8:00AM

Welcome Remarks

Susan Kornstein, MD

8:00AM–8:45AM

Vaginitis Again?

Christine Isaacs, MD, FACOG

8:45AM–9:30AM

Improving Longevity and Quality of Life in

Women: Scientific Advances

Andrea LaCroix, PhD

9:30AM–10:15AM

News You Can Use: A Case-Based Approach to Recent Studies That Have Changed My Practice

Melissa McNeil, MD, MPH, MACP

10:15AM–10:45AM

Break, Exhibit, and Networking

10:45AM–11:30AM

Breast Cancer Management in 2026: A Multidisciplinary Team Approach

Panelists: Mary Helen Hackney, MD, Kelly Allison, MD, Kandace McGuire, MD

11:30AM–12:15PM

How Environmental Exposures Impact Reproductive Health

Tracey Woodruff, PhD, MPH

12:15PM–1:15PM

Lunch & Exhibit Visitation

1:15PM–2:00PM

Reducing Maternal Morbidity and Mortality: Rising to the Challenge

Elizabeth Howell, MD, MPP

2PM–2:45PM

Bone Loss: Advances in Management

Robert Adler, MD

2:45PM–3:15PM

Break, Exhibit, and Networking

3:15PM–4PM

Clinical Pearls: Cognitive Decline in Aging Women

Lana Sargent, PhD, RN, FNP-C, GNP-BC

4PM–4:45PM

"Weighing In" to Optimize Outcomes in Women

Susan Wolver, MD, FACP, FOMA

4:45PM–5:30PM

The Trudy Bush Lecture

Menopause: Reframing the Conversation

Jane Limmer, MD

VCU INSTITUTE FOR WOMEN'S HEALTH 2026 AWARDEES

The Vivian Pinn Award for Outstanding Achievement in Women's Health Research

Andrea LaCroix, PhD - *University of California at San Diego*

The Bernadine Healy Award for Visionary Leadership in Women's Health

Elizabeth Howell, MD, MPP - *Perelman School of Medicine at the University of Pennsylvania*

The VCU IWH Women's Health Public Policy & Advocacy Award

Tracey Woodruff, PhD, MPH - *University of California at San Francisco*

VIRTUAL PRE-CONFERENCE SYMPOSIUM HOSTED BY THE SOCIETY FOR WOMEN'S HEALTH RESEARCH

Thursday, May 28 | 12:00PM - 1:30PM ET

Emerging Topics in Women's Health: Cardiovascular Health through Every Life Stage



The Society for Women's Health Research (SWHR) is committed to making women's health mainstream by promoting research on biological sex differences and increasing awareness of health conditions and diseases that disproportionately, differently, or exclusively affect women. In the United States, over 60 million women are living with some form of heart disease and one in five women die of cardiovascular disease each year. Heart health varies significantly across different populations of women and across women's lifespans. While heart disease can lead to disability, lower quality of life, and significant economic costs for women, up to 70% of heart health cases and deaths are attributed to modifiable risk factors. Despite the burden of heart disease on women, there are steps that can be taken by providers, patients, and policymakers to improve women's heart health outcomes.

This symposium will discuss heart health across women's lifespans, with special emphasis on pregnancy and maternal health, midlife and the menopause transition, and aging populations. Panelists will present strategies as to how research, clinical, and policy stakeholders can collaborate to address persistent research gaps, disparities, and unmet needs in women's heart health. Attendees will then engage in Q&A with the panel to discuss approaches to improve heart health outcomes for women across their lifespans.

Separate registration is required for this complimentary session. No CME or CEU credit offered.

COURSE DIRECTORS & PLANNING COMMITTEE



SUSAN G. KORNSTEIN, MD
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Executive Director, Institute for Women's Health
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Editor-in-Chief, Journal of Women's Health



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ANDREA LACROIX, PHD

Distinguished Professor and Chief of Epidemiology, Herbert Wertheim School of Public Health and Human Longevity Science, University of California at San Diego



TRACEY WOODRUFF, PHD, MPH

Professor of Epidemiology and Population Health
School of Medicine & Woods Institute for the Environment, Doerr School of Sustainability
Stanford University



ACCREDITATION AND EDUCATIONAL CREDIT



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by VCU Institute for Women's Health and VCUUnHealth Continuing Education. VCU Health Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

VCU Health Continuing Education designates this live activity for a maximum of 7.5 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

VCU Health Continuing Education designates this activity for a maximum of 7.5 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 7.5 Interprofessional Continuing Education (IPCE) credit for learning and change.

DISCLOSURE STATEMENT

In compliance with ACCME standards, all planner and presenter relationships with commercial supporters have been resolved according to VCU's Policy on Conflict of Interest. All presenting faculty affirm that they will employ the best available evidence from all sources to support any clinical recommendations made in their presentations. If learners detect any commercial bias in any presentation, they should document their observations in the activity evaluation.



It is important to stay current and new constantly. This is true with all of the new drugs.

Do not rely simply on one medication. It is critical that you thoroughly evaluate all options and with intensive research ensure an effective treatment.