

# Cardiovascular Risk Across the Lifespan for Polycystic Ovary Syndrome

## Workshop Agenda

October 13 and 22, 2021

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

Videocast Day 2 link: <https://videocast.nih.gov/watch=43913>

Supported by funds from

the National Heart, Lung, and Blood Institute (NHLBI) and the NIH Office of Research on Women's Health (ORWH) and with scientific input from the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD), the National Cancer Institute (NCI), the NIH Office of Disease Prevention (ODP), and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

### Co-Chairs:

- **C. Noel Bairey Merz, M.D., Cedars-Sinai Medical Center**  
Professor of Medicine  
Irwin and Sheila Allen Trust Chair in Women's Heart Research  
Director, Barbra Streisand Women's Heart Center, Smidt Heart Institute  
Director, Erika J. Glazer Women's Heart Research Initiative, Smidt Heart Institute
- **Anuja Dokras, M.D., M.H.C.I., Ph.D., Perelman School of Medicine at the University of Pennsylvania**  
Professor, Obstetrics and Gynecology  
Director, PENN Polycystic Ovary Syndrome (PCOS) Center  
Medical Director, Reproductive Surgical Facility  
Executive Director, Women's Health Center for Clinical Innovation (WHCCI)
- **Andrea Dunaif, M.D., Icahn School of Medicine at Mount Sinai and Mount Sinai Health System**  
Lillian and Henry M. Stratton Professor of Molecular Medicine  
System Chief, Division of Endocrinology, Diabetes, and Bone Disease

### 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 cardiovascular risk across the lifespan of women with PCOS
- Identify knowledge gaps and opportunities in PCOS-related CVD research
- Outline next steps in developing a coordinated 5-year research plan relevant to CVD in PCOS that addresses identified research gaps

## Day 1: October 13, 2021

- 11:00 a.m.                    **Workshop Goals and Expectations**  
Jasmina Varagic, M.D., Ph.D., Program Director, Vascular Biology and Hypertension Branch, Division of Cardiovascular Sciences (DCVS), NHLBI, NIH
- 11:05 a.m.                    **Opening Remarks**  
David Goff, M.D., Ph.D., Director, DCVS, NHLBI, NIH
- 11:15 a.m. – 12:25 p.m.   **Session 1: Overview of the Epidemiology and Updates on Diagnostic and Clinical Care Guidelines of PCOS**
- Introduction / Session Goals**  
Anuja Dokras, M.D., Ph.D.  
Hospital of the University of Pennsylvania
- Patient Story**  
Ashley Levinson  
PCOS Challenge
- 2012 Conference Overview**  
Andrea Dunaif, M.D.  
Icahn School of Medicine at Mount Sinai
- Diagnostic and Clinical Care Guidelines of PCOS**  
Helena Teede, MBBS, Ph.D.  
Monash University School of Public Health and Preventive Medicine (Australia)
- PCOS Epidemiology**  
Ricardo Azziz, M.D., M.P.H., M.B.A.  
Heersink School of Medicine at University of Alabama at Birmingham
- Racial/Ethnic Disparities and Social Determinants of Health Relevance in PCOS**  
Lawrence Engmann, M.D.  
University of Connecticut School of Medicine
- Moderated Discussion**  
Marcelle Cedars, M.D.  
University of California at San Francisco School of Medicine
- 12:25 p.m.                    **Keynote Lecture: PCOS-related CVD: State of the Evidence**  
JoAnn Manson, M.D., M.P.H., D.Ph.  
Harvard Medical School
- 1:05 p.m.                    Lunch
- 1:45 – 5:00 p.m.         **Session 2: State of the Science on Mechanisms Underlying PCOS-related CVD Risk**

1:45 – 3:25 p.m.

**Session 2A**

**Introduction / Session Goals**

Andrea Dunaif, M.D.  
Icahn School of Medicine at Mount Sinai

**Patient Story**

Diaonne M. Taylor  
PCOS Challenge

**Genomic Insights into the Etiology, Diagnosis and Long-term Health Consequences of PCOS**

Andrea Dunaif, M.D.  
Icahn School of Medicine at Mount Sinai

**Metabolic Morbidities and Sleep Disturbances in PCOS**

David A. Ehrmann, M.D.  
University of Chicago Pritzker School of Medicine

**Androgens and Cardiometabolic Risk in Women**

Pamela Ouyang, MBBS, M.D.  
Johns Hopkins University School of Medicine

**Moderated Discussion**

Richard Legro, M.D.  
Penn State College of Medicine

3:25 p.m.

Break

3:35 – 5:00 p.m.

**Session 2B**

**Introduction / Session Goals**

Andrea Dunaif, M.D.  
Icahn School of Medicine at Mount Sinai

**PCOS and Hypertension Risk**

Nina S. Stachenfeld, Ph.D.  
Yale School of Medicine

**Coagulation Abnormalities and PCOS**

Sven Skouby, M.D., D.M.Sc.  
Faculty of Health and Medical Sciences, University of Copenhagen (Denmark)

**Depression, Anxiety, and Emotional Wellbeing in PCOS**

Anuja Dokras, M.D., M.H.C.I., Ph.D.  
Perelman School of Medicine at the University of Pennsylvania

**Cancer and CVD in PCOS: Overlapping Mechanisms**

Holly Harris, M.P.H., Sc.D.  
Fred Hutchinson Cancer Center

**COVID 19 in PCOS Women**

Wiebke Arlt, Ph.D.

College of Medical and Dental Sciences at the University of Birmingham (United Kingdom)

**Moderated Discussion**

Roger A. Lobo, M.D.

Columbia University Irving Medical Center

5:00 p.m.

**Summary of Day 1**

Marcelle Cedars, M.D.

University of California at San Francisco School of Medicine

Richard Legro, M.D.

Penn State College of Medicine

Roger A. Lobo, M.D.

Columbia University Irving Medical Center

5:20 p.m.

**Announcement of Day 2**

Charlotte Pratt, Ph.D., M.S., R.D., Deputy Branch Chief, Clinical Applications and Prevention Branch, DCVS, NHLBI, NIH

**DAY 2: October 22, 2021**

11:00 a.m.

**Workshop Goals and Expectations: Day 2**

Patrice Desvigne-Nickens, M.D., Medical Officer, DCVS, NHLBI, NIH

11:05 a.m.

**Opening Remarks**

Janine Clayton, M.D.

NIH Associate Director for Research on Women's Health; Director, NIH ORWH

11:10 a.m. – 12:50 p.m.

**Session 3: Cardiovascular Risk Across the Lifespan of Women with PCOS**

**Introduction / Session Goals**

Noel Bairey Merz, M.D.

Cedars-Sinai Medical Center

**Women's Primary Care Physician Experience**

Kathrine D. Sherif, M.D.

Sidney Kimmel Medical College, Thomas Jefferson University

**CVD in Menopausal Women with PCOS**

C. Noel Bairey Merz, M.D.

Cedars-Sinai Medical Center

**CVD in Reproductive Age of Women with PCOS**

Erin Michos, M.D., M.H.S.

Johns Hopkins University School of Medicine

**Subclinical CVD in Women with PCOS**

Chrisandra Shufelt, M.D., M.S.

Cedars-Sinai Medical Center

**Adverse Pregnancy Outcomes in PCOS and Later CVD**

Enrique F. Schisterman, Ph.D.

Perelman School of Medicine at the University of Pennsylvania

**Developmental Origin of CVD in Offspring of Mothers with PCOS**

Laura Torchen, M.D., M.S.

Northwestern University Feinberg School of Medicine

**Childhood Screening for Cardiometabolic Risks**

Carissa M. Baker-Smith, M.D., M.P.H., M.S.

Nemours Children's Health

**Moderated Discussion**

Kathy Rexrode, M.D., M.P.H.

Harvard Medical School

12:50 p.m.

Lunch

1:30 p.m.

**Session 4: Needs Assessment for Studying CVD Across the Lifespan in PCOS**

**Introduction / Session Goals**

Andrea Dunaif, M.D.

Icahn School of Medicine at Mount Sinai

**Can PCOS Be Accurately Determined Using Electronic Health Records?**

Corrine Welt, M.D.

Weill Medical College of Cornell University

**What Study Design Is Needed to Demonstrate Increased CVD Risk in PCOS?**

David Siscovick, M.D., M.P.H.

New York Academy of Medicine

**Can We Use Existing Cohorts in Studying CVD Across the Lifespan in PCOS?**

Jennifer Stuart, M.D.

Harvard Medical School

**Alternative Methodology ("Omics" Approaches) Addressing Pathogenesis of PCOS**

Mark Goodarzi, M.D., Ph.D.

Cedars-Sinai Medical Center

**Feasibility of Early Interventions to Prevent Cardiometabolic Outcomes in PCOS**

Melanie Cree-Green, M.D., Ph.D.

School of Medicine, University of Colorado

**Moderated Discussion**

Janet Rich-Edwards, Sc.D., M.P.H.  
Harvard Medical School

2:55 p.m.

Break

3:05 p.m.

**Session 5: Breakout Rooms**

Co-chairs lead three separate, simultaneous discussions on the implications for future research, stimulation of collaborations, and next steps for developing a coordinated research plan relevant to CVD in PCOS to address identified research gaps.

4:00 p.m.

**Session 6: Report from Breakout Rooms and Discussion**

Co-Chairs

4:45 p.m.

**Session 7: Summary of Day 2 & Closing Remarks**

Co-Chairs

5:15 p.m.

**Adjourn**