

Women's Health Update 2026: Cardiovascular Disease and Menopause

February 27-28, 2026 • The Westin Carlsbad Resort • Carlsbad, California

Course Overview

The Scripps Women's Health Update: Cardiovascular Disease and Menopause symposium aims to equip clinicians with the latest evidence-based insights for managing medical conditions that are unique to women or manifest differently than in men, requiring customized prevention and treatment approaches. The primary goal of this activity is to improve outcomes for women with cardiovascular disease and/or menopause by providing educational interventions designed to enhance the recognition, diagnosis, and management of these conditions.

Day one of the symposium will delve into emerging and under-recognized risk factors for heart disease in women, while addressing gender-related disparities in care. Expert speakers will discuss a broad spectrum of topics, including the diagnosis, management, and cutting-edge treatment of heart failure, cardiovascular disease, cardiac arrhythmias, and cardiomyopathies in women. Day two will shift focus to menopause, exploring the complex hormonal changes that occur during this transitional phase. Specialists from various fields, including cardiology, oncology, urology, neurology, and endocrinology, will examine how menopause impacts the female body and the associated conditions that may arise.

Faculty

Course Directors



Heather Doherty, MD

Internal Medicine
Scripps Clinic
San Diego, California



Poulina Uddin, MD

Director, Scripps Women's Heart Center
General and Invasive Cardiology
Integrative and Holistic Medicine
Scripps Clinic
Scripps Mercy Hospital San Diego
La Jolla, California

Faculty Disclosure

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, course directors, planners, moderators, faculty, and all others in control of the educational content of the continuing education activity must disclose all financial relationships with ineligible companies that they may have had within the past 24 months. If an individual refuses to disclose financial relationships, they will be disqualified from being a part of the planning and implementation of the activity. Owners and/or employees of an ineligible company with business lines or products relating to the content of the activity will not be permitted to participate in the planning or execution of any accredited program. All relevant financial relationships with ineligible companies listed for individuals in control of content have been mitigated. **A complete listing of faculty and their disclosures for this program can be found on the course website.**

Accreditation, Maintenance of Certification, and Disclosure

Physicians

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Scripps Health designates this activity for a maximum of 14 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Credit Breakdown

Day One (Cardiology): 7.5

Day Two (Menopause): 6.5

Total Credits Available: 14

American Board of Internal Medicine

Successful completion of this CME activity, **which includes participation in the evaluation component**, enables the participant to earn up to 14 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Nurses and Nurse Practitioners

The American Nurses Credentialing Center, American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credit(s)*[™] issued by organizations accredited by the ACCME.

Physician Assistants

NCCPA accepts *AMA PRA Category 1 Credit(s)*[™] from organizations accredited by the ACCME.

Pharmacists

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit(s)*[™].

Commercial Support

This course may be supported, in part, by educational grants from industry. In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, a complete list of commercial support received will be provided to all learners who participate in the continuing education activity. For more information: www.accme.org/standards.

Course Location & Hotel Information

The Westin Carlsbad Resort

5480 Grand Pacific Dr.

Carlsbad, California 92008

Hotel Direct: 760-827-2800

Please make your own hotel reservations and request the Scripps course reduced rate of \$269 per night. Make your reservations early! **A block of rooms is being held for us at the special rate until Friday, February 6, 2026, or until the room block fills, whichever comes first.** After this date, reservations will be accepted on a space and rate availability basis only. Visit the course website for a link to reserve a discounted room. Attendees who book their room through an online, third-party service are not eligible for room block concessions including reduced resort fee and discounted overnight parking.



Scripps Health CME

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Course Topics

- Arrhythmia and palpitations in women
- Sex, strokes and Afib
- Pregnancy and CVD
- Breast cancer and menopause
- Cardiovascular disease and menopause
- Hormone replacement therapy
- Metabolic effects of menopause
- And more...

Scan for a complete agenda



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Educational Objectives

Upon completion of this activity, participants should be able to:

- Identify cardiovascular disease, conditions and risk factors which are more common and/or unique to women.
- Analyze the underutilization of guideline-recommended medical and device therapies in women compared to men.
- Examine the work up and management of heart failure and cardiomyopathy with the unique risks associated with women.
- Increase proficiency in preventing and reducing cardiovascular disease (CVD) risk by effectively managing key factors such as hypertension (HTN), hyperlipidemia (HL), and menopause.
- Recognize and discuss symptoms prevalent during each stage of menopause.
- Summarize the effects on menopause on cardiovascular risk and the role of hormone replacement therapy.
- Gain confidence in managing obesity through patient counseling and the appropriate use of medical therapies for affected populations.
- Individualize care for menopausal people with various chronic health conditions.

Register Online



	Thru Jan 12	Jan 13-Feb 25	After Feb 25
Physicians (MD, DO, MBBS)	\$450	\$500	\$550
Scripps Physician*	\$350	\$400	\$450
RN, NP, PA, Others	\$325	\$375	\$425
Day Rate (Fri/Sat)	\$275	\$325	\$375
Scripps RN, NP, PA, Others*	\$225	\$275	\$325
Students, Residents, Fellows**	\$150	\$200	\$250

*Must use a valid Scripps email address when registering.

**To receive the student, resident, fellow registration discount code, please email or call Scripps CME and provide proof of your status.

Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$100 processing fee (MD, DO, RN, PA, NP) or a \$50 processing fee (Students, Residents, Fellows, Day Rate), if your cancellation is received in writing no later than **Friday, February 13, 2026**. Attendee substitutions are allowed, but notification must be made in writing by **Friday, February 13, 2026**. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows."

Scripps Course Modification or Cancellation

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this course, in which case a full refund of the registration fee will be provided. Scripps encourages the purchase of travel insurance as we are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.