



Karen E. Adams MD, FACOG, DipABLM, MSCP
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Dr. Adams is doubly board-certified in both OB-GYN and Lifestyle Medicine and is a Menopause Society Certified Practitioner as well as a fellow of the International Society for the Study of Women's Sexual Health. She has been practicing for over 30 years with focused expertise on menopause management, female sexual dysfunction treatment, and lifestyle medicine. She was recruited to Stanford in July 2023 to create and lead a new Program in Menopause and Healthy Aging in the department of OB-GYN. Before Stanford, she was Professor Emeritus and Director Menopause

and Sexual Medicine Program at Oregon Health & Science University (OHSU) and served as the Vice Chair for Education there for 13 years. Her deep-rooted dedication to women's health is evidenced by her leadership on numerous professional societies, committees, and boards and by the many awards she has received, including the Mentor of the Year Award from the American College of OBGYN. She is widely regarded as an expert educator nationally and internationally, including delivering a popular TEDx talk on menopause and sexual health that has received over 150 thousand views.