Weill Cornell Medicine Wellness Series

Hormones: Midlife Women

Friday, October 16, 2026 11AM - 12PM

Floor 3, Room 303

Join us for a discussion with **Susan Loeb-Zeitlin, M.D., FACOG,** exploring the role of hormones during midlife, including common changes women may experience and how these shifts can affect overall health and wellbeing, as well as how they can be treated.



Susan Loeb-Zeitlin, M.D., FACOG
Associate Professor
Clinical Obstetrics and Gynecology
Director of the Weill Cornell Women's Midlife Center

Weill Cornell Medicine

Adults 18+

all programs subject to change or cancellation

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More About Hormones: Midlife Women

Hormonal changes are a natural part of midlife for women, with shifts in estrogen and other hormones potentially affecting sleep, mood, energy, metabolism, bone health and overall wellbeing. Understanding these changes and the range of symptoms that may accompany them can help women make informed decisions about their health and explore strategies for managing symptoms and supporting healthy aging.

More About the Presenter

Dr. Susan Loeb-Zeitlin is a board-certified obstetrician-gynecologist at Weill Cornell Medicine who specializes in comprehensive women's health care from adolescence through menopause. Her clinical interests include wellness, preventive care, contraception, and addressing the unique health concerns women experience throughout midlife and menopause.

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