Stanford



Karen E. Adams MD, FACOG, DipABLM, MSCP

Clinical Professor, Obstetrics & Gynecology - General

CLINICAL OFFICE (PRIMARY)

- **Gynecology Clinic**
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Bio

BIO

Dr. Adams is a Clinical Professor of Obstetrics and Gynecology at Stanford University and Farwell Family Director of the Stanford Program in Menopause & Healthy Aging. She is doubly board-certified in Obstetrics and Gynecology (OB-GYN) and Lifestyle Medicine, a Menopause Society-certified menopause practitioner, and fellow of the International Society for the Study of Women's Sexual Health. She serves on the Board of Trustees of The Menopause Society, is a faculty affiliate of the Stanford Center on Longevity, and a member of the Advisory Board of the Stanford Women's Health and Sex Differences Center.

She has been practicing for over 30 years with focused expertise on menopause management, female sexual dysfunction treatment, and lifestyle medicine. Prior to her arrival at Stanford,, Dr. Adams was Professor Emeritus and director of the Menopause and Sexual Medicine Program at Oregon Health & Science University (OHSU). She also served as Vice Chair for Education and Residency Program Director at OHSU for 14 years.

Her deep-rooted dedication to women’s health is evidenced by her leadership in 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. Dr. Adams is a recognized leader in medical education, having served on the Board of Directors of the Association of Professors of Gynecology and Obstetrics and on the national Review Committee for Obstetrics and Gynecology of the Accreditation Council for Graduate Medical Education. Dr. Adams has provided expert commentary to the New York Times, the Wall Street Journal, NPR, the Washington Post, and hundreds of independent print and online media outlets. She is an expert educator, hosting the Stanford Conversations in Menopause & Healthy Aging Podcast and educating audiences nationally and internationally, including delivering a popular TEDx talk “Sleep, Sex, and Menopausal Zest” that has received 170 thousand views.
https://www.ted.com/talks/dr_karen_adams_sleep_sex_and_menopausal_zest

CLINICAL FOCUS

- Menopause
- Sex medicine

- Lifestyle medicine
- Gynecology

ACADEMIC APPOINTMENTS

- Clinical Professor, Obstetrics & Gynecology - General

ADMINISTRATIVE APPOINTMENTS

- Farwell Family Director of Menopause & Healthy Aging, Department of Obstetrics & Gynecology, (2026- present)
- Director, Stanford Program in Menopause & Healthy Aging, Department of Obstetrics & Gynecology, (2023- present)

HONORS AND AWARDS

- Faculty Mentor Award, Oregon Health & Science University graduating medical school class
- Excellence in Medical Student Teaching Award, Association of Professors of Gynecology and Obstetrics
- Graduate Medical Education Distinguished Service Award, Oregon Health & Science University
- Mentor of the Year Award, American Congress of Obstetricians and Gynecologists
- Leonard Tow Gold Humanism Faculty Award, Oregon Health & Science University

PROFESSIONAL EDUCATION

- Board Certification, American Board of Lifestyle Medicine , Lifestyle Medicine (2023)
- Board Certification: Obstetrics and Gynecology, American Board of Obstetrics and Gynecology (1996)
- Residency: Oregon Health and Science University (1992) OR
- Medical Education: University of Texas Medical School at Houston (1988) TX

Publications

PUBLICATIONS

- **Tailoring menopause education to the needs of primary care clinicians: the Oregon menopause ECHO experience.** *Menopause (New York, N.Y.)*
  Clark, A. L., Brandis, L., Hyde, S., Ray, M., Williams, C. D., McClung, M. R., Griffin, E. E., Durr, R. L., Adams, K. E.
  2026
- **Midlife weight gain: challenges and solutions.** *Current opinion in obstetrics & gynecology*
  Hung, S., Adams, K. E.
  2026; 38 (2): 94-102
- **Menopause and mental health.** *Current opinion in obstetrics & gynecology*
  Horst, K., Cirino, N., Adams, K. E.
  2025
- **Sleep disturbance and menopause.** *Current opinion in obstetrics & gynecology*
  Carmona, N. E., Solomon, N. L., Adams, K. E.
  2025
- **Association of insurance type with unmet need for menopause care in Oregon.** *Menopause (New York, N.Y.)*
  Rodriguez, M. I., Burns, H., Schrote, K., Cichowski, S., Adams, K.
  2024
- **The Effects of Leadership Curricula With and Without Implicit Bias Training on Graduate Medical Education: A Multicenter Randomized Trial.** *Academic medicine : journal of the Association of American Medical Colleges*
  Hansen, M., Harrod, T., Bahr, N., Schoonover, A., Adams, K., Kornegay, J., Stenson, A., Ng, V., Plitt, J., Cooper, D., Scott, N., Chinai, S., Johnson, et al
  1800

- **Milestones 2.0: A Step Forward.** *Journal of graduate medical education*
  Edgar, L., Roberts, S., Holmboe, E.
  2018; 10 (3): 367-369
- **Social Etiquette for Program Directors and Faculty** *OBSTETRICS AND GYNECOLOGY*
  Woodland, M. B., Murchison, A. B., McAlister, R. P., Adams, K., Taylor, E. E., Learman, L., CREOG Educ Comm
  2017; 130 (3): E141-E145
- **Applying to subspecialty fellowship: clarifying the confusion and conflicts!** *American journal of obstetrics and gynecology*
  Frishman, G. N., Bell, C. L., Botros, S., Brost, B. C., Robinson, R. D., Steinauer, J., Wright, J. D., Adams, K. E.
  2016; 214 (2): 243-246
- **How resident unprofessional behavior is identified and managed: a program director survey.** *American journal of obstetrics and gynecology*
  Adams, K. E., Emmons, S., Romm, J.
  2008; 198 (6): 692.e1-4; discussion 692.e4-5
- **Physician reentry: a concept whose time has come.** *Obstetrics and gynecology*
  Adams, K. E., Allen, R., Cain, J. M.
  2008; 111 (5): 1195-8
- **Effect of Balint training on resident professionalism.** *American journal of obstetrics and gynecology*
  Adams, K. E., O'Reilly, M., Romm, J., James, K.
  2006; 195 (5): 1431-7
- **What's "normal": female genital mutilation, psychology, and body image.** *Journal of the American Medical Women's Association (1972)*
  Adams, K. E.
  2004; 59 (3): 168-70
- **Reproductive rights.** *The virtual mentor : VM*
  Bowes, W. A., Adams, K. E., Adams, K. E.
  2004; 6 (9)
- **Mandatory parental notification: the importance of confidential health care for adolescents.** *Journal of the American Medical Women's Association (1972)*
  Adams, K. E.
  2004; 59 (2): 87-90
- **The impact of perceived gender bias on obstetrics and gynecology skills acquisition by third-year medical students.** *Academic medicine : journal of the Association of American Medical Colleges*
  Emmons, S. L., Adams, K. E., Nichols, M., Cain, J.
  2004; 79 (4): 326-32
- **Ethics surrounding the impoverished patient.** *Journal of the American Medical Women's Association (1972)*
  Edelman, A., Adams, K. E.
  2004; 59 (1): 14-6
- **Moral diversity among physicians and conscientious refusal of care in the provision of abortion services.** *Journal of the American Medical Women's Association (1972)*
  Adams, K. E.
  2003; 58 (4): 223-6
- **Ethical considerations of applications of preimplantation genetic diagnosis in the United States.** *Medicine and law*
  Adams, K. E.
  2003; 22 (3): 489-94
- **Gestational surrogacy for a human immunodeficiency virus seropositive sperm donor: what are the ethics?** *Journal of the American Medical Women's Association (1972)*
  Adams, K. E.
  2003; 58 (3): 138-40

- **Patient choice of provider gender.** *Journal of the American Medical Women's Association (1972)*
  Adams, K. E.
  2003; 58 (2): 117-9
- **Ethical issues in gynecology: adolescent confidentiality, provider conscience and abortion, and patient choice of provider gender.** *Current women's health reports*
  Adams, K. E.
  2002; 2 (6): 423-8
- **Ethical considerations of complementary and alternative medical therapies in conventional medical settings.** *Annals of internal medicine*
  Adams, K. E., Cohen, M. H., Eisenberg, D., Jonsen, A. R.
  2002; 137 (8): 660-4
- **Preimplantation genetic diagnosis** *14th World Congress of Medical Law*
  Adams, K.
  2002