

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 doubly board-certified in Obstetrics and Gynecology (OB-GYN) and Lifestyle Medicine, and is a Menopause Society-certified menopause specialist and expert in sex medicine at the Stanford Health Care Gynecology Clinic. She is a clinical professor of medicine in the Department of Obstetrics and Gynecology at Stanford University School of Medicine and a faculty affiliate of the Stanford Center on Longevity.

As an OB-GYN for over three decades, Dr. Adams specializes in managing the symptoms of menopause, diagnosing and treating female sexual dysfunction, and utilizing lifestyle medicine to decrease the risk of chronic conditions associated with aging. In addition to her clinical practice, she serves as a mentor for the next generation of health care practitioners, working closely with medical students, residents, fellows, and primary care providers to elevate the care of women in California and beyond.

Dr. Adams has served as a principal investigator or co-investigator on clinical trials evaluating the safety of medications for long-term management of menopause symptoms, as well as their impact on patients undergoing breast cancer treatment. Her research has shown that most menopausal symptoms go untreated due to patient's inability to find a prescribing provider, which drives her passion for educating providers to deliver this care. She is also mentoring researchers in the Stanford Center for Lifestyle Medicine on the delivery of "strength snacks" to menopausal women to improve accessibility of exercise for this population.

Prior to her arrival at Stanford Health Care, Dr. Adams held the title of professor emeritus and was director of the Menopause and Sexual Medicine Program at the Center for Women's Health at Oregon Health & Science University (OHSU). She also served as Vice Chair for Education and Residency Program Director at OHSU for 13 years.

Dr. Adams has served as a peer reviewer for multiple prestigious journals, including the American Journal of Obstetrics and Gynecology, Annals of Internal Medicine, and the American Journal of Bioethics. She has also presented research to her peers nationally and internationally, including at the annual meetings of the American Medical Women's Association, the Council on Residency Education in OBGYN, and the American Society for Reproductive Medicine. Her TEDx talk entitled "Sleep,

Sex, and Menopausal Zest” has received over 150,000 views and she is an in-demand speaker on the topics of menopause and sex medicine to both medical and lay audiences.

Dr. Adams is a member of the American College of Obstetricians and Gynecologists, the Council on Resident Education in Obstetrics and Gynecology, the Menopause Society, and the International Society for the Study of Women’s Sexual Health, where she serves on the Education Committee. She 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.

CLINICAL FOCUS

- Menopause
- Sex medicine
- Lifestyle medicine
- Gynecology

ACADEMIC APPOINTMENTS

- Clinical Professor, Obstetrics & Gynecology - General

ADMINISTRATIVE APPOINTMENTS

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

HONORS AND AWARDS

- 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

- **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