

**Machelle M. Seibel, MD  
Curriculum Vitae**

**Date Prepared:** 29 April 2026  
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**Place of Birth:** Galveston, TX

**Education**

1971	B.A.	History	University of Texas at Austin, TX
1975	M.D.	Medicine	University of Texas Medical Branch Galveston, TX

**Postdoctoral Training**

1975-1976	Intern	Department of Gynecology and Obstetrics	Emory University, Grady Memorial Hospital, Atlanta, GA
1976-1979	Resident	Department of Gynecology and Obstetrics	Emory University, Grady Memorial Hospital, Atlanta, GA
1979-1981	Fellow	Reproductive Endocrinology and Infertility	Beth Israel Hospital, Harvard Medical School, Boston, MA

**Faculty Academic Appointments**

1979	Instructor	Obstetrics and Gynecology	Emory University, Atlanta, GA
1979-1982	Instructor	Obstetrics and Gynecology	Harvard Medical School, Boston, MA
1982-1985	Assistant Professor	Obstetrics and Gynecology	Harvard Medical School, Boston, MA
1985-1990	Associate Professor	Obstetrics and Gynecology	Harvard Medical School, Boston, MA
1990-1997	Associate Clinical	Surgery (Gynecology)	Harvard-Deaconess

	Professor		Surgical Program, Boston, MA
1997-2001	Adjunct Clinical Professor	Obstetrics and Gynecology	Boston University School of Medicine, Boston, MA
2002-2017	Professor	Clinical Obstetrics and Gynecology	University of Massachusetts Medical School, Worcester, MA
2017-2023	Member of Faculty	Obstetrics and Gynecology	Beth Israel Hospital/ Harvard Medical School

**Appointments at Hospitals/Affiliated Institutions**

1980-1987	Staff Physician	Division of Reproductive Endocrinology and Infertility	Brigham and Women's Hospital, Boston, MA
1981-1989	Director	Gynecologic Endocrinology Laboratory	Beth Israel Hospital, Boston, MA
1982-1989	Staff Physician	Department of Obstetrics and Gynecology	Deaconess Hospital, Boston, MA
1983-1985	Co-Director	In Vitro Fertilization Program	Beth Israel Hospital, Boston, MA
1985-1990	Director	In Vitro Fertilization Program	Beth Israel Hospital, Boston, MA
1987-1990	Director	Division of Reproductive Endocrinology and Infertility	Beth Israel Hospital, Boston, MA
1990-1999	Director	Faulkner Center for Reproductive Medicine	Faulkner Hospital, Boston, MA
1994-2005	Staff Physician	Department of Obstetrics and Gynecology	Newton-Wellesley Hospital, Newton, MA
1999-2001	Staff Physician	Department of Obstetrics and Gynecology	Beverly Hospital, Beverly, MA
1999-2001	Staff Physician	Department of Obstetrics and Gynecology	Winchester Hospital, Winchester, MA
1999-2003	Staff Physician, <i>part-time</i>	Department of Obstetrics and Gynecology	Norwood Hospital, Norwood, MA
2004-2011	Director	Complicated Menopause Program	University of Massachusetts Memorial Medical Center, Worcester, MA
2012-2016	Staff Physician	Gynecology and Women's Mental Health Program – Jointly in the Departments of Obstetrics and Gynecology and Psychiatry	University of Massachusetts Memorial Medical Center, Worcester, MA
2017-2023	Staff Physician	Department of Obstetrics and Gynecology	Beth Israel Hospital, Boston, MA
2023-		Provide Subspecialty Board Review REI Fellows	Beth Israel Hospital, Boston, MA
2024-	Staff Physician	MetroWest Women's Health Clinic	Marlborough, MA

## **Other Professional Positions**

1996-1997	Medical Advisory Board	Columbia Laboratories (COB), Miami, FL
1998-2004	Medical Director	Inverness Medical, Inc. (now Alere), Waltham, MA
2001-2002	Board of Directors	Drug Innovation and Design (DIAD), Waltham, MA
2004-2012	Consultant	Lil' Drug Store, Cedar Rapids, IA
2012-2014	Consultant	Church and Dwight Consumer Goods
2021-2023	Chief Medical Officer	Second Bloom HQ (Menopause Education)

## **Major Administrative Leadership Positions**

### **Local**

1995-1996	Chairman, Ethics Committee	National Reproductive Health Care Network
1996- Present	Board of Directors	Temple Emeth, Chestnut Hill, MA
1996-2004	Chairman, Ritual Committee	Temple Emeth, Chestnut Hill, MA
1997-1998	Chairman, Ethics Advisory Board in Obstetrics and Gynecology	ProMutual Medical Professional Mutual Insurance Company, Boston, MA
2005-2006	Board of Directors	Boston Association of Cabaret Artists, Boston, MA

## **Committee Service**

### **Local**

1982-1988	Medical Executive Committee Standing Subcommittee on Radioisotopes and Radioactive Drug Research	Beth Israel Hospital, Boston, MA
1982-1989	Medical Executive Committee Standing Subcommittee on Animal Research	Beth Israel Hospital, Boston, MA
1982-1984	Advisory Committee, Clinical Research Center	Beth Israel Hospital, Boston, MA
1990-1999	Founder and Chairman, Reproductive Medicine Ethics Advisory Board	Faulkner Hospital, Boston, MA
1992-1994	Medical Executive Committee	Faulkner Hospital, Boston, MA
1995-2012	Consultant to Primate Center	Franklin Park Zoo, Boston, MA
1996-2004	Animal Care Committee	Franklin Park Zoo, Boston, MA
1996- Present	Board of Directors	Temple Emeth, Chestnut Hill, MA
1996-2004	Chairman, Ritual Committee	Temple Emeth, Chestnut Hill, MA
1997-1998	Chairman, Ethics Advisory Board in Obstetrics and Gynecology	ProMutual Medical Professional Mutual Insurance Company, Boston, MA

### **Regional**

2010-2012	Board of Directors, Professional Member	National Speakers Association, New England Chapter
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### **National and International**

1995-1996	Chairman, Ethics Committee	National Reproductive Health Care Network
2004 - Present	Medical Advisory Board Member	Red Hot Mamas Menopause Patient Advocacy Organization, North America,
2011 – 2019	Medical Advisory Board Member	EmpowHER, one of the largest women's health and advocacy websites in nation
2015	Abstract Selection	North American Menopause Society
2008 -2018	Medical Advisory Board	HealthCorps – founded by Mehmet Oz to combat childhood obesity
2014 – Present	Founding Member of Board of Directors	Advancing Health After Hysterectomy – established to combat widespread fears about estrogen based on a misunderstanding of the results of one study-The Women’s Health Initiative (WHI)
2022-	Working Group Member	Society for Women’s Health Research (SWHR) Menopause Workplace Education Working Group
2023	Woman’s Bureau   Department of Labor	Roundtable Speaker: Menopause in the Workplace
2024-2025	Working Group Member	SWHR Menopause Equity Working Group

### **Professional Societies**

1971	Phi Alpha Theta National History Honor Society	
1974-1975	Phi Delta Epsilon Medical Fraternity	
	1974-1975	Regional Governor
	1975	President
1977-1983	American College of Obstetricians and Gynecologists	Junior Fellow
1979	Dan Thompson Obstetrical Society	
1979-1982	American Fertility Society	Associate Membership
1982	American Fertility Society	Active Membership
1983	American College of Obstetricians and Gynecologists	Fellow
1984	Endocrine Society	
1984 - 2012	Society of Reproductive Endocrinologists	
	1987-1989	Secretary-Treasurer
1984	Society for Gynecologic Investigation	
1984	American Association for the Advancement of Science	
1985 - 2004	Boston Obstetrical Society	
1988	Society for Assisted Reproductive Technologies	
1989-1994	The American Fertility Society	State Legislature Monitor, Office of Government Relations

1990	Society of Reproductive Surgeons	
1990	American Fertility Society Psychological Special Interest Group	
1992-1994	Massachusetts Medical Society	Counselor, Charles River District
1995-1996	National Reproductive Health Care Network	
1996	American Institute for Ultrasound in Medicine	
1997	American College of Clinical Endocrinology	Fellow
1997 -	North American Menopause Society	
1997 - 2005	The Society of Laparoendoscopic Surgeons	
2004 -	American Cancer Society NEng Division	Medical Advisory Network
Present		
2006-2007	Boston Association of Cabaret Artists	Board of Directors
2007-2016	HealthCorps – Mehmet Oz Childhood Obesity	Advisory Board
2007-2009	Road of Life	Advisory Board
2011-2012	National Speakers Association New England	Board of Directors
2013-2014	Xperience Connections	Advisory Board

### **Editorial Activities**

1984-1988	Intelligence Reports in Obstetrics and Gynecology
1986-1988	Prologues: The Prolactin Newsletter
1990-1992	Reproductive Technology Update
1994-2001	Gynecology and Obstetrics Investigation
2002-2006	Editor-in-Chief, Sexuality, Reproduction & Menopause; A journal of the American Society for Reproductive Medicine, Elsevier Publishing
2013-Present	Founding Publisher, Editor, The Hot Years™ magazine

### **Honors and Prizes**

1971	Cum Laude, University of Texas at Austin
1979	First Place, Resident Research Day, Clinical Topics in Gynecology and Obstetrics, Emory University, Atlanta, Georgia
1983	Searle-Donald F. Richardson Memorial Prize Paper Award American College of Obstetrics and Gynecology
1990	Contemporary OB/GYN Award for Best Gynecology article written in 1989.
1990	Opening address, annual meeting of the Israeli Fertility Society, Tel Aviv, Israel
1993	American College of Obstetricians & Gynecologists – Mead Johnson Laboratories Focus on Patient Education Award
1994	The Ovarian Workshop - Oral Presentation Award
1995	New England Regional Genetics Group Educational Grant to develop ethics course in preimplantation genetics.
1998-16	The Best Doctors in America - Woodward and White Survey of 35,000 doctors to rate clinical abilities of other doctors
2003	National Health Information Award (Patient Education Information) for Health Cheques:

	Journal Babies
2006	Consumer Education Award-American Society for Reproductive Medicine
2007	eHealthcare Leadership Award for HealthRock® website
2008	iParenting Media Award for HealthRock® website
2008	iParenting Media Award for HealthRock® Lullaby CD
2008	Parents' Choice Approved Award for HealthRock® Lullaby CD
2008	Ashbel Smith Distinguished Alumnus Award – University of Texas Medical Branch
2009	Creative Child CD of the Year Award for HealthRock Preschool CD
2009	Texas City Independent School District Hall of Honor – Outstanding Alumnus
2010	The Doctor's Channel Film Festival Award for Prostate Music Video
2010	Creative Child CD of The Year Award for Amp Up Your Kid's Health
2010	Health Sciences Communications Association Film Festival Award
2011	Creative Child CD of The Year Award for Let's Move
2012	Creative Child CD of The Year Award for Sleep Tight
2012	Bronze Web Health Award – HealthRock.com – Music and Medicine
2012	Gold Web Health Award – Menopause and General Health
2013	Media Award – North American Menopause Society for advancing the understanding of menopause
2014	Bill & Melinda Gates Foundation Award – Grand Challenges Explorations

## **Report of Funded and Unfunded Projects**

### **Funding Information**

#### **Past**

*Evaluation of pure urinary FSH on ovarian follicles in amenorrheic patients with polycystic ovarian disease.* Principal Investigator. Serono Laboratories.

*cAMP, cGMP in maturing oocytes and their microenvironment.* Co-Investigator. National Institute of Child Health and Human Development.

*Ovulation induction with pulsatile GnRH.* Principal Investigator. Travenol Laboratories.

*The use of long-acting GnRH agonist in the treatment of endometriosis.* Principal Investigator. Hoechst Pharmaceuticals.

*Double blind safety and efficacy study of Lupron Depot for 6 months versus Lupron Depot for 3 months in the treatment of endometriosis.* Principal Investigator. TAP Pharmaceuticals.

*Use of Nafarelin vs. placebo following reproductive laparoscopic surgery in patients with endometriosis.* Principal Investigator. Syntex Laboratories.

*The use of Bioself in the detection of perimenopause.* Principal Investigator. Selfcare, Inc.

*Highly purified follicle stimulating hormone for ovulation induction for in vitro fertilization.* Principal Investigator. Serono Laboratories.

*Crinone Vaginal Gel progesterone for assisted reproductive technologies.* Principal Investigator. Wyeth-Ayerst Laboratories

*Air-Infused Female Condom.* Principal Investigator. Gates Foundation Grand Challenges Award,

## **Report of Local Teaching and Training**

### **Teaching of Students in Courses**

1979-1989	<i>Reproductive Endocrinology and Infertility</i>	Harvard Medical School, Boston, MA
	5-8 medical students	9 hours per year

1981	<i>Annual Update in Reproductive Endocrinology and Infertility</i> Course Developer, Co-Director and Lecturer	Beth Israel Hospital and Harvard Medical School, Boston, MA
1981	<i>Clinical Management of the Infertile Couple</i> Course Developer and Co-Director, Postgraduate Course	Harvard Medical School, Boston, MA
1981-1989	<i>Introduction to Clinical Medicine</i> Preceptor for Gynecology exam and Lecturer 5-10 medical students	Harvard Medical School, Boston, MA <i>6-8 hours per year precepting</i> <i>1-2 hours per year lecturing</i>
1982	<i>Annual Update in Reproductive Endocrinology and Infertility</i> Course Developer, Co-Director and Lecturer	Beth Israel Hospital and Harvard Medical School, Boston, MA
1983	<i>Clinical Management of the Infertile Couple</i> Course Developer and Co-Director, Postgraduate Course	Harvard Medical School, Boston, MA
1984	<i>Infertility Update: Endocrinology, In Vitro Fertilization and Microsurgery</i> Course Developer, Co-Director and Lecturer Postgraduate Course	Harvard Medical School, Boston, MA
1986	<i>Infertility Update: Endocrinology, In Vitro Fertilization and Microsurgery</i> Course Developer, Co-Director and Lecturer Postgraduate Course	Harvard Medical School, Boston, MA
1986	<i>Infertility Update: Endocrinology, In Vitro Fertilization and Microsurgery</i> Course Developer, Director and Lecturer Postgraduate Course	Harvard Medical School, Boston, MA
1986-1989	<i>Advances in Gynecology</i> Guest Faculty	Harvard Medical School
1988	<i>Infertility Update: Endocrinology, In Vitro Fertilization and Microsurgery</i> Course Director Postgraduate Course	Harvard Medical School, Boston, MA
1990	<i>Infertility in the 1990's Technological Advances and Their Psychosocial Impact</i> Course Developer, Co-Director and Lecturer Postgraduate Course,	Harvard Medical School, Boston, MA
1990-1992	<i>Reproductive Endocrine and Infertility Conferences</i> Coordinator and Lecturer 20-30 medical students per lecture	University of Massachusetts Medical School, Worcester, MA <i>2-3 hours per month</i>
1990-2017	<i>Menopause Symptoms and Treatment</i>	University of Massachusetts Medical

1994	Invited Speaker <i>Reproductive Endocrinology, Infertility and Reproductive Genetics</i> Curriculum for Genetic Counselors	School, Worcester, MA Brandeis University, Waltham, MA
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**Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)**

1980-1989	Resident Conferences in Reproductive Endocrinology Coordinator and Lecturer	Beth Israel Hospital, Boston, MA
1981-1989	Interviewer of Resident Applicants 10-20 applicants per year	Beth Israel Hospital, Boston, MA <i>10-20 hours per year</i>
1990-1999	Reproductive Endocrinology and Infertility Preceptor, Lecturer and Advisor One international fellow per year	Faulkner Hospital, Boston, MA
1990-1992	Gynecology Resident Rotation in Reproductive Endocrinology and Infertility Preceptor One resident per month	University of Massachusetts Medical School, Worcester, MA <i>5 hours per week</i>
2004-2011	Gynecology Resident Rotation in Reproductive Endocrinology Preceptor One resident per month and Psychiatry and Endocrinology Fellows	University of Massachusetts Medical School, Worcester, MA <i>4 hours per week</i>
2004-2011	Complicated Menopause Program	University of Massachusetts Medical School, Worcester, MA
2012-2016	Gynecology and Women’s Health Program Teaching Residents and Medical Students	University of Massachusetts Medical School, Worcester, MA
2017-2019	Obstetrics and Gynecology Residents	Beth Israel Hospital and Harvard Medical
2018-present	Reproductive Endocrinology Fellows Board Review in Menopause	Beth Israel Hospital and Harvard Medical
2022-	Harvard Medical Student OBGYN Lectures on Menopause	Beth Israel Hospital and Harvard Medical

**Clinical Supervisory and Training Responsibilities**

1979-1989	Instructor and Attending Surgeon, Resident Clinical Training 12 residents	Beth Israel Hospital, Boston, MA <i>4-5 hours per week</i>
1985-1989	Reproductive Endocrinology and Infertility Fellowship Training Program 3 fellows per year	Beth Israel Hospital, Boston, MA <i>10 hours per week</i>
2004-2016	Medical Student and Resident Training	University of Massachusetts Medical School, Worcester, MA <i>4 hours per month</i>

**Laboratory and Other Research Supervisory and Training Responsibilities**

1980-1989	Gynecologic Endocrinology Laboratory Developer and Conference Leader	Beth Israel Hospital, Boston, MA Once per week
1989-1998	Gynecologic Endocrinology Laboratory	Faulkner Centre for Reproductive

Medicine, Conference leader once per week

### Formally Supervised Trainees

1985-1989 Advisor, one resident house staff per year  
Beth Israel Hospital, Boston, MA  
2017-2018 Clinical training residents Beth Israel Hospital  
2017- Board Preparation REI Fellows Beth Israel Hospital, Boston, MA

### Formal Teaching of Peers (e.g., CME and other continuing education courses)

1979-1989	Staff Conferences in Reproductive Endocrinology Lecturer	Beth Israel Hospital, Boston, MA <i>4-6 lectures per year</i>
1981-1989	Staff Conferences in Reproductive Endocrinology Organizer	Beth Israel Hospital, Boston, MA <i>4-6 lectures per year</i>
1988	Beth Israel Ethics Advisory Group Discussion Leader	Beth Israel Hospital, Boston, MA
1988-1989	Laser Certification Proctor	Beth Israel Hospital, Boston, MA
1990-1999	Weekly Staff Conferences in Reproductive Endocrinology Organizer, Lecturer and Conference Leader	Faulkner Hospital, Boston, MA <i>Weekly</i>
1990-1999	Ethics Advisory Board in Reproductive Medicine Organizer and Conference Leader	Faulkner Hospital, Boston, MA <i>Quarterly</i>

### Local Invited Presentations

1991 *Advanced Gonadotropin Therapy*  
Course Developer, Co-Sponsor and Lecturer, Serono Symposium, Boston, MA  
2011 Grand Rounds  
Department of Obstetrics and Gynecology, University of Massachusetts Medical School,  
Worcester, MA  
2012 Grand Rounds  
Veteran's Administration, West Roxbury, MA  
2012 Grand Rounds  
Department of Obstetrics and Gynecology, Tufts School of Medicine, Boston, MA  
2013 Grand Rounds  
Dept. of Endocrinology, University of Massachusetts Medical School, Worcester, MA  
2018 Grand Rounds, BIDMC Dept. Obstetrics and Gynecology, Boston, MA

## Report of Regional, National and International Invited Teaching and Presentations

### Invited Presentations and Courses

#### **Regional**

2010 *Lunch NYC* on NYC Media, host and multiple appearances

#### **National**

1995 *Gamete Donation*, Postgraduate Course

Course Developer, Director and Lecturer, Annual Meeting of the American Fertility Society

1997 *Assisted Reproduction*, Postgraduate Course

Moderator and Lecturer, Annual Meeting of the Society for Reproductive Medicine

1997-2016 Numerous presentations nationally and internationally including invitations to US DHHS (2008) and CDC (2009)

2010 Grand Rounds  
Department of Obstetrics and Gynecology, University of California San Francisco, CA

2011 *Special Functional Fitness with Suzanne Andrews*,  
Host, PBS, Aired March 2011

2012 Grand Rounds  
Department of Obstetrics and Gynecology, Stanford University School of Medicine,  
Stanford, CA

2012 Grand Rounds Department of Ob Gyn, University of California San Francisco

2015 Moderator: The Future of Reproductive Genetics Diagnostics, Cambridge Innovation  
Institute, Boston, MA

2016 Grand Rounds  
Emory University School of Medicine, Atlanta, GA

2016 *The Estrogen Window: Timing Hormone Therapy*  
ACOG Meeting, Miami, FL, September 23, 2016

2017 *The Role of Estrogen for BRCA Previsors*  
Keynote Address, Joining FORCES Conference, Orlando, FL, October 8, 2016

2017 *Menopause without Hormone Therapy*  
Keynote Address, Joining FORCES Conference, Orlando, FL, October 9, 2016

2016-17 Selected by Jewish Book Council for national book tour on *The Estrogen Window*. Rodale  
Press. 15 invited lectures in Atlanta, Washington DC, Ft. Lauderdale, Orlando, Miami, San  
Diego, Detroit, Worcester, MA, Bridgeport, CT and Providence, RI

2017 *The Estrogen Window and How it Can Be Extended*, Invited Guest Lecturer, Menopause  
and Sexuality, Miami, FL October 6, 2017

2017 Dyspareunia: Innovations in Therapy and Patient Management  
Invited Speaker, Women's Health Annual Initiative, Dearborn, Michigan, June 23, 2017

2017 Postmenopausal Dyspareunia: Innovations in Therapy and Patient Management  
Invited Speaker, Women's Health Annual Initiative, New Orleans, LA November 3, 2017

2017 Hypoactive Sexual Desire Disorder: Assessment, Diagnosis and Treatment  
Invited Speaker, Women's Health Annual Initiative, New Orleans, LA November 3, 2017

2017 Keynote Speaker – Facing Our Risk of Cancer Empowered Annual International Meeting,  
Estrogen Therapy in Women With BRCA, Orlando, FL June 9, 2017

2017 Breakout Session Speaker – Facing Our Risk of Cancer Empowered Annual International  
Meeting, Alternatives to Estrogen for Women With Breast Cancer, Orlando, FL June 10

2018 Grand Rounds, Beth Israel Deaconess Medical Center, Harvard Medical School  
Department OB/Gyn, Is Estrogen Good or Bad for You, March 7, 2018

- 2018 Grand Rounds, Cornell Weil Medical School, New York, Dept. Ob/Gyn, Maintaining Hormone Balance With or Without Estrogen, March 20, 2018
- 2018 Grand Rounds – Baylor College of Medicine, Houston, Texas. Is Estrogen Good For You or Bad For You? October 24, 2018
- 2018 Massachusetts Conference for Women, Boston, MA. Menopause in The Workplace. December 5, 2018
- 2019 Keynote Speaker – Continuing Education for HealthCare Professionals. Is Estrogen Good or Bad for You? Boston, MA, March 8, 2019
- 2022 Speaker – 13<sup>th</sup> Annual Miami Symposium of Obstetrics, Gynecology & Human Sexuality The Impact of Menopause on Women, Businesses and The Bottom Line, October 22, 2022
- 2023 Roundtable Speaker: Menopause in the Workplace. Woman’s Bureau | Department of Labor, June 12, 2023
- 2023 Speaker – 14th Annual Miami Symposium on Obstetrics, Gynecology & Human Sexuality. New insights into the impact of Menopause on the Workplace, October 21, 2023.
- 2024 Session Moderator – Women’s Midlife Health Policy Institute Summit, Washington DC, March 21, 2024
- 2024 Speaker – AARP National HQ, Workshop on Menopause. Menopause at Work and Symptom Management. October 17, 2024.
- 2024 Speaker – 15th Annual Miami Symposium on Obstetrics, Gynecology & Human Sexuality. Addressing Menopause in the Workplace and Beyond. October 19, 2024.
- 2025 Moderator – Society for Women’s Health Research. Menopause Equity. Washington, DC. January 27, 2025.
- 2025 Keynote Speaker – Menopause in the Workplace. Annual Meeting of Life Care Advocates, Boston Marriott. April 24, 2025.
- 2025 Speaker – Society Women’s Health Research – Discussion of Menopause Navigating Care Guide and Workplace Roadmap. May 15, 2025.
- 2025 Speaker -- Women's Midlife Health Policy Institute (WMHPI) Steering Committee. August 29, 2025
- 2025 Speaker – Perry and National Menopause Foundation webinar, From Surviving to Thriving: Navigating Perimenopause in the Workplace. September 18, 2025.
- 2025 Speaker – AARP the Girlfriend and The Ethel. Menopause 101: All Your Burning Questions Answered. September 25, 2025.

- 2025 Speaker – AARP Internal Webinar for all male employees. What Men Need to Know about Menopause. October 1, 2025.
- 2026 Speaker – Grand Rounds. Menopause and Hormone Therapy. Miami Florida and Zoomed globally to South America and Europe. April 14, 2026
- 2026 Round Table Participant – Society of Women’s Health Research and Fuchsa Tent working group on Menopause in the Workplace. Newton, MA April 24, 2026
- 2026 Speaker – Rhode Island Women’s Expo, Warwick, RI. May 3, 2026

**International**

- 2004 *Alternative Healing for Menopause*  
Speaker at 9<sup>th</sup> McGill International Symposium on Reproductive Endocrinology & Infertility Montreal, Canada
- 2010 *Living Life to the Fullest in Menopause*  
Course Developer, The Borequen Resort, Costa Rica
- 2018 Keynote Speaker – International Conference on Medicine and Pharmacology, Is Estrogen Good or Bad For You? Barcelona, Spain, July 19th-20th 2018
- 2018 Keynote Speaker – 24<sup>th</sup> International Conference of Functional Foods, Nutrition and Chronic Diseases, Food and Nutrition to Help Manage Menopause, Boston, MA, September 20-21, 2018
- 2022 Panelist, Disability Matters North American Conference & Awards Gala Speaking on Menopause: In the Heat of The Matter

**Report of Clinical Activities and Innovations**

**Current Licensure and Certification**

- 1975 - 1991 Texas Medical License Registration, No. E4670
- 1976 Diplomate of the National Board of Medical Examiners
- 1979 Massachusetts Medical License Registration, No. 44295
- 1982 Diplomate of the American Board of Obstetrics and Gynecology
- 1983 Diplomate of the American Board of Obstetrics and Gynecology, Division of Reproductive Endocrinology and Infertility
- 2017 NAMS Certified Menopause Practitioner

**Report of Education of Patients and Service to the Community**

**Activities**

- 1979-Present Conducted hundreds of interviews for local, regional and national print, radio and broadcast media as medical expert.
- 2000-2001 Weekly co-host, *Health and Fitness*, WMEX, 1060 AM, a 50,000

	watt superstation
2001	Weekly host, <i>Health Talk</i> , North American Radio Broadcasting Company, KFNX 1100 AM Phoenix, WALE 990 AM Providence – Pilot program
2007	Advisory Board, HealthCorps, founded by Dr. Mehmet Oz to address childhood obesity, health and wellness
2007-2009	Advisory Board, Road of Life, founded to educate kids in making good choices to avoid cancer
2009	Host, <i>Your Health Rocks</i> Radio Show on WebTalkRadio.net
2010	Writer/Performer, H1N1 Music Video for national CIGNA campaign
2011	Host/Performer, LUNCH-NYC segment, performed songs for eight segments. Series nominated for three NY EMMY Awards
2011	Host PBS Fundraiser Show Functional Fitness Starring Suzanne Andrews. Also wrote and performed PBS's first fund raising song for the show.
2011	Created 200+ educational videos for <a href="http://www.YouTube.com/DoctorSeibel">www.YouTube.com/DoctorSeibel</a> , <a href="http://www.DrMache.com">www.DrMache.com</a> , <a href="http://www.HealthRock.com">www.HealthRock.com</a> , and other sites.
2013 - 2015	Founder and Host, <a href="http://MyMenopauseRadio.com">My Menopause Radio</a> – weekly interview format
2013 - Present	Founded <a href="http://MyMenopauseMagazine.com">My Menopause Magazine</a> in Apple Newsstand – first digital magazine dedicated to menopause; now called <a href="http://TheHotYears.com">The Hot Years</a> <sup>TM</sup> : My Menopause Magazine
2015-2020	Dr. Seibel Academy. Course #1 Menopause Breakthrough. A 6 weeks educational online course for women as they navigate perimenopause, menopause and beyond.
2015-2018	Founded <a href="http://AskDrMache.com">AskDrMache.com</a> , a free monthly Q & A on menopause information that attracts women from around the world
2022-24	Second Bloom Health, an online educational program for women in perimenopause and menopause
2023-	National Menopause Foundation Medical Advisory Board
2023-	Women's Midlife Health Policy Institute (WMHPI) Steering Committee

## **Report of Scholarship**

### **Publications**

#### **Peer reviewed publications in print or other media**

Seibel MM. Uterine rupture following use of E<sub>2</sub> vaginal suppositories. Bull Dept Gynecol Obstet Emory University School of Med. 1979; 1:20-2.

Seibel MM. Management of acute pelvic abscess. Bull Dept Gynecol Obstet Emory Univ School of Med. 1979; 1:49-50.

Seibel MM, Freeman MG, Graves WL. Carcinoma of the cervix and sexual function. Obstet Gynecol. 1980; 55:484-487.

Seibel MM, Graves WL. The psychological implication of spontaneous abortion. J Reprod Med. 1980; 25:161-166.

Seibel MM, Freeman MG, Graves WL. Hysterectomy for carcinoma in situ and sexual function. Gynecol Oncol. 1981; 11:195-199.

- Seibel MM, Levesque L, Taymor ML. A rapid radioimmunoassay method for serum luteinizing hormone utilizing polyethylene glycol and a double antibody method of separation. *Fertil Steril.* 1981; 35:36-39.
- Seibel MM, McArdle C, Thompson ED, Berger MJ, Taymor ML. The role of ultrasound in ovulation induction: a critical appraisal. *Fertil Steril.* 1981; 36:573-577.
- Seibel MM, Levesque LA, Seidenberg EJ, Ransil BJ. serial first morning estriol determinations in evaluating the high-risk obstetric patient. *Obstet Gynecol.* 1982; 59:27-32.
- Ransil BJ, Seibel MM, Taymor ML. Estimating the onset of the LH surge by cumulative summation (cusum). *Infertility.* 1982; 4:295-301.
- Seibel MM, Freeman MG, Graves WL. Sexual function after surgical radiation therapy for cervical carcinoma. *S Med J.* 1982; 75:1195-1197.
- Seibel MM, Taymor ML. Emotional Aspects of Infertility. *Fertil Steril* 1982; 37:137-145.
- Seibel MM, Smith DM, Borten M, Levesque LA, Taymor ML. The temporal relationship between the luteinizing hormone surge and human oocyte maturation. *Am J Obstet Gynecol.* 1982; 142:568-572.
- Kamrava M, Seibel MM, Thompson IE, Berger MJ, McArdle CR. Intrauterine pregnancy following transperitoneal migration of the ovum. *Obstet Gynecol.* 1982; 60:391-393.
- Seibel MM, Shine W, Smith DM, Taymor ML. Biological rhythm of the luteinizing hormone surge. *Fertil Steril.* 1982; 37:709-711.
- Kamrava M, Seibel MM, Berger MJ, Thompson IE, Taymor ML. Reversal of persistent anovulation in polycystic ovarian disease by administration of chronic low-dose follicle stimulating hormone. *Fertil Steril.* 1982; 520-523.
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Seibel MM. The Environment and Reproduction. In: DK Gardner, A Weissman, CM Howles, Z Shoham, eds Textbook of ART 5th Edition. Martin Dunitz, London, 2016

Seibel MM. Over the last six years I have written hundreds of articles and posts for Hot Years Magazine, Huffington Post, About.com, EmpowHER, Red Hot Mamas, and countless others.

### **[Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings](#)**

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Seibel MM. Amp Up Your Kid's Health. HealthRock Publishing. Newton, MA. 2010.

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Seibel MM. The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced—Through Perimenopause, Menopause, and Beyond. Rodale Press, 2016 Amazon #1 Best Seller in Menopause

Seibel MM. The Estrogen Fix. Rodale Press, September 19, 2017 Amazon #2 Best Seller in Menopause

Seibel MM, Seibel Sharon with Forward by JoAnn Pinkerton. Working Through Menopause: The Impact on Women, Businesses and The Bottom Line. HealthRock Publishing. March 8, 2022

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### **Professional educational materials or reports, in print or other media**

2003 Seibel MM: Mango – words and music for a 14 song CD album.

2003 Founded HealthRock® to teach health through music that leads to positive behavior changes.

2005 Seibel MM: Moods – instrumental compositions for 17-song album.

2005 Seibel MM: HealthRock: Kid's Edition – words and music for 14 song album on health related topics for children.

2005 Seibel MM: HealthRock: Grown Up Edition– words and music for 12 song album on health-related topics for adults.

2005 Seibel MM: HealthRock: Women's Edition – words and music for 13 song album on health-related topics for adults.

2006 Founded HealthRock Publishing with ASCAP for HealthRock's music

- 2006 Founded Vineyard Sound Publishing with ASCAP for non-health related music
- 2006 Seibel MM: HealthRock: Teen Edition – works and music for 20 song album on health related topics for teens.
- 2006 Male, Female, E-mail: A musical comedy about internet dating. Music & Lyrics by MM Seibel, Book by Patricia Sternberg.
- 2006 Throw the Dice: A musical comedy about the Biblical Book of Esther. Music & Lyrics and Book by Mache Seibel
- 2007 Seibel MM: HealthRock: Lullabies for Kids of All Ages. Music for a 17-song album comprised of soothing and melodic music – winner of iParenting Media Award
- 2007 Seibel MM: HealthRock: Preschool Edition. Words & Music for 18 song album on health related topics for preschoolers. Winner Creative Child CD of the Year.
- 2008 Dracula.com: Musical comedy about two want to be vampires. Music & Lyrics by MM Seibel, Book by Peter Dineen.
- 2008 Seibel MM: Red Hot Mama. Words and Music for 16 cabaret songs
- 2009 Brass Balls: Musical comedy about Ireland set in a pawnshop in. Music & Lyrics by MM Seibel, Book by Peter Dineen.
- 2009 Seibel MM: HealthRock Healthy Teeth. Words & Music for 7 song album and a spoken story with musical background.
- 2009 Seibel MM: Amp Up Your Health. Health information woven with songs about health for grown up audiences
- 2009 Seibel MM: Amp Up Your Mental Health. Mental health information woven with supporting content in songs for ages 18+
- 2009 Seibel MM: Amp Up Your Kid’s Health. General health information woven with supporting songs to teach kids how to stay healthy. Goes with companion book. Winner Creative Child CD of the Year Award
- 2010 Seibel MM: Let’s Move. Songs about exercising, eating healthy and controlling weight. Words & Music for 17 original songs.
- 2011 Seibel MM: Sleep Tight: Music to Sleep To. 13 soothing original instrumental compositions to sleep to, designed to help you sleep.
- 2011 Seibel MM: Relax. CD collection of 16 soothing instrumental original compositions.
- 2011 Seibel MM: New Christmas Songs. Collection of original Christmas songs.

2013- The Hot Years Magazine – Founded and Editor – First online digital magazine in Apple Newsstand dedicated to menopause [www.HotYearsMag.com](http://www.HotYearsMag.com).

2013 [My Menopause Radio](#) on Blog Talk Radio – a weekly interview format on menopause  
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### **Narrative Report (limit to 500 words)**

My initial research revolved around the endocrinology and physiology of ovulation, oocyte maturation and assisted reproductive technology. My research identified the circadian rhythm of LH, the timing of ovulation following the LH surge, defined in vivo oocyte maturation, and established the impact of GnRH pulse frequency and amplitude on gonadotropin levels in the human, which confirmed Ernst Knobil's primate work. This allowed me the privilege of performing the first successful in vitro fertilization in Massachusetts, one of the first in the United States as well as help gorillas at the Franklin Park Zoo.

My research also demonstrated that treating minimal endometriosis does not improve fertility but does delay conception. I also discovered that most "normal" karyotypes in spontaneous abortions are in fact maternal artifacts and not the abnormal fetal karyotype of the miscarriage. I established one of the first Reproductive Ethics Advisory Boards in the United States. My work in ovulation induction provided a protocol for long-term, low-dose FSH for polycystic ovaries, which received a Searle Donald F. Richardson Award from ACOG, and together with Dr. Andrew Herzog, I demonstrated how temporal lobe epilepsy affected gonadotropin pulse frequency, amplitude and ovulation. I subsequently received patient education awards from both ACOG and ASRM, as well as the Media Award from The Menopause Society.

The two editions of my textbook, *Infertility: A Comprehensive Text* were used internationally, and my interactive multimedia infertility program received an ACOG Patient Education Award.

Subsequently I worked in the area of soy, yoga and other alternatives to traditional medicine for women throughout their life cycles to understand the role of non-traditional treatment options. I am also an award-winning musician and composer using music as an educational tool to improve health literacy, producing music and lyrics for 14 albums recorded by New England Conservatory Musicians. These songs and recordings are the recipient of multiple national awards including ones from The Health and Science Communications Association, iParenting and the American Society for Reproductive Medicine.

When my wife was diagnosed with the BRCA gene deletion and underwent surgery that sent her into early menopause only 7 months after the 2002 WHI report was published, her doctors were reluctant to prescribe estrogen. I switched my focus to women's wellness and menopause. My collation and interpretation of the available literature became the #1 best-selling book, *The Estrogen Window* and the subsequent updated best-selling paperback version, *The Estrogen Fix*.

Subsequently, my wife was diagnosed with pancreatic cancer, and I pulled back to part-time in my clinical work to help her navigate the medical system. To continue helping women in menopause, I created an award-winning online magazine ([HotYearsMag.com](http://HotYearsMag.com)), developed online webinars, seminars, podcasts, and summits that cumulatively continue to reach tens of thousands of women worldwide. I also lecture nationally and internationally. My wife and I jointly wrote *Working Through Menopause: The Impact on Women, Businesses and The Bottom Line*, the first US book on this topic.

My academic focus is now on teaching. My passion is helping women figure it out so they don't have to tough

it out. Because women make 80% of all healthcare decisions, I believe this approach will not only help women, but also help educate the country one family at a time.