



The Menopause Spectrum:

Clinical Insights for Patient-Centered Care

March 20-22, 2026

Featured Speakers



Sasha Davenport, MD, MSCP, IF, FACOG, is the director of sexual medicine and an assistant professor of obstetrics and gynecology at the Wake Forest University School of Medicine in Charlotte, North Carolina. She founded the system's first clinic dedicated to sexual medicine, expanding access to comprehensive care for women across the lifespan.

She is an MSCP-certified menopause practitioner and fellow of the International Society for the Study of Women's Sexual Health (ISSWSH). Dr. Davenport's work focuses on menopause, sexual function, and the neurobiology of pelvic pain. A nationally recognized educator and advocate, she is known for translating complex science into practical, inclusive dialogue that empowers both patients and clinicians.



Aleece Fosnight, MSPAS, PA-C, CSC, CSE, MSCP, IF, HAES, is a nationally-recognized physician associate and sexuality counselor specializing in urology, sexual medicine, pelvic health, and gender-affirming care. She earned her Master of Science in physician assistant studies from the University of Kentucky in 2011 and completed a postgraduate certificate in sexuality counseling and education at the University of Michigan in 2014.

In June 2020, she founded the Fosnight Center for Sexual Health in Asheville, North Carolina, a pioneering interdisciplinary practice dedicated to providing inclusive, patient-centered sexual medicine and pelvic healthcare.

PA Fosnight is a certified sexuality counselor and educator through AASECT, a nationally certified menopause practitioner, and a Health at Every Size®-aligned medical provider. Her care philosophy is rooted in trauma-informed, kink-aware, and gender-diversity frameworks.

She serves on multiple local, state, and national advisory boards, is a sought-after national speaker, a guest lecturer for PA and medical school programs across the country, and a medical advisor for Aeroflow Urology and Uberlube. Through education, advocacy, innovation, and compassionate care, she is transforming how sexual health is approached in clinical practice.



Alyse Kelly-Jones, MD, FACOG, IF is a board-certified Ob/Gyn practicing in Charlotte, NC. She is known for her expertise in women's sexual health, menopause management, and her advocacy for women's fitness. She remembers attending her very first ISSWSH conference in Las Vegas in 2005. She left with an understanding that despite a robust Ob/Gyn residency at the University of Florida in Jacksonville, she had a lot to learn about women's sexual health. She dove in, and she has been attending these conferences yearly and was honored to serve on the board of directors as the treasurer from 2019 to 2022. Along with many others, she helped launch Prosayla (www.prosayla.com), the website where patients and practitioners can get evidence-based information about a variety of women's sexual health concerns.

Dr. Kelly-Jones is passionate about women's sexual health, as it is an important part of ensuring a woman's overall healthy attitude toward her life. As avid triathlete, Dr. Kelly-Jones founded a volunteer program, Tri It For Life, that recruits and trains women to participate in their first triathlon. Tri It For Life is an extension of Dr. Kelly-Jones' philosophy that physical exercise is an important way of helping women look out for their own health by taking the time to make their own lives better. In 2026, Tri It For Life will be celebrating its 20th anniversary.

Dr. Kelly-Jones is a nationally sought-after speaker. She testified before an FDA committee on the medical benefits of Addyi and is a well-known speaker and personality in North Carolina. In addition to appearing as a regular on-air consultant to several local morning news shows, Dr. Kelly-Jones established a long-running discussion forum called Sex & Sensibility for Charlotte women, men, and those who have yet to decide, regarding sexuality and wellness.



James A. Simon, MD, CCD, MSCP, IF, FACOG, is a board-certified ob/gyn and reproductive endocrinologist. He is a clinical professor of obstetrics and gynecology and reproductive endocrinology and infertility at The George Washington University School of Medicine in Washington, DC. Dr. Simon also holds certifications as an AASECT-Certified Sexuality Counsellor, an ISCD-Certified Clinical Bone Densitometrist, and a Menopause Society-Certified Menopause Specialist. He has an active private practice, IntimMedicine Specialists®, in Washington, DC, focused on complicated gynecology, sexual medicine for both men and women, and menopause.

Dr. Simon has received numerous awards including Top Washington Physicians, America's Top Obstetricians and Gynecologists, Super Doctors of Washington DC-Baltimore-Northern Virginia, and The Best Doctors in America. He is the only physician to serve as president of both The Menopause Society and the International Society for the Study of Women's Sexual Health. Nicknamed "The Menopause Whisperer" by Washingtonian Magazine, Dr. Simon is an established researcher and author—completing more than 450 research trials and more than 800 published articles, abstracts, chapters, and the paperback book: *Restore Yourself: A Woman's Guide to Reviving Her Sexual Desire and Passion for Life*. Dr. Simon loves riding the best roller coasters in the world, collecting fountain pens and wristwatches, and freshwater fishing. He is a five-time Master Angler of Manitoba (Canada).

Breakout Speakers



Nikki Gordon, DO, joined MemoryCare in August 2023. Dr. Gordon received her BS degree from the University of North Carolina Wilmington, and she earned her medical degree from Edward Via College of Osteopathic Medicine in Auburn, Alabama. She then went on to complete her residency in family medicine in Portland, ME, and a fellowship in geriatric medicine at Wake Forest Baptist Health in Winston-Salem, NC. Her professional mission is to provide quality care to those with cognitive impairment, and she is committed to being an educator for caregivers and professionals within the community. Dr. Gordon assumed the role of medical director in late 2025.



Amy Hales, MSN, FNP-C, is a family nurse practitioner specializing in sleep medicine at Carolina Lung and Sleep at Pardee in Hendersonville, North Carolina. She earned her undergraduate degree from James Madison University and her Master of Science in nursing from East Tennessee State University. Amy began her career as a polysomnographic technologist and now cares for patients with a wide range of sleep disorders, including sleep apnea, insomnia, restless leg syndrome, narcolepsy, and circadian rhythm disorders. She was a founding board member of the West Virginia Sleep Society, where she helped advance professional education and collaboration in the field. Amy

is passionate about empowering patients—especially women navigating menopause—to understand and improve their sleep. When she's not in the clinic, you can find her running, hiking, or trying her best to keep up with her kids on the ski slopes and in Mario Party games.



Sylvia Kauffman, MD, MSPH, enjoys caring for patients of all ages and providing them with the information they need to make decisions about their own health. She particularly enjoys prenatal and obstetrical care, women's health, chronic disease management, and caring for Spanish-speaking patients. She believes strongly in physical activity, nutrition, and other lifestyle strategies to prevent and manage illness.



Kristen Murphy, PT, DPT, earned her Bachelor's degree in behavioral neuroscience and Doctor of Physical Therapy from East Tennessee State University. For over 11 years, she has specialized in pelvic health, providing inclusive, trauma-informed care to individuals of all genders throughout Western North Carolina. Kristen is passionate about creating a collaborative treatment environment that empowers patients to achieve their goals.

Her experience spans both outpatient physical therapy settings and integrated medical practices, where she worked alongside physician assistants and mental health professionals within a biopsychosocial model of care. Kristen is deeply committed to supporting individuals through menopause, helping them navigate this life stage with confidence and vitality.

In addition to her clinical expertise, Kristen holds a Certificate in Sexuality Counseling and Education from the University of Michigan, further enhancing her ability to address complex pelvic health and sexual wellness concerns.



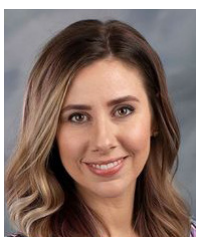
Ginger Poulton, MD, MEd, DipABLM, is board-certified in family medicine and lifestyle medicine. She is a former educator for Teach for America and a graduate of the University of Michigan Medical School. Dr. Poulton completed her family medicine residency at the Mountain Area Health Education Center (MAHEC) in Asheville and joined their faculty in 2013. Dr. Poulton has been an active runner, cyclist, sports enthusiast, and home chef for many years. She loves adventuring outdoors with her husband and sons in the beautiful mountains of Western North Carolina. In 2019, she established MAHEC as the first lifestyle medicine residency curriculum site in North Carolina.



Mary Quaile, MD, is a PGY2 resident physician at MAHEC's Psychiatry residency. She completed her medical degree at East Carolina University Brody School of Medicine. Prior to medical school she volunteered for UNC Birth Partners as a doula for under-resourced women delivering at UNC Hospital. She is passionate about providing psychiatric care to women of all ages through life transitions.



Mollie Ashe Scott, PHARM.D, BCACP, CPP, FASHP, FNCAP, is regional associate dean and professor in the Division of Practice Advancement and Clinical Education at UNC Eshelman School of Pharmacy. She directs the Ambulatory Care Scholars Program at UNC and teaches women's health and leadership topics in the Doctor of Pharmacy curriculum. She is the previous chair of the NCAP Task Force on Hormonal Contraception and is the recipient of a \$705,000 three-year grant to accelerate implementation and assess outcomes of pharmacist-initiated contraception in NC. Mollie practices as a clinical pharmacist practitioner in family medicine at MAHEC, where she also precepts residents in ambulatory care and geriatrics. She is the recipient of the Bowl of Hygeia award and ASHP's Section of Ambulatory Practitioners Distinguished Service Award.



Meagan Tucker-Wiles, PhD, is a licensed psychologist with a PhD from UNC Greensboro. She completed advanced training in the VA healthcare systems in Albuquerque, NM, and San Diego, CA. Her work centers on reducing barriers to high-quality behavioral healthcare through direct patient care, program development, and evaluation. Dr. Tucker-Wiles provides short-term psychotherapy for ob/gyn patients with reproductive mental health needs, using cognitive behavioral and third-wave therapies. She also offers consultation and precepting for ob/gyn medical residents and faculty. As a faculty member in the psychiatry residency program, she contributes to resident didactics and provides clinical supervision to student learners.

Learn More & Register

REGISTER ONLINE

CONFERENCE AGENDA

JOINTLY PROVIDED BY

MAHEC

PART OF NC AHEC



Fosnight Center

SEXUAL HEALTH FOR EVERY BODY

HAVE A QUESTION?

Program Planner

Dina Gillespie

828-771-4216 | Dina.Gillespie@mahec.net

Registration Phone

828-257-4475

Registration Fax

828-257-4768

Online Registration

mahec.net/events



Special Services

828-579-2098

Email

registration@mahec.net

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803