



• FROM AWARENESS → IMPLEMENTATION +

Women's Neurology Fellowship

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The Real Gap

Despite growing scientific knowledge, a critical disconnect persists between what we know and how we train. Women's neurology sits at the intersection of evidence, practice, and education — and the gap is real.

Growing evidence base

Research on sex-specific neurological conditions is steadily expanding.

Persistent knowledge gaps

Important questions remain, and evidence is still not fully translated into training.

Clinical care is variable

Without standardized guidance, patient management differs across institutions and providers.

No standardized training pathway

There is no formal, reproducible fellowship structure dedicated to women's neurology in most programs worldwide.

Why Dedicated Training Is Needed



The Case for a Structured Fellowship

Women's neurology is not a simple subspecialty — it demands a unique combination of clinical depth, scientific humility, and sustained experience over time.

Complex Clinical Decisions

Managing neurological conditions in the context of pregnancy, hormonal changes, and reproductive planning requires nuanced, high-stakes judgment.

Limited & Evolving Evidence

The evidence base is growing but incomplete. Fellows must learn to navigate uncertainty and apply emerging data responsibly.

Longitudinal Experience Required

Competency in this field cannot be achieved through brief rotations — it requires sustained, mentored exposure across the full spectrum of care.

Fellowship Structure

The fellowship is designed as an integrated, multidimensional training experience — not siloed rotations, but a cohesive program woven across four pillars.



Clinical Care

Direct patient management across the full spectrum of women's neurological conditions, from preconception through menopause.



Research

Active participation in ongoing studies, manuscript development, and generation of new clinical evidence.



Education

Teaching medical students, residents, and peers — building the next generation of women's neurology advocates.



Integrated Across Subspecialties

Seamlessly embedded within neurology and its partner disciplines for a truly comprehensive training experience.

Core Clinical Focus

The fellowship follows women across the full arc of their reproductive and hormonal lives — from planning a family to navigating menopause — ensuring neurological care is never siloed from the broader clinical picture.

Preconception Counseling

Risk stratification, medication safety, and family planning guidance for women with neurological conditions.

1

Postpartum Care

Managing rebound disease activity, breastfeeding considerations, and mental health intersections.

3

Pregnancy Management

Monitoring disease activity, adjusting therapies, and coordinating care through all trimesters.

2

Menopause & Hormonal Transitions

Understanding how hormonal shifts influence neurological disease course and quality of life.

4

Multidisciplinary Care

No single specialty can address the full complexity of women's neurological health. The fellowship is built on a foundation of coordinated, cross-disciplinary decision-making — bringing together the right experts at the right time.



Neurology

The clinical anchor — managing neurological disease across all life stages with sex-specific expertise.



Psychiatry

Addressing the intersection of mood, cognition, and neurological disease — especially peripartum.




OB / Maternal-Fetal Medicine

Collaborative management of high-risk pregnancies in women with complex neurological diagnoses.



Endocrinology

Navigating hormonal influences on neurological conditions, from thyroid disease to reproductive endocrinology.

 Coordinated decision-making across all specialties is a defining feature of the fellowship — not an afterthought.

Clinical Training Across Subspecialties

Fellows gain hands-on exposure across the full breadth of neurology subspecialties — each viewed through the lens of sex and gender differences, reproductive health, and hormonal biology.



Multiple Sclerosis (MS)

Disease-modifying therapy decisions in pregnancy and postpartum; relapse management.



Autoimmune / Neuroimmunology

Sex-biased autoimmune conditions and their interaction with reproductive hormones.



Neuro-Rheumatology

Overlap syndromes and systemic inflammatory disease with neurological manifestations.



Epilepsy

Catamenial epilepsy, teratogenicity of AEDs, and seizure management across the reproductive lifespan.



Headache

Hormonal migraine, treatment safety in pregnancy, and postpartum headache syndromes.



Functional Neurologic Disorders

Sex-specific prevalence, diagnosis, and multidisciplinary management of FND.



Neuro-Obstetrics

Stroke in pregnancy, eclampsia, and other acute neurological emergencies in obstetric settings.



Neuro-Infectious Disease

Infections with sex-differential outcomes and management considerations in pregnancy.



Cognitive Neurology

Sex differences in dementia risk, hormonal influences on cognition, and menopause-related cognitive change.

Research & Academic Work

Review

- Hormonal influences on headache
- Pregnancy outcomes in neurologic disease with CNS involvement

Ongoing Projects

- Retrospective cohort: Neurologic involvement and pregnancy outcomes
- Autoimmune encephalitis (AIE) – ongoing work
- WHI data: Migraine across the menopausal transition

Dissemination

- International journal clubs
- National conference posters
- Institutional presentations

Role of International Fellows

The need for women's neurology expertise is not confined to a single institution or country. International fellows play a pivotal role in amplifying the impact of this training model far beyond its origin.

Few Programs Worldwide

Dedicated women's neurology fellowships remain exceptionally rare globally, making each trained fellow a uniquely valuable resource.

High Demand for Expertise

Neurologists worldwide are seeking guidance on managing women with complex neurological conditions — demand far outpaces supply.

Knowledge Transfer Across Systems

International fellows bring insights from their home healthcare systems and return with frameworks adaptable to diverse clinical contexts.

Building Programs Globally

Trained fellows become program builders — establishing women's neurology curricula, clinics, and research initiatives in their home institutions.

Take-Home Message

The path from recognizing a problem to solving it requires more than good intentions. It requires structure, training, and a commitment to implementation — at every level, in every system.



Awareness → Not Enough

Knowing that women's neurological health is underserved is the starting point — but awareness alone does not change patient outcomes.



Implementation Improves Care

Structured programs translate directly into better clinical decisions, safer pregnancies, and improved quality of life for women with neurological conditions.



Training Essential

Dedicated fellowship training is the mechanism that converts knowledge into competency and competency into consistent, high-quality care.



Global Expansion Next Step

The model must scale. International collaboration, knowledge transfer, and program replication are the next frontier for women's neurology worldwide.

✔ The Women's Neurology Fellowship at Mass General Brigham is a proof of concept — and a call to action for institutions everywhere.

Questions?

