



Dr. Dian Ginsberg, MD

Double Board-Certified: OB-GYN & Anti-Aging/Regenerative Medicine
Speaker on Women's Health, Cognition, Hormones, and Precision Medicine

A4M Faculty · Memorial Hermann Medical Staff · Founder, Precision FemCare

The expert women turn to when they want more than social media soundbites, oversimplified hormone advice, and quick-fix answers. Because the same symptoms do not always call for the same solution.

Physician. Athlete. Performance Expert.

2

Board Certifications

2x

Boston Marathon Finisher

2x

Full Ironman Finisher

1st

Spartan Beast (Age 60)

20+

Triathlons

RECOGNIZED BY:

A4M Faculty
PCCA Presenter
Memorial Hermann
Medical Staff

Featured Speaking Topics

Brain Fog, Cognitive Shifts, and Performance in High-Performing Women

Keynote · Panel

The interrelated systems that shape clarity, resilience, and edge — and how individualized medicine can help restore performance.

Same Symptoms. Same Treatment. Different Outcome.

Keynote · Corporate

How genetics, hormone metabolism, and detox pathways help explain the difference — and lead to more precise, more effective care.

Perimenopause Starts Earlier Than Most Women Realize

Podcast · Long-form

Why symptoms in the late 30s and 40s are so often missed, misread, or dismissed — and how earlier recognition can improve healthspan, support performance, and help women feel like themselves again.

Earlier Than Expected. More Complex Than Advertised.

Keynote · TV · Pod

Why earlier recognition, better diagnostics, and more individualized dosing are essential to better outcomes in midlife.

ABOUT DR. GINSBERG

Dr. Dian Ginsberg is a double board-certified physician in OB-GYN and Anti-Aging & Regenerative Medicine, known for her science-driven, individualized approach to women's healthcare from perimenopause and beyond.

She looks beyond isolated symptoms to the fuller picture — hormones, gut health, genetics, metabolism, and brain function — to design care tailored to each woman's biology.

Keynote · Corporate · TV · Podcast · Clinician Education

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