

Dr. Dian Ginsberg, MD

DOUBLE BOARD-CERTIFIED: OB-GYN & ANTI-AGING/REGENERATIVE MEDICINE

MEDIA READY TV: PODCASTS • LIVE PANELS • EXPERT COMMENTARY

Science-driven medicine, personalized to your unique biology — for the stage, the studio, and the screen.



FOR PRODUCERS AND BOOKING AGENTS

Dr. Dian Ginsberg is a double board-certified physician specializing in individualized women’s hormonal health. She leads the next conversation: why the same therapy works for one woman — and fails another — and what changes when medicine is built around individual biology

WHY NOW

Midlife hormone health is now mainstream. What’s missing is precision — the science that explains why the same treatment produces different results in different women.

CREDENTIALS & PERFORMANCE

Double Board-Certified: OB-GYN & Anti-Aging/Regenerative Medicine

Memorial Hermann Medical Staff

A4M Faculty

Founder, Precision FemCare

2 Boston Marathons

2 Ironman Races

20+ Triathlons

Spartan Beast Winner, 60+

Beyond symptoms. Into what’s possible.

— Dr. Dian Ginsberg, MD

Clear. Credible. Conversation-ready.

1 **Why the Same Therapy Works for One Woman — and Fails Another**

Two women. Same labs. Same protocol. Completely different outcomes.

2 **Brain Fog Isn't One Problem**

A multi-system explanation for why women are still struggling —and why single solutions fail.

3 **The Misdiagnosis of High-Performing Women**

Why perimenopause is still being labeled as burnout, anxiety, or stress.

4 **The Weight Conversation Is Missing the Point**

Why midlife weight gain isn't about willpower—and why most solutions don't work.

5 **She Ran the Boston Marathon at 60**

Two Bostons, Ironmans, Spartan races, and 20+ triathlons—powered by the same individualized medicine she uses with patients.

TELEVISION & PODCAST

3-Minute TV Segments Available

Camera-ready. Clear. Clinically grounded. Each segment delivers:

One clear
takeaway

A relatable
hook

Science that
holds up on air

Sample segments:

Brain fog isn't burnout

Why hormone therapy doesn't always work

Midlife weight gain explained

Perimenopause starts earlier than you think

TELEVISION & PODCAST

Podcast Conversations

Available for both short-form and long-form discussions across:

Science-forward
health podcasts

Women's
leadership and
performance
platforms

General
audience and
lifestyle media

Biography

SHORT BIO — 100 WORDS (PODCAST SHOW NOTES, EVENT PROGRAMS, INTRO SLIDES)

Dr. Dian Ginsberg is a double board-certified physician specializing in individualized women's hormonal health from perimenopause and beyond. She focuses on what conventional medicine often misses: how hormones, metabolism, gut health, and brain function interact to shape how women actually feel and perform.

She is A4M Faculty, founder of Precision FemCare, and a two-time Boston Marathon finisher, two-time Ironman, and Spartan Beast winner at 60—living the same medicine she practices.

MEDIUM BIO — 200 WORDS (CONFERENCE WEBSITES, BOOKING PAGES, EDITORIAL PROFILES)

Dr. Dian Ginsberg is a double board-certified physician whose work sits at the intersection of hormonal health, midlife medicine, and individualized care.

Where conventional medicine treats symptoms in isolation, she looks at the full system: hormones, metabolism, gut health, and brain function—working together.

Her approach is built on a simple truth: the same symptoms in two women can have completely different causes—and require completely different solutions.

She is A4M Faculty, a member of the medical staff at Memorial Hermann Hospital, and a leading voice in precision hormone medicine.

A two-time Boston Marathon finisher, two-time Ironman, and veteran of 20+ triathlons, she applies the same individualized approach to her own biology that she brings to her patients.

HOST INTRODUCTION

Our guest today is a double board-certified physician specializing in individualized women's hormonal health.

She focuses on what most systems miss: that the same symptoms in two women often have completely different causes—and require completely different solutions. She's also a two-time Boston Marathon finisher, two-time Ironman, and at 60, completed a Spartan Beast—applying the same science she uses with patients to her own life.

Please welcome Dr. Dian Ginsberg.

LONG BIO (CONDENSED)

Dr. Dian Ginsberg is a double board-certified physician specializing in individualized women's hormonal health across midlife and beyond.

Her work is built on a principle conventional medicine has been slow to adopt: every woman's biology is unique—and her care should be built to match it.

She examines hormones, metabolism, gut health, and brain function as an interconnected system, using advanced diagnostics to understand how each woman's body actually works.

She is A4M Faculty, a member of the medical staff at Memorial Hermann Hospital, and a recognized educator in precision hormone medicine.

A two-time Boston Marathon finisher, two-time Ironman, and Spartan Beast winner at 60, she applies the same science-driven approach to her own biology that she brings to her patients.

She is not describing what is possible. She is what is possible.