



Marianne J. Legato

Dr. Marianne J. Legato is a pioneer in the field of gender-specific medicine. She led the effort to establish sex and gender as important variables in the way we think not just about the experience and treatment of disease, but also health and lifestyle.

She began her work in gender-specific medicine by authoring the first book on women and heart disease, *The Female Heart: The Truth About Women and Coronary Artery Disease*, which won the Blakeslee Award of the American Heart Association in 1992. Because of this research, the cardiovascular community began to include women in clinical trials affirming the fact that the risk factors, symptoms, and treatment of the same disease can be significantly different between the sexes. Dr. Legato is the author of multiple works for the lay public, including: *What Women Need to Know* (Simon & Schuster, 1997), *Eve's Rib* (Harmony Books, 2002), *Why Men Never Remember and Women Never Forget* (Rodale, 2005), and *Why Men Die First* (Palgrave, 2008). Her documentary film "Shattering the Myths: The Truth About Women and Coronary Artery Disease" won a Freddy award for the best offering in the category of the public health. She has published three editions of the groundbreaking textbook *The Principles of Gender-Specific Medicine*, which won a PROSE Award from the Association of American Publishers for the best book published in clinical medicine in 2018; a fourth edition will appear this year. Her latest academic textbook, *The Plasticity of Sex*, on which this book is based, won a 2021 PROSE Award in the category of biomedicine. Her books have been translated into 28 languages to date.

As an internationally respected authority on gender medicine, Dr. Legato has chaired symposia and made keynote addresses to world congresses in gender-specific medicine in Berlin, Israel, Italy, Japan, Panama, South Korea, Stockholm, and Vienna. In collaboration with the Menarini Foundation, she is co-chairing an international symposium on epigenetics, "Sex, Gender and Epigenetics: From Molecule to Bedside," to be held in the Fall of 2021 in Italy. She recently participated in a symposium sponsored by Pontifical Academy of Science of the Vatican in Rome, speaking about the importance of gender as a factor in personalized medicine. She has made appearances on television and radio shows, including the Larry King show. Her most recent appearance will be on Close Up Radio in April 7 and 14, 2021.

She maintains one of the only gender-specific private practices in New York City, and she has consistently been named one of the "Top Doctors in New York" for several decades. Who's Who has just cited her for a lifetime achievement award.

She is the Founder and Director of the Foundation for Gender Specific Medicine, which supports the careers of young investigators who integrate the variable of biological sex into their research thus expanding the science of gender-specific medicine. Originally confined to American scholars, the Foundation began this year to award grants globally.