



Canadian Women's Heart Health Alliance

Knowledge Translation and Mobilization Working Group Member Profile



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Member since 2022

Biography

Dr. Benham is a Clinical Lecturer in Endocrinology in the Department of Medicine at the University of Calgary.

She completed degrees in Human Kinetics and Medicine at the University of British Columbia, followed by residencies in Internal Medicine, the Clinician Investigator Program and Endocrinology and Metabolism at the University of Calgary along with a PhD in Epidemiology. She was the 2019 recipient of the Canadian Society of Endocrinology and Metabolism Fernand Labrie Fellowship Research Grant.

Dr. Benham's research focuses on the interplay between endocrine disease, physical activity and cardiometabolic health. Her PhD thesis work focused on the impact of non-pharmacologic therapies including exercise training on reproductive and cardiometabolic health in patients with Polycystic Ovary Syndrome.