A holistic approach to menopause care: HRT and beyond

Royal College of Physicians, Regent’s Park, London
Thursday 5 and Friday 6 July 2018
Join us... for discounted delegate rates at our annual conference

No joining fee | Annual subscriptions: £80 for trainees; £85 for nurses; £115 for doctors and £175 for Practice membership

Benefits of membership
British Menopause Society (BMS) members enjoy a wide range of benefits, including:

- Direct access to our medical advisory council
- A copy of Post Reproductive Health, the journal of the British Menopause Society, delivered quarterly
- Copies of all BMS publications at discounted rates
- Preferential registration rates for the BMS Conference – the largest annual menopause conference in Europe
- Discounted rates for other BMS and Women’s Health Concern meetings and workshops
- Exclusive access to the BMS website members’ area which includes a members’ forum and topical and current research papers and articles
- Opportunity to qualify as a BMS recognised Menopause Specialist

Individual and practice membership is open to doctors, nurses, other health professionals and the health care industry, in the UK and overseas

Join online at www.thebms.org.uk/join-us/
or contact the office +44 (0)1628 890 199 | admin@bms-whc.org.uk

Registered Charity No. 1015144
Dear Colleague

British Menopause Society 28th Annual Conference
A holistic approach to menopause care: HRT and beyond

I am writing to invite you to join us at the British Menopause Society 28th Annual Conference, which takes place on Thursday 5 and Friday 6 July 2018 in London.

This year’s conference programme has been designed to provide a comprehensive range of lectures and workshops to refresh and broaden your knowledge of post-reproductive health and to give you the confidence to manage the menopause in the way you feel is best.

The Programme Planning Group, jointly chaired by Mike Savvas and Haitham Hamoda, has produced an excellent line up including the International Menopause Society invited session chaired by Professor Mary Ann Lumsden; the debate, which this year is This house believes that menopausal women receiving HRT should be advised to undergo hysterectomy to benefit from oestrogen only HRT instead of combined HRT and the ever popular Menopause Café.

We are delighted to welcome Professor James A Simon, from the George Washington University Hospital and Sibley Memorial Hospital in the US, who is delivering the BMS Annual Lecture: Micronised progesterone in HRT: what does the evidence say? We are also pleased to welcome Professor Andrea Genazzani from the University of Pisa in Italy who will give the Pat Patterson Memorial Lecture: HRT: body and mind health, a fantastic opportunity for women.

The full conference programme is shown on pages 4-7.

It is good to be back in London, hosting our conference at the Royal College of Physicians on Regent’s Park.

I look forward to meeting you and to a productive and enjoyable conference.

With best wishes

Kathy Abernethy
Chairman, British Menopause Society
An educational meeting to bring you up to date with management of the menopause, all aspects of post-reproductive health.

Presented by leading experts from the UK and internationally.

Who should attend?
Academics
Dieticians
General Practitioners
Gynaecologists
Nutritionists
Pharmacists
Physiotherapists
Practice Nurses
Specialist Nurses
Trainees

plus those allied to the health profession who have an interest in post reproductive health, from the UK and overseas.

Mr Mike Savvas, Mr Haitham Hamoda and the Programme Planning Group have put together a comprehensive and varied programme to include keynote lectures, oral and poster presentations and breakout sessions.

A Mr Mike Savvas – Joint Chairman
Consultant Gynaecologist, King’s College Hospital, London, Member – BMS medical advisory council

B Mr Haitham Hamoda – Joint Chairman
Consultant Gynaecologist, Subspecialist in Reproductive Medicine and Surgery, King’s College Hospital, London, Member – BMS medical advisory council

C Dr Heather Currie
Associate Specialist Gynaecologist & Obstetrician Dumfries & Galloway Royal Infirmary, Dumfries, Immediate Past Chairman of BMS, BMS trustee, Member – BMS medical advisory council

D Dr Jane Davis
General Practitioner, Penzilva, Cornwall

E Mrs Amanda Hillard
Clinical Nurse Specialist, Poole Hospital, Dorset

F Professor Anne MacGregor
Associate Specialist in SRH, Barts Sexual Health Centre, Barts Health NHS Trust, London, Member – BMS medical advisory council

G Miss Lynne Robinson
Consultant Obstetrician & Gynaecologist and Hon Senior Clinical Lecturer, Lead of Menopause/Reproductive Endocrine Services, Birmingham Women’s NHS Foundation Trust, Member – BMS medical advisory council

H Dr Vikram Talaulikar
Associate Specialist, Reproductive Medicine Unit, University College Hospital, London
The British Menopause Society (BMS) established in 1989, provides education, information and guidance to healthcare professionals specialising in all aspects of post reproductive health.

This is achieved through an annual programme of lectures, conferences, meetings, exhibitions and our interactive website. We offer a range of publications including our quarterly journal *Post Reproductive Health* and the definitive handbook *Management of the Menopause*.

Women’s Health Concern (WHC), the patient arm of the BMS, provides an independent service to advise, reassure and educate women of all ages about their health, wellbeing and lifestyle concerns.

WHC offers unbiased information – by telephone, email, printed fact sheets, online and through symposia, seminars, meetings and workshops, including Living and loving well beyond 40…!

www.womens-health-concern.org

Our Mission

- To increase awareness of post reproductive healthcare issues
- To promote optimal management through our educational programme, publications and information dissemination

The challenge of post reproductive health management is increasing. As most British women can expect to live for 30 years or more beyond menopause, the consequences for immediate and longer term healthcare and lifestyle are significant.

British Menopause Society membership is open to healthcare professionals and others specialising in post reproductive health.

Affiliations

The British Menopause Society is a specialist society affiliated to the Royal College of Obstetricians and Gynaecologists and the Faculty of Sexual and Reproductive Healthcare. Working together we have developed theoretical and practical training modules aimed at those healthcare professionals who regularly work in the field of women’s health.
## A holistic approach to menopause care: HRT and beyond

British Menopause Society 28th Annual Conference

Day One morning – Thursday 5 July 2018

<table>
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<tr>
<th>Time</th>
<th>Session/Activity</th>
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<tbody>
<tr>
<td>0815</td>
<td>Registration and refreshments</td>
</tr>
<tr>
<td>0900-0905</td>
<td><strong>Welcome &amp; Introduction</strong>&lt;br&gt;Mr Mike Savvas&lt;br&gt;Consultant Gynaecologist, King’s College Hospital, London. Member – BMS medical advisory council.</td>
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<tr>
<td>0905-0925</td>
<td><strong>SESSION 1</strong>&lt;br&gt;Hot off the press&lt;br&gt;Kathy Abernethy&lt;br&gt;Chairman and Trustee, the British Menopause Society. Senior Nurse Specialist, Associate Director, Northwick Park Hospital Menopause Clinic, London.</td>
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<tr>
<td>0925-1025</td>
<td><strong>SESSION 2</strong>&lt;br&gt;The ovary: Future directions&lt;br&gt;Chair: Mr Nick Panay&lt;br&gt;Consultant Gynaecologist, Queen Charlotte’s and Chelsea and Westminster Hospital, London. Trustee, the British Menopause Society. International Menopause Society Board Member and former Editor-in-Chief Climacteric, the journal of the IMS.</td>
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<tr>
<td>0925-0950</td>
<td>Oocyte stem cells, current status and future directions&lt;br&gt;Professor Richard Anderson&lt;br&gt;Professor of Clinical Reproductive Science, University of Edinburgh.</td>
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<tr>
<td>0950-1015</td>
<td>AMH and prediction of the menopause: new hope or unrealistic expectation&lt;br&gt;Professor Scott Nelson&lt;br&gt;Muirhead Professor of Obstetrics &amp; Gynaecology, University of Glasgow.</td>
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<tr>
<td>1015-1025</td>
<td>Q&amp;A</td>
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<tr>
<td>1025-1055</td>
<td>Refreshments, posters &amp; exhibition</td>
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<tr>
<td>1055-1135</td>
<td><strong>SESSION 3</strong>&lt;br&gt;THE BMS ANNUAL LECTURE – Micronised progesterone in HRT: what does the evidence say?&lt;br&gt;Professor James A Simon&lt;br&gt;George Washington University Hospital and Sibley Memorial Hospital, Washington, USA.</td>
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<tr>
<td>1135-1235</td>
<td><strong>SESSION 4</strong>&lt;br&gt;Long-term sequelae&lt;br&gt;Chair: Mr Edward Morris&lt;br&gt;Consultant Gynaecologist, Norfolk &amp; Norwich University Hospital. Trustee, the British Menopause Society.</td>
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<tr>
<td>1135-1200</td>
<td>Hormones and thrombosis&lt;br&gt;Dr Marianne Canonico&lt;br&gt;Consultant Endocrinologist, French Institute of Health and Medical Research, Paris, France.</td>
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<tr>
<td>1200-1225</td>
<td>Statins for management of hypercholesterolaemia in naturally menopausal women: solution or a problem?&lt;br&gt;Professor Peter Collins&lt;br&gt;Professor of Clinical Cardiology, Royal Brompton Hospital and National Heart &amp; Lung Institute, Imperial College, London.</td>
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<tr>
<td>1225-1235</td>
<td>Q&amp;A</td>
</tr>
<tr>
<td>1235-1335</td>
<td>Standing fork buffet lunch, posters &amp; exhibition</td>
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### Day One afternoon – Thursday 5 July 2018

#### 1335-1420 / SESSION 5
**Educational Symposium**
Sponsored by Shionogi

#### 1420-1520
**Free communications**

#### 1520-1620 / SESSION 6
**International Menopause Society Invited Session**

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<tr>
<th>Time</th>
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</table>
| 1520-1545 | The care of women after breast cancer | **Professor Serge Rozenberg**
  Clinical Professor and Head of Department of Obstetrics & Gynecology, CHU St Pierre, Brussels, Belgium. |
| 1545-1610 | Education of Doctors in the 21st Century; The International Menopause Society professional and refresher training course (IMPART) | **Prof Johannes Bitzer**
  Consultant Department Obstetrics and Gynecology University Hospital Basel; Director Basel Center of Sexual Medicine; Co-Director Basel Institute of Psychosomatic Obstetrics and Gynecology, Basel, Switzerland. |

#### 1610-1620
**Q&A**

#### 1620-1650
**Refreshments, posters & exhibition**

#### 1650-1735 / SESSION 7
**BMS DEBATE**
The house believes that menopausal women receiving HRT should be advised to undergo hysterectomy to benefit from oestrogen only HRT instead of combined HRT

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<th>Time</th>
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</table>
| 1650-1735 | BMS DEBATE                             | **Kathy Abernethy**
  For: **Miss Joan Pitkin**
  Consultant Gynaecologist, Associate Medical Director & Director of R&D LNWH-TR Reader and Head of Year 5 Imperial College, Trustee, the British Menopause Society. |
| 1745-1815 | AGM                                   | **Dr Heather Currie**
  Against: **Associate Specialist Gynaecologist & Obstetrician Dumfries & Galloway Royal Infirmary, Dumfries. Immediate Past Chairman and Trustee, the British Menopause Society.** |

#### 1735-1745
**Key messages and Close of Day 1**
Mr Mike Savvas and Mr Haitham Hamoda

#### 1930-2000
**Reception**

#### 2000
**Conference Dinner**

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*This Conference is financially supported in part by the pharmaceutical industry through sponsorship but it has no influence over the Conference agenda. Programme and speakers may be subject to change.*
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British Menopause Society 28th Annual Conference
Day Two morning – Friday 6 July 2018

0815 Registration and refreshments

0900-1100 / SESSION 8 Menopause Café

Topic 1: Practical HRT prescribing
Heather Currie, Elaine Stephens, Annie Hawkins, Lynne Robinson, Eddie Morris, Jane Wilkinson, Anne MacGregor, Kathy Abernethy, Pratima Gupta and Jane Davis

Topic 2: HRT and breast cancer
Jo Marsden, Nick Panay, Tim Hillard, John Stevenson, Joan Pitkin, Keith Spowart, Melanie Davies, Mary Ann Lumsden, Mike Savvas and Haitham Hamoda

1100-1130 Refreshments, posters & exhibition

1130-1230 / SESSION 9 Talks you asked for

Chair: Dr Heather Currie

1130-1155 Management of osteoporosis in the menopausal women
Professor Peyman Hadji
Professor of Obstetrics, Gynaecology and Endocrinology at Philipps-Universität, Marburg, Germany, Head of the Department of Bone Oncology, Endocrinology and Reproductive at the Krankenhaus Nordwest, Germany Frankfurt.

1155-1220 Lifestyle: The forgotten treatment of the menopause
Mr Michael Dooley
Consultant Gynaecologist, Dorset County Hospital, Dorchester. Medical Director, The Poundbury Clinic.

1220-1230 Q&A

1230-1330 Standing fork buffet lunch, posters & exhibition

Menopause Café Biographies

Practical HRT prescribing
1 Elaine Stephens
Senior Specialist Nurse, Menopause Service, Birmingham Women’s Hospital.

2 Ms Annie Hawkins
Consultant Obstetrician & Gynaecologist, Queen Alexandra Hospital, Portsmouth, Member – BMS medical advisory council.

3 Dr Jane F Wilkinson
General Practitioner, Neston Medical Centre, GP Champion for Chlamydia & Sexual Health, GP Lead for Maternity, Western Cheshire, Member – BMS medical advisory council.

4 Miss Pratima Gupta
Consultant Obstetrician & Gynaecologist and Clinical Director for Gynaecology, Heart of England NHS Foundation Trust, Member – BMS medical advisory council.

5 Miss Jo Marsden
Consultant Breast Surgeon, King’s College Hospital, London, Member – BMS medical advisory council.

6 Ms Keith Spowart
Consultant Gynaecologist, Glasgow, Member – BMS medical advisory council.

HRT and breast cancer
7 Ms Melanie Davies
Consultant Obstetrician & Gynaecologist, University College London Hospitals, Member – BMS medical advisory council.
Day Two afternoon – Friday 6 July 2018

1330-1415 / SESSION 10
Sponsored Symposium

1415-1420 / SESSION 11
Prize giving – Free communications and posters

1420-1450 / SESSION 12
The Pat Patterson Memorial Lecture
HRT: body and mind health, a fantastic opportunity for women

1450-1510
Refreshments, posters & exhibition

1510-1635 / SESSION 13
A thought for the afternoon

1510-1535
Pelvic organ prolapse: where are we in 2018?

1535-1600
Skin and hair changes in the menopausal woman – a Dermatologist’s view

1600-1625
Premenstrual Syndrome: Management options

1625-1635
Q&A

1630-1645
Key messages & Close

This Conference is financially supported in part by the pharmaceutical industry through sponsorship but it has no influence over the Conference agenda. Programme and speakers may be subject to change.
Royal College of Physicians
11 St Andrews Place, Regent’s Park, London, NW1 4LE

Located in a stunning setting overlooking Regent’s Park in the heart of London; the Royal College of Physicians has created an exceptional conference and events centre. For over 17 years, the RCP has been offering an award-winning and highly versatile venue for conferences, meetings, banquets, training and has a medicinal garden for outdoor events. The grade 1 listed, modern building has an atmosphere of space and light, with stylish, modern architecture and a selection of both old and new styles to suit all tastes.

By car
Easy access via M40 and M1
Car parking: The RCP offers free parking to disabled guests by prior arrangement and is situated outside the congestion charge zone. The nearest public car parks are shown on the map below.

By rail
- Euston station (15 minutes walk)
- King’s Cross and St Pancras stations – National and International rail services (5 minutes by taxi)
- Marylebone station (5 minutes by taxi)

Train times and routes: National Rail Enquiries http://www.nationalrail.co.uk/
National Rail Enquiries: 08457 48 49 50

By underground
- Regent’s Park station on the Bakerloo line (5 minutes walk)
- Great Portland Street Station on the Circle, Metropolitan and Hammersmith and City lines (5 minutes walk)
- Warren Street Station on the Victoria and Northern lines (10 minutes walk)

By bus
A - Routes: 18, 27, 30, 205, 453
B - Routes: C2
C - Routes: 18, 27, 30, 205
D - Routes: 18, 27, 30, 205, 453
Certificate of attendance
A certificate of attendance will be issued electronically to all delegates after the conference. The conference carries 12 CPD credits.

Abstracts
This Conference provides a key opportunity for oral or poster presentations on scientific work and research. Full guidelines on Abstract submissions are available with the Conference details at www.thebms.org.uk/abstracts

Abstracts will be reviewed by the Programme Planning Group and considered for inclusion in the meeting programme. All accepted Abstracts will also be published in Post Reproductive Health, the Journal of the British Menopause Society.

Abstract Deadline: 4 June 2018

Accommodation
We like to offer a wide range of accommodation options to meet your needs in terms of budget, style and distance from the Royal College of Physicians. Please go to www.laterooms.com and enter the RCP postcode NW1 4LE, the dates of your stay and the number of people staying. Once the search is complete you can sort by price, distance to the RCP and star rating.

Conference Dinner – Thursday 5 July 2018
Royal College of Physicians
Dress: Black tie/suit

Cost: £65 per person
Half a bottle of house wine, soft drinks and filtered water is included. The cost of the dinner is subsidised due to London prices.

Menu
First course
Little Wallop soft goats’ cheese, green peas, watercress and broad beans with lemon oil and mint

Main course
Free-range Devonshire chicken breast, whipped smoked potatoes, field cap mushrooms with wilted greens and chicken jus

Vegetarian main course option will be available, if requested in advance.

Pudding
Apple tarte tatin, vanilla ice cream and salted caramel sauce

Coffee and mints
Please advise of any special dietary requirements at the time of booking.

Exhibition
There will be a Medical Exhibition running alongside the meeting. See outside back cover.
Registration

**Terms and conditions**
All fees must be paid in full, and a registration form completed before the meeting. The BMS reserves the right to refuse admission in the event of non-payment.

If you register on the day of the meeting, please note we can only accept payment by cash or credit/debit card (no cheques or invoices). Delegate places are only guaranteed upon receipt of a completed registration form and registration fee.

All cancellations must be received in writing. It is the responsibility of the delegate to ensure that the BMS has been notified a minimum of **30 days** before the conference. Name substitutions can be made at any time without charge.

**Refunds for cancellations will only be given up to 30 days before the conference start date and will incur a £30 administration charge.**

No refund will be made for non-attendance. In the event the BMS cancels the meeting, liability will be limited to registration fees already paid to the Society for the conference.

**Registration**
Online registration:
Register via secure transaction online at:

thebms.org.uk/conference

**Postal registration**
Please complete the registration form and return it with your credit/debit card details or a cheque made payable to:

**British Menopause Society Limited**

28th Annual Meeting
British Menopause Society
Spracklen House
East Wing
Dukes Place
Marlow
Bucks SL7 2QH
United Kingdom

**Further information**
Website: www.thebms.org.uk
Email: admin@bms-whc.org.uk
Telephone the office on +44 (0)1628 890 199
Register online at thebms.org.uk/conference or complete both sides of this form and return to the BMS.

**Name** (and title)

**Telephone number**

**Email address**

**Occupation** –
- Doctor (GP) ☐
- Doctor (Hospital) ☐
- Consultant ☐
- Nurse (Practice) ☐
- Nurse (Specialist) ☐
- Trainee health professional ☐
- Industry ☐
- Pharmacist ☐
- Other (please specify below) ☐

**Organisation**

**Work address**

**Special dietary requirements**

**Trainees only – tutor’s email address**

**How did you hear about the BMS Annual Conference?**

- □ I would like to receive information about BMS educational courses and other activities
- □ I am happy for my details to be passed to trusted, relevant third parties

Please complete both sides of the form and return to:
British Menopause Society, Spracklen House, East Wing, Dukes Place, Marlow, Bucks SL7 2QH
Registration form
British Menopause Society 28th Annual Conference

Both days

- **BMS Member - Both days** Thursday/Friday 5 & 6 July 2018 – Please tick appropriate box
  - Nurse £285
  - Doctor/Other £360
  - GP Trainees and O&G Trainees £199

- **Non-BMS Member - Both days** Thursday/Friday 5 & 6 July 2018 – Please tick appropriate box
  - Nurse £350
  - Doctor/Other £430
  - GP Trainees and O&G Trainees £225

One day only – Please tick appropriate box

- **BMS Member** £215 Thursday 5 July or Friday 6 July
- **Non-BMS Member** £245 Thursday 5 July or Friday 6 July
- **One day only** – Please tick appropriate box
  - GP Trainees and O&G Trainees £150 Thursday 5 July or Friday 6 July

I would like to attend the Lunchtime symposium sponsored by Shionogi at 1335 on Thursday 5 July

Conference dinner – Thursday 5 July 2018
Number of tickets required @ £65pp Total cost: £
Dietary requirements for dinner and meeting. Please tick appropriate box
  - Vegetarian
  - Vegan
  - Other
  - Please specify:

Registration fee: £ + Conference Dinner: £ + Donation*: £ Total: £

Method of payment

I wish to pay £

Payment by cheque: I enclose payment by cheque made payable to British Menopause Society Limited.

Payment by credit or debit card: I would like to pay by: Visa | Mastercard | Amex (Please circle)
Number
Expiry date
Security code*
* This is the 3 digit code in the signature area on the back of your card (or 4 digit for Amex on the front of card).

*If you are able to add a charitable donation towards the work of the British Menopause Society and Women’s Health Concern, the patient arm of the BMS, it would be most gratefully received.

Gift Aid Declaration

I wish to make a donation of £ Applying gift aid means that for every £1 you donate we get an extra 25p from Her Majesty’s Revenue and Customs.

- I would like the BMS to Gift Aid my donation for this donation only
- I would like the BMS to Gift Aid my donation for this and all future donations

Signature
Print name
Postcode Date

I confirm that I have paid or will pay an equal amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the Charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I acknowledge that the BMS will reclaim 25p of tax on every £1 that I give.

Please notify us if you change your name or address, cease to be a tax payer or want to cancel this declaration.
BMS Women’s Health Meetings

Wednesday 25 April 2018  SE London  One-day
Wednesday 9 May 2018  Belfast  One-day
Wednesday 12 September 2018  Stirling  One-day
Wednesday 7 November 2018  Leeds  One-day

Faculty of Sexual & Reproductive Healthcare/BMS Special Skills Module in Menopause Care

Thursday 1 - Friday 2 March 2018  Kenilworth  FULL  Two-day
Thursday 20 - Friday 21 September 2018  Kenilworth  Two-day
Thursday 11 - Friday 12 October 2018  Leeds  Two-day

Cognitive Behaviour Therapy for menopause symptoms

Thursday 15 - Friday 16 March 2018  Manchester  Two-day

Royal College of Obstetricians & Gynaecologists/ BMS Advance Training Skills Module in Menopause Care

Tuesday 30-Wednesday 31 October 2018  RCOG, London  Two-day

Women’s Health Concern 28th Annual Symposium

Tuesday 4 December 2018  RCOG, London  One-day

Reduced delegate rates for BMS members.

For details on membership please contact the BMS team:

Email: admin@bms-whc.org.uk
or telephone: +44 (0)1628 890 199

For further details please visit thebms.org.uk/meetings

“The highlight of the programme for me was the excellent speakers. Extremely useful information that is very appropriate to general practice.”
Sponsorship & exhibitor opportunities
There is a medical exhibition integral to this two-day conference and other sponsorship opportunities are available.

These range from keynote lecture sponsorship to delegate bag inserts; to sponsored breakout sessions.

For details of opportunities or to discuss a tailored package, please call +44 (0)1628 890199 or email admin@bms-whc.org.uk

2017 conference feedback

“It was great to actually speak to and be surrounded by legendary experts on menopause”

“A fantastic opportunity to become up to date with the latest research and guidance”

“Good to see so many posters this year”

“The Menopause Café was very useful for asking questions and exploring case studies”

“The overall ambience of the meeting was excellent and one of the best programmes I’ve seen for a long time”

British Menopause Society
Spracklen House, East Wing, Dukes Place, Marlow, Bucks, SL7 2QH United Kingdom

Website: www.thebms.org.uk
Email: admin@bms-whc.org.uk
Telephone: +44 (0)1628 890 199
Fax: +44 (0)1628 474 042

Cover: 2017 Conference and RCP London

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