34th annual scientific conference

Menopause: achieving an equilibrium

ON DEMAND – Day 1

The specialist authority for menopause & post reproductive health

British Menopause Society

Session	Chair/Speaker
WELCOME & INTRODUCTION	**Dr Katie Barber** *Joint Chair, Programme planning group; Clinical Lead Community Gynaecology, Oxfordshire; Founder and Clinical Director, Oxford Menopause Ltd; Member – British Menopause Society medical advisory council* **Professor Nick Panay** *Joint Chair, Programme planning group; Consultant Gynaecologist, Subspecialist in Reproductive Medicine, Imperial College Healthcare NHS Trust, London; Professor of Practice, Imperial College London; Past President – International Menopause Society; Member – British Menopause Society medical advisory council*
SESSION 1 – HOT OFF THE PRESS	**Professor Janice Rymer** *Professor of Obstetrics & Gynaecology, King's College School of Medicine, London; Consultant Gynaecologist, Guy's and St Thomas's NHS Foundation, London; Chair and Trustee – British Menopause Society*
SESSION 2 – BONE HEALTH	Co-chair: **Professor Annice Mukherjee** *Consultant Physician and Endocrinologist, Salford Royal NHS Foundation Trust; Member – British Menopause Society medical advisory council* Co-chair: **Dr Kate Panter** *Consultant Gynaecologist; Member – British Menopause Society medical advisory council*
Bone health – Identifying & Assessing Women with Low Bone Density	Speaker: **Professor Alex Comninos** *Consultant Endocrinologist, Imperial College Healthcare NHS Trust & Imperial College, London*
Osteoporosis: Current Therapeutic Options – Where are we now?	Speaker: **Professor David Reid MBE** *Consultant Rheumatologist and Osteoporosis Specialist, 25 Harley Street, London Bridge Hospital; King Edward VII's & BMI Albyn Hospital, Aberdeen*
SESSION 3 – THE BMS ANNUAL LECTURE: Management of Perimenopausal Depression	Co-chair: **Professor Mary Ann Lumsden** *Honorary Professor of Medical Education and Gynaecology, University of Glasgow; Member – British Menopause Society medical advisory council* Co-chair: **Professor Janice Rymer** Speaker: **Dr Claudio Soares** *Professor, Department of Psychiatry, Queen's University School of Medicine, Kingston, Ontario, Canada; Clinical Lead, Mental Health & Addictions, Ontario Health East; Director, Centre for Psychedelics Health & Research, Queen's University and Providence Care Hospital; President, the Menopause Society*

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SESSION 4 – MENOPAUSE AND THE PELVIS	Co-chair: **Mr Tim Hillard** *Consultant Gynaecologist, University Hospitals Dorset, Poole; Trustee – British Menopause Society* Co-chair: **Dr Kristyn Manley** *Consultant Gynaecologist, University Hospitals Bristol NHS Foundation Trust; Member – British Menopause Society medical advisory council*
Genitourinary syndrome of the menopause	Speaker: **Dr Inge Kreuser-Genis** *Consultant Dermatologist, Oxford University Hospitals Foundation Trust, Oxford*
Vulval symptoms – are they always due to vulvovaginal atrophy?	Speaker: **Miss Elaine Palmer** *Specialist Consultant Gynaecologist, Chelsea and Westminster Hospital NHS Trust, London*
SESSION 5 – TOPICS YOU ASKED FOR	Co-chair: **Kathy Abernethy** *Menopause Specialist Nurse; Director, the menopause course; Trustee – British Menopause Society* Co-chair: **Dr Zoe Schaedel** *GP, Brighton and Hove NHS Community Menopause Clinic; Member – British Menopause Society medical advisory council*
Women's cardiovascular health – a neglected area	Speaker: **Dr Susan Connolly** *Consultant Cardiologist, Galway University Hospital and Galway City Hub, Ireland*
Premature Ovarian Insufficiency – updated guidelines	Speaker: **Professor Nick Panay**
The menopause in the media: From fact to fiction	Speaker: **Mr Simon Brown** *Medical Writer, UK*
SESSION 6 – FREE COMMUNICATIONS	Co-chair: **Dr Katie Barber** Co-chair: **Professor Nick Panay**
SESSION 7 – DEBATE **Testosterone: This house believes that all women should have a "formal" psychosexual assessment before testosterone supplementation is considered**	Co-chair: **Dr Heather Currie MBE** *Consultant Gynaecologist, Dumfries & Galloway Royal Infirmary; Trustee – British Menopause Society* Co-chair: **Dr Clare Spencer** *GP Partner, The Meanwood Group Practice, Leeds; Co-founder and clinical director My Menopause Centre; Member – British Menopause Society medical advisory council* For: **Dr Angela Sharma** *GP partner, Pembridge Villas Surgery, London; Clinical Sexologist; Co-founder and Director, Spiced Pear Health; Trustee and medical advisory board member, Menstrual Health Project; Member – British Menopause Society medical advisory council* Against: **Dr Katie Barber**

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Session	Chair/Speaker
SESSION 8 – LIFE AFTER CANCER	Co-chair: **Professor Melanie Davies** *Consultant Gynaecologist, University College London Hospitals, Professor of Reproductive Medicine, University College London; Member – British Menopause Society medical advisory council* Co-chair: **Dr Olivia Hum** *GP, Foundry Healthcare Lewes, Myla Health; Member – British Menopause Society medical advisory council*
Enhancing quality of life after cancer	Speaker: **Dr Claudio Soares**
Therapeutic options for women who have had cancer	Speaker: **Dr Alexandra Taylor** *Consultant in Clinical Oncology, The Royal Marsden Hospital, London*
SESSION 9 – NUTRITION, METABOLISM AND MENOPAUSE	Co-chair: **Mr Haitham Hamoda** *Consultant Gynaecologist, Subspecialist in Reproductive Medicine and Surgery, King's College Hospital, London; Trustee – British Menopause Society* Co-chair: **Sara Moger** *Chief Executive, British Menopause Society*
Diet, lifestyle and the menopause transition	Speaker: **Dr George Pounis** *Postdoctoral Researcher, King's College, London*
The intersection between diet, metabolic health and menopause: is there scope for a personalised approach?	Speaker: **Professor Sarah Berry** *Professor in Nutritional Sciences, King's College London; Chief Scientist, ZOE Ltd*
SESSION 10– NEURODIVERSITY IN MENOPAUSE AND BEYOND	Co-chair: **Dr Claire Phipps** *GP; Member – British Menopause Society medical advisory council* Co-chair: **Mr Paul Simpson** *Consultant Obstetrician & Gynaecologist, Norfolk & Norwich University Hospitals NHS Foundation Trust; Member – British Menopause Society medical advisory council*
Autism and the menopause	Speaker: **Dr Gavin R Stewart** *British Academy Postdoctoral Research Fellow, King's College, London* Speaker: **Professor Rebecca A Charlton** *Fulbright Visiting Scholar, Professor of Psychology, Department of Psychology, Goldsmiths University of London*
ADHD during the perimenopause and menopause	Speaker: **Dr Jessica Agnew-Blais** *Senior Lecturer in Psychology, Queen Mary University, London*

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Session	Chair/Speaker/Panelist
SESSION 11 – THE PAT PATTERSON MEMORIAL LECTURE: Stronger Through Menopause: Exercise and Nutrition Solutions in the Era of Incretin-based Weight Loss Therapy	Co-chair: **Dr Juliet Balfour** *GP, Somerset NHS Menopause Service; Member – British Menopause Society medical advisory council* Co-chair: **Dr Paula Briggs** *Consultant in Sexual and Reproductive Health, Liverpool Women's NHS Foundation Trust; Immediate Past Chair and Trustee – British Menopause Society* Speaker: **Professor Robin Daly** *Professor of Exercise and Ageing, Institute for Physical Activity and Nutrition, Deakin University, Melbourne, Australia*
SESSION 12 – CLARITY AFTER CONTROVERSY – A PANEL DISCUSSION	Co-chair: **Dr Katie Barber** Co-chair: **Professor Nick Panay** Panelist: **Kathy Abernethy** Panelist: **Dr Juliet Balfour** Panelist: **Mr Haitham Hamoda** Panelist: **Dr Kristyn Manley**
KEY MESSAGES & CLOSE	**Dr Katie Barber** **Professor Nick Panay**

This conference is financially supported in part by the pharmaceutical industry through the exhibition but it has no influence over the programme, content or selection of speakers.

Programme planning group

Dr Katie Barber – Joint chair
Dr Juliet Balfour
Dr Sara Proudfoot
Dr Angela Sharma
Barbara Halstead
Professor Nick Panay – Joint chair
Professor Mary Ann Lumsden
Professor Janice Rymer
Sara Moger
Sarah Haveron Jones

The BMS reserves the right to change sessions and speakers.