35th Annual Scientific Conference

The specialist authority for menopause & post reproductive health

British Menopause Society

The menopause landscape: pathways to better care

Chesford Grange, Kenilworth – Thursday 25 and Friday 26 June 2026

Day 1– Thursday 25 June

Time	Session	Chair/Speaker
0800	**REGISTRATION & REFRESHMENTS**	
0850	**WELCOME & INTRODUCTION**	**Professor Janice Rymer** *Joint Chair, Programme Planning Group; 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* **Dr Clare Spencer** *Joint Chair, Programme Planning Group; GP Partner, The Meanwood Group Practice, Leeds; Member – British Menopause Society medical advisory council*
0905–0925	**SESSION 1 – HOT OFF THE PRESS**	**Professor Janice Rymer**
0925–1035	**SESSION 2**	Co-chair: **Dr Jane Clarke-Williams** *Speciality Doctor SRH Cardiff; Octavia Health Menopause Specialist; Member – British Menopause Society medical advisory council* Co-chair: **Dr Heather Currie MBE** *Consultant Gynaecologist, Dumfries & Galloway Royal Infirmary; Trustee – British Menopause Society*
0925–0955	**NK3R antagonists for hot flushes: A translational journey from discovery to therapy**	Speaker: **Professor Alex Comninos** *Consultant Endocrinologist, Imperial College Healthcare NHS Trust & Imperial College, London*
0955–1025	**Incretin therapy in women on HRT**	Speaker: **Professor Annice Mukherjee** *Department of Endocrinology, Spire Manchester Hospital & Centre for Intelligent Healthcare, Coventry University*
1025–1035	**Q&A**	
1035–1105	**REFRESHMENTS, POSTERS & EXHIBITION**	
1105–1205	**SESSION 3 – THE BMS ANNUAL LECTURE: Testosterone, pre-androgens and midlife sexual function**	Co-chair: **Professor Janice Rymer** Co-chair: **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* Speaker: **Professor Susan Davis** *NHMRC Leadership 3 Investigator, Director, Monash University Women's Health Research Program; Consultant Endocrinologist and Head, Specialist Women's Health Clinic, Alfred Hospital, Melbourne, Australia*
1150-1205	**Q&A**	

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1205–1315	**SESSION 4**	Co-chair: **Kathy Abernethy** *Menopause Specialist Nurse; Director, the menopause course; Trustee – British Menopause Society* Co-chair: **Dr Claire Phipps** *NHS GP North Central London and Private London Gynaecology; Member – British Menopause Society medical advisory council*
1205–1235	**Embedding menopause into mental health care**	Speaker: **Dr Sophie Behrman** *Consultant Psychiatrist, Oxford Health NHS Foundation Trust; Honorary Clinical Research Fellow, Oxford University Department of Psychiatry*
1235–1305	**Management of menopause through psychosocial interventions**	Speaker: **Professor Aimee Spector** *Professor of Clinical Psychology of Ageing, Department of Clinical, Educational & Health Psychology, University College, London; Director, Menopause Mind Lab; Director International Cognitive Stimulation Therapy Centre; Lead, UCL Dementia Training Academy; International lead, Doctorate – Clinical Psychology*
1305–1315	**Q&A**	
1315–1415	**STANDING FORK BUFFET LUNCH, POSTERS & EXHIBITION**	
1415–1555	**SESSION 5**	Co-chair: **Rebecca Hall** *Advanced Nurse Practitioner and non-medical prescriber with an interest in menopause care and women's health; Clinical Lead for Havering Menopause Support Group; 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*
1415–1445	**Managing sleep disturbance through the menopause transition**	Speaker: **Dr Zoe Schaedel** *GP, Brighton and Hove NHS Community Menopause Clinic; Member – British Menopause Society medical advisory council*
1445–1515	**Bones, FRAX and menopause**	Speaker: **Professor Nicholas Harvey** *Director; Professor of Rheumatology and Clinical Epidemiology; MRC Investigator; Honorary Consultant Rheumatologist; NIHR Senior Investigator; President, International Osteoporosis Foundation*
1515–1545	**Understanding unscheduled bleeding on HRT: Your questions answered**	Speaker: **Dr Kristyn Manley** *Consultant Gynaecologist, University Hospitals Bristol NHS Foundation Trust; Member – British Menopause Society medical advisory council*
1545–1555	**Q&A**	
1555–1625	**REFRESHMENTS, POSTERS & EXHIBITION**	

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1625–1725	**SESSION 6 – FREE COMMUNICATIONS**	Co-chair: **Mr Haitham Hamoda** *Consultant Gynaecologist, Subspecialist in Reproductive Medicine and Surgery, King's College Hospital, London; Trustee – British Menopause Society* Co-chair: **Mr Tim Hillard** *Gynaecologist, University Hospitals Dorset, Poole; Trustee – British Menopause Society*
1725–1815	**SESSION 7** **Who wants to be a menopause specialist?**	Speaker: **Dr Clare Cromwell** *GP and Menopause Specialist, Mater Private Hospital, Cork; Department of Gynaecology, Cork University Maternity Hospital; Co-chair, Menopause Society of Ireland* Speaker: **Dr Caoimhe Hartley** *GP, Menopause Specialist and Clinical Lead, Rotunda Hospital Complex Menopause Service; Clinical Lead Women's Medicine, Blackrock Health Women's Health Centre; Co-chair, Menopause Society of Ireland*

1930	**DRINKS RECEPTION**	
2000	**CONFERENCE DINNER**	

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Time	Session	Chair/Speaker
0815	**REGISTRATION & REFRESHMENTS**	
0900–1010	**SESSION 8**	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 Zoe Schaedel**
0900–0930	**"Not again!" – Preventing recurrent urinary tract infections (RUTI) after the menopause**	Speaker: **Mr Tim Hillard**
0930–1000	**HRT and the effect on kidney disease**	Speaker: **Dr Hannah Beckwith** *Consultant Nephrologist, King's College Hospital NHS Foundation Trust; NIHR DSE Award Holder, King's College London*
1000–1010	**Q&A**	
1010–1120	**SESSION 9**	Co-chair: **Professor Anne MacGregor** *Associate Specialist in Sexual & Reproductive Health, Centre for Reproductive Medicine, Barts Health NHS Trust, London; British Menopause Society Education Advisor* Co-chair: **Dr Colinette Margerison** *GP with Extended Role Gynaecology, Royal Hampshire County Hospital; Member – British Menopause Society medical advisory council*
1010–1040	**Online information regarding HRT versus national guidance**	Speaker: **Dr James Larkin** *Senior Postdoctoral Fellow and Honorary Lecturer, Royal College of Surgeons, Ireland; Visiting Fellow, University of Bath*
1040–1110	**Findings from the Australian Women Midlife (AMY) Study**	Speaker: **Professor Susan Davis**
1110–1120	**Q&A**	
1120–1150	**REFRESHMENTS, POSTERS & EXHIBITION**	
1150–1300	**SESSION 10**	Co-chair: **Dr Juliet Balfour** *GP, Somerset NHS Menopause Service; Member – British Menopause Society medical advisory councill* Co-chair: **Dr Annie Neill** *Gynaecologist, Locum Consultant, West Suffolk Hospital NHS Foundation Trust; Speciality Doctor in Sexual Health, Cambridge Community Services*
1150–1220	**Why menopause is relevant to the rheumatologist**	Speaker: **Dr Arvind Kaul** *Consultant Rheumatologist and Honorary Reader in Rheumatology, St. George's University Hospitals NHS Foundation Trust; Chair, Hughes APS Trust charity; Chair, BSR Clinical Affairs Committee*
1220–1250	**Menopause and clotting**	Speaker: **Professor Beverley Hunt OBE** *Professor of Thrombosis & Haemostasis, King's Healthcare Partners; Consultant, Thrombosis & Haemophilia Centre, Guy's and St Thomas's, London; Strategic Lead in Laboratory Haematology for Synnovis; Trustee & Founder of Thrombosis UK*
1250–1300	**Q&A**	
1300–1400	**STANDING FORK BUFFET LUNCH, POSTERS & EXHIBITION**	

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Time	Session	Chair/Speaker/Panelist
1400–1500	**SESSION 11 – THE CHAIR'S ANNUAL LECTURE**	Co-chair: **Professor Paula Briggs** *Consultant in Sexual and Reproductive Health, Liverpool Women's NHS Foundation Trust; Trustee – British Menopause Society* Co-chair: **Mr Paul Simpson** *Consultant Obstetrician & Gynaecologist, Norfolk & Norwich University Hospitals NHS Foundation Trust; Chair Elect and Trustee – British Menopause Society*
1400–1445	**The role of progestogens in hormone therapy and their effects on metabolic syndrome**	Speaker: **Professor Antonio Cano** *Director of Salus Vitae Women's Health, Valencia, Spain*
1445–1500	**Q&A**	
1500–1510	**FREE COMMUNICATIONS AND POSTERS PRIZE GIVING**	
1510–1535	**REFRESHMENTS, POSTERS & EXHIBITION**	
1535–1635	**SESSION 12 – A PANEL DISCUSSION**	Co-chair: **Dr Shilpa McQuillan** *Clinical Lead, Community Gynaecology Berkshire West; Director & Clinical Lead, Berkshire Menopause Clinic; GP; Member – British Menopause Society medical advisory council* Co-chair: **Professor Nick Panay** *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* Panelist: **Dr Juliet Balfour** Panelist: **Dr Olivia Hum** Panelist: **Professor Anne MacGregor** Panelist: **Dr Zoe Schaedel**
1635–1645	**KEY MESSAGES & CLOSE**	**Professor Janice Rymer** **Dr Clare Spencer**

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

Janice Rymer – Joint chair
Nadira Awal
Gidon Lieberman
Claire Phipps
Sara Moger
Barbara Halstead
Clare Spencer – Joint chair
Rebecca Hall
Annie Neill
Paul Simpson
Sarah Haveron Jones

The BMS reserves the right to change sessions and speakers.