Women's Health Concern

The patient arm of the British Menopause Society

36th Annual Symposium

Programme

Cavendish Conference Centre, London

Tuesday 13 October 2026

0900 **Registration, exhibition & refreshments**

0930 **Welcome and introduction**
Mr Paul Simpson
Consultant Obstetrician & Gynaecologist, Norfolk & Norwich University Hospitals NHS Foundation Trust; Chair and Trustee – British Menopause Society

0940 **Menopause and mental health**
Dr Sophie Behrman
Consultant Psychiatrist, Oxford Health NHS Foundation Trust; Honorary Clinical Research Fellow, Oxford University Department of Psychiatry
Professor Arianna Di Florio
Professor of Psychiatry, Honorary Consultant Psychiatrist, Cardiff University
Mrs Jan Giles

1015 **HRT for the over 60's**
Professor Anne MacGregor
Associate Specialist in Sexual & Reproductive Health, Centre for Reproductive Medicine, Barts Health NHS Trust, London; British Menopause Society Education Advisor

1050 **CBT and menopause**
Dr Melanie Smith
Principal Clinical Psychologist, Manchester and Salford Pain Team, Salford Royal Hospital

1125 **Refreshments & exhibition**

1155 **Skin issues through the menopause**
Dr Claudia DeGiovanni
Consultant Dermatologist; Lead for research Medicine Division; Honorary Associate Professor BSMS; South East RDN Dermatology Specialty Lead

1230 **Professor John Stevenson Lecture***
Chair: Mr Paul Simpson
HRT after breast cancer
Professor Richard Simcock
Chief Medical Officer for Macmillan Cancer Support; Consultant Clinical Oncologist, University Hospitals Sussex NHS Foundation Trust; Honorary Professor, Brighton and Sussex Medical Schools

*Professor John C Stevenson is an internationally recognised Consultant Physician and Endocrinologist. Professor Stevenson's particular interest in calcium and bone metabolism and their regulation by sex steroids has extended into the effects of hormones both on the skeleton and on the cardiovascular system. In 1993, he jointly established the first Female Heart Disease Clinic in the UK at the Royal Brompton Hospital, London. Professor Stevenson was WHC Chairman from 1993 until its deregistration as an independent charity in 2025.

www.womens-health-concern.org/symposium/

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1305	**Lunch & exhibition**
1405	**HRT and breast cancer survivors** **Mr Hisham Hamed** *Consultant Oncoplastic Breast Surgeon, Honorary Senior Lecturer, HCA London Bridge Hospital*
1440	**Estrogen dosing** **Dr Clare Spencer** *GP Partner, The Meanwood Group Practice, Leeds; Member – British Menopause Society medical advisory council*
1515	**Refreshments & exhibition**
1545	**A case study session** **Kathy Abernethy** *Menopause Specialist Nurse; Director – the menopause course; Trustee – British Menopause Society* **Dr Olivia Hum** *GP, Foundry Healthcare Lewes, Myla Health; Member – British Menopause Society medical advisory council* **Dr Zoe Schaedel** *GP, Brighton and Hove NHS Community Menopause Clinic; Member – British Menopause Society medical advisory council* **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*
1645	**Take home messages and close** **Mr Paul Simpson**

Please note, sessions and speakers may be subject to change. All speakers are required to make a formal declaration of interest at the beginning of their presentation. Our exhibitors have paid to exhibit at this Symposium, but they have no influence or control over any aspect of the meeting.

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