Post Reproductive Health
Joint RCOG/BMS Meeting
Wednesday 31 October – Thursday 1 November 2018

Overview
This meeting endeavours to provide answers to the most commonly asked and most difficult questions in the management of post reproductive health. These will be put into the context of the Guideline on the Treatment and Management of the Menopause, published in 2015 by the National Institute for Health and Care Excellence (NICE) and the British Menopause Society of guidelines on hormone replacement therapy published in 2016.

Nationally and internationally recognised speakers will cover controversial questions in important areas such as:

- Pathophysiology of the menopause
- Risks of hormone dependent malignancies
- Cardiovascular diseases, osteoporosis and cognitive problems
- Premature ovarian insufficiency: diagnosis and management
- Lifestyle, complementary therapies, HRT and alternatives for managing the menopause

The meeting will closely follow the recommended syllabus and is suitable for the theoretical component of the BMS/RCOG ‘Menopause’ Advanced Training Skills Module (ATSM) and the Faculty of Sexual and Reproductive Healthcare Advanced Menopause Certificate.

Case studies and breakout workshops will be used to illustrate management principles and develop care pathways for routine and complex menopause related problems.

After completing this course, you will be able to:

- Recognise the ways in which the menopause can affect quality of life and long term health
- Target investigations according to each clinical scenario
- Individualise hormonal and alternative therapeutic regimens that best suit your patient
- Manage patients with menopause related problems confidently
- Identify and fully comprehend key research in the field of post-reproductive Health
- Use the course as the theoretical component of the RCOG ATSM
- Obtain the BMS/FSRH Advanced Menopause Certificate
- Claim a maximum of 13 CPD credits for full attendance at the meeting

Who should attend?

- Trainees in Obstetrics and Gynaecology and in Sexual Health
- Sub-specialist Trainees in Reproductive Medicine/Community Gynaecology
- SAS Doctors
- Consultants in Obstetrics and Gynaecology
- General Practitioners, Practice Nurses and Specialist Nurses
- Community Gynaecologists

Course Organisers: Mr Haitham Hamoda FRCOG, London
Mr Nick Panay FRCOG, London
Mr Mike Savvas FRCOG, London

Honorary Director of Conferences: Mr Philip Toozs-Hobson FRCOG, Birmingham
Honorary Deputy Director of Conferences: Mr Andrew Sizer, FRCOG, Shropshire
PROGRAMME

Wednesday 31 October

8.45am  REGISTRATION AND REFRESHMENTS

9.25am  Welcome and introduction
         Mr Nick Panay, Past Chairman, British Menopause Society, Consultant Gynaecologist, Imperial College and Chelsea and Westminster Hospitals

Session I: Perimenopause and the menopausal transition
Chair: Mr Haitham Hamoda, Consultant Gynaecologist, Subspecialist in Reproductive and Surgery, King’s College Hospital, London

9.30am  The perimenopause: Presentation and management.
         Dr Keith Spowart, Consultant Gynaecologist (Retired), Glasgow

10.05am Pelvic organ prolapse in menopausal women: Assessment and management options
        Professor Linda Cardozo, Professor Urogynaecology; Consultant Gynaecologist, King’s College Hospital, London

10.40am  REFRESHMENTS

Session II: Menopause symptom management
Chair: Mr Mike Savvas, Consultant Gynaecologist, Kings College Hospital, London

10.55am  Progesterone in HRT: Does the type make a difference?
         Mr Nick Panay

11.30am  The role of androgens in managing menopausal women.
         Mr Mike Savvas

12.05pm  Alternative therapies to HRT
         Miss Joan Pitkin, Consultant Gynaecologist and Director of the Menopause Unit, London North West University Healthcare NHW Trust; Reader Imperial College, Northwick Park and ST Marks, Harrow

12.40pm  LUNCH (2 course standing fork lunch)

Session III: Systemic effects of HRT
Chair: Mr Nick Panay

1.40pm  Reproductive depression and hormone therapy.
         Mr John Studd, Menopause and Osteoporosis Centre, Wimpole Street, London

2.15pm  HRT and breast cancer.
         Ms Jo Marsden, Consultant Breast Surgeon, King’s College London
2.50pm  Stroke, migraines and HRT  
Professor Anne MacGregor, Centre for Neuroscience and Trauma, Blizard Institute of Cell and Molecular Science, Barts and the London School of Medicine and Dentistry

3.25pm  REFRESHMENTS

3.40pm  Session IV: Breakout sessions

1. Practical HRT prescribing  
Miss Lynne Robinson, Consultant Obstetrician and Gynaecologist, Birmingham Women’s Hospital

2. Bone health and HRT  
Mr Tim Hillard, Consultant Gynaecologist, Poole Hospital

3. Psychosexual medicine  
Dr Leila Frodsham, Consultant Gynaecologist, Guy’s and St Thomas’ Hospital, London

4. Practical aspects of post reproductive breast health.  
Ms Jo Marsden

5.10pm  CLOSE
Thursday 1 November

9.00am  REFRESHMENTS

Session V: Cardiovascular system
Chair: Mr Mike Savvas

9.15am  HRT and the cardiovascular timing hypothesis
Dr John Stevenson, Consultant Metabolic Physician, Royal Brompton Hospital, London

9.50am  Venous thromboembolism: Does the HRT regimen matter?
Professor Roopen Arya, Professor of Thrombosis and Haemostasis, King’s College Hospital, London

10.25am  REFRESHMENTS

Session VI: Menopause in women with co-morbidities
Chair: Mr Haitham Hamoda

10.40am  PCOS: cardiovascular and health implications in the peri-menopause and beyond
Professor Stephen Franks, Professor of Reproductive Endocrinology, Imperial College, London

11.15am  Management of obesity in menopausal women
Dr Karl Neff, Consultant Endocrinologist, King’s College Hospital NHS Foundation Trust

11.50am  Iodine and thyroid hormone before, during and after pregnancy
Dr Malcolm Prentice, Consultant Endocrinologist, Croydon University Hospital and St George’s Hospital, London

12.25pm  LUNCH (2 course standing fork lunch)

Session VII: Premature Ovarian Insufficiency (POI)
Chair: Mr Nick Panay

1.25pm  POI: Health and fertility implications
Mr Haitham Hamoda

2.00pm  Contraception for women over the age of 40 and in the peri-menopause
Dr Anna Graham, Specialist Trainee in Community Sexual and Reproductive Health
King’s College, London

2.35pm  Assessment of bleeding in peri-menopausal and post menopausal women
Dr Jackie Ross, Consultant Gynaecologist, King’s College Hospital
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<td>3.10pm</td>
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<td>3.30pm</td>
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