

## **Post Reproductive Health**

### **Joint RCOG/BMS Meeting**

**Tuesday 29 – Wednesday 30 October 2019**

#### **Overview**

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This meeting endeavours to provide answers to the most commonly asked and most difficult questions in the management of post reproductive health.

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 Tooze-Hobson FRCOG, Birmingham

**Honorary Deputy Director of Conferences:** Mr Andrew Sizer, FRCOG, Shrewsbury

## PROGRAMME

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### Tuesday 29 October

8.45am        *REGISTRATION AND REFRESHMENTS*

9.25am        **Welcome and introduction**

#### **Session I: Perimenopause and the menopausal transition**

9.30am        **The perimenopause: Presentation and management**

10.05am      **Management of fibroids in the peri-menopause**

10.40am      *REFRESHMENTS*

#### **Session II: Menopause symptom management**

10.55am      **The role of Androgens in managing menopausal women**

11.30am      **Vulvovaginal atrophy: Assessment and management options**

12.05pm      **Sleep and the menopause**

12.40pm      *LUNCH (2 course standing fork lunch)*

#### **Session III: Systemic effects of HRT**

1.40pm        **HRT and breast cancer**

2.15pm        **Hormones and thrombosis**

2.50pm        **Stroke, migraines and HRT**

3.25pm        *REFRESHMENTS*

3.40pm        **Session IV: Breakout sessions**

- 1. Practical HRT prescribing**
- 2. Assessment of abnormal bleeding in peri-menopausal and postmenopausal women and of unscheduled bleeding in women on HRT**
- 3. Breast care: Practical aspects of management / Interactive session**

5.10pm        CLOSE



## PROGRAMME

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### Wednesday 30 October

9.00am *REFRESHMENTS*

#### Session V: Long-term effects

9.15am **The role of HRT in the prevention and management of osteoporosis**

9.50am **HRT and the prevention of cardiovascular disease**

10.25am *REFRESHMENTS*

#### Session VI: Menopause in women with co-morbidities

10.40am **Assessment and management of increased hair growth in menopausal women**

11.15am **Sexuality after cancer**

#### Session VII: Debate

11.50am **Laser should be recommended for the routine treatment of women with vulvovaginal atrophy**

For

Against

12.40pm *LUNCH* (2 course standing fork lunch)

#### Session VIII: Premature Ovarian Insufficiency (POI)

1.40pm **Should AMH replace FSH as the diagnostic biochemical marker for POI?**

2.15pm **POI: Health implications and management**

2.50pm **Optimising fertility in women with reduced ovarian reserve: New dawn or false hope?**

3.25pm *REFRESHMENTS*

3.45pm **Session VIII: Breakout sessions**

**1. Practical HRT prescribing**

Miss Lynne Robinson, Consultant Obstetrician and Gynaecologist, Birmingham Women's Hospital

**2. Assessment of abnormal bleeding in peri-menopausal and postmenopausal women and of unscheduled bleeding in women on HRT**

Miss Jemma Johns

**3. Breast care: Practical aspects of management / Interactive session**

Ms Jo Marsden

5.15pm **CLOSE**