



Celebrating
30
YEARS

BMS
British
Menopause
Society

Chesford Grange, Kenilworth
Thursday 4 and Friday 5 July 2019



An integrated approach to menopausal care



British Menopause Society **29th Annual Scientific Conference**



12 CME/CPD

Duration

2 days

Join us...

for discounted delegate rates at our annual Conference

**No joining fee | Annual subscriptions: £80 for trainees; £85 for nurses;
£115 for doctors and £175 for Practice membership**

Benefits of membership

British Menopause Society (BMS) members enjoy a wide range of benefits, including:

- A copy of *Post Reproductive Health*, the journal of the British Menopause Society, delivered quarterly
- Copies of all BMS publications at discounted rates
- Preferential registration rates for the BMS Conference – the largest annual menopause conference in Europe
- Discounted rates for other BMS and Women's Health Concern meetings and workshops
- Exclusive access to the BMS website members' area which includes a members' forum and topical and current research papers and articles
- Opportunity to qualify as a BMS recognised Menopause Specialist
- Small financial grants available for education and research

Individual and practice membership is open to doctors, nurses, other health professionals and the health care industry, in the UK and overseas

Join online at **www.thebms.org.uk/join-us/**
or contact the office **+44 (0)1628 890 199**
admin@bms-whc.org.uk

Registered Charity No. 1015144



Women's Health Concern (WHC)
is the patient arm of the BMS.
www.womens-health-concern.org
Registered Charity No. 279651

Affiliations:



Royal College of
Obstetricians &
Gynaecologists



FSRH

Dear Colleague

British Menopause Society 29th Annual Scientific Conference

An integrated approach to menopausal care

I am writing to invite you to join us at the British Menopause Society 29th Annual Scientific Conference, which takes place on Thursday 4 and Friday 5 July 2019 in Kenilworth.

This year's Conference Programme has been designed to provide a comprehensive range of lectures and workshops to refresh and broaden your knowledge of post reproductive health and to give you the confidence to manage the menopause in the way you feel is best.

The Programme Planning Group, jointly chaired by Dr Pratima Gupta and Miss Lynne Robinson, has produced an excellent line up including Managing menopausal symptoms: a cognitive behavioural approach; Obesity, menopause and hormones; the debate, which this year is ***This house believes complementary and alternative medicine does more harm than good*** and the ever popular Menopause Café.

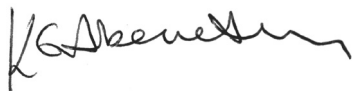
We are delighted to welcome Professor Walter Rocca from the Mayo Clinic, Rochester in the US who is delivering the BMS Annual Lecture: ***Bilateral oophorectomy, estrogen deprivation and accelerated ageing*** and Dr Rossella Nappi from the University of Pavia in Italy who will give the Pat Patterson Memorial Lecture: ***Sexuality in Premature Ovarian Insufficiency***.

The full Conference Programme is shown on pages 4-7.

It is good to be back in Kenilworth, hosting our Conference at Chesford Grange.

I do hope you can join us. I look forward to meeting you and to a productive and enjoyable Conference.

With best wishes



Kathy Abernethy

Chairman
British Menopause Society



An educational meeting to bring you up to date with management of the menopause and all aspects of post reproductive health.

Presented by leading experts from the UK and internationally.

Who should attend?

Academics
Dieticians
General Practitioners
Gynaecologists
Nutritionists
Pharmacists
Physiotherapists
Practice Nurses
Specialist Nurses
Trainees

plus those allied to the health profession who have an interest in post reproductive health, from the UK and overseas.



Miss Lynne Robinson, Dr Pratima Gupta and the Programme Planning Group have put together a comprehensive and varied programme to include keynote lectures, oral and poster presentations and breakout sessions.

A Dr Pratima Gupta – Joint Chairman

Consultant Obstetrician & Gynaecologist; Clinical Director for Gynaecology at the University Hospitals of Birmingham NHS Foundation Trust; Member – BMS medical advisory council

B Miss Lynne Robinson – Joint Chairman

Consultant Obstetrician & Gynaecologist and Honorary Senior Clinical Lecturer, Lead of Menopause/Reproductive Endocrine Services, Lead of Fertility Services, Birmingham Women's NHS Foundation Trust; Member – BMS medical advisory council

C Dr Jane Davis

General Practitioner, Pensilva, Cornwall

D Mr Haitham Hamoda

Chairman Elect and Trustee – British Menopause Society; Consultant Gynaecologist, Subspecialist in Reproductive Medicine and Surgery, King's College Hospital, London

E Mr Anthony Parsons

Consultant Gynaecologist, Warwickshire Nuffield Hospital, Leamington Spa

F Mrs Elaine Stephens

Senior Specialist Nurse, Menopause Service, Birmingham Women's Hospital



The British Menopause Society (BMS) established in 1989 educates, informs and guides healthcare professionals in all aspects of post reproductive health.

This is achieved through an annual programme of lectures, conferences, meetings, exhibitions and our interactive website. We offer a range of publications including our quarterly journal *Post Reproductive Health* and the definitive handbook *Management of the Menopause*.

Women's Health Concern (WHC), the patient arm of the BMS, provides an independent service to advise, reassure and educate women of all ages about their health, wellbeing and lifestyle concerns.

WHC offers unbiased information – by telephone, email, printed fact sheets, online and through symposia, seminars, meetings and workshops, including *Living and loving well beyond 40...!*

www.womens-health-concern.org

Our Mission

- To increase awareness of post reproductive healthcare issues
- To promote optimal management through our educational programme, publications and information dissemination

The challenge of post reproductive health management is increasing. As most British women can expect to live for 30 years or more beyond menopause, the consequences for immediate and longer term healthcare and lifestyle are significant.

British Menopause Society membership is open to healthcare professionals and others specialising in post reproductive health.

Affiliations

The British Menopause Society is a specialist society affiliated to the Royal College of Obstetricians and Gynaecologists and the Faculty of Sexual and Reproductive Healthcare. Working together we have developed theoretical and practical training modules aimed at those healthcare professionals who regularly work in the field of women's health.



Royal College of
Obstetricians &
Gynaecologists



FSRH



An integrated approach to menopausal care

British Menopause Society

29th Annual Scientific Conference

Day One morning – Thursday 4 July 2019



0815		Registration and refreshments, posters & exhibition	
0900-0905 Welcome & Introduction		Dr Pratima Gupta <i>Consultant Obstetrician & Gynaecologist; Clinical Director for Gynaecology at the University Hospitals of Birmingham NHS Foundation Trust; Member – BMS medical advisory council</i>	Miss Lynne Robinson <i>Consultant Obstetrician & Gynaecologist and Honorary Senior Clinical Lecturer, Lead of Menopause/Reproductive Endocrine Services, Birmingham Women's NHS Foundation Trust; Member – BMS medical advisory council</i>
0905-0925 / SESSION 1 Hot off the press		Mr Haitham Hamoda <i>Chairman Elect and Trustee – British Menopause Society; Consultant Gynaecologist, Subspecialist in Reproductive Medicine and Surgery, King's College Hospital, London</i>	
0925-1025 / SESSION 2 HIV and migraine		Chair: Dr Heather Currie <i>Associate Specialist Gynaecologist & Obstetrician Dumfries & Galloway Royal Infirmary, Dumfries; Immediate Past Chairman and Trustee – British Menopause Society</i>	
0925-0950 Management of HIV and menopause		Dr Shema Tariq <i>Clinical Research Fellow and Consultant HIV Physician, University College, London</i>	
0950-1015 Hormones and headache		Professor Anne MacGregor <i>Associate Specialist in SRH, Centre for Reproductive Medicine, Barts Health NHS Trust, London; Member – BMS medical advisory council</i>	1015-1025 Q&A
		1025-1055 Refreshments, posters & exhibition	
1055-1135 / SESSION 3 The BMS Annual Lecture: Bilateral oophorectomy, estrogen deprivation and accelerated ageing		Chair: Mr Haitham Hamoda Professor Walter Rocca <i>Professor of Epidemiology and Neurology, the Mayo Clinic, Rochester, USA</i>	
1135-1235 / SESSION 4 Managing menopausal symptoms: a cognitive behavioural approach		Chair: Kathy Abernethy <i>Chairman and Trustee – British Menopause Society, Associate Director and Senior Nurse Specialist, Menopause Clinical & Research Unit, North West London Hospitals NHS Trust, Northwick Park Hospital, Harrow, Middlesex</i>	
1135-1155 CBT for menopausal symptoms: the evidence		Emeritus Professor Myra S Hunter <i>Emeritus Professor of Clinical Health Psychology, Institute of Psychiatry, Psychology and Neuroscience, Kings College, London</i>	
1155-1235 Hot and bothered: practical CBT strategies for stress, hot flushes, night sweats and sleep		Dr Janet Balabanovic <i>Chartered Counselling Psychologist, Kings College Hospital, London</i>	Dr Melanie Smith <i>Specialist Clinical Psychologist, Manchester and Salford Pain Centre</i>

Day One afternoon – Thursday 4 July 2019

1235-1335		Standing fork buffet lunch, posters & exhibition	
1335-1420 / SESSION 5 Educational symposium	The Progestogen Matters <i>Dr John Stevenson</i>	Sponsored by Mylan	 Mylan
1420-1520 / SESSION 6 Free communications	Oral presentations	1520-1550 Refreshments, posters & exhibition	
1550-1715 / SESSION 7 Topics that you requested			
Chair: Professor Mary Ann Lumsden <i>Professor of Medical Education and Gynaecology, Consultant Gynaecologist, Lead for Reproductive & Maternal Medicine, School of Medicine, University of Glasgow; Immediate Past President, International Menopause Society; Member – BMS medical advisory council</i>			
1550-1615 Venous thromboembolism and HRT: what's the risk?		Dr Will Lester <i>Consultant Haematologist, University Hospitals, Birmingham</i>	
1615-1640 Familial breast and ovarian cancers: the impact of hormones		Dr Jude Hayward <i>GPwSI in Genetics, the Yorkshire Regional Genetics Service, Leeds</i>	
1640-1705 Bioidentical hormones – what is all the hype about?		Mr Nick Panay <i>Consultant Gynaecologist, Imperial College Healthcare & Chelsea and Westminster Hospitals, London; Trustee and Past Chairman – British Menopause Society; General Secretary, International Menopause Society and former Editor-in Chief Climacteric, The Journal of the IMS</i>	
1705-1715 Q&A			
1715-1800 / SESSION 8 The BMS Debate: This house believes complementary and alternative medicine does more harm than good		Chair: Miss Joan Pitkin <i>Reader, Imperial College; Trustee – British Menopause Society and The Daisy Network</i> For the motion: Mr Tim Hillard <i>Consultant Obstetrician and Gynaecologist, Poole Hospital, NHS Foundation Trust; Trustee – British Menopause Society</i> Against the motion: Miss Claudine Domoney <i>Consultant Obstetrician and Gynaecologist, Chelsea and Westminster Hospital, London</i>	
1800-1805 Key messages and close of day one		Dr Pratima Gupta and Miss Lynne Robinson	
1805-1825 AGM For BMS members	1945 Wine reception	2015 Conference supper – barbecue buffet	

Programme and speakers may be subject to change.

This Conference is financially supported in part by the pharmaceutical industry through sponsorship but it has no influence over the Conference programme.

An integrated approach to menopausal care

British Menopause Society

29th Annual Scientific Conference

Day Two morning – Friday 5 July 2019



0815		Registration and refreshments, posters & exhibition
0900-1100 / SESSION 9 Menopause Café	Topic 1: HRT – Practical prescribing	<i>Jane Davis & Pratima Gupta</i> <i>Heather Currie & Keith Spowart¹</i> <i>Elaine Stephens & Anne MacGregor</i> <i>Tony Parsons² & Paula Briggs³</i> <i>Kathy Abemethy & Annie Hawkins⁴</i>
Menopause Café	Topic 2: HRT and cardiovascular disease	<i>John Stevenson & Haitham Hamoda</i> <i>Mary Ann Lumsden & Nick Panay</i> <i>Melanie Davies⁵ & Joan Pitkin</i> <i>Tim Hillard & Mike Savvas</i> <i>Eddie Morris⁶ & Lynne Robinson</i>
1100-1130		Refreshments, posters & exhibition
1130-1230 / SESSION 10 Obesity, menopause and hormones	Chair: Dr John Stevenson <i>Consultant Metabolic Physician and Reader, National Heart & Lung Institute, Imperial College, London; Chairman, Women's Health Concern; Trustee – British Menopause Society</i>	
1130-1155 Modern management of obesity in menopausal women	Dr Simon Aylwin <i>Consultant Endocrinologist, Kings College Hospital, London</i>	
1155-1220 HRT and obesity: Is it linked with weight gain?	Dr Abd Tahrani <i>Consultant Endocrinologist and Obesity Centre Lead, University Hospital, Birmingham</i>	1220-1230 Q&A
1230-1330		Standing fork buffet lunch, posters & exhibition

Menopause Café biographies:

1 Mr Keith Spowart

Consultant Gynaecologist, Glasgow,
Member – BMS medical advisory council

2 Mr Anthony Parsons

Consultant Gynaecologist, Warwickshire
Nuffield Hospital, Leamington Spa

3 Dr Paula Briggs

Consultant in Sexual and Reproductive
Health, Southport and Ormskirk Hospital
NHS Trust; Member – BMS medical advisory
council

4 Ms Annie Hawkins

Consultant Obstetrician & Gynaecologist,
Queen Alexandra Hospital, Portsmouth;
Member – BMS medical advisory council


5 Ms Melanie Davies

Consultant Obstetrician & Gynaecologist,
University College London Hospitals;
Member – BMS medical advisory council

6 Mr Edward Morris

Consultant Gynaecologist, Norfolk &
Norwich University Hospital; Trustee –
British Menopause Society

Day Two afternoon – Friday 5 July 2019

1330-1415 / SESSION 11 Symposium	Sponsored by Theramex	
1415-1420 / SESSION 12 Free communications & posters	Prize giving	
1420-1450 / SESSION 13 The Pat Patterson Memorial Lecture: Sexuality in Premature Ovarian Insufficiency	Chair: Mr Mike Savvas Consultant Gynaecologist, King's College Hospital, London; Member – BMS medical advisory council Dr Rossella Nappi Consultant Obstetrician and Gynaecologist, University of Pavia, Italy	
1450-1515	Refreshments, posters & exhibition	
1515-1615 / SESSION 14 Bleeding issues during the menopause	Chair: Mr Nick Panay	
1515-1540 Management of bleeding in the perimenopausal and menopausal woman	Professor Justin Clark Consultant Gynaecologist, Birmingham Women's Hospital/University of Birmingham	
1540-1605 Health costs of protecting the endometrium in menopausal women	Mr Farook Al-Azzawi Consultant Gynaecologist, University of Leicester	1605-1615 Q&A
1615-1625 Key messages and close of day two	Dr Pratima Gupta and Miss Lynne Robinson	

Programme and speakers may be subject to change.

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Bayer has paid only to exhibit at this Conference.

Meeting information



The venue and directions

The venue

Chesford Grange
Coventry Road
Kenilworth
Warwickshire
CV8 2LD



Chesford Grange is a four-star hotel offering historic charm coupled with contemporary glamour. It is set in 17 acres of beautiful grounds on the edge of the River Avon.

It boasts luxurious bedrooms, an excellent restaurant, 650 car parking spaces, free wifi throughout the hotel and some of the best conference and event space in Warwickshire. On the outskirts of Kenilworth it is just a short drive to the beautiful town of Leamington Spa and historic Warwick Castle and easily accessible from the M40 and M69 – and only 13 miles from Birmingham Airport.

Directions

By car

Chesford Grange is approximately 7 miles from the M40 and 10 miles from the M69. The entrance to Chesford Grange is on the B4115. There is parking for 650 cars.

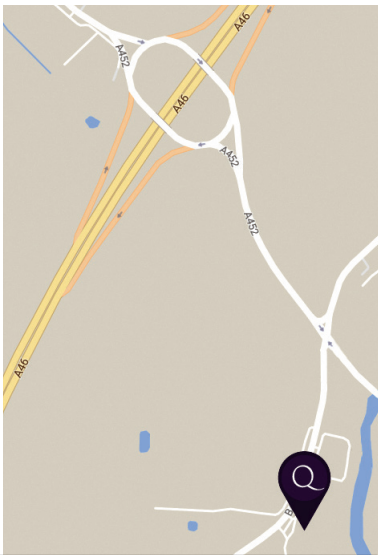
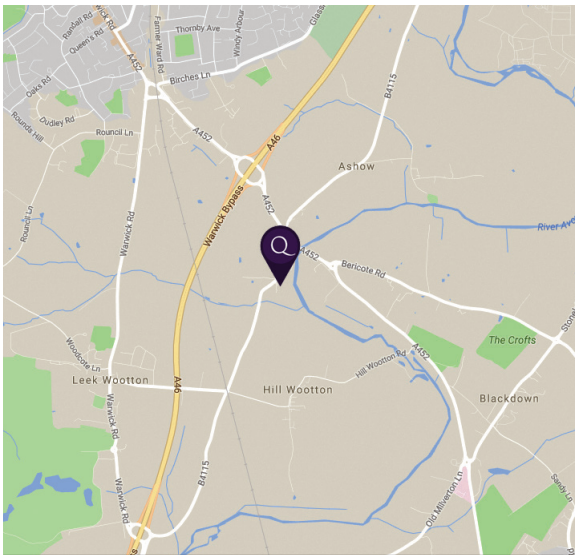
By rail

Warwick station – 4 miles
Leamington Spa station – 5 miles
Coventry station – 7 miles
Birmingham International station – 13 miles

For train times and routes please visit
www.nationalrail.co.uk
National rail enquiries 08457 48 49 50

By air

Birmingham airport 13 miles



Continuing Professional Development, Abstracts and Accommodation

Certificate of attendance

A certificate of attendance will be issued electronically to all delegates after the Conference. The Conference carries 12 CPD credits.

Abstracts

This Conference provides a key opportunity for oral or poster presentations on scientific work and research. Full guidelines on Abstract submissions are available with the Conference details at **www.thebms.org.uk/abstracts**

Abstracts will be reviewed by the Programme Planning Group and considered for inclusion in the meeting programme. All accepted Abstracts will also be published in Post Reproductive Health, the Journal of the British Menopause Society.

Abstract Deadline: Monday 3 June 2019

Accommodation

The British Menopause Society has an allocation of standard bedrooms available at the Chesford Grange for the nights of Wednesday 3 July and Thursday 4 July 2019. These rooms are limited in number and you should book by Monday 3 June. After this date, the allocation will be released and all bedrooms will be subject to availability.

To take advantage of these standard bedrooms and the rate of £128 per night single occupancy, including English Breakfast and VAT, please go to **www.chesfordgrange.com** and insert Promotional code: **BRITMEN19**.

If double occupancy is required, a £12 per person, per night supplement will apply, which includes English Breakfast and VAT.

Conference Supper and Exhibition

Conference Supper – Thursday 4 July 2019

1945 Wine reception

2015 Conference supper – barbecue buffet

Chesford Grange

Dress: smart casual

Cost: £35 per person

Menu

Hand Pressed Beef 'Short Rib' Burgers
Cajun Spiced Chicken Fillet Burgers
Dingley Dell Pork Sausages with Warm Honey
& Onion Chutney
Lamb Koftas with Tzatziki
Grilled Sea Beam with Lemon and Lime
Vegetarian sausages with Warm Honey
& Onion Chutney (V)
Mediterranean skewers with haloumi cheese (V)
–
Selection of Rolls, Breads, Sauces & Chutneys
–
Honey & Chilli Glazed Corn on the Cob
Oven Baked Potatoes
Rocket & Radicchio
Raw Slaw
Tabbouleh
Mediterranean Vegetable Salad
–
Mini Desserts and Fresh Fruit
–
Tea, Coffee & Treats

Please advise of any special dietary requirements at the time of booking.

Exhibition

There will be a Medical Exhibition running alongside the meeting. *See outside back cover.*

Terms and conditions

All fees must be paid in full, and a registration form completed before the meeting. The BMS reserves the right to refuse admission in the event of non-payment.

If you register on the day of the meeting, please note we can only accept payment by cash or credit/debit card (no cheques or invoices). Delegate places are only guaranteed upon receipt of a completed registration form and registration fee.

All cancellations must be received in writing. It is the responsibility of the delegate to ensure that the BMS has been notified a minimum of **30 days** before the Conference. Name substitutions can be made at any time without charge.

Refunds for cancellations will only be given up to 30 days before the Conference start date and will incur a £30 administration charge.

No refund will be made for non-attendance. In the event the BMS cancels the meeting, liability will be limited to registration fees already paid to the Society for the Conference.

Registration

Online registration:

Register via secure transaction online at:

www.thebms.org.uk/conference

Postal registration:

Please complete the registration form and return it with your credit/debit card details or a cheque made payable to:

British Menopause Society Limited

29th Annual Scientific Conference
British Menopause Society
Spracklen House
East Wing
Dukes Place
Marlow
Bucks SL7 2QH
United Kingdom

Further information

Website: www.thebms.org.uk

Email: admin@bms-whc.org.uk

Telephone the office on +44 (0)1628 890 199

**“Up to the minute research and information.
Confirming that the advice I am giving is correct”**

“All the topics were very relevant to our clinical practice”

Registration form
British Menopause Society
29th Annual Scientific Conference



Register online at **thebms.org.uk/conference** or complete both sides of this form and return to the BMS.

Name (and title)

Telephone number

Email address

Occupation –

Doctor (GP)	<input type="checkbox"/>	Doctor (Hospital)	<input type="checkbox"/>	Consultant	<input type="checkbox"/>
Nurse	<input type="checkbox"/>	Trainee healthcare professional	<input type="checkbox"/>	Pharmacist	<input type="checkbox"/>
Industry	<input type="checkbox"/>	Allied healthcare professional	<input type="checkbox"/>	Affiliate	<input type="checkbox"/>

Organisation

Work address

Special dietary requirements

Trainees only – tutor's email address

Would you like to receive email updates about BMS educational courses and other activities?
(not applicable to BMS members) YES ☐ NO ☐

Are you happy for your details to be passed to the exhibitors and others supporting this meeting?
(full details available on the BMS website) By email ☐ By post ☐ By telephone ☐

Data provided will be used in accordance with our privacy policy www.thebms.org.uk/privacy-policy
Please complete both sides of the form and return to:

British Menopause Society, Spracklen House, East Wing, Dukes Place, Marlow, Bucks SL7 2QH

Registration form

British Menopause Society

29th Annual Scientific Conference



Both days

BMS Member – Both days Thursday/Friday 4 & 5 July 2019 – *Please tick appropriate box*

Nurse/Allied HCP¹ £285 ☐ Doctor/Other £360 ☐ Trainee HCP/Affiliate² £199 ☐

Non-BMS Member – Both days Thursday/Friday 4 & 5 July 2019 – *Please tick appropriate box*

Nurse/Allied HCP¹ £350 ☐ Doctor/Other £430 ☐ Trainee HCP/Affiliate² £225 ☐

One day only – *Please tick appropriate box*

BMS Member £215 Thursday 4 July ☐ or Friday 5 July ☐

One day only – *Please tick appropriate box*

Non-BMS Member £245 Thursday 4 July ☐ or Friday 5 July ☐

One day only – *Please tick appropriate box*

Trainee HCP/Affiliate² £150 Thursday 4 July ☐ or Friday 5 July ☐

¹ Professionals working in allied areas of healthcare (e.g. occupational health therapist, physiotherapist, dietician, nutritionist, etc).

² Professionals working in the area of post reproductive health without a formal medical qualification.

I would like to attend the symposium sponsored by Theramex at 1330 on Friday 5 July ☐

Conference supper – Thursday 4 July 2019

Number of tickets required @ £35pp Total cost: £

Dietary requirements for conference supper and meeting – *Please tick appropriate box*

Vegetarian ☐ Vegan ☐ Other ☐

Please specify:

.....

Registration fee: £ + Conference supper: £ Total: £

Method of payment

I wish to pay £

Payment by cheque: I enclose payment by cheque made payable to **British Menopause Society Limited**.

Payment by credit or debit card: I would like to pay by: Visa | Mastercard (*Please circle*)

Number

Expiry date Security code*

*This is the 3 digit code in the signature area on the back of your card.

Signature Print name

Postcode Date



Women's Health Meetings 2019

BMS Women's Health Meetings

Wednesday 27 March 2019	SE London	One-day
Wednesday 11 September 2019	Kent	One-day
Wednesday 18 September 2019	Stirling	One-day
Wednesday 27 November 2019	Leeds	One-day

Cognitive Behaviour Therapy for menopause symptoms

Thursday 14 – Friday 15 March 2019	Manchester	Two-day
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Faculty of Sexual & Reproductive Healthcare/ BMS Special Skills Module in Menopause Care

Thursday 28 February 2019 – Friday 1 March 2019	Kenilworth	– FULL –	Two-day
Thursday 16 – Friday 17 May 2019	Leeds		Two-day
Thursday 3 – Friday 4 October 2019	Manchester		Two-day
Thursday 14 – Friday 15 November 2019	Leeds		Two-day

Royal College of Obstetricians & Gynaecologists/ BMS Post Reproductive Health Meeting

Tuesday 29 – Wednesday 30 October 2019	RCOG, London	Two-day
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Women's Health Concern 29th Annual Symposium

Tuesday 3 December 2019	Cavendish Conference Centre, London W1	One-day
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Reduced delegate rates for BMS members.

For details on membership please contact the BMS team:

Email: admin@bms-whc.org.uk

or telephone: **+44 (0)1628 890 199**

For further details please visit: thebms.org.uk/meetings

**“All brilliant! The variation in presentations, small groups,
lectures and differing styles of presenting”**

Sponsorship & exhibitor opportunities

There is a medical exhibition integral to this two-day Conference and other sponsorship opportunities are available.



These range from keynote lecture sponsorship to delegate bag inserts.

For details of opportunities or to discuss a tailored package, please call **+44 (0)1628 890199** or email **admin@bms-whc.org.uk**

Previous Conference feedback

"All the talks were excellent. It was good to listen to the science talks – glad they were on the programme. Debate – fantastic"

"Great quality of speakers and opportunity to share information and update knowledge"

"A very enjoyable and informative day. Very clinically relevant. Great conference thank you"

"The highlight for me was the Menopause Café practical prescribing session, but really the whole lot was fantastic"

"Overall this has been an excellent conference with some superb presentations. Very helpful and educational"

British Menopause Society

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