Promoting lifelong health
British Menopause Society
23rd Annual Conference

Stratford-upon-Avon
Thursday 23rd and Friday 24th May 2013
Benefits of membership:
Our members enjoy a wide range of membership benefits, which include:

• A copy of Menopause International, the Journal of the British Menopause Society, delivered quarterly
• A free copy of the BMS publication, Management of the Menopause
• Copies of all BMS publications at discounted rates
• Preferential registration rates for the BMS Conference – the largest annual menopause conference in Europe
• Exclusive access to the BMS website members’ area which includes a members’ forum and topical and current research papers and articles

Membership is open to doctors, nurses, other health professionals and the health care industry, in the UK and overseas.

Register online www.thebms.org.uk
or call Caroline on +44 (0)1628 890199
Dear Colleague

Promoting lifelong health
British Menopause Society
23rd Annual Conference

I am writing to invite you to join us at the British Menopause Society two-day 23rd Annual Conference.

The Programme Planning Group has produced an excellent line-up which includes lectures; free communications and posters; panel discussions; our menopause café where you can put your questions to the experts over a cup of coffee; and what promises to be a lively debate: ‘HRT should be used for primary prevention in the asymptomatic, healthy menopausal woman’.

We are pleased to welcome our speakers from as far afield as America and the Indian subcontinent – the Indian Menopause Society will share their insight, dilemmas and challenges of menopause and the International Menopause Society their recommendations on HRT – have we come full circle? We are also pleased to welcome the British Society for Sexual Medicine for the first time: this invited session will include a lecture on Diabetes and sexual problems.

Other topics include: Osteoporosis; Breast screening: the evidence for and against; Urogynaecological impact of menopause; Maintaining sexuality in menopause; Coronary heart disease: the HRT revolution; Sexual health in mid-life; Hormones and the lower urinary tract.

We are particularly grateful to all our sponsors and thank them for their ongoing support not only for our annual conference, but at health meetings throughout the year, which make an invaluable contribution to our work.

We are delighted to be staging our meeting at the Stratford Manor and hope that the venue – and the special delegate rate – encourages both trainee GPs and trainee Gynaecologists to join us.

I look forward to meeting you in Stratford-upon-Avon and to a productive and enjoyable meeting.

With best wishes

[Signature]

Mr Nick Panay
Chairman, BMS
23rd Annual Conference

An educational meeting to bring you up to date with the latest on menopause issues and all aspects of post reproductive health. Presented by leading experts from the UK and internationally.

Who should attend?

Academics and students
Dieticians
GPs
Gynaecologists
Nutritionists
Pharmacists
Physiotherapists
Practice Nurses
Specialist Nurses
Trainees

and anyone allied to the health profession who has an interest in post reproductive health, from the UK and overseas.

Programme Planning Group

Nick Panay, Philip Toozs Hobson and the programme planning group have put together a comprehensive and varied programme to include keynote lectures, oral and poster presentations and breakout sessions.

Chair Mr Nick Panay
Consultant Gynaecologist, Queen Charlotte’s and Chelsea & Westminster Hospital

Co-Chair/Local Committee
Mr Philip Toozs Hobson
Consultant Urogynaecologist, Birmingham Women’s Hospital

Academic Session
Dr John Stevenson
Consultant Physician & Endocrinologist, Royal Brompton Hospital, London & Reader in Metabolic Medicine, Imperial College

Menopause International Editors/Free Communications
Mr Eddie Morris
Consultant Obstetrician & Gynaecologist, Norfolk & Norwich University Hospital
Dr Heather Currie
Associate Specialist Gynaecologist & Obstetrician, Dumfries & Galloway Royal Infirmary

GP Advisers
Dr Jane Woyka GP Associate Specialist Harrow
Dr Liz Alun Jones GP Hinckley

Nurse Advisers
Mrs Moira Mukherjee Menopause Nurse Specialist, Birmingham
Mrs Claire Bellone Clinical Nurse Specialist, Chelsea & Westminster Hospital
Mrs Kathy Abernethy Associate Director/Senior Nurse Specialist, Northwick Park Hospital, Harrow
About the BMS

The British Menopause Society (BMS) is a multi-disciplinary society for the medical profession. It was founded as a charity and society in 1989 to advance education in menopausal healthcare.

**Our mission**
- To increase awareness of post-menopausal healthcare issues
- To promote optimal management through educational events, publications and information dissemination.

The challenge of post reproductive health management is increasing
As most British women can expect more than 30 years of post reproductive life, the consequences for immediate and long-term healthcare are significant. We are committed to increasing awareness of these healthcare issues and promoting optimal clinical management of the menopause and beyond.

Our Medical Advisory Council comprises the leading international experts in post reproductive management, who are also instrumental in instigating scientific research and creating consensus statements and guidelines for health professionals.

**British Menopause Society Membership**
British Menopause Society Membership is open to healthcare professionals and others specialising in post reproductive health. Visit our website for further Membership benefits and details on how to join.

[www.thebms.org.uk](http://www.thebms.org.uk)
Day One
Morning session

0815 Registration & Refreshments

SESSION 1
0900-0905 Welcome and introduction
Mr Nick Panay, Consultant Gynaecologist, Queen Charlotte’s and Chelsea & Westminster Hospitals
Mr Philip Toozs Hobson, Consultant Urogynaecologist, Birmingham Women’s Hospital

SESSION 2
0905-0925 Hot off the press/International Premature Ovarian Insufficiency database
Mr Nick Panay, Consultant Gynaecologist, Queen Charlotte’s and Chelsea & Westminster Hospital

SESSION 3
0925-1005 The BMS Lecture
Chair: Miss Claudine Domoney
Maintaining sexuality in menopause
Professor Rossella Nappi, University of Pavia, Italy

1005-1035 Refreshments, posters & exhibition

SESSION 4
1035-1125 Clarity after Controversy: interpreting the evidence
Chairs: Dr John Stevenson & Mr Edward Morris
Breast Cancer: where it all went wrong
Professor Richard Farmer, University of Surrey (Emeritus)
Coronary heart disease: the HRT resurrection
Professor Howard Hodis, Harry J Bauer and Dorothy Bauer Rawlins Professor of Cardiology, University of Southern California, USA

SESSION 5
1125-1225 Free Communications
Chairs: Dr Heather Currie and Professor Shaughn O’Brien

1225-1325 Lunch, posters & exhibition

Thursday 23 May 2013

Speakers subject to confirmation
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1325-1425</td>
<td>Novo Nordisk Sponsored Symposium</td>
</tr>
</tbody>
</table>
| 1425-1525 | Primary Care Session  
|           | Chairs: Dr Jane Woyka and Miss Joan Pitkin                                                     |
| 1425      | Fracture risk: Diagnosis and management  
|           | Professor Eugene McCloskey, Professor of Adult Bone Disease, Metabolic Bone Centre,  
|           | Northern General Hospital, Sheffield                                                          |
| 1445      | Optimising menopausal health in the workplace  
|           | Dr Evie Kemp, Occupational Health Specialist and Mrs Jan Brockie, Menopause Nurse Specialist,  
|           | John Radcliffe Hospital, Oxford                                                               |
| 1505      | Q & A                                                                                         |
| 1525-1555 | Refreshments, posters & exhibition                                                             |
| 1555-1640 | Session  8  
| 1640-1710 | BMS/WHC: Our Vision For The Future  
|           | Chairs: Mr Nick Panay and Dr John Stevenson                                                  |
| 1640      | BMS: Sara Moger                                                                               |
| 1650      | WHC: Patrick Shervington                                                                       |
| 1700      | Menopause International: Eddie Morris                                                         |
| 1705      | Menopause Matters: Heather Currie                                                             |
| 1710      | Close of Day One                                                                              |
| 1720-1750 | AGM                                                                                           |
| 1930-2000 | Reception & Conference Supper                                                                  |

**Speakers subject to confirmation**
Day Two
Morning session

0800  Registration & Refreshments

SESSION 9
0800-0900  Nurse networking breakfast
Chairs: Mrs Moira Mukherjee and Mrs Claire Bellone

SESSION 10
0900-0955  British Society for Sexual Medicine Invited Session
Chair: Dr David Edwards, Chairman BSSM

0900  Diabetes and sexual problems
Professor Michael G Kirby, Faculty of Health & Human Sciences Centre for Research in Primary & Community Care,
University of Hertfordshire, UK Editor
Primary Care Cardiovascular Journal

0920  Stand by your man: The Importance of the female in male sexual problems
Dr David Edwards, GP and specialist in male and female sexual problems, President of the British Society for Sexual Medicine

0940  Q&A

SESSION 11
0955-1030  The Pat Patterson Memorial Lecture
Chair: Dr Tony Parsons

0955  The changing face of menopause medicine in my professional lifetime
Dr David Sturdee, Immediate Past President IMS, Hon Consultant Gynaecologist & Senior Clinical Lecturer, Solihull Hospital, Solihull

1030-1100  Refreshments, posters & exhibition

SESSION 12
1100-1155  The Indian Menopause Society Invited Session
Chairs: Mr Edward Morris and Dr Sonia Malik

1100  Menopause in India – Dilemmas and Challenges
Dr Meeta, Consultant Gynaecologist, Tanvir Hospital, Hyderabad, India

1120  Vitamin D deficiency in a land of sunshine
Dr Jyothi Unni, Head of Obstetrics & Gynaecology, Jehangir Hospital, Pune, India

1140  Panel discussion

SESSION 13  The International Menopause Society Invited Session
1155-1250  Is the tide turning in menopause management? – New International consensus statement and guidelines
Chair: Dr David Sturdee

1155  International consensus statement – How important is it to speak with one voice?
Professor Mary Ann Lumsden, Professor of Gynaecology & Medical Education, University of Glasgow

1210  New IMS Guidelines – New approaches to maintain the status quo: Androgen therapy – a way for the future?
Professor Susan Davis, NHMRC Principal Research Fellow & Chair of Women’s Health, Monash University, Melbourne, Australia

1225-1240  Premature Menopause – How best can the needs be met?
Professor Duru Shah, Professor and Head, Department of Obstetrics & Gynaecology, Mahatma Gandhi Medical College & Hospital, Jaipur, India

1240  Panel discussion

1255-1345  Lunch, posters & exhibition
Day Two
Afternoon session

SESSION 14
1345-1445  Urogynaecological impact of menopause
Chairs: Mr Philip Toozs Hobson and Dr Jenny Williamson

1345  Management of prolapse in older women
Professor Linda Cardozo, Professor of Urogynaecology
and Consultant Gynaecologist King’s College Hospital, London

1405  Voiding function and dysfunction with ageing
Mr Philip Toozs Hobson, Consultant Urogynaecologist,
Birmingham Women’s Hospital

1425  The effect of hormones on the lower urinary tract
Mr Dudley Robinson, Consultant Urogynaecologist,
and Honorary Senior Lecturer, Kings College Hospital, London

SESSION 15
1445-1615  Menopause Café
(Refreshments available)

Urogenital Atrophy: Breaking the Ice!
Claudine Domoney/Philip Toozs Hobson

Rational HRT prescribing #1
Kathy Abernethy/Moira Mukherjee

Rational HRT prescribing #2
Heather Currie/Elaine Stephens

Troubleshooting perimenopausal bleeding
Mike Cust/Sovra Whitcroft

SESSION 16
1615-1705  Mammography or not?
The benefits and risks of breast screening
Chair: Professor Janice Rymer

1615  Professor Malcolm W Reed, Professor of Surgical Oncology and
Head of Department of Oncology, Sheffield Cancer Research Centre

1635  Professor Erika Denton, Professor of Radiology, Norfolk
& Norwich University NHS Trust, National Clinical Director for Imaging, DOH

1655  Open discussion: the way forward

1705  Prize giving, Summary and Close
Mr Nick Panay and Mr Phil Toozs Hobson

Choosing evidence-based complementary
therapies/alternatives to HRT
Tony Mander/Joan Pitkin

Prescribing after Breast Cancer: individualised care
Jenny Williamson/Jane Woyka

Perimenopausal contraception: forget it at your peril!
Gilly Andrews/Marian Everett

Premature Ovarian Insufficiency
John Studd/Mike Savvas

Speakers subject to confirmation
The venue
Stratford Manor Hotel
Warwick Road (A439)
Stratford-upon-Avon
Warwickshire
CV37 0PY

Hotel telephone: 01789 731173

The Stratford Manor is set in 21 acres of landscaped, tended grounds in the peace and tranquility of the Warwickshire countryside. The hotel is just five minutes away from both Stratford and the M40 motorway, connecting you to the Heart of England.

Spa and leisure club: The hotel has a brand new spa offering relaxing massages and beauty treatments. They also have a leisure club and fitness centre with pool, gym and tennis courts.

Bedrooms: There are 104 calming and stylish bedrooms.

Restaurant: The award winning Shakespeare restaurant offers dishes with local and seasonal influences.

Internet: Internet access is free throughout the hotel.

Car parking: 220 car parking spaces.

Directions
From the M40: Leave the M40 at Junction 15 and follow the A46 signposted Stratford. At the first roundabout, take the A439 signposted Stratford City Centre. Stratford Manor is a mile along this road, on the left.

From Stratford city centre: Follow the A439 signposted Warwick and M40. Stratford Manor is three miles along this road on the right.

By rail:
Warwick Parkway Railway Station,
Old Budbrooke Road, Warwick, CV35 8RH – 10 miles

Stratford-upon-Avon Station,
Station Road, Stratford-on-Avon, CV37 6PL – 3.6 miles

Train times and routes:
National Rail enquiry http://www.nationalrail.co.uk/
National Rail Enquiries: 08457 48 49 50

Taxis: visit www.traintaxi.co.uk

By air: Birmingham International Airport – 24 miles
Accreditation
The 23rd Annual meeting is accredited by the Faculty of Sexual and Reproductive Healthcare (FSRH) for 12 hours CME.

Certificate of attendance
An official certificate of attendance will be provided after the event for all registered delegates.

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/meetings.php

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 Menopause International, the Journal of the British Menopause Society.

Abstract Deadline: 30 April 2013

Exhibition
There will be a Medical Exhibition running alongside the meeting.

Accommodation
The Stratford Manor has set aside a limited number of bedrooms at a reduced rate of £95 especially for our meeting. Please phone hotel reservations direct – on 01789 731173 – if you would like to reserve overnight accommodation and quote ‘BMS Annual Meeting’. A list of other near-by hotels is available on request.

Conference Supper
Stratford Manor Hotel
Cost: £40 per head

1930 Buck’s Fizz reception
2000 Conference supper

Menu
Smoked salmon, caper berry dressing, picked spring leaves

Pear and Oxford blue salad, toasted walnuts and sherry vinaigrette (vegetarian option) *

Pan roast chicken breast, Mediterranean vegetables, nut-free pesto & Parmentier potatoes

Mille-feuille of roasted vegetables, cherry tomato sauce (vegetarian option) *

Raspberry crème brûlée, white chocolate cookie *

Coffee and candies *

*
Registration

Terms and conditions
Delegate places are only guaranteed upon written confirmation.

Registration fee includes registration for the 23rd Annual Meeting, lunch and daytime refreshments.

Refunds for cancellations will only be given before 23 April 2013.

Name substitutions can be made at any time without charge.

Acceptance is at the discretion of the event organiser.

In the event that BMS cancels the meeting, liability will be limited to registration fees already paid to the Society for the meeting.

Registration

Online registration:
Register via secure transaction online at http://www.thebms.org.uk/meetings.php

Postal registration
Please complete the registration form and return it with your cheque (made payable to British Menopause Society) or credit/debit card information to:

23rd Annual Meeting
British Menopause Society
4-6 Eton Place
Marlow
SL7 2QA
UK

Further information
Website: www.thebms.org.uk

Email: admin@thebms.org.uk

Telephone: Caroline on +44 (0)1628 890 199
Registration Form

Please complete both sides of the form and return to the BMS. Please use a separate sheet to provide the credit card holder’s name and address, if different from information provided on the form below.

Name (as it should appear on your badge/certificate). Please print clearly.

Address: Work/Home (please specify)

Town Postcode

Daytime telephone

Email address

Special dietary requirements

How did you hear about the BMS Annual Conference?

Please indicate your profession:

Consultant ☐

GP ☐

Nurse ☐

Trainee† ☐

Other health professional* ☐

Pharmaceutical industry* ☐

* Please specify

☐ I would like to continue to receive relevant information and correspondence from the British Menopause Society and carefully selected partners (please tick)

☐ I would like to receive information regarding membership of the British Menopause Society (please tick)

† Please accompany your registration with an approved letter signed by your head of department or college tutor.
There will be seven topics covered in the Menopause Café. You can move around from table to table and topic to topic. Please indicate which of the three 30-minute sessions you would like to participate in during the Menopause Café.

Note: please choose your session topics – and in the order you will participate – by indicating 1, 2 and 3 in the appropriate boxes.

- Urogenital Atrophy: Breaking the Ice!
- Rational HRT prescribing
- Troubleshooting perimenopausal bleeding
- Choosing evidence-based complementary therapies/alternatives to HRT
- Prescribing after Breast Cancer: individualised care
- Perimenopausal contraception: forget it at your peril!
- Premature Ovarian Insufficiency

See page 7 for more Menopause Café details

CONFERENCE SUPPER – 23 May 2013
Number of tickets required @ £40 pp □ Total cost £
Dietary requirements for supper and meeting please tick appropriate box
Vegetarian □ Vegan □ Other □
Please specify

Registration fee: £ + Conference Supper: £
Total: £

METHOD OF PAYMENT
Receipts and acknowledgements will be issued prior to the event.

Payment by cheque:
I enclose payment of £ by cheque made payable to:
British Menopause Society

Payment by credit or debit card: I would like to pay by:
Visa | Mastercard | Amex | Switch | Delta (please delete as applicable)

Number
Expiry date
Security code* □ □ □ □
Issue No. □ (Switch only)

*This is the 3 digit code in the signature area on the back of your card (or 4 digit for Amex on the front of card).

Name on card
Card holder’s signature

Please use a separate sheet to provide the cardholder’s name and address, if different from information provided on the form overleaf. Please complete both sides of form and return to:
BMS 23rd Annual Conference, 4-6 Eton Place, Marlow, SL7 2QA, UK
Dates for your diary

BMS Women’s Health Meetings 2013*

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Type of meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Health Meetings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March</td>
<td>Colchester</td>
<td>One-day meeting</td>
</tr>
<tr>
<td>March</td>
<td>Birmingham</td>
<td>One-day meeting</td>
</tr>
<tr>
<td>Thursday 14 March</td>
<td>Alsager, Cheshire</td>
<td>One-day meeting</td>
</tr>
<tr>
<td>September</td>
<td>Portsmouth</td>
<td>One-day meeting</td>
</tr>
<tr>
<td>October</td>
<td>Peterborough</td>
<td>One-day meeting</td>
</tr>
<tr>
<td>October</td>
<td>Stockton-on-Tees</td>
<td>One-day meeting</td>
</tr>
<tr>
<td>November</td>
<td>Glasgow</td>
<td>One-day meeting</td>
</tr>
<tr>
<td>November</td>
<td>Cambridge</td>
<td>One-day meeting</td>
</tr>
<tr>
<td>Menopause Masterclass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>June</td>
<td>Hayward’s Heath</td>
<td>Half-day meeting</td>
</tr>
<tr>
<td>September</td>
<td>Poundbury, Dorset</td>
<td>Half-day meeting</td>
</tr>
<tr>
<td>September</td>
<td>Newmarket</td>
<td>Half-day meeting</td>
</tr>
<tr>
<td>FSRH/BMS Special Skills Module</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 11 &amp; Tuesday 12 March</td>
<td>Nottingham</td>
<td>Two-day meeting</td>
</tr>
<tr>
<td>RCOG/BMS ATSM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 26 &amp; Weds 27 November</td>
<td>RCOG</td>
<td>Two-day meeting</td>
</tr>
<tr>
<td>WHC Symposium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>December</td>
<td>RCOG</td>
<td>One-day meeting</td>
</tr>
</tbody>
</table>

Reduced delegate rates for BMS members.
For details on membership contact Caroline.

Email: caroline@thebms.org.uk
or call
Telephone: +44 (0)1628 890 199

For further details please visit www.thebms.org.uk

* Dates will be published as soon as they are confirmed.