17 WORLD CONGRESS ON MENOPAUSE
MELBOURNE 30 APRIL–3 MAY 2020
MENOPAUSE: A NEW BEGINNING. A ROADMAP TO HEALTHY AGING IN AN ERA OF UNPRECEDENTED LONGEVITY
Dear Friends,

I warmly welcome you to Melbourne and to the 17th World Congress on the Menopause hosted by the IMS with the support of the Australasian Menopause Society. The IMS Scientific Committee is preparing a program that will facilitate and stimulate discussion of the full spectrum of the physical, psychological, social and environmental factors that contribute to midlife and older women's health and wellbeing, with menopause as a new beginning.

Bringing the Congress to Melbourne provides a unique opportunity to celebrate Melbourne's rich history of research that led to quantum leaps in the understanding of the physiology of the menopause transition and its impact on women's physical and psychological health.

Moreover, Melbourne is a wonderful city to visit. It is friendly, vibrant and multicultural, and famous for its blockbuster sporting events, gorgeous gardens and parks, fabulous restaurants, chic boutiques, lively cafes, and bars and music. The Melbourne Convention Centre, our Congress venue, is a state of the art facility situated on the Yarra River, across from the city centre and surrounded by an array of hotels, serviced apartments, cafes and restaurants.

So, come to Melbourne to expand and share your knowledge about midlife women’s health, but make sure you take the opportunity to explore and enjoy this diverse, colourful city.

I look forward to welcoming you to Melbourne, my city, in 2020.

Susan Davis
President of The International Menopause Society
and Chairman of the Organizing Committee for the 17th World Congress on the Menopause

On behalf of the 2020 Scientific Program Committee it is my pleasure to welcome you to Melbourne and the 17th World Congress on the Menopause. The congress theme of menopause as the beginning of a new phase of life will highlight clinical, research and social aspects of healthy aging. The congress will be addressed by leading international experts in plenary sessions and symposia. This will be complemented by debates and sessions on controversies. New scientific discoveries and trends will be shared through oral free communications and poster presentations. Delegate interaction with leading experts will take place at meet the expert sessions. A pre-congress workshop on menopause basics will focus on current clinical practice. The popular menopause Olympics will be back on demand. Come and join us for a memorable scientific, educational and social experience in Melbourne, the city renowned for excellence in menopause research.

Tobie De Villiers
Chairman of the Scientific Program Committee
for the 17th World Congress on Menopause

Menopause: a new beginning
<table>
<thead>
<tr>
<th>Time</th>
<th>MELBOURNE ROOM</th>
<th>ROOM 203</th>
<th>ROOM 210</th>
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<td>10:00–10:25</td>
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<td>Plenary Lecture</td>
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<td>11:00–12:45</td>
<td>Southern Stars</td>
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<td>Lunch Symposium</td>
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<td>Refreshments and visit to the Exhibition Area</td>
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<td>IMS Bursary Lecture</td>
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<td>Henry Burger Oration</td>
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<td>17:35–17:40</td>
<td>Announcement of Greenblatt Award winner</td>
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<td>17:40–18:15</td>
<td>Pieter van Keep Lecture</td>
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<td>11:50–12:50</td>
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<td>Meet the panel</td>
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<td>Oral Communication</td>
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<td>Menopause Olympics</td>
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<td>18:45–20:00</td>
<td>Poster Session with wine and cheese</td>
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<td>IMS Gen. Assembly</td>
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<td>Coffee break</td>
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<td>Oral Communication</td>
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<td>Closing Ceremony</td>
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The Scientific Program

State of the art program up to May 2019

Plenary Lectures

Peter Van Keep lecture
Susan Davis (AU)

Social determinants of health- the social cure
Jolanda Jetten (AU)

Ageing and Demography
Islene Araujo de Carvalho (BR)

Dementia
Roberta Brinton Diaz (US)

Nanotechnology and Nanomedicine, allowing an engineered approach to the treatment of cancer
Andre Nel (US)

Early detection and better survival of cancer patients in South East Asian women
Teo Soo Hwang (ML)

Do we need nutritional supplementation for healthy aging?
Ian Reid (NZ)

Bio Identical hormones and alternative options; where (why) have we failed?
Rod Baber (AU)

Symposia

♦ Bad bones break
Ian Reid (NZ) Target to treat: who should be treated
Peter Ebelling (AU) Treat to target: when to stop
Manju Chadran (SG) The treatment gap

♦ A Matter of the mind: sex steroids, immune function and the brain
Roberta Brinton (US) Immune system; driver of menopausal brain energy system
Herman Deppere (BE) Sex steroid hormones and brain function
Pauline Maki (US) Cognition and menopause

♦ Beat the heat
Julia Prague (UK) NK inhibitors - prime time?
Martha Hickey (AU) Managing vasomotor symptoms effectively without hormones
Qi Yu (CN) Traditional/alternative remedies

♦ Caring for specific populations
Paulina Villaseca (CL) BRCA surveillance, intervention and MHT
Jayashri Kulkarni (AU) Depression and MHT
Amanda Vincent (AU) MHT and POI

♦ Negotiating with mother nature and father time; strategies to facilitate successful ageing
Sunila Khandelwal (IN) The role of diet
Seng Bin Ang (SG) The role of exercise
Robert Langer (US) Role of medication (MHT, statins, bisphosphonate etc)

♦ Matters of the heart
Gemma Figtree (AU) A female-centric approach to preventing heart disease
TBA Lessons from KEEPS
Peter Chedraui (EQ) Preventing cardiometabolic disease

Speakers and topics may be subject to change.

The Melbourne 2020 Menopause Essentials

Wednesday April 29th
13:00–18:30

The Melbourne 2020 Menopause Olympics

The IMS Menopause Olympics is a wonderful opportunity for young clinicians, trainees and researchers to participate in the Congress in a collegiate, entertaining and educational way. Nominated delegates can apply for one of the International Travel Awards to support their participation.

For further details refer to your national scientific society (valid for CAMS members only).
✦ Laser: turning up the heat; revolution or hazard
TBA The nuts and bolts; how does Laser work
Jason Abbott (AU) The evidence
Tim Hillard (UK) What position should IMS take
✦ When Everything falls - optimising pelvic floor management
Tommaso Simoncini (IT) Menopause, aging and the failing pelvic floor: a clinician’s view
Tomi Mikkola (FI) Treatment of urinary incontinence; to mesh or not
TBA Laser: any good for urogynae/vaginal tightening
✦ Sexy after sixty
Jan Shifren (US) Time marches on – impact of aging on sexuality
TBA I get by with the help of my friends; therapeutic options for women
Rosie King (AU) I get by with the help of my friends; therapeutic options for men
✦ Does the picture tell the story?
Sonia Cerdas (CR) Bone imaging in clinical practice
Steve Goldstein (US) Ultrasound and the menopausal endometrium
Tony Miller (CA) Imaging the breast, when and how?
✦ Ethical issues
Jim Pickar (US) Conflict of interest
TBA Ethics of ageing

Symposia organized by CAMS
CAMS is the Council of Affiliated Menopause Societies

AAPEC
Thinking about the health care of women during the climacteric
Claudia Rey (AR) Should the peri and postmenopausal women always be treated?
Rita Caro (AR) Abnormal uterine bleeding in the perimenopause
Blanca Campostrini (AR) Choosing the best options for the treatment of symptomatic climacteric
Olga Marega (AR) Treated Dyspareunia means assured Sexual Satisfaction?
Cristina Toha, Freijedo Valeria, Seybold Barbara (AR) Discussion

BRITISH MENOPAUSE SOCIETY
Haitham Hamoda (UK) Androgens and the postmenopausal woman
Anne MacGregor (UK) Migraine headaches, stroke and MHT
John Stevenson (UK) MHT for the primary prevention of cardiovascular disease - Are we there yet?

GERMANY/SWITZERLAND
Breast cancer risk and hormones
Petra Stute (CH) Impact of progestogen type in MHT on breast cancer risk
Alfred Mueck (DE) PGRMC1 in breast cancer development and prediction of prognosis
Ludwig Kiesel (DE) Hormone resistance and breast cancer

RUSSIAN MENOPAUSE SOCIETY
Quality of life and longevity after menopause
Vera Balan (RU) Aging, anti-aging and ageism
Elena Andreeva (RU) MHT as a marker of longevity
Svetlana Yureneva (RU) Treatment of vaginal symptoms and VVA in postmenopausal women: why Estriol-Lactobacilli combination is preferable?
Antonina Smetnik (RU) Sex steroids, breast and breast cancer.

Further symposia will be organized by
✦ Asia Pacific Menopause Society
✦ Australasian Menopause society
✦ Bangladesh Menopause Society
✦ Asociacion Colombiana de Menopausia
✦ Perkumpulan Menopause Indonesia
✦ North American Menopause Society
✦ Indian Menopause Society
✦ Korean Society of Menopause
✦ European Society of Gynecology
✦ FLASCYM
✦ International Society of Gynecological Endocrinology
✦ European Menopause and Andropause Society
Abstract submission
Participants interested in presenting papers at the Oral and Poster sessions are invited to submit their abstracts. All abstracts will be reviewed by the Abstract Reviewing Committee. The highest ranked abstracts among those submitted for oral presentation, may be considered by the Scientific Program Committee for presentation during Symposia instead of Oral Communication Sessions.

Abstract submission closes on Dec 19th 2019
Submit your abstract
WWW.IMSMELBOURNE2020.COM/ABSTRACT

Topics for abstracts include:
- General menopause management
- Consequences of longevity and ageing
- Vulvovaginal atrophy/genitourinary syndrome of menopause
- Endocrinology of ageing
- Sex and ageing
- Menopause and the heart
- Menopause and the brain
- Mood and mental disorders
- Musculoskeletal health
- Breast health
- Oncology
→ ..and more: check online the full list of topics!

Congress Registration

<table>
<thead>
<tr>
<th>Registration fees (VAT included)</th>
<th>Until Sept 24th 2019</th>
<th>Until Feb 27th 2020</th>
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<tr>
<td>Delegate</td>
<td>€ 500</td>
<td>€ 650</td>
<td>€ 820</td>
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<td>IMS Member or Australasian Menopause Society Member</td>
<td>€ 450</td>
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<td>€ 700</td>
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<td>Delegate from Developing Countries (WHO list)</td>
<td>€ 410</td>
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<td>Trainees, nurses and technicians (status to be certified)</td>
<td>€ 410</td>
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Apple Precongress Course

Registration Fee for the congress includes:
- Access to the congress sessions (except the Pre-congress course)
- Access to the exhibition area
- CME Credits
- Congress kit

Register online
WWW.IMSMELBOURNE2020.COM/REGISTRATION

Travel
We have negotiated an agreement with Sky Team and Singapore Airlines where you can book your flight at reduced rates

Visa
Obtaining a Visa for Australia is easy but may require high level of details and time. Make sure you apply on time and check our website for more details.

Plan your travel
WWW.IMSMELBOURNE2020.COM/TRAVEL
It’s time for you to explore breathtaking places.

Take a drive along the spectacular Great Ocean Road, home to monstrous cliffs, roaring seas, tranquil coves and secluded beaches, visit Uluru or enjoy the Great Barrier Reef and rainforest coast. Choose among different options to continue your staying in Australia.

www.imsmelbourne2020.com/explore
Come to Melbourne to expand and share your knowledge about midlife women’s health, but make sure you take the opportunity to explore and enjoy this diverse, colourful city.

Susan Davis President of the IMS and Chairman of the Organizing Committee of the Congress

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**Greenblatt Award**

The Robert Greenblatt Award is the most important prize for young investigators in the field of the Menopause. There are up to 2 awards each of £2000 will be given for the best papers presented in either basic or clinical menopause-related research. Check the congress website to apply!

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**Travel Awards**

Need help to cover your costs to attend the congress? The IMS is providing several young international delegate and developing country Travel Awards (up to £1000 and congress registration). Check the congress website for details and to apply!

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**Officers and Board 2018–2020**

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**President Elect**
Steve Goldstein (US)

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Sunila Khandelwal (IN)

**General Secretary**
Nick Panay (UK)

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Camilo Rueda (CO)
Xiangyan Ruan (CN)
Tommaso Simoncini (IT)
Wendy Wolfman (CA)

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Rodney Baber (AU)

**Education-IMPART**
Duru Shah (IN)
Tim Hillard (UK)

**Executive Director**
Lee Tomkins (UK)
until June 30, 2019
Rebecca Cheshire (UK), from July 1, 2019

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**Destination Sponsor**
International Menopause Society

**Organizing secretariat**
www.btcongress.com