

## The 8<sup>th</sup> Scientific Meeting of APMF was held in Hangzhou China

Oct. 15<sup>th</sup> to 17<sup>th</sup> 2021



From October 14 to 17, the 8th Asia Pacific Menopause Federation (APMF) Scientific Meeting jointly sponsored by APMF and China Medical Education Association (CMEA) and co hosted by Peking Union Medical College Hospital and Hangzhou Women's Hospital, was held in Hangzhou, China.



APMF was established in 1999, with members from 15 countries and regions in Asia and the Pacific. APMF Scientific Meeting is one of the most influential academic activities in the field of perimenopausal management and treatment in the Asia-Pacific region. It is held every two years. Due to the impact of the global epidemic, this conference adopts the combination of online and offline (hybrid). The total number of online registrants was close to 4000, offline registrants was 436, the number of on-site participants was close to 500, the online broadcast received more than 50000 hits, and 150 abstracts of papers were included in the conference.

### Abstracts download link:

[https://files.sciconf.cn/upload/file/20211015/20211015140236\\_28863.pdf](https://files.sciconf.cn/upload/file/20211015/20211015140236_28863.pdf)



With the theme of *Go Easy With Menopause, Guard Your Health*, the conference focused on the hot spots of perimenopausal management and treatment. International, Asia Pacific and Chinese experts were invited to conduct in-depth discussions on many hot issues in menopause related fields (33 speakers from international or Asia-Pacific regions, and 40 from Chinese mainland), which covering postmenopausal gynecological diseases, menopausal hormone therapy (MHT), Multidisciplinary team (MDT), brain and mental disorders, premature ovarian insufficiency (POI), musculoskeletal health, health lifestyle and other menopause related topics. The total number of Lectures was 123. The conference had a special session for Sri Lanka Menopausal Society, and a special session for Indonesia which would host the next APMF conference. The conference also arranged oral presentation by attending scholars to share progress in frontier areas and discuss the new development of perimenopausal health care and management, so as to let the whole people have a correct understanding of menopause and care for the health of menopausal women.



Professor Huang Zhengming (President of China Medical Education Association), Professor Lang Jinghe (Academician of Chinese Academy of Engineering, President of Obstetrics and Gynecology Branch of Chinese Medical Association), address the opening ceremony of the conference. APMF president Professor Yu Qi (Peking Union Medical College Hospital) delivered a speech and announced the opening of the conference.



Coronavirus (COVID-19) pandemic has had a great impact on the medical health care systems of various countries and regions since the beginning of 2020. At the same time, it enlarges the health services level of urban and rural areas, and women health workers are facing more challenges. Menopausal patients face problems such as lack of medical services and drug withdrawal due to unknown information, and menopause symptoms cannot be handled in time.



In response to the normalization of COVID-19, how should menopause management be conducted for perimenopausal and postmenopausal women by Menopause Societies in the Asian-Pacific region? The presidents or representatives of menopausal societies from 13 countries or regions in the Asia-Pacific region made speeches on the theme of *CHALLENGES IN THE MANAGEMENT OF MENOPAUSE DURING THE PANDEMIC* according to the management situation in their respective countries or regions.



Professor Rodney John Baber (The University of Sydney) delivered a keynote speech on *Endometrial Safety with Different Regimens of Progestogens*, IMS Past President Professor Susan Davis (Monash University, Melbourne, Australia) gave a keynote speech with the theme of *WHI: Where are We Now 20 Years On*, Professor YU Qi delivered a keynote speech on *Menopause Symptoms, East vs. West*.



Experts from seven countries (China, Indonesia, Japan, Malaysia, Pakistan, Philippines and South Korea) introduced the differences between their own menopause guidelines and IMS menopause guidelines, with the theme of *Features of National Menopause Guidelines for countries in the Asia Pacific Region*. National guidelines are formulated according to the differences and living habits of local postmenopausal women. The content took into account the basic and cutting-edge, as well as the imbalance of medical level in different countries and regions. It covered both the basic concepts of menopause management and the latest developments.



Professor Mary Ann Lumsden (Chief Executive of FIGO) gave a lecture entitled *The Treatment of Menopausal Symptoms after Cancer* at the plenary symposium. IMS Officers Treasurer Professor Ang Seng Bin (APMF council member) gave a lecture on *Perimenopausal Skin Conditions*. IMS President Elect Professor Nick Panay gave a speech on the theme *Progestogens and Progesterone: Risk Profiles and Dosage Regimens*. IMS Board Member Professor Ruan Xiangyan gave a lecture on the theme *First Live Birth in China after Ovarian Tissue Cryopreservation and Transplantation for Prevent Iatrogenic POI*.



The theme for World Menopause Day 2021 is Bone Health. During the conference, the speakers gave relevant lectures on bone health. Professor Xu Ling from Peking Union Medical College Hospital gave a lecture on the theme of *New Understanding in Prevention and Treatment of Osteoporosis in Postmenopausal Women*. Professor Byung-Koo Yoon from School of Medicine, Sungkyunkwan University gave a lecture on the theme of *MHT and Osteoporosis in Postmenopausal Korean Women*.



Professor YU Qi over the seminar on the theme of *Management of Perimenopausal Osteoporosis* during the conference. In the field of menopause, the correlation between osteoporosis and menopause is not controversial. Through good menopause management, including various treatments and menopausal hormone therapy, all treatment measures are effective which is 100% certain.

In early menopause, patients often have some bone symptoms, including bone pain, muscle and joint pain and so on. Do these problems mean that there is osteoporosis? Osteoporosis is silent and changes are invisible. In the early stage of menopause, it is not to the extent of osteoporosis in theory, but the patients does have a chief complaints. How to predict osteoporosis and bone turnover earlier through some indicators was the discussion content of the seminar.



During the conference, the Fourth Editorial Board of *CLIMACTERIC* (Chinese version) and the 34<sup>th</sup> general manuscript selection meeting were held. Nearly 30 experts of editorial board members attended the meeting.

This meeting introduced and discussed the topics of the Chinese version and agreed that the details of the latest revised *Chinese Menopause Management and Menopause Hormone Treatment Guidelines* would be discussed at the next meeting and agreed on the necessity of the existence of a large family in the menopause group. Let's work together to make more Chinese women *Go Easy With Menopause, Guard Your Health*, and improve the quality of life of postmenopausal women.





The 9th APMF Scientific Meeting will be held in Bali, Indonesia in 2023. During the conference, Indonesian publicity videos and a welcome speech by the APMF president elect Professor Muhammad Fidel Ganis Siregar were broadcast online.



Professor Zhang Zhifen (Co-chairman of the conference, president of Hangzhou Women's Hospital) presided over the closing ceremony. She expressed heartfelt thanks to the many international, Asia Pacific regions and Chinese speakers and hosts who had contributed to the excellent conference, thanked all the staff who silently contributed to the conference, and finally thanked all our participants and participating enterprises for their support to the conference. It is hoped that more IMS and APMF representatives will participate in the APMF conference to be held in Indonesia in 2023.

*Go Easy With Menopause, Guard Your Health.* The 8th Scientific Meeting of APMF had come to a successful end.



