Second Announcement

9th SCIENTIFIC MEETING OF ASIA PACIFIC MENOPAUSE FEDERATION (APMF)

IN CONJUNCTION WITH

INDONESIAN SOCIETY OF MENOPAUSE / NATIONAL CONGRESS OF INDONESIA SOCIETY OF MENOPAUSE 2023 (PERMINESIA)

Normal Lifestyle of Menopausal Woman Post Covid-19 Pandemic

October 6th - 8th, 2023
The Stones, Kuta Bali, Indonesia

Contact Person:
- dr. Trinidia (08216188415)
- dr. Wistya (081246484523)
- Arkan ICM (08112024128)

Kongrespermiapmf2023@gmail.com
@apmfba23
apmfba2023.com
Dear Colleagues

Perspective towards menopause is different among women in the world, based on their faith in reproductive values, language used in describing and discussing menopause, strong cultural impacts, various knowledge level, and holistic perspectives combining spiritual, intellectual, physical, and emotional dimensions. The roles of culture in menopausal women’s perspective had a great impact on women’s lives and the roles of spirituality on menopause play an important role in every Asia-Pacific women’s act. It is also revealed that the development of health service especially for menopausal women in Asia-Pacific had been made and thus, there were still many women who had not been empowered in their menopausal period. There were still many Asian women who had not possessed awareness and knowledge on menopause physiology.

The culture regards that it was a taboo to discuss menopausal complaints and thus, it created fear of negative stigmatization from the environment. Approximately 80 percent Menopausal Women live in a developing country, and every year menopause women population increase by 3 percent. It means that women's health needs to take care of so that it can increase life expectancy and achieve happiness and psychological welfare.

The number of menopause women in Asia in 2025 will be 373 million. Several menopausal associations from various countries in Asia Pacific have agreed to form the Asia Pacific Menopause Federation since 1999. Mission Statement of The Asia Pacific Menopause Federation exists to promote the study of all aspects of the menopause and its consequences in women and to promote the study of age related changes in reproductive hormones and their consequences in adult men in the Asia Pacific region.

The beginning of the COVID-19 pandemic presented challenges that disproportionately impacted women, stressful for many reasons, including fears of contagion, constant media coverage, and inadequate supplies of basic necessities, face masks, and disinfectants. The pressure continued through 2020 into early 2022 because of social distancing, self-quarantine, sickness, loss of loved ones, travel bans, and economic worry. Women are especially vulnerable during times of crises because they are frequently the primary resource managers for the household and caretakers for dependents, adjusting everyday life during a disaster to create a sense of security for their families. Pandemics and other large-scale disasters are almost always accompanied by increases in depression and behavioral disorders, and it appears that women have been more vulnerable to stress, depression, and anxiety during Covid-19.

But, safe and effective vaccines are available that provide strong protection against serious illness, hospitalization and death from COVID-19. Getting vaccinated is one of the most important things we can do to protect ourself against COVID-19, help end the pandemic and stop new variants emerging. Additionally, in perimenopausal and postmenopausal women, forced alterations in lifestyle habits resulting from quarantine such us changes in interpersonal relationships, nutrition habits, exercise, or sexuality could lead to an aggravation of their menopausal symptoms and a loss of health-related quality of life (HRQoL), particularly in terms of psycho-behavioral aspects and romantic relationships.

Based on this, it is in accordance with the APMF Scientific meeting in 2023 with theme is "Normal Lifestyle of Menopausal Women Post Covid-19 Pandemic" to be able to restore the quality of life of postmenopausal women after the covid pandemic. As the 9th President of the Asia Pacific Menopause Federation 2021-2023, I invite all my colleagues to participate in the APMF Scientific Meeting 2023 that will be held in Stone Hotel, Kuta Beach, Bali, Indonesia on October, 6th to 8th 2023.

See you in Bali

M. Fidel Ganis Siregar
Dear colleague and partner,

It is with great pleasure that we invite you to attend National Congress of Indonesian Society of Menopause In Conjunction With International Congress of Asia Pacific Menopause Federation to be held in Bali, Indonesia on October 6th to 8th, 2023.

The pandemic disaster has a major impact on human life from all aspects. Mortality and morbidity rates have increased, including in the group of menopausal women, especially those who already have comorbidities such as cardiovascular disorders, metabolism and malnutrition.

Facing the unfinished pandemic period and to continue the new normal life that can be relied on against the blows of the pandemic, there is none other than maintaining a healthy lifestyle and getting rid of bad habits in our new normal lives.

With the theme of this congress, “Normal Lifestyle of Menopausal Woman after Pandemic Covid-19”, we hope to provide some education to help menopausal women in maintaining a healthy lifestyle during this era with the topic of health management that encourages promotion and prevention aspects to increase without neglecting curative and rehabilitative aspects.

APMF 2023 is the most influential academic event in the field of perimenopause management and treatment in Asia Pacific region. We cordially invite you to join us as sponsors and partners of APMF 2023, an exceptional congress, providing participants and speakers alike with the opportunity to perimenopause the most important topics in menopause management and treatment.

We look forward to welcoming you to participate in this prestigious event. It is only with your condition that we can ensure the success of the Congress of APMF 2023.

Sincerely,

Tita Husnitawati Madjid
Welcome Message
Chairman of the Congress Committee

Dear all congress Participant

Om Suasti Astu,
Asallamualaikum WR
Salam Sejahtera
Namo budaya
Salam kebajikan

Welcome to Bali Paradise Island,

We are very pleased to meet you on the Famous Beautiful island of Bali to attend you to discuss health issues related to menopause and the entire female life cycle.

First of all, on behalf of the steering committee “The National Congress of the Indonesian Menopause Association together with the International Congress of the Asia Pacific Menopause Federation, I would like to welcome all participants, for their participation, I also express my deepest gratitude. Thanks to all the staff for their hard work in preparing this congress.

The emerging Covid-19 pandemic causes some forced alterations in lifestyle habit due to quarantine policy. These conditions may lead to an aggravation of menopausal symptoms and a loss of health-related quality of life from many aspects. Therefore, menopausal women need more knowledge to be able to prepare themselves appropriately in facing such problems that may happen during Covid-19 pandemic.

With the theme of this congress, “Normal Lifestyle of Menopausal Woman after Pandemic Covid-19”. Providing opportunities for gynecological and endocrinology experts and scholars menopause to engage in in-depth discussions and interactive exchanges about the latest advances and hot issues in particular the effects of covid-19 for menopausal women. We, The committee will prepare and welcome all congress participants as well as possible, where this event will take place in the Kuta Bali area which is well known to all of us.

Kuta is one of the most beautiful tourist attractions in Bali with beautiful beaches and complete hospitality and entertainment facilities. But also no less interesting other tourist attractions. Bali is a world icon, because of the beauty of the island and its nature and unique culture, making it a tourist attraction. This will be even more interesting so that we hope to increase the interest of participants and maybe with their families, where colleagues can have scientific discussions, while families can also enjoy the beauty of Bali. Especially after 3 years the world has been hit by the COVID-19 pandemic and now there are easing due to successful vaccinations and strict health protocols, so the longing for sightseeing will be very high.

We hope that as the committee, let's make this event a success by coming to discuss, have fun while on vacation with family, which has not materialized for a long time.

Thank you

Warm greetings from Bali,

See you in Bali

I Wayan Kesumadana
General Information

<table>
<thead>
<tr>
<th><strong>Time</strong></th>
<th>October 6th – 8th, 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>City/ Country</strong></td>
<td>Bali/ Indonesia</td>
</tr>
<tr>
<td><strong>Place</strong></td>
<td>The Stones Kuta</td>
</tr>
<tr>
<td><strong>Address</strong></td>
<td>Jl. Raya Kuta Beach Banjar Legian Kelod Legian, Bali, Kuta District, Bandung Regency, Bali</td>
</tr>
<tr>
<td><strong>Sponsor</strong></td>
<td>Asia Pacific Menopause Federation, Indonesian Menopause Association</td>
</tr>
<tr>
<td><strong>Committee</strong></td>
<td>Department of Obstetrics and Gynecology, Faculty of Medicine, Udayana University</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:kongrespermiapmf2023@gmail.com">kongrespermiapmf2023@gmail.com</a></td>
</tr>
<tr>
<td><strong>Participants</strong></td>
<td>500 people (offline)</td>
</tr>
<tr>
<td><strong>Registration Date</strong></td>
<td>Early bird February 1st – April 30th 2023</td>
</tr>
<tr>
<td></td>
<td>Regular May 1st – October 5th 2023</td>
</tr>
<tr>
<td></td>
<td>Onsite October 6th – 8th 2023</td>
</tr>
</tbody>
</table>
# APMF Congress Indonesian Organizing Committee

## President of APMF
Muhammad Fidel Ganis Siregar
President of Indonesian Society of Menopause (PERMINESIA)
Tita Husnawati M

### Advisor
- Ichramsjah A Rachman
- Muharram Natafisastra
- Hendy Hendarto
- M Sjarief Darmasetiawan
- Rama Tjandra
- I Ketut Suwiyoga
- Muhammad Ilyas Angsar
- I Nyoman Rudi Susantha

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- IB Putra Adnyana
- Made Suyasa Jaya
- A.A.N. Anantasika
- Putu Doster Mahayasa
- Made Darmayasa
- I Nyoman Gede Budiana

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2. Ang Seng Bin (APMF)
3. Masakazu Terauchi
4. Atul Munshi (APMF)
5. Unnop Jaisamrarn (APMF)
6. Yu Qi (APMF)
7. Achmad Mediana
8. Mulyanusa Amarullah Ritonga
9. Sutrisno, Subsp
10. Angga Diningrat
11. Suka Antara
12. Bramartha Kusuma
13. Anditha Namira Rezky Sitompul
14. Immanuel Dio Tobing
15. William Alexander Setiawan
16. Hartanto
17. Eric Gradiyanto Ongko
18. Mochammad Imam Santoso
19. I Komang Yogi Arta Sualin
20. I Gusti Ngurah Agung Trsnu Kamajaya
21. Ida Bagus Aditya Mayanda
22. Anthony Stephen Halim
23. Putu Bagus Darmayasa
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3. Trinidadia Lubis
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6. Amanda Sherman
7. Divika Silvana
8. Ni Nyoman Wistya Tri Mayasari
9. Fenyta Christiety
10. Graciela Ysabel Locquiao
11. Santi

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2. Pasek Soema Gauthama
3. Irwin Lambota Lumbanje
4. Putri Wulandari
5. Nicholas Renata Lazarosony
6. Made Yudha Ganesa Wikantyas Widya
7. Vidya Saraswati Putri Duarsa
8. Seyla Kresentia Mangowal
9. Bagus Maharta
10. Johan Qalaba
11. Juventius Anggoa
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6. Monica Leonardi
7. The Angela Prisilia Taroreh
8. Belinda Carlisa
9. I Gde Ketut Fendy Indrapermana
10. Fransiscus Ronaldo
11. Ernest T.B. Sianturi

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3. Wayan Sumardhi
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5. Daniel Victor Harrista
6. Dewa Nyoman Krisna Ariyaya
7. Aditya Damanik
8. Cokorda Gde Angga Ary Nugrahaya
9. Ida Bagus Yudhistira Anantasurya Vidhisvara
10. Anak Agung Ngurah Alit Jaya Wardhana

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Chief: Purnama Adi Merta
1. Agus Kurniawan
2. Wenata Jembawan
3. IGN Darma Putra
4. Atikah Zahra M Nasution
5. Afrilia Rosada Lubis
6. Vania
7. Wayan Angga Wiadnya
8. Putu Ngurah Aeland Prilaksana Kalimantara
9. Ida Bagus Agung Widnyana Putra
10. Putu Taradipa Permana
11. I Gusti Ngurah Agung Satria Wibawa
12. I Gede Kadek Candra Mahardika
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14. Frenky Imanuel Hermanus
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5. Putu Aditya Indra Ardana
6. I Made Agus Cakhantara Sumada
7. I Wayan Rivandi Pradiyadnya Mardana
8. Steven Yosiardo Purnama
9. A.A. Pl. Sanjaya Putra A

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Chief: Ida Ayu Andayani
1. Wayan Sukadana
2. Ni Gst A.A. Sri Mertha Puspawaty Wetan
3. Putu Pradnya Paramitha Dewi
4. Indra Kumara
5. Chatrice Sutandi
6. I Made Aryasa Mugi Raharja

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Chief: Made Bagus Dwi Aryana
1. I.B Udyoga Manuaba
2. Made Budiarta
3. Hendra Sujana
4. Indra Pratama
5. Rai Wiwa Negara
6. Ida Bagus Made Andy Wiraputra
7. Michael William Ramschie
8. Alit Darma Asmara
9. Bernas Arion Napitupulu
10. Glenn Kristie Wanaditya
11. Nyoman Krisna Tri Wijaya
12. Putu Gede Agus Surya Mahardika
13. Charles Richard Thene
14. Edwin Aryanto
15. Godefirdus Paulo Bag
16. Putu Harrista Indra Pramana
17. Ida Bagus Arjuna
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  Ng Beng Kwang (Malaysia)
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• Mongolia: Enkhee Sodnomdor (Mongolia)
• Sri Lanka: Mangala Dissanayake (Sri Lanka)
### Pre-Congress, Friday, October 6th 2023

<table>
<thead>
<tr>
<th>Susunan Acara</th>
<th>Room</th>
<th>Waktu</th>
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</thead>
<tbody>
<tr>
<td><strong>Workshop 1</strong> Management of Menopause Women</td>
<td>Meeting Room 1</td>
<td>08.30-12.30</td>
</tr>
<tr>
<td><strong>Workshop 2</strong> The Use of Laser in Vaginal Rejuvenation</td>
<td>Meeting Room 2</td>
<td>08.30-12.30</td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td>12.30-13.30</td>
</tr>
<tr>
<td><strong>Workshop 3</strong> Ultrasound of Bone Density (REMS)</td>
<td>Meeting Room 1</td>
<td>13.30-16.30</td>
</tr>
<tr>
<td><strong>Workshop 4</strong> The ten-point guide to the integral management of menopausal health (Martin Birkhaiuser)</td>
<td>Meeting Room 2</td>
<td>13.30-16.30</td>
</tr>
<tr>
<td><strong>Workshop 5</strong> Menopause Hormonal Therapy in Cardiovascular Disease</td>
<td>Junior Ballroom 2</td>
<td>08.30-12.30</td>
</tr>
<tr>
<td><strong>Workshop 6</strong> Skin Aging: Extrinsic and Intrinsic Factor, Treatment and Technology Update</td>
<td>Junior Ballroom 2</td>
<td>13.30-16.30</td>
</tr>
<tr>
<td>IMS Council Meeting</td>
<td>Meeting Room 2</td>
<td></td>
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<tr>
<td>APMF Council Meeting</td>
<td>Meeting Room 1</td>
<td>19.00-21.00</td>
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</tbody>
</table>
**Saturday**

**October 7th, 2023**

### Opening Ceremonies

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:00-08:05</td>
<td>Invocation</td>
</tr>
<tr>
<td>08:05-08:10</td>
<td>Indonesia National Anthem</td>
</tr>
<tr>
<td>08:10-08:20</td>
<td>Balinese Dance</td>
</tr>
<tr>
<td>08:20-08:50</td>
<td>Welcome address</td>
</tr>
<tr>
<td>08:20-08:50</td>
<td>1. Wayan Kesumadana</td>
</tr>
<tr>
<td></td>
<td>Congress Chairman</td>
</tr>
<tr>
<td>08:20-08:50</td>
<td>2. Tita Husnilawati M</td>
</tr>
<tr>
<td></td>
<td>Indonesia APMF President</td>
</tr>
<tr>
<td>08:20-08:50</td>
<td>3. M. Fidel Ganis Siregar</td>
</tr>
<tr>
<td></td>
<td>Presidential APMF</td>
</tr>
<tr>
<td>08:50-09:00</td>
<td>Opening of the Congress</td>
</tr>
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<td></td>
<td>Congress Chairman, Indonesia APMF President, Presidential APMF</td>
</tr>
</tbody>
</table>

### Special Session

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00-10:10</td>
<td>General assembly meeting council meeting APMF 14 countries</td>
</tr>
<tr>
<td>10:10-10:30</td>
<td>Coffee Break, Opening of Exhibitions</td>
</tr>
</tbody>
</table>

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### Main Topic: Menopause in Pandemic COVID 19 Era (Ballroom 2&3) (anggi)

**Moderator : Corazon Zaida N Camila**

**Co-Moderator: M. Fidel Ganis Siregar**

<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.00-11.20</td>
<td>President IMS : The impact of the COVID-19 pandemic on menopausal women and how is the resilience strategy of postmenopausal women to face a pandemic attack ?</td>
</tr>
<tr>
<td>11.20-11.40</td>
<td>The impact of the Covid-19 pandemic on menopausal women in Asia-Pacific</td>
</tr>
<tr>
<td></td>
<td><strong>M. Fidel Ganis Siregar</strong></td>
</tr>
<tr>
<td>11.40-12.00</td>
<td>The impact of the Covid-19 pandemic on Indonesian menopausal women</td>
</tr>
<tr>
<td></td>
<td><strong>Budi Wiweko</strong></td>
</tr>
<tr>
<td>12.00-12.20</td>
<td>Indian menopausal women Post Pandemic: Myths, fears, HRQol &amp; Resilience</td>
</tr>
<tr>
<td></td>
<td><strong>Neelam Aggarwai</strong></td>
</tr>
<tr>
<td>12.20-12.40</td>
<td>The role of menopausal women's hormonal status in epidemic attacks</td>
</tr>
<tr>
<td></td>
<td><strong>Corazon Zaida N Camilia</strong></td>
</tr>
<tr>
<td>12.40-13.00</td>
<td>Mind Body Medicine at Midlife</td>
</tr>
<tr>
<td></td>
<td><strong>Sunila Khandelwal</strong></td>
</tr>
</tbody>
</table>
### Main Topic: Optimizing the management of the menopause transition (Ballroom 2) (puwu)

**Moderator:** Sjarief Darmasetiawan  
**Co-Moderator:** Rama Tjandra

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 13.40-14.00 | Normal Lifestyle in Menopausal Women after Pandemic Covid-19  
*Duru Shah* |
| 14.00-14.20 | Menopausal syndrome in the menopausal transition, what to watch out for?  
*Amanda Vincent* |
| 14.20-14.40 | To what extent can cardiovascular, metabolic, and malnutrition be controlled during the transition period?  
*dr. Sustrisno* |
| 14.40-15.00 | The importance of conducting periodic women’s health screening since the premenopausal period  
*Xiangyan ruan* |
| 15.00-15.20 | The transition period is a period that must be managed as well as possible  
*Sonia Cerdas* |

### Main Topic: Changes in the social life of menopausal women (Ballroom 3) (dedeQ)

**Moderator:** Hendi Hendarto  
**Co-mod:** Hermanus Suhartono

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 13.40-14.00 | The impact of the COVID-19 pandemic on menopausal women and how is the resilience strategy of postmenopausal women to face a pandemic attack?  
*Steven Goldstein* |
| 14.00-14.20 | Normal Lifestyle in Menopausal Women after Pandemic Covid-19  
*Nick Panay* |
| 14.20-14.40 | Training managers on menopause problems in the workplace  
*Marla Shapiro* |
| 14.40-15.00 | Menopause problems in the workplace  
*Joanna Brewis* |
| 15.00-15.20 | The health and socioeconomic impact of menopause  
*Wendy Wolfman* |
### Saturday  
October 7th 2023

**Main Topic: Changes in pelvic organs and sexual activity during menopause (Ballroom 2) (anggi)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.00-16.20</td>
<td>Are menopause and pelvic floor diseases linked?</td>
<td>R.M Sonny Sasotya</td>
</tr>
<tr>
<td>16.20-16.40</td>
<td>Meeting the needs of postmenopausal women with pelvic organ prolapse</td>
<td>I Wayan Megadhana</td>
</tr>
<tr>
<td>16.40-17.00</td>
<td>Non medication management for Pelvic organ Prolaps</td>
<td>I gede Mega Putra</td>
</tr>
<tr>
<td>17.00-17.20</td>
<td>Hormonal &amp; Non-Hormonal Options to treat Genitourinary symptom of menopause (GSM): A pathophysiologic perspective</td>
<td>Tita Husnitawati Madjid</td>
</tr>
<tr>
<td>17.20-17.40</td>
<td>Amos Pines</td>
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<tr>
<td>17.40-18.00</td>
<td>Enkhee Sodnomdorj</td>
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</tr>
</tbody>
</table>

### Saturday  
October 7th 2023

**Main Topic: Reproductive Endocrinology (Ballroom 3) (puwu)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.00-16.20</td>
<td>Premature ovarian insufficiency (POI), Diminished ovarium reserve (DOR), poor ovarian responder (POR) and implications for female infertility</td>
<td>Nick Panay</td>
</tr>
<tr>
<td>16.20-16.40</td>
<td>Predicting ovarian ageing</td>
<td>Ang Seng Bin</td>
</tr>
<tr>
<td>16.40-17.00</td>
<td>Major challenge : Ovarian PRP (Platelet Rich Plasma) Injection for Follicular Activation (OPIF)</td>
<td>Georg Griesinger, University of Luebeck</td>
</tr>
<tr>
<td>17.00-17.20</td>
<td>Uterine Transplantation - The first treatment for absolute uterine factor infertility</td>
<td>Mats Brannstrom</td>
</tr>
<tr>
<td>17.20-17.40</td>
<td>Intrauterine peripheral blood mononuclear cells doubles clinical pregnancy rat in women with recurrent implantation failure: An effect obscured by non-randomized controlled trials - a meta-analysis</td>
<td>Rodney Baber</td>
</tr>
<tr>
<td>17.40-18.00</td>
<td>Ovarian Preservation</td>
<td>agung (perminesia Yogyakarta)</td>
</tr>
</tbody>
</table>
### Sunday October 8th 2023

#### Main Topic: Neurological Changes During Menopause (Ballroom 2) (dedeQ)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00-10.20</td>
<td>Perimenopausal symptoms in neuro-hormonal system</td>
<td>Rebecca Chesire</td>
</tr>
<tr>
<td>10.20-10.40</td>
<td>Brain aging and cognition</td>
<td>Pauline Maki</td>
</tr>
<tr>
<td>10.40-11.00</td>
<td>Neuro-hormonal basis of brain ageing.</td>
<td>Andon Hestiantoro</td>
</tr>
<tr>
<td>11.00-11.20</td>
<td>Neuroplasticity and Reversal of Ageing (20-25 minutes)</td>
<td>Nirja Chawla MBBS, MD (Obs &amp; Gynae) Diploma Endoscopic Surgery</td>
</tr>
<tr>
<td>11.20-11.40</td>
<td>Menopause and Neuropathy</td>
<td>Sonia Davidson</td>
</tr>
</tbody>
</table>

#### Main Topic: Changes in dental and oral, eye and vision health, hearing function, and skin health in menopausal women (Ballroom 3) (Zahra)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00-10.20</td>
<td>Oral Health in Pre and Post-menopause Women: an Overview</td>
<td>Hendra Dian Adhita Dharsono</td>
</tr>
<tr>
<td>10.20-10.40</td>
<td>Changes in vision and eye health during perimenopause and menopause</td>
<td>Arief S Kartasasmita</td>
</tr>
<tr>
<td>10.40-11.00</td>
<td>Translational Implications of The interactions Between Hormone and Age-Related Hearing Loss</td>
<td>Sally Mahdiani</td>
</tr>
<tr>
<td>11.00-11.20</td>
<td>Changes in the skin and hormonal deficit in menopause</td>
<td>IGAA Praharsini</td>
</tr>
</tbody>
</table>
### Main Topic: Psychological changes during menopause (Junior Ballroom 2) (anggi)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00-10.20</td>
<td>Emotional Changes in Menopause: During and After Covid-19 Era</td>
<td>Zaida Gamila (Philippines)</td>
</tr>
<tr>
<td>10.20-10.40</td>
<td>Menopausal Women’s Family Support</td>
<td>Chua Yang (Singapore)</td>
</tr>
<tr>
<td>10.40-11.00</td>
<td>APMF Member</td>
<td>Santiago Palacio</td>
</tr>
<tr>
<td>11.00-11.20</td>
<td>Sexual Function, Drive and Difficulties in the Menopausal Period</td>
<td>Wimpie Pangkahila</td>
</tr>
<tr>
<td>11.20-11.40</td>
<td>Exercise and menopausal health</td>
<td>Prudence V Aquino-Aquino</td>
</tr>
</tbody>
</table>

### Main Topic: Lifestyle management and Rehabilitative aspect of menopausal women (Ballroom 2) (puwu)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.00-12.20</td>
<td>Pathophysiology of Postmenopausal Osteoporosis</td>
<td>I Ketut Suyasa</td>
</tr>
<tr>
<td>12.20-12.40</td>
<td>Screening for osteoporosis in the perimenopause</td>
<td>I Ketut Siki Kawiyana</td>
</tr>
<tr>
<td>12.40-13.00</td>
<td>Bone Loss, Oxidative Stress, and Estrogen Deficiency in Post Menopause Women and Protection</td>
<td>Masakazu Terauchi</td>
</tr>
<tr>
<td>13.00-13.20</td>
<td>Menopause and Sexuality</td>
<td>Rosella Nappi</td>
</tr>
<tr>
<td>13.20-13.40</td>
<td>Testosterone Roles to Low Libido in Post Menopause Women</td>
<td>Susan Davis</td>
</tr>
<tr>
<td>13.40-14.00</td>
<td>The Differences between pain receptors and pain related neurotransmitter in the vagina of post menopausal women</td>
<td>Unnop Jaisamrarn</td>
</tr>
</tbody>
</table>
Sunday October 8th 2023

Main Topic: Prevention of the development of metabolic syndrome and cardiovascular disorders (Ballroom 3) (dedeQ)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.00-12.20</td>
<td>Metabolic Changes at Menopausal Transition and after Menopause</td>
</tr>
<tr>
<td></td>
<td>Santiago Palacios</td>
</tr>
<tr>
<td>12.20-12.40</td>
<td>Impact of MHT on body weight and body composition</td>
</tr>
<tr>
<td></td>
<td>Gede Kambayana</td>
</tr>
<tr>
<td>12.40-13.00</td>
<td>Menopausal Hormone Therapy in Women with Metabolic and immune diseases</td>
</tr>
<tr>
<td></td>
<td>I Ketut Suastika</td>
</tr>
<tr>
<td>13.00-13.20</td>
<td>Cardiovascular protection in Menopause women</td>
</tr>
<tr>
<td></td>
<td>Mangala Dissanayake</td>
</tr>
<tr>
<td>13.20-13.40</td>
<td>CAD risk in women with endogenous estrogen deficiency</td>
</tr>
<tr>
<td></td>
<td>Atul Munshi</td>
</tr>
<tr>
<td>13.40-14.00</td>
<td>Association of menopausal symptoms with body composition pattern and body mass index in post menopausal women</td>
</tr>
<tr>
<td></td>
<td>Enkhee Sordnomdorj</td>
</tr>
</tbody>
</table>

Sunday October 8th 2023

Main Topic: Investigations and vaccinations (Junior Ballroom 2) (Zahra)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.00-12.20</td>
<td>The Implications of the pandemic on self-monitoring awareness through laboratory screening tests for healthy menopause.</td>
</tr>
<tr>
<td></td>
<td>Ida Parwati</td>
</tr>
<tr>
<td>12.20-12.40</td>
<td>The evolution of greater humoral immunity in females than males: implications for vaccine efficacy</td>
</tr>
<tr>
<td></td>
<td>Ng Beng Kwang</td>
</tr>
<tr>
<td>12.40-13.00</td>
<td>Obesity and Non Alcoholic Steato Hepatitis (NASH) or Prevention of complications of cirrhosis in elderly/menopausal women</td>
</tr>
<tr>
<td></td>
<td>Yogesh Chawla. India</td>
</tr>
<tr>
<td>13.00-13.20</td>
<td>The Differences of Post Menopause Women Care , in the pandemic era and after the pandemic era.</td>
</tr>
<tr>
<td></td>
<td>Mi Ran Kim</td>
</tr>
<tr>
<td>13.20-13.40</td>
<td>Vaccination?</td>
</tr>
<tr>
<td></td>
<td>Sumbul Sohali (Pakistan)</td>
</tr>
<tr>
<td>13.40-14.00</td>
<td>Post menopausal bleeding after COVID-19 Vaccines</td>
</tr>
<tr>
<td></td>
<td>Ho Choon-Moy</td>
</tr>
</tbody>
</table>
### Main Topic: MHT and adjuvant therapy for menopausal women (Ballroom 2) (anggi)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.20-14.40</td>
<td>Menopausal Hormone Therapy (MHT)</td>
<td>Putu Doster Mahayasa</td>
</tr>
<tr>
<td>14.40-15.00</td>
<td>The usage of phytoestrogen therapy for HRT</td>
<td>Sustrisno</td>
</tr>
<tr>
<td>15.00-15.20</td>
<td>Wayan Arsana</td>
<td></td>
</tr>
<tr>
<td>15.20-15.40</td>
<td>Traditional chinese medicine therapy in menopause</td>
<td>Chua Yang</td>
</tr>
<tr>
<td>15.40-16.00</td>
<td>The history and basic science development of soy isoflavones</td>
<td>Wulf H Utian</td>
</tr>
<tr>
<td>16.00-16.20</td>
<td>The Effect of Soy isoflavones in metabolic syndrome</td>
<td>M. Fidel Canis Siregar</td>
</tr>
</tbody>
</table>

### Main Topic: Be aware of malignancies and hormonal disorders that increase during menopause (Ballroom 3) (puwu)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.20-14.40</td>
<td>Menopause Management in Women with Ca Mammae</td>
<td>I Wayan Sudarsa</td>
</tr>
<tr>
<td>14.40-15.00</td>
<td>Does Menopause Affect Colorectal Cancer Risk?</td>
<td>Ida Bagus Tjakra Wibawa Manuaba</td>
</tr>
<tr>
<td>15.00-15.20</td>
<td>Chemotherapy &amp; Radiotherapy: Effects on Cancer in Menopause</td>
<td>Putu Anda Tusta Adiputra</td>
</tr>
<tr>
<td>15.20-15.40</td>
<td>The risk of menopause in endometriosis women</td>
<td>Muharam</td>
</tr>
<tr>
<td>15.40-16.00</td>
<td>The choice of progestogen to balance the safety of endometrium and the risk of breast cancer</td>
<td>Yu Qi</td>
</tr>
<tr>
<td>16.00-16.20</td>
<td></td>
<td>Khunying Kobchitt Limpapayom</td>
</tr>
</tbody>
</table>
**Main Topic: Be aware of gynecological malignancies (Junior Ballroom 2) (Zahra)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 14.20-14.40| Women's life expectant, menopause and the incidence of reproductive organ malignancies- is there any correlation  
**Yudi Mulyana Hidayat** |
| 14.40-15.00| Risks of Ca Endometrium in Women with Hormonal Therapy  
**Martin Birkhauser** |
| 15.00-15.20| Risks of Ovarium cancer in menopausal women  
**I Nyoman Gede Budiana** |
| 15.20-15.40| The Role of Ca Cervix Management on Menopause Incidence  
**Oncolog Surabaya** |
| 15.40-16.00| Risks of Colorectal CA In Postmenopause Women  
**Zinnat Nasrain** |

**Moderator:** Rizani amran  
**co-mod:** made mahayasa

**Note:**
1. Sponsorship partner may propose speakers and topics according to the committee's agreement.
2. All Speakers are under confirmation.

**Sunday**
**October 8th 2023**
**INVITED SPEAKER**

1. Nick Panay  
2. M. Fidel Ganis Siregar  
3. Budi Wiweko  
4. Neelam Aggarwai  
5. Corazón Zaida N. Gamilia  
6. Sunila Khandelwal  
7. Duru Shah  
8. Amanda Vincent  
9. Sunila Khandelwal  
10. Xiangyan Ruan  
11. Sonia Cerdas  
12. Steven Goldstein  
13. Marla Shapiro  
14. Joanna Brewis  
15. Wendy Wolfman  
16. Yudi Mulyana Hidayat  
17. Martin Birkhauser  
18. I Nyoman Gede Budiana  
19. Zinnat Nasrain  
20. R.M Sonny Sasotya  
21. I Wayan Megadhana  
22. I Gede Mega Putra  
23. Tita Husnitawati Madjif  
24. Amos Pines  
25. Enkhee Sodnomdorj  
26. Ang Seng Bin  
27. Georg Griesinger  
28. Mats Brannstrom  
29. Prof. Rodney Baber, M.D  
30. Agung  
31. Rebecca Chesire  
32. Pauline Maki  
33. Andon Hestiantoro  
34. Nirja Chawla MBBS  
35. Sonia Davidson  
36. Hendra Dian Adhita Dharsono  
37. Arief S Kartasasmita  
38. Sally Mahdiani  
39. IGAA Praharsini  
40. Zaida Gamilam  
41. Santiago Palacio  
42. Wimpie Pangkahila  
43. Prudence V Aquino-Aquino  
44. I Ketut Suyasa  
45. I Ketut Siki Kawiyan  
46. Masakazu Terauchi  
47. Rosella Nappi  
48. Susan Davis  
49. Unnop Jaisamrarn  
50. Santiago Palacio  
51. Gede Kambayana  
52. I Ketut Suastika  
53. Mangala Dissanayake  
54. Atul Munshi  
55. Ida Parwati  
56. Ng Beng Kwang  
57. Yogesh Chawla  
58. Mi Ran Kim  
59. Sumbul Sohail  
60. Ho Choon-Moy  
61. Putu Doster Mahayasa  
62. Suntrisno  
63. Wayan Arsana  
64. Chua Yang  
65. Wulf H Utian  
66. M. Fidel Ganis Siregar  
67. I Wayan Sudarsa  
68. Ida Bagus Tjakra Wibawa Manuaba  
69. Putu Anda Tusta Adiputra  
70. Muharam  
71. Yu Qi  
72. Khunying Kobchitt Limpayom
Accommodation

Bali

Bali is an icon of Indonesian tourism in the eyes of the world. Bali is the center of tourism in Indonesia and also as one of the leading tourist destinations in the world. Bali is known to tourists because it has a very beautiful natural potential, among others, a tropical climate, green forests, mountains, lakes, rivers, rice fields and beautiful beaches with a variety of white and black sand. In addition, Bali is also better known for its blend of nature with humans and its unique cultural customs, which are based on the concept of harmony and harmony which has created an ideal and high-quality aesthetic condition.

Culture and education are a complete part that cannot be separated. With the existence of this nation's culture has its own characteristics and wealth. Likewise education. Education is a pillar of support and reinforcement of a culture that has been preserved for a long time. Bali is one of the center of education and culture Bali is very rich in culture and customs. This cultural wealth has also colored the glitter of Bali tourism. Balinese cultural attractions also enliven tourism in Bali. Barong dance, Kecak dance performances, and Legong dance are cultural elements that characterize Bali. This dance performance is one of the attractions for tourists. Exploring the city of Bali in all its beauty can be a fun new experience.
PERMINESIA National Congress & APMF International Congress 2023 will be held at The Stones Hotel, Kuta.

The Stones Hotel Kuta
Address: Jl. Raya Kuta Beach Banjar Legian Kelod Legian, Bali, Kuta District, Badung Regency, Bali
Phone: (0361) 30058888
Web: https://thestoneshotelbali.com

The Stones Hotel is a five-star hotel strategically located in the Kuta section. This location is close to Bali’s tourism and shopping centers such as Kuta Beach, Ground Zero Monument and Beachwalk.

Estimate from hotel to location
I Gusti Ngurah Rai International Airport: 20 minutes
Kuta Beach: 16 minutes
Ground Zero Monument: 14 minutes
Beachwalk: 14 minutes
GWK Monument: 38 minutes
## Registration

<table>
<thead>
<tr>
<th>Date</th>
<th>Early bird</th>
<th>Regular</th>
<th>Onsite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specialist</td>
<td><strong>Rp 5.000.000 USD 338</strong></td>
<td><strong>Rp5.250.000 USD 354</strong></td>
<td><strong>Rp5.500.000 USD 372</strong></td>
</tr>
<tr>
<td>GP/Residents</td>
<td><strong>Rp3.500.000 USD 236</strong></td>
<td><strong>Rp3.750.000 USD 252</strong></td>
<td><strong>Rp4.000.000 USD 270</strong></td>
</tr>
<tr>
<td>Midwife/Nurse</td>
<td><strong>Rp2.000.000 USD 135</strong></td>
<td><strong>Rp2.250.000 USD 152</strong></td>
<td><strong>Rp2.500.000 USD 170</strong></td>
</tr>
</tbody>
</table>

*10 Registration + 1 Free

Website: [https://apmfbali2023.com/](https://apmfbali2023.com/)

Payment can be transferred to the account:
**Mandiri Branch RSHS, No. 1320088877726** On behalf of **PT Kongres Manajemen Indonesia**
9th SCIENTIFIC MEETING OF ASIA PACIFIC MENOPAUSE FEDERATION (APMF)

IN CONJUNCTION WITH
INDONESIAN SOCIETY OF MENOPAUSE / NATIONAL CONGRESS OF INDONESIA SOCIETY OF MENOPAUSE 2023 (PERMINESIA)

Normal Lifestyle of Menopausal Woman Post Covid-19 Pandemic

October 6th - 8th, 2023

GUIDELINE FREE PAPERS

Format
The main article and additional files must be provided in Microsoft Word and pdf format.

Article Title
Title maximum 12 words

Structured Abstract
Authors must provide structured abstracts which include:
• Objective
• Method
• Results
• Conclusion
The abstract must be between 200-250 words, excluding keywords.

Keywords
The author must provide precise and concise keywords that summarize the main topic of the paper. Should be between 3-5 words/phrase.

Article Length
Articles must be between 2500-3000 words, excluding references.

Article Organization
The body of the article must be organized (at least) into the IMRAD structure as follows:
• Introduction: Covers the background of the problem, formulation, and research objectives, as well as prospects for the future.
• Method: contains clarifications about the materials used and the research scheme. Method which should be explained in such detail as to enable another tester to re-run the trial if necessary. Reference should be provided for unknown methods.
• Results and Discussion: should be presented in a logical order with the minimum number of tables and illustrations necessary to summarize only the important observations. Vertical and horizontal lines in tables should be made at least to simplify viewing. Mathematical equations must be stated clearly. Decimals must be separated by a period (.). Tables, illustrations, and photographs must be cited in the text sequentially. Explain in the footnotes all non-standard abbreviations used and explain the meaning of the examination results, in what way the reported results may be completed problems, differences, and similarities with previous possible studies and developments. This section should include conclusions from the reported work and suggestions for further study if needed.
• Conclusion: answers to research questions, must be written in descriptive sentences short and clear.

Guidelines for preparing case reports
Case report text should be divided into the following sections:
• Title: titles should be concise, with a clear indication of the differences between the title hierarchies.
• Picture: all Images must be of high quality, legible and sequentially numbered with Arabic numerals. Graphics may be rendered in color to facilitate their appearance in online databases. Don’t forget to put the figure legend below the graph. Make sure the order of the pictures corresponds to the actual order in the article, or give a number to the description of the pictures.
• Table: make sure the table legend is above the table body. Make sure the table order matches the actual order in the article, or assign a number to the table legend.
• Reference: prefer articles that refer primarily to journal articles, research reports, and conference proceedings (at least 85% of total references), rather than relying heavily on textbooks or handbooks to show the novelty of the article on the subject being discussed. We accept articles with references for the last 10 years. Authors may include old references, but no more than 15% of the total references. There are at least 10 references in each article. The use of Mendeley as a tool for reference is preferred and encouraged. References should be carefully checked for completeness, accuracy, and consistency. Authors must cite publications in the text following the system Vancouver.

SAVE THE DATE

Abstract’s submission deadline: July 4, 2023
The submitted abstracts will be under a review process. The presenting authors of accepted abstracts will be notified by 25 July 2023 whether their abstract is accepted.
Speakers whose abstracts have been accepted must complete their congress registration before 31 August 2023; failure to do so will result in exclusion from the Scientific Program.

Contact Person:
dr. Trinidia (082161888415)
dr. Wistya (0812146484523)
Arkan (08112024128)

apmfbali2023.com @apmfbali23 Kongrespermiapmf2023@gmail.com

For More Information scan me
9th SCIENTIFIC MEETING
OF ASIA PACIFIC MENOPAUSE FEDERATION (APMF)

IN CONJUNCTION WITH
INDONESIAN SOCIETY OF MENOPAUSE / NATIONAL CONGRESS
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