



New Frontiers in Post Reproductive Health Conference

7-8 December 2018, Dubai

A joint RCOG, BMS & IMS conference hosted by IBC

12 CPD
by RCOG
or
DHA

**TARGETING
MORE THAN 600**

Obs-Gynae and family
physicians to attend

First time in Middle East,
a joint **RCOG, BMS & IMS** conference.
Connecting speakers from top O&G
institutions to provide an update on the most
recent developments and innovations in
Post Reproductive Health.

2 days of extensive lectures and
interactive workshops conducted by
expert faculty from the United Kingdom.

Supported By



Sheikh Hamdan Bin Rashid Al Maktoum
Award for Medical Sciences

Organiser



Venue



Sheikh Zayed Road - Dubai

OVERVIEW

This joint conference with RCOG, IMS & BMS endeavours to provide answers to the most commonly asked and the most difficult questions in the management of post reproductive health. Internationally recognised speakers will cover controversial questions in important areas such as:

- Pathophysiology of menopause
- Gynaecological issues in perimenopause: PCOS, fibroids, PMS, contraception
- Risks of hormone dependent malignancies
- Cardiovascular disease and osteoporosis
- Premature ovarian insufficiency: Diagnosis and management
- Lifestyle, complementary therapies, HT and new options for managing menopause

The meeting will closely follow the guidelines of RCOG, British & International Menopause Societies.

Case studies will be used to illustrate management principles and develop care pathways for routine and complex menopause related problems.

After participating in this conference, you will be able to:

- Recognise ways in which menopause can affect quality of life and long-term health
- Target investigations according to each clinical scenario
- Individualise hormonal and alternative therapeutic regimens that best suit your patient
- Confidently manage patients with menopause related problems
- Identify and fully comprehend key research in the field of post reproductive health
- Claim a maximum of 12 CPD credits for full attendance at the conference

Who should attend

- Consultants / trainees in obstetrics and gynaecology
- Consultants / trainees in endocrinology
- Sexual and reproductive health physicians
- Primary care physicians (GPs), practice nurses and specialist nurses





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PROGRAMME Friday 7 December 2018

8.30am : Registration and refreshments

9.00am : Welcome and introductions

9.00 - 9.15am : Dr Awatif Al Bahar, Emirates O&G Society President
Dr Amal Al Qedrah, Head of O&G Dubai Health Authority

9.15 - 9.30am : Dr Nick Panay, Prof Mary Ann Lumsden, Ms Kathy Abernethy, Prof Susan Davis, Mr Hassan Shehata

Session I : **Menopause – Pathophysiology** **Chair** : **Prof Susan Davis and Dr Amal Al Qedrah**

9.30am : Pathophysiology of the menopause – An overview
Prof Mary Ann Lumsden

10.05am : Does menopause cause metabolic syndrome?
Prof Sunila Khandelwal

10.40am : Refreshments

Session II : **Menopause – Symptom management options** **Chair** : **Mr Michael Savvas and Mr Hassan Shehata**

11.00am : Therapeutic, lifestyle management and complementary approaches
Prof Sunila Khandelwal

11.35am : Prevention and treatment of Pelvic Floor Problems: Urinary Incontinence and Prolapse.
Mr Tim Hillard

12.10pm : Practical prescribing: HT and pharmacological alternatives
Ms Kathy Abernethy

12.45pm : Lunch



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Session III : Benefits and risks of HT

Chair : Prof Mary Ann Lumsden and Prof Sunila Khandelwal

- 1.45pm : Impact of HT on cardio-metabolic disease
Prof Susan Davis
- 2.20pm : What can we learn from contrasting breast cancer outcomes in WHI trials?
Prof Robert Langer
- 2.55pm : HT and alternatives for prevention and management of osteoporosis
Dr Tobie de Villiers
- 3.30pm : Refreshments

Session IV : Psychosexual issues

Chair : Dr Tobie de Villiers and Dr Nick Panay

- 3.50pm : Psychosexual counselling
Prof Rossella Nappi
- 4.25pm : The role of androgens in women
Prof Susan Davis
- 5.00pm : Panel discussion
- 5.15pm : Closing



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Saturday 8 December 2018

8.45am : Refreshments

Session V : Reproductive / post reproductive transition
Chair : Prof Steve Goldstein and Mr Tim Hillard

9.15am : An update on recurrent miscarriages
Mr Hassan Shehata

9.50am : Contraception in perimenopause
Mr Michael Savvas

10.25am : Premenstrual syndrome in perimenopause
Dr Nick Panay

11.00am : Refreshments

Session VI : Management of gynaecological problems in perimenopause
Chair : Mr Hassan Shehata and Mr Michael Savvas

11.20am : Diagnosis and management of perimenopause bleeding problems
Prof Steven Goldstein

11.55pm : Fibroids – Management options
Prof Mary Ann Lumsden

12.30pm : Lunch



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Session VII : Premature ovarian insufficiency (POI)
Chair : Dr Awatif Al Bahar and Prof Mary Ann Lumsden

- 1.30pm : POI: Evidence based management from a global registry
Dr Nick Panay
- 2.00pm : Reduced ovarian reserve and POI: Fertility options
Mr Michael Savvas
- 2.30pm : POI: Post cancer survivorship care
Ms Kathy Abernethy
- 3.00pm : Panel discussion
- 3.15pm : Refreshments

Session VIII : Future frontiers in menopause management
Chair : Ms Kathy Abernethy and Dr Nick Panay

- 3.35pm : SERMS, TSECs and other targeted therapies
Prof Steven Goldstein
- 4.10pm : Genito-urinary syndrome (GSM): Management options and the role of laser
Mr Tim Hillard
- 4.45pm : Any remaining questions/cases?
Panel discussion
- 5.05pm : Closing