



**Barts Health**  
NHS Trust



# Post Reproductive Health and Menopause Management Course

Centre for Reproductive Medicine, St. Bartholomew's Hospital  
And Queen Mary University London

In association with **Elly Appeal Charity**

On Virtual Platform provided by **MEDDIALOG**

**Day 1 - 22.01.2022 - Saturday**

**Day 2 - 28.01.2022 - Friday**



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WOMEN'S HEALTH CHARITY



# DAY 1 – 22.01.2022 - Saturday



**Barts Health**  
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08:30 - Welcome - **Luca Sabatini**

Chair - J Pundir

08:40 - Menopause – Background, diagnosis, Investigations - **Rumana Islam**

09:00 - HRT – Types, routes, side effects, risks - **Vikram Talaulikar**

09:20 - HRT – Irregular bleeding on HRT; One stop clinic and Out patient Hysteroscopy -  
**Tim Hillard**

09:40 - HRT – Breast cancer risk - **Stamatina Lliodromiti**

10:00 - Q&A

10:30 - Coffee Break

Chair - A MacGregor

11:00 - Urogenital atrophy - Genito-urinary syndrome - **Janet Barter**

11:15 - New frontiers for Vaginal atrophy - **Shohreh Beski**

11:30 - Menopause and sexual dysfunction - **Sheila Radhakrishnan**

11:50 - HRT and long-term health - **Haitham Hamoda**

12:10 - Q&A

12:30 - Lunch break

Chair – J Pundir

13:00 - Premenstrual syndrome - **Nick Panay**

13:30 - Headache and Migraines - **Anne MacGregor**

14:00 - Assessment of fracture risk; Interpretation of DEXA and Prevention and treatment  
Osteoporosis - **Ali Jawad**

14:30 - Q&A

15:00 - Coffee break

Chair – A MacGregor

15:30 - Gynaecological cancer; Endometriosis; Fibroids; Sub-total hysterectomy -  
**Sanjaya Kalkur**

15:50 - HRT in HIV - **Liat Sarner**

16:10 - CBT - **Claire Mayes**

16:30 - Non-HRT alternatives and complementary - **Neela Mukhopadhyaya**

16:50 - Q&A

17:30 - Close of Day 1



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## DAY 2 - 28.01.2022 - Friday



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08:30 - Welcome - **Litha Pepas**

Chair - A McGregor

08:40 - Premature ovarian insufficiency - **Lisa Weber**

09:10 - Premature ovarian insufficiency and fertility - **Jyotsna Pundir**

09:30 - HT, DM, Cardiovascular health, Stroke - **John Stevenson**

10:00 - Q&A

10:30 - Coffee Break

Chair - J Pundir

11:00 - Memory, Mood and Menopause - **Michael C Craig**

11:30 - Menopause, BMI and weight management - **Anupama Shahid**

11:50 - Vascular risks (DVT/PE), impact of COVID - **Dr Tadbir Bariana**

12:10 - Perimenopausal contraception and HRT - **Radha Venkatakrisnan**

12:30 - Q&A

13:00 - Lunch

Chair - A MacGregor

13:30 - Breast cancer risk assessment – Family history - **Fatima Regrag**

13:50 - Menopause care in Breast Cancer survivors - **Swati Jha**

14:10 - HRT in BRCA - **Ranjit Manchanda**

14:30 - Q&A

15:00 - Coffee Break

Chair – J Pundir

15:30 - Sleep and Menopause - **Sarah McNeillis**

16:00 - Newer developments and scope for research - **Gidon Lieberman**

16:20 - Bio-Identical, Body Identical HRT and Progesterones - **Anne**

**MacGregor** (Thermarex sponsored lecture)

17:00 - Q&A

17:30 - Closure of Day 2



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# Overview



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This course aims to provide up to date information on current practices and recommendations in the field of Menopause Care. It is delivered in the form of Lectures by the experts in the various fields of Menopause care and Post reproductive health. The course covers the recommended syllabus of the BMS/RCOG 'Menopause' Advanced Training Skills Module (ATSM). The course is divided in 2 days, first day aims at the basic management and second day for advanced care. Individuals can attend one or both days according to their training needs.

It's suitable for all Clinicians in Obstetrics and Gynaecology, Community Gynaecologists, General Practitioners, Practice Nurses and Specialist Nurses, Sub-specialist Trainees in Reproductive medicine/ Community Gynaecology and Trainees in Sexual Health with interest in Post reproductive health and menopause care.

## Course organiser

Ms Jyotsna Pundir, Prof Anne MecGregor  
Centre for Reproductive Medicine, St. Bartholomew's Hospital, London

## Organising Team

Ms Litha Pepas, Mr Luca Sabatini, Mr Ramesan Navaratnarajah, Ms Rumana Islam  
Mr Mohamed Mohammad, Dr Nnadozie Igbokwe, Dr Zainab Ashraf, Dr Alexandros Grammatis, Dr Orestis Tsonis

**In association with Elly Appeal Charity**

## Cost:

**100 pounds per day**

**50 pounds per day for Barts NHS Trust employees and for the residents of developing countries.**

To register – <https://forms.office.com/r/RCUJkWFRxx>

**The course will be run virtually as live sessions.  
Recording's link will not be available.**





# Course Faculty



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Mr Luca Sabatini, Consultant Gynaecologist, Subspecialist in Reproductive Medicine, Centre for reproductive medicine, St. Bartholomew's Hospital

Ms Rumana Islam, Locum Consultant Gynaecologist, Subspecialist in Reproductive Medicine, Centre for reproductive medicine, St. Bartholomew's Hospital

Dr Vikram Talaulikar, Associate Specialist in Reproductive Medicine and BMS Menopause Specialist, UCLH NHS trust.

Mr Tim Hillard, Consultant Gynaecologist & Uro-gynaecologist, University Hospitals Dorset, Poole

Ms Stamatina Lliodromiti, Consultant Gynaecologist, Royal London Hospital

Ms Janet Barter, Consultant in Sexual and Reproductive Health, Barts Health NHS Trust

Shohreh Beski, Consultant Gynaecologist, Royal London Hospital

Ms Sheila Radhakrishnan, Consultant Gynaecologist BMS accredited Menopause Specialist Chair Institute of Psychosexual Medicine. Royal Free Hospital, London

Mr Haitham Hamoda, Consultant Gynaecologist Subspecialist in Reproductive Medicine and Surgery, King's College Hospital, Chairman British Menopause Society

Mr Nick Panay, Queen Charlotte's & Chelsea and Westminster Hospitals, Professor of Practice, Imperial College London, President Elect International Menopause Society

Mr Sanjaya Kalkur, Consultant Obstetrician and Gynaecologist, Mid and South Essex NHS Foundation Trust, Southend University Hospital

Professor Ali Jawad, Consultant Rheumatologist, Barts Health NHS Trust

Professor Anne MacGregor, Centre for Neuroscience, Surgery and Trauma, Barts and the London School of Medicine and Dentistry, Centre for Reproductive Medicine, St Bartholomew's Hospital

Dr Liat Sarner, Consultant Sexual Health & HIV, Deputy Medical Director Newham University Hospital

Claire Mayes, Reg COSRT, Lead Women's Sexual Health Counsellor, Mile End Hospital

Neela Mukhopadhyaya, Consultant Gynaecologist, Hon Senior Lecturer UCL, Bedfordshire Hospitals NHS Trusts

  

Ms Litha Pepas, Consultant Gynaecologist, Subspecialist in Reproductive Medicine, Centre for reproductive medicine, St. Bartholomew's Hospital

Ms Lisa Webber, Consultant Gynaecologist, Subspecialist in Reproductive Medicine, Imperial College Healthcare NHS Trust, St Mary's Hospital

Ms Jyotsna Pundir, Consultant Gynaecologist, Subspecialist in Reproductive Medicine, Centre for reproductive medicine, St. Bartholomew's Hospital

Professor John C Stevenson, Consultant Metabolic Physician National Heart & Lung Institute, Imperial College London, Royal Brompton Hospital

Professor Michael C. Craig, Translational Reproductive and Neurodevelopmental Sciences, Institute of Psychiatry, Psychology & Neuroscience, King's College London

Ms Anupama Shahid, Consultant Obstetrician and Gynaecologist, Whipps Cross Hospital, Clinical Network Director Gynaecology, Barts Health NHS Trust, London

Dr Tadbir Bariana, Consultant Haematologist, Bart's and The London NHS Trust

Ms Fatima El-Harrak Regrag, Family History Breast Cancer Clinical Nurse Specialist, St Bartholomew's Hospital

Ms Swati Jha, Consultant Gynaecologist, Sheffield

Professor Ranjit Manchanda, Gynaecological Oncology & Consultant (Honorary), Royal London Hospital, Co-Lead Cancer Prevention Unit | Wolfson Institute of Population Health, QMUL

Dr Sarah McNeillis, Consultant Anaesthetist

Ms Radha Venkatakrisnan Consultant Gynaecologist, Oxford fertility unit

Mr Gidon Lieberman, Consultant Gynaecologist, Whittington Health NHS Trust



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