



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

Day 1 - 22.01.2022 - Saturday

Day 2 - 28.01.2022 - Friday



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EAST LONDON INTERNATIONAL
WOMEN'S HEALTH CHARITY



DAY 1 – 22.01.2022 - Saturday



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08:30 - Registration and coffee

08:50 - Welcome and introduction - **Luca Sabatini**

09:00 - Menopause – Background, diagnosis, Investigations - **Rumana Islam**

09:20 - HRT – Types, routes, side effects, risks - **Vikram Talaulikar**

09:40 - HRT – Irregular bleeding on HRT; One stop clinic and Out patient

Hysteroscopy – **Tim Hillard**

10:00 - HRT – Breast cancer risk - **Stamatina Lliodromiti**

10:20 - Q&A

10:30 - Coffee Break

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

11:20 - New frontiers for Vaginal atrophy – **Shohreh Beski**

11:40 - Menopause and sexual dysfunction - **Sheila Radhakrishnan**

12:00 - HRT and long-term health - **Haitham Hamoda**

12:20 - Q&A

12:30 - Lunch break

13:30 - Premenstrual syndrome - **Nick Panay**

14:00 - Gynaecological cancer; Endometriosis; Fibroids; Sub-total hysterectomy - **Sanjaya Kalkur**

14:30 - Assessment of fracture risk; Interpretation of DEXA and Prevention and treatment Osteoporosis - **Ali Jawad**

15:00 - Coffee break

15:30 - Headache and Migraines - **Anne MacGregor**

16:00 - HRT in HIV - **Liat Sarner**

16:20 - CBT and psychosexual therapy - **Claire Mayes**

16:40 - Non-HRT alternatives and complementary - **Neela Mukhopadhyaya**

17:00 – Close of Day 1



DAY 2 - 28.01.2022 - Friday



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09:30 - Registration and coffee

09:50 - Welcome and introduction - **Litha Pepas**

10:00 - Premature ovarian insufficiency - **Lisa Weber**

10:30 - Premature ovarian insufficiency and fertility - **Jyotsna Pundir**

11:00 - HT, DM, Cardiovascular health, Stroke - **John Stevenson**

11:30 - Coffee Break

12:00 – Memory, Mood and Menopause - **Michael C Craig**

12:30 - Menopause, BMI and weight management - **Anupama Shahid**

13:00 - Vascular risks (DVT/PE), impact of COVID - **Dr Tadbir Bariana**

13:30 - Lunch

14:30 - Breast cancer risk assessment – Family history - **Fatima Regrag**

14:50 - Menopause care in Breast Cancer survivors - **Swati Jha**

15:20 - HRT in BRCA - **Ranjit Manchanda**

15:40 - Coffee Break

16:00 - Sleep and Menopause - **Sarah McNeillis**

16:30 - Perimenopausal contraception and HRT - **Radha Venkatakrishnan**

17:00 - Newer developments and scope for research - **Gidon Lieberman**

17:30 - Bio-Identical, Body Identical HRT and Progesterones - **Anne**

MacGregor (Thermarex sponsored lecture)

Followed By Faculty and Team Dinner



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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 McGregor
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

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



Venue

Registration and catering – The Great Hall

North Wing, St Bartholomew's Hospital, West Smithfield, London, EC1A 9DS

<http://www.bing.com/search?q=great+hall%2C+st+bartholomew%27s+map&q=bs&form=QBRE>

Lectures - Robin Brook Centre



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
Ms Gidon Lishman, Consultant Gynaecologist, Whittington Health NHS Trust



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