British Menopause Society
24th Annual Conference
The Majestic Hotel, Harrogate
Thursday 26th and Friday 27th June 2014

Mind the gap...
Advances in Menopause: Bridging the gap from theory to practice
The British Menopause Society ‘BMS’ is a registered charity and multi-disciplinary society. It is directed at the medical profession, with membership open to healthcare professionals and others specialising in post reproductive health.

The BMS was founded in 1989 and is committed to promoting optimal clinical management of the menopause and post reproductive health. It achieves this through raising awareness in all related matters through lectures, conferences, meetings, exhibitions and publications, including its journal, Menopause International. In July 2012, the BMS acquired Women’s Health Concern (Registered Charity No 279651) which has been fully integrated as our Patient Arm.

Benefits of membership:
Our members enjoy a wide range of membership benefits, which include:
• A copy of Post Reproductive Health, the journal of the British Menopause Society, delivered quarterly
• Copies of all BMS publications at discounted rates
• Preferential registration rates for the BMS Conference – the largest annual menopause conference in Europe
• Exclusive access to the BMS website members’ area which includes a members’ forum and topical and current research papers and articles

Membership is open to doctors, nurses, other health professionals and the health care industry, in the UK and overseas.

Register online www.thebms.org.uk or call Caroline on +44 (0)1628 890199

British Menopause Society, 4–6 Eton Place, Marlow, Bucks SL7 2QA England, UK
Telephone: +44 (0)1628 890199 Fax: +44 (0)1628 474042 Website: www.thebms.org.uk
Registered Charity No. 1015144
Dear Colleague

Mind the gap…
Advances in Menopause: Bridging the gap from theory to practice

British Menopause Society – 24th Annual Conference

I am writing to invite you to join us at the British Menopause Society two-day 24th Annual Conference.

The Programme Planning Group has produced an excellent line-up which includes lectures; free communications and posters; panel discussions; our menopause café where you can put your questions to the experts over a cup of coffee; and what promises to be a lively debate: ‘HRT is the treatment of choice for osteoporosis in women under 60’.

We are pleased to welcome our speakers from as far afield as France, Denmark and Malta to share their insight, dilemmas and challenges of menopause.

Other topics include:
Menopause and HRT: after gynaecological cancer; HPV and the older woman; Breast screening: the evidence for and against; Cardiovascular Disease in women; Endometrium & Obesity; Avoiding HRT: what can we prescribe?; Investigation and management of abnormal bleeding; Menopause and ageing: not only skin deep!; Does the type and route of HRT matter?; Unintended pregnancy in the older woman; The Interface between contraception and HRT: Sex after cancer.

We are delighted to be staging our meeting at the Majestic Hotel and hope that the venue – and the special delegate rate – encourages both trainee GPs and gynaecologists to join us.

I look forward to meeting you in Harrogate and to a productive and enjoyable meeting.

With best wishes

Mr Edward Morris
Chairman, BMS
An educational meeting to bring you up to date with the latest on menopause issues and all aspects of post reproductive health. Presented by leading experts from the UK and internationally.

Who should attend?

Academics and students
Dieticians
GPs
Gynaecologists
Nutritionists
Pharmacists
Physiotherapists
Practice Nurses
Specialist Nurses
Trainees

and anyone allied to the health profession who has an interest in post reproductive health, from the UK and overseas.

Programme Planning Group

Heather Currie, Julie Ayres and the programme planning group have put together a comprehensive and varied programme to include keynote lectures, oral and poster presentations and breakout sessions.

Chair Dr Heather Currie
Associate Specialist Gynaecologist & Obstetrician, Dumfries & Galloway University Hospital, Dumfries

Co-Chair
Dr Julie Ayres
Specialty Doctor in Gynaecology, St James University Hospital, Leeds

Mrs Kathy Abernethy
Associate Director/Senior Nurse Specialist, Northwick Park Hospital, Harrow

Dr Marian Everett
Consultant in Sexual & Reproductive Health, Hull

Mr Tim Hillard
Consultant Gynaecologist, Poole Hospital NHS Trust

Mr Eddie Morris
Consultant Obstetrician & Gynaecologist, Norfolk & Norwich University Hospital, Norwich, Chairman, British Menopause Society

Mr Nick Panay
Consultant Gynaecologist, Queen Charlotte’s & Chelsea Hospital and Chelsea & Westminster Hospital London
The British Menopause Society (BMS) is a multi-disciplinary society for the medical profession. It was founded as a charity and society in 1989 to advance education in menopausal healthcare.

Our mission
• To increase awareness of post-menopausal healthcare issues
• To promote optimal management through educational events, publications and information dissemination.

The challenge of post reproductive health management is increasing
As most British women can expect more than 30 years of post reproductive life, the consequences for immediate and long-term healthcare are significant. We are committed to increasing awareness of these healthcare issues and promoting optimal clinical management of the menopause and beyond.

Our Medical Advisory Council comprises the leading international experts in post reproductive management, who are also instrumental in instigating scientific research and creating consensus statements and guidelines for health professionals.

Women’s Health Concern (WHC)
In July 2012, the BMS acquired Women’s Health Concern (Registered Charity No. 279651) which has been fully integrated as our patient arm. WHC provides an independent service to advise, reassure and educate women of all ages about their health, wellbeing and lifestyle concerns, to enable them to work in partnership with their own medical practitioners and health advisers. It offers unbiased information – by telephone, email, in print, online and through conferences, seminars and symposia.

British Menopause Society Membership
British Menopause Society Membership is open to healthcare professionals and others specialising in post reproductive health. Visit our website for further Membership benefits and details on how to join.

www.thebms.org.uk
### Day One
#### Morning session

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>0830</td>
<td>Registration, refreshments and exhibition</td>
</tr>
<tr>
<td><strong>SESSION 1</strong></td>
<td></td>
</tr>
<tr>
<td>0900-0905</td>
<td>Welcome and introduction</td>
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<tr>
<td></td>
<td><strong>Dr Heather Currie</strong></td>
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<td></td>
<td><em>Associate Specialist Gynaecologist &amp; Obstetrician</em></td>
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<td><em>Dumfries &amp; Galloway University Hospital, Dumfries</em></td>
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<td><strong>Dr Julie Ayres</strong></td>
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<td><em>Specialty Doctor in Gynaecology, St James’ University Hospital, Leeds</em></td>
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<tr>
<td>0905-0925</td>
<td>Hot off the press</td>
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<tr>
<td></td>
<td><strong>Mr Eddie Morris</strong></td>
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<td><em>Consultant Obstetrician &amp; Gynaecologist,</em></td>
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<td></td>
<td><em>Norfolk &amp; Norwich University Hospital, Norwich,</em></td>
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<td><em>Chairman, British Menopause Society</em></td>
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<td><strong>POI database update</strong></td>
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<td><strong>Mr Nick Panay</strong></td>
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<td><em>Consultant Gynaecologist, Queen Charlotte’s &amp; Chelsea Hospital</em></td>
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<td><em>and Chelsea &amp; Westminster Hospital, London</em></td>
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<td><strong>SESSION 2</strong></td>
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<tr>
<td>0925-1025</td>
<td>Hormones and the heart</td>
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<td></td>
<td><strong>Chair: Dr David Sturdee</strong></td>
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<td><strong>Hon Consultant Gynaecologist &amp; Senior Clinical Lecturer,</strong></td>
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<td><strong>Solihull Hospital</strong></td>
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<td>0925</td>
<td>Cardiovascular disease in women</td>
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<td><strong>Dr Robert Sapsford</strong></td>
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<td></td>
<td><em>Consultant Cardiologist, Leeds General Infirmary</em></td>
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<tr>
<td>0945</td>
<td>Cardiovascular aspects of the Danish Osteoporosis Prevention Study trial</td>
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<td><strong>Dr Louise Schierbeck</strong></td>
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<td></td>
<td><em>Consultant Endocrinologist, Hvidovre Hospital, Copenhagen, Denmark</em></td>
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<tr>
<td>1005</td>
<td>Tailoring HRT for CHD prevention – do new study results guide us?</td>
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<td></td>
<td><strong>Dr John Stevenson</strong></td>
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<td></td>
<td><em>Consultant Physician &amp; Endocrinologist, Royal Brompton Hospital</em></td>
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<td><em>and Reader in Metabolic Medicine, Imperial College, London</em></td>
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<tr>
<td>1025-1055</td>
<td>Refreshments, posters &amp; exhibition</td>
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<td><strong>SESSION 3</strong></td>
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<tr>
<td>1055-1140</td>
<td>The BMS Lecture</td>
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<td><strong>Chair: Mr Eddie Morris</strong></td>
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<td></td>
<td><strong>New developments in Selective Estrogen Receptor Modulators (SERMs)</strong></td>
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<td><strong>&amp; Selective Progesterone Receptor Modulators (SPRMs)</strong></td>
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<td><strong>Professor Philippe Bouchard</strong></td>
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<td><strong>Professor Emeritus of Medicine, The Pierre et Marie Curie University</strong></td>
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<td><em>Paris</em></td>
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<td>1140-1240</td>
<td>Free Communications</td>
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<td><strong>Judges: Mr Tim Hillard</strong></td>
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<td></td>
<td><strong>Consultant Gynaecologist, Poole Hospital NHS Trust</strong></td>
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<td><strong>Professor Janice Rymer</strong></td>
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<td><strong>Professor of Obstetrics &amp; Gynaecology, Guys &amp; St Thomas Hospital, London</strong></td>
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<td>1240-1340</td>
<td>Lunch, posters &amp; exhibition</td>
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*Speakers subject to confirmation*
Day One
Afternoon session

<table>
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<tr>
<th>Time</th>
<th>Session</th>
<th>Details</th>
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<tbody>
<tr>
<td>1340-1440</td>
<td>Sponsored Symposium</td>
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</table>
| SESSION 6  | Faculty of Sexual & Reproductive Health invited session | Dr Marian Everett  
Consultant in Sexual & Reproductive Health, Hull |
| 1440 | The Interface between contraception and HRT | Dr Sarah Hardman  
Specialty Doctor, Sexual Health, NHS Lothian, Edinburgh |
| 1500 | Unintended pregnancy in the older woman | Dr Nicola Mullin  
Consultant in Sexual & Reproductive Health, Countess of Chester Hospital |
| 1520 | HPV and the older woman | Miss Deirdre Lyons  
Consultant Obstetrician & Gynaecologist  
and Lead Colposcopist, St Mary’s Hospital, London |
| 1540-1610 | Refreshments, posters & exhibition | |
| SESSION 7  | Debate: | |
| 1610-1655 | HRT is the treatment of choice for osteoporosis in women under 60 | Chair: Miss Joan Pitkin  
Consultant Gynaecologist, Northwick Park & St Marks Hospital, NW London Hospitals NHS Trust |
| 1610-1655 | For: Professor Janice Rymer  
Professor of Obstetrics & Gynaecology,  
Guys & St Thomas Hospital, London | Against: Dr Jonathan Reeve  
Consultant General Physician,  
Addenbrooke’s Hospital, Cambridge |
| 1655 | Close of day one | |
| 1705-1735 | AGM | |
| 1930 | Reception | |
| 2000 | Conference Supper | |

“\textit{This is one of the most enjoyable conferences I have been to in recent years.}”

GP delegate – BMS Annual Conference, 2013
Day Two
Morning session

0830  Registration, refreshments and exhibition

SESSION 8
0900-1000  Endometrial issues
Chair: Dr Jane Woyka
General Practitioner, Harrow Health Care Centre

0905-0920  Endometrium and obesity
Dr Emma Crosbie
NIHR Clinician Scientist, Senior Lecturer and Honorary
Consultant in Gynaecological Oncology, Institute of Cancer
Sciences, University of Manchester

0920-0940  Investigation and management of abnormal bleeding in primary care
Dr Anne Connolly
GP Bradford, GPwSI in Gynaecology, NHS Bradford & Airedale

0940-1000  When investigation can be challenging…
Mr Justin Clark
Consultant Obstetrician and Gynaecologist. Birmingham Women’s Hospital. Birmingham

SESSION 9
1000-1035  THE PAT PATTERSON MEMORIAL LECTURE
Chair: Dr John Stevenson

Menopause and ageing: not only skin deep!
Professor Mark Brincat
Professor of Obstetrics & Gynaecology, St Luke’s Hospital,
University of Malta

1035-1105  Refreshments, posters & exhibition

SESSION 10
1105-1305  Menopause Café sponsored by Novo Nordisk Ltd
HRT Prescribing – Mrs Kathy Abernethy and Dr Heather Currie
Premature Ovarian Insufficiency – Mr Nick Panay and Miss Deborah Bruce
Breast Cancer – Miss Jo Marsden and Miss Joan Pitkin
Urogenital Atrophy – Miss Claudine Domoney and Mr Mike Cust

1305-1405  Lunch, posters & exhibition

“Really enjoyed every minute! Good information and lectures. Much appreciated!”
Nurse delegate – BMS Annual Conference, 2013

Speakers subject to confirmation
Day Two
Afternoon session

SESSION 11
1405-1505  Life after cancer
Chair: Mr Nick Panay
Consultant Gynaecologist, Queen Charlotte's & Chelsea Hospital
and Chelsea & Westminster Hospital London

1405  Breast cancer: where it all went wrong
Professor Richard Farmer
University of Surrey, (Emeritus)

1425  Menopause and HRT: after gynaecological cancer
Dr Rosie Cochrane
Consultant in Gynaecology & Sexual Health, NHS Tayside

1445  Sex after Cancer
Mr Ian Russell
Nurse Consultant, Dumfries & Galloway Royal Infirmary, Dumfries

1505-1535  Refreshments, posters & exhibition

SESSION 12
1535-1635  An alternative approach?
Chair: Mr Anthony Mander
Consultant Obstetrician & Gynaecologist, Oldham,
President, Food & Health Forum, Royal Society of Medicine

1535  Avoiding HRT: what can we prescribe?
Professor Margaret Rees
Reader Emeritus in Reproductive Medicine, University of Oxford
Visiting Professor, President EMAS

1555  The Truth about Herbals
Dr David Edwards
GP, Chipping Norton with a post graduate degree in Medical
Anthropology and interest in research

1635  Take home messages
Mr Eddie Morris

1645  Prize giving, summary and close
Dr Heather Currie and Dr Julie Ayres

Speakers subject to confirmation

“Well organised conference. Has helped me refresh the
knowledge I had obtained while I was doing my special
skills module in menopause. Optimising menopausal health
in workplace is a good eye opener!”

GP Delegate BMS Annual Conference 2013
Meeting information

The venue
The Majestic Hotel
Ripon Road
Harrogate
North Yorkshire
HG1 2HU

Hotel telephone: 01423 700300

The Majestic Hotel is a beautiful Victorian building set in 8 acres of landscaped grounds right in the heart of Harrogate. It is just one mile from Harrogate station and close to the Yorkshire Dales national park. Harrogate boasts an array of exclusive shops, pavement cafes, bars, award winning restaurants and the ‘Antiques and Art Centre of the North’. It is also close to many attractions including Ripon Castle and the RHS gardens at Harlow Carr.

Health club: Open to both members and guests, the hotel has a swimming pool, jacuzzi, saunas for both men and women, fitness suite, aerobics studio and the Orchid Beauty Rooms

Bedrooms: There are 170 guest bedrooms

Restaurant: The hotel restaurant offers dishes with local and seasonal ingredients and traditional and regional influences

Internet: Internet access is free throughout the hotel

Car Parking: Car parking is provided on a complimentary basis for all resident and non-resident delegates.

Directions

From the A1 North
Before reaching the A1(M), leave the A1, following signposts for Ripon and the A61. Continue past Ripon and follow the signs for Harrogate. Approaching the town centre you will see the Cairn Hotel on the right. Turn immediately left onto Springfield Avenue, turning right into the Majestic Hotel car park.

From the A1 South
Exit at Wetherby onto the A661, following signs for Harrogate town centre. Once past Harrogate Town Football Club (on your right), you will approach a roundabout. Turn left at that roundabout and continue to next roundabout. At roundabout turn right onto the A61. Stay on the A61 through the town centre, passing traffic lights. Take first right after St George Hotel onto Springfield Avenue. Turn right into the Majestic Hotel car park.

Car parking
The Majestic Hotel has 350 car parking spaces

By air
Leeds/Bradford airport 12.4 miles from the Majestic Hotel

By rail
Harrogate Station, Station Parade, Harrogate HG1 1TE 1.2 miles from the Majestic Hotel.
Serviced by Northern Rail. Station telephone number 08450 000125
Train times and routes: National Rail enquiry
http://www.nationalrail.co.uk/
National Rail Enquiries: 08457 48 49 50

Taxis: visit www.traintaxi.co.uk
Accreditation
The 24th Annual meeting is accredited by the Faculty of Sexual and Reproductive Healthcare (FSRH) for 12 hours CME.

Certificate of attendance
An official certificate of attendance will be provided after the event for all registered delegates.

Abstracts
This Conference provides a key opportunity for oral or poster presentations on scientific work and research. Full guidelines on Abstract submissions are available with the Conference details at www.thebms.org.uk/meetings.php

Abstracts will be reviewed by the Programme Planning Group and considered for inclusion in the meeting programme. All accepted Abstracts will also be published in Menopause International, the Journal of the British Menopause Society.

Abstract Deadline: 29 May 2014

Exhibition
There will be a Medical Exhibition running alongside the meeting.

Accommodation
The Majestic Hotel has set aside a limited number of bedrooms at a reduced rate of £95 per night (£105 for a double/twin) especially for our meeting. Please phone hotel reservations direct - on 01423 700300 - if you would like to reserve overnight accommodation and quote ‘BMS Annual Conference’. The BMS allocation of rooms will be reserved until 24 May 2014 and are subject to availability. Feel free to check the internet for special pricing offers. A list of other nearby hotels is available on request.

Conference Supper – Thursday 26 June 2014
Majestic Hotel
Cost: £40 per head

1930 Buck’s Fizz reception
2000 Conference supper

Menu

Ham hock and grain mustard terrine, with dressed leaves and Majestic chutney

Goat’s cheese and red onion tartlet, mixed leaves and a balsamic dressing (vegetarian option) *

Chicken supreme filled with a mushroom and tarragon mousseline, with herb roasted potatoes, seasonal vegetables and a pan jus

Spinach, Brie and mushroom strudel, buttered new potatoes, broccoli, red cabbage and a pesto dressing (vegetarian option) *

White and dark chocolate mousse, with a summer berry compote *

Coffee and mints *
Terms and conditions
Delegate places are only guaranteed upon receipt of written confirmation.

Registration fee includes registration for the 24th Annual Meeting, lunch and daytime refreshments.

Refunds for cancellations will only be given before 27 May 2014.

Name substitutions can be made at any time without charge.

Acceptance is at the discretion of the event organiser.

In the event that BMS cancels the meeting, liability will be limited to registration fees already paid to the Society for the Conference.

Registration

Online registration:
Register via secure transaction online at http://www.thebms.org.uk/meetings.php

Postal registration
Please complete the registration form and return it with your cheque (made payable to British Menopause Society) or credit/debit card information to:

24th Annual Meeting
British Menopause Society
4-6 Eton Place
Marlow
SL7 2QA
UK

Further information
Website: www.thebms.org.uk
Email: admin@thebms.org.uk
Telephone: Caroline on +44 (0)1628 890 199
Registration Form

Please complete both sides of the form and return to the BMS. Please use a separate sheet to provide the credit card holder’s name and address, if different from information provided on the form below.

Name (as it should appear on your badge/certificate). Please print clearly.

Address: Work/Home (please specify)

Please indicate your profession:

- Consultant [ ]
- GP [ ]
- Nurse [ ]
- Trainee* [ ]
- Other health professional* [ ]
- Pharmaceutical industry* [ ]

* Please specify

Town

Postcode

Daytime telephone

Email address

Special dietary requirements

How did you hear about the BMS Annual Conference?

I would like to continue to receive relevant information and correspondence from the British Menopause Society and carefully selected partners (please tick)

I would like to receive information regarding membership of the British Menopause Society (please tick)

† Please accompany your registration with an approved letter signed by your head of department or college tutor.
Please accompany your registration with a letter of approval signed by your head of department or college tutor.

BMS Member

Please tick appropriate box

Both days Thursday/Friday
26 & 27 June 2014

Nurse £275
Doctor/Other £340
GP Trainees and O&G Trainees £195†

BMS Member

Please tick appropriate box

One day only

Thursday 26 June or Friday 27 June

£170

Non-BMS Member

Please tick appropriate box

Both days Thursday/Friday
26 & 27 June 2014

Nurse £330
Doctor/Other £390
GP Trainees and O&G Trainees £215†

Non-BMS Member

Please tick appropriate box

One day only

Thursday 26 June or Friday 27 June

£190

GP Trainees and O&G Trainees†

One day only

Thursday 26 June or Friday 27 June

£120

† Please accompany your registration with a letter of approval signed by your head of department or college tutor.

CONFERENCE SUPPER – 26 June 2014

Number of tickets required @ £40 pp □ Total cost £

Dietary requirements for supper and meeting please tick appropriate box

Vegetarian □ Vegan □ Other □

Please specify

Registration fee: £ + Conference Supper: £

Total: £

CONFERENCE SUPPER – 26 June 2014

METHOD OF PAYMENT

Receipts and acknowledgements will be issued prior to the event.

Payment by cheque:

I enclose payment of £ by cheque made payable to: British Menopause Society

Paying by credit card or non-UK debit cards will incur a transaction fee of £2.50, to cover the card company’s surcharge plus administration/processing. There is no transaction fee when paying by UK debit card.

Payment by credit or debit card: I would like to pay by:

Visa | Mastercard | Amex | Switch | Delta (please delete as applicable)

Number □□□□□□□□ □□□□□□□□

Expiry date □□□□ Security code* □□□□ Issue No. □ (Switch only)

*This is the 3 digit code in the signature area on the back of your card (or 4 digit for Amex on the front of card).

Name on card

Card holder’s signature

Please use a separate sheet to provide the cardholder’s name and address, if different from information provided on the form overleaf. Please complete both sides of form and return to:

BMS 24th Annual Conference, 4-6 Eton Place, Marlow, SL7 2Q4, UK
## Dates for your diary

### BMS Women's Health Meetings 2014

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<tr>
<th>Date</th>
<th>Location</th>
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<tr>
<td>Thursday 27 March</td>
<td>Colchester</td>
<td>One-day meeting</td>
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<tr>
<td>Wednesday 3 September</td>
<td>Glasgow</td>
<td>One-day meeting</td>
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<tr>
<td>Thursday 18 September</td>
<td>Newmarket</td>
<td>One-day meeting</td>
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<tr>
<td>Wednesday 8 October</td>
<td>London</td>
<td>One-day meeting</td>
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<tr>
<td>Wednesday 19 November</td>
<td>Leeds</td>
<td>One-day meeting</td>
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**Joint Faculty of Sexual & Reproductive Health**/
**BMS Special Skills Module in Menopause Care**

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<th>Date</th>
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<tr>
<td>Thurs 13 - Fri 14 March</td>
<td>Kenilworth</td>
<td>Two-day meeting</td>
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<td>Thurs 2 - Fri 3 October</td>
<td>Leeds</td>
<td>Two-day meeting</td>
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**Joint Royal College of Obstetricians & Gynaecologists**/
**BMS Advanced Training Skills Module in Menopause Care**

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<tr>
<th>Date</th>
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<tr>
<td>Tues 25 -Wed 26 November</td>
<td>RCOG, London</td>
<td>Two-day meeting</td>
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**Women’s Health Concern Symposium**

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<th>Date</th>
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<th>Type of meeting</th>
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<tr>
<td>Friday 7 November</td>
<td>RCOG, London</td>
<td>One-day meeting</td>
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Reduced delegate rates for BMS members. For details on membership contact Caroline.

Email: caroline@thebms.org.uk
or call
Telephone: +44 (0)1628 890 199

For further details please visit [www.thebms.org.uk](http://www.thebms.org.uk)