



**BMS**

Meeting the  
challenge of  
menopause

**British Menopause Society**  
**Women's healthcare**  
**– a mid-life change**  
**for the better?**

**21st Annual Conference**

Thursday 19 and Friday 20 May 2011

**The Queen's Hotel, Leeds**

**Invitation, programme  
and registration**

[www.thebms.org.uk](http://www.thebms.org.uk)

# Join us

and enjoy discounted delegate rates at the annual conference



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.

## Benefits of membership:

Our members are very important to us and, as a result, enjoy a wide range of membership benefits. These include:



- A copy of **Menopause International**, the Journal of the British Menopause Society, delivered quarterly
- A copy of the new BMS newsletter, delivered quarterly
- A free copy of the BMS publication, **Management of the Menopause**
- 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](http://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**  
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Website: [www.thebms.org.uk](http://www.thebms.org.uk)  
Registered Charity No. 1015144

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# Letter from the BMS Chairman

Dear Colleague

## **British Menopause Society – 21st Annual Conference**

I am writing to invite you to join us at the British Menopause Society two-day 21st Annual Conference.

Our Scientific Advisory Group has produced an excellent programme which includes lectures; oral communications and posters; panel discussions and our Menopause Café, where you can put your questions to the experts over a cup of coffee.


We are pleased to welcome all our speakers. Topics include: Problems in women after cancer; Perimenopausal menstrual disorder; Menopause and neuro cognitive function; Endocrine causes of obesity; Menopausal depression and hormones; Ovarian cancer screening and Osteoporosis.

We are also delighted to present a special South Asian Federation of Menopause Societies (SOFMS) Invited Session.

It is good to be back in the North and to be staging our meeting at The Queen's Hotel, Leeds and hope that the venue – and the special delegate rate – encourages trainee GPs and Gynaecologists to join us.

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

With best wishes



**Professor Mary Ann Lumsden**  
BMS Chairman

# 21st Annual Conference

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.

# Scientific Advisory Group

Mary Ann Lumsden and the scientific advisory group have put together a comprehensive and varied programme to include a keynote lecture; oral and poster presentations; and panel discussions.

**Mrs Kathy Abernethy** Senior Nurse Specialist, Harrow

**Professor Mary Ann Lumsden** Professor of Gynaecology & Medical Education, University of Glasgow; BMS Chairman

**Mr Edward Morris** Consultant Obstetrician & Gynaecologist, Norwich

**Mr Nick Panay** Consultant Obstetrician & Gynaecologist, London, BMS Chairman Elect

**Professor Margaret Rees**, Reader in Reproductive Medicine, University of Oxford

**Miss Nidhi Tripathi** Consultant Obstetrician and Gynaecologist; College Tutor, Southend University Hospital

**Mrs Joyce Williams** General Practitioner specialising in women's health and medical education, Birmingham

**Dr Jenny Williamson** Associate Specialist, Birmingham Women's Hospital, Birmingham

# British Menopause Society

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.

## **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](http://www.thebms.org.uk)

# Programme – Day 1

## Thursday 19 May 2011

### Morning session



**0830** Registration and refreshments

**0900** Welcome and introduction

**Professor Mary Ann Lumsden** Professor of Gynaecology & Medical Education, University of Glasgow, BMS Chairman

**Session 1**  
**0910-1040** Perimenopausal menstrual disorder  
Chair: **Mr Edward Morris**

**0910** Physiology and new medical treatments

**Professor Hilary Critchley** Professor of Reproductive Medicine, Honorary Consultant, University of Edinburgh

**0940** New treatments for fibroids

**Professor Lesley Regan** Professor & Head of Department of Obstetrics & Gynaecology, Imperial College Healthcare NHS Trust, St Mary's Hospital

**1010** Investigation & surgical treatment

**Dr Nazar Amso** Senior Lecturer in Obstetrics & Gynaecology, Wales College of Medicine

**1040-1110** Refreshments, posters and exhibition

**Session 2**  
**1110-1210** Problems in women after cancer  
Chair: **Professor Janice Rymer**

**1110** Fertility preservation and predicting ovarian reserve

**Mr Anthony Rutherford** Consultant in Reproductive Medicine & Gynaecological Surgery, Honorary Senior Lecturer at the University of Leeds, Chair, British Fertility Society

**1140** Sexual and psychological functioning in women with gynaecologic cancer

**Dr Leen Aerts** Department of Obstetrics & Gynaecology, Katholieke Universiteit Leuven, Belgium

**Session 3**  
**1210-1255** The BMS Lecture  
Chair: **Miss Joan Pitkin**

**1210** Screening for ovarian cancer

**Mr Geoffrey Lane** Consultant Obstetrician & Gynaecologist Guy's & St Thomas' Hospital, London

**1255-1355** Lunch, posters and exhibition

# Programme – Day 1

## Thursday 19 May 2011

Afternoon session



**1355-1455** **Novogen Symposium:**  
Chairs: **Mrs Kathy Abernethy** and **Mrs Amanda Hillard**  
**Phytoestrogens – moving forward: Fifteen years on – what do we know now?**  
**Practical insights into their use in the management of the menopause**  
Speakers: **Miss Joan Pitkin** Consultant Gynaecologist, Northwick Park & St Mark's Hospital, NWLH Trust, Honorary Senior Lecturer, Imperial College  
**Dr Jane Johnston** Associate Specialist in Women's Health, Aberdeen Royal Infirmary

**Session 4** **Oral presentations and communications**  
**1455-1625** Chairs: **Dr Joyce Williams** and **Mrs Kathy Abernethy**  
Including **Dr Rohana Hathathuva** **Oocyte donation in South Asia – Infertility in older women**

**1625-1655** **Refreshments, posters and exhibition**

**Session 5** **What is new and useful**  
**1655-1715** **Professor Mary Ann Lumsden**  
Professor of Gynaecology & Medical Education, University of Glasgow, BMS Chairman

**1715** **Close of Day One**

**1720-1750** **BMS Annual General Meeting**

**1915** **Pimms reception**

**1945** **Conference Supper**

# Programme – Day 2

## Friday 20 May 2011

### Morning session



**0830** Registration and refreshments

**Session 6** South Asian Federation of Menopause Society (SOFMS)  
**0900-1000** Invited session – Panel discussion

Chair: **Professor Mary Ann Lumsden**

Co-chair: **Indrani Lodh**

**0900** **Professor Rubina Hussain** Preventative strategies for Metabolic Syndrome in South Asian women at various stages of menopause

**0915** **Dr Jaideep Malhotra** Club 35+ activities in South Asia

**0930** **Professor Behram Anklesaria** Relevance of the Anklesaria Staging System (1997) in current menopause practice

**0945** Q+A

**Session 7** The Pat Patterson Memorial Lecture  
**1000-1035** Chair: **Professor John Studd**

**Osteoporosis: One step forward, two steps back**

**Dr John Stevenson** Consultant Physician & Endocrinologist,  
Royal Brompton Hospital, London

**1035-1105** Refreshments, posters and exhibition

**Session 8** Obesity  
**1105-1220** Chair: **Mr Tim Hillard**

**1105** **PCOS in older women: Is it still a problem?**

**Professor Adam Balen** Professor of Reproductive Medicine & Surgery, Leeds General Infirmary

**1130** **Sex differences in diabetes and its complications?**

**Dr Sarah Wild** Reader in Epidemiology and Public Health, University of Edinburgh Medical Centre

**1155** **Endocrine causes of obesity**

**Dr Colin Perry** Honorary Clinical Senior Lecturer, University of Glasgow

**1220-1320** Lunch, posters and exhibition



# Programme – Day 2

## Friday 20 May 2011

Afternoon session



**1320-1420** Sponsored symposium

**1420** Prize giving  
**Professor Mary Ann Lumsden**

**Session 9** Menopause Café  
**1430-1530**

**Session 10** Cognition and Alzheimer's  
**1530-1620** Chair: **Professor Margaret Rees**

**1530** Mental health around and after the menopause  
**Dr Tom Dening** Consultant in Old Age Psychiatry and Medical Director, Cambridge & Peterborough NHS Foundation Trust

**1555** Alzheimer's Disease: can it be prevented?  
**Dr Michael Craig** Consultant Psychiatrist/Senior Lecturer, Institute of Psychiatry, Kings College London

**1620** Summary and close  
**Professor Mary Ann Lumsden**

## Menopause Café

**Join our experts over a cup of coffee.**

**Topics to include:**

Management of low libido  
CVD  
Medically complex woman  
Bleeding problems  
Osteoporosis  
Alternatives to HRT  
Perimenopausal contraception

**Raise any query, question or difficult case.**

# Meeting information

## The Venue

The Queen's Hotel  
City Square  
Leeds, LS1 1PJ

Hotel telephone: 0113 243 1323

The most famous landmark hotel in Leeds, positioned in the heart of the city, adjacent to the rail station and a host of other amenities, including boutique shopping. The hotel has the perfect balance of old character and contemporary elegance and combines its proud 1930's Art Deco heritage with modern 4 Star luxury.

**Bedrooms:** There are 215 sophisticated bedrooms. The hotel has recently undergone a £10m restoration, sympathetic to its original Art Deco features.

**Restaurant:** The Queen's Grill – a relaxed dining experience with traditional Yorkshire hospitality and a hearty menu. The Queen's is passionate about food and ingredients and uses locally sourced produce wherever possible. The Queen's Bar may appeal for lighter bites.

**Valet parking:** Chargeable valet parking is available for residential guests on a first come, first served basis.

## Directions

**From the south:** M621, M1 and M62 motorways follow the signs to Leeds city centre and train station, along Neville Street towards City Square. Pass under the railway bridge and at the traffic lights, take a left into the slip road in front of the hotel.

**From the north:** Take any main A road into Leeds and then follow signs for the train station which leads you round the city centre loop road. At the top of Neville Street, at the traffic lights, take a left into the slip road in front of The Queens. Chargeable valet parking is available for residential guests.

## Public car parks:

**Leeds Station car park LS1 4HT**  
Vehicle access is via Aire Street, which is accessed from the Bishopsgate Street/New Station Street end of Wellington Street.  
Car park telephone: 0845 0774 224.  
£19 per day – in the Long Stay car park

## Criterion Place – Q Parking

Swingate/Sovereign Street LS1 4AG  
About 150 metres from the Queen's Hotel  
Car park telephone: 0113 234 4224  
£12.00 for up to 10 hours

## By rail:

Leeds train station is adjacent to The Queen's, with a walkway from the station to the hotel

## Train times and routes:

National rail enquiries: 08457 48 49 50  
visit [www.traintaxi.co.uk](http://www.traintaxi.co.uk)

**By air:** Leeds Bradford International Airport  
– 12 miles

## Accreditation

The 21st Annual Conference is accredited by the Faculty of Sexual and Reproductive Healthcare (FSRH) for 12 hours CME.

## Abstracts

This meeting provides a key opportunity for oral or poster presentations on scientific work and research. Full guidelines on Abstract submissions are available with the Scientific Meeting details at [www.thebms.org.uk/meetings.php](http://www.thebms.org.uk/meetings.php)

Abstracts will be reviewed by the Scientific Advisory 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:**  
**Thursday 14 April 2011**

## Accommodation

The Queen's Hotel has set aside a limited number of bedrooms at a reduced rate of £95 including breakfast and VAT, especially for our meeting. Please phone hotel reservations direct – on 0845 0740 062 (central reservations) – if you would like to reserve overnight accommodation and quote 'BMS Annual Conference'. A list of other nearby hotels is available on request.

## Conference Supper

The Queen's Hotel

Cost: £42 per head

The Conference Supper will be held in the Palm Court  
1915 Drinks reception  
1945 Supper

## Menu

Pimms reception

\*

Smoked mackerel mousse, horseradish cream, walnut bread croute & sweet tomato compote

\*

Seared chicken breast wrapped in sweet cured bacon, sautéed cabbage & peppers, light pepper cream & roasted potato

\*

Traditional lemon tart, red berry coulis

\*

Vegetarian option – Baked plum tomato buffalo mozzarella, fresh basil pesto, panache of dressed leaf

\*

Sautéed wild mushroom, spinach & caramelised onion tart, grain mustard & honey dressing, mixed leaf

\*

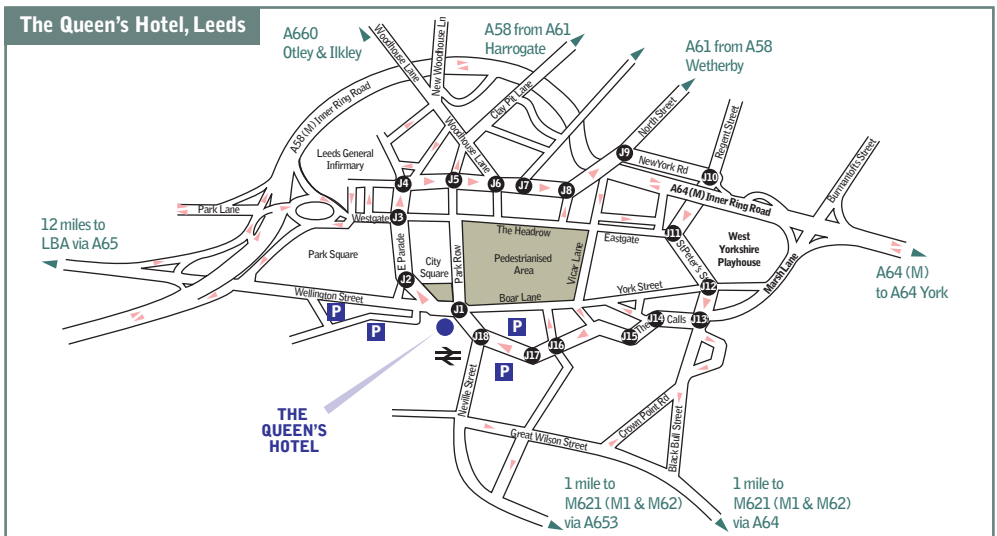
Traditional lemon tart, red berry coulis

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Other special dietary requirements catered for.

## Exhibition

There will be a Medical Exhibition running alongside the meeting.



# Registration

## **Terms and conditions:**

Delegate places are only guaranteed upon written confirmation. Registration fee includes registration for the 21st Annual Conference, lunch and daytime refreshments. Refunds for cancellations will only be given before 19 April 2011.

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 meeting.

## **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:

21st Annual Conference  
British Menopause Society  
4-6 Eton Place  
Marlow  
SL7 2QA  
UK

### **Further information:**

Website: [www.thebms.org.uk](http://www.thebms.org.uk)

Email: [admin@thebms.org.uk](mailto:admin@thebms.org.uk)

Telephone: Caroline on +44 (0)1628 890 199

# Women's healthcare – a mid-life change for the better?

21st Annual Conference, Leeds, 19 & 20 May 2011

## Registration form – Fee and Conference Supper reservation

**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)

Town

Postcode

Daytime telephone

Email address

Special dietary requirements

How did you hear about the BMS Annual Conference?

Please indicate your profession:

Consultant  GP  Nurse  Trainee<sup>†</sup>  Other health professional\*

Pharmaceutical industry\*  *\*Please specify*

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)

<sup>†</sup> Please accompany your registration with an approved letter signed by your head of department or college tutor

**BMS Member** *please tick appropriate box*

**Both days Thursday 19 and Friday 20 May 2011**

Nurse £250

Doctor/Other £295

GP Trainees and O&G Trainees £195<sup>†</sup>

**Non-BMS Member** *please tick appropriate box*

**Both days Thursday 19 and Friday 20 May 2011**

Nurse £300

Doctor/Other £340

GP Trainees and O&G Trainees £215<sup>†</sup>

**One day only** *please tick appropriate box*

**BMS Member** – one day £150

**Thursday 19 May**  or **Friday 20 May**

**Non-BMS Member** – one day £165

**Thursday 19 May**  or **Friday 20 May**

**GP Trainees and O&G Trainees<sup>†</sup>** – one day £100

**Thursday 19 May**  or **Friday 20 May**

<sup>†</sup> Please accompany your registration with an approved letter signed by your head of department or college tutor

**Conference Supper – 19 May**

**Number of tickets required @ £42.00 pp**

**Total cost** £

Dietary requirements for supper and meeting *please tick appropriate box*

Vegetarian

Vegan

Other

Please specify

**Registration fee:** £

**+ Conference Supper:** £

**Total:** £

Receipts and acknowledgements will be issued prior to the event.

**METHOD OF PAYMENT**

**Payment by cheque:**

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

**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 21st Annual Conference, 4-6 Eton Place, Marlow, SL7 2QA, UK**



# Dates for your diary

## BMS Women's Health Meetings 2011

Date	Location	Type of meeting
3-4 March	Southampton	BMS/FSRH Special Skills Module
23 March	London	Women's Health Meeting
29 March	Colchester	Women's Health Meeting
30-31 March	London	Joint RCOG/BMS Special Skills Meeting
1 April	Southampton	Women's Health Meeting
21 June	Edinburgh	Half-day Masterclass
29 September	Glasgow	Women's Health Meeting
3 November	Newmarket	Women's Health Meeting
8 December	Leeds	Women's Health Meeting

Five further meetings are planned in the Autumn:

September	Surrey	Half-day Masterclass
September	London	Women's Health Meeting
October	Belfast	Women's Health Meeting
November	Aberdeen	Women's Health Meeting
November	Worksop	Half-day Masterclass

For more information please call Caroline.

Telephone: +44 (0)1628 890 199

Email: [admin@thebms.org.uk](mailto:admin@thebms.org.uk)

or look at the meetings page on the BMS website

Website: [www.thebms.org.uk/meetings](http://www.thebms.org.uk/meetings)

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