Menopause Essentials Update

Date: Thursday 19 November 2026
Time: 8.30 am – 12.00 pm (*registrations and arrival from 8:15am*)

Time	Presenter	Session outline
8:30-8:35am	Chair – Dr Marita Long	Welcome and open
8:35-9:20am 40mins presentation plus 5 mins question time facilitated by chair)	Dr Jane Elliott	**The Menopause Consult** • Physiology and stages of menopause • Clinical diagnosis and limits of hormonal testing • Identification of key menopausal symptoms • Structured consultation, including history and symptom scoring • Risk assessment (cardiovascular, bone, cancer, VTE) • Preventive screening and long-term health considerations Individualised management planning
9:20-10:05am 40mins presentation plus 5 mins question time facilitated by chair	Dr Jessica Floreani	**Menopause Hormone Therapy Indications and patient selection for MHT** • Contraindications and risk assessment • MHT formulations and routes of administration • Initiation, dosing, and individualisation • Monitoring and management of side effects • Risk–benefit discussions • Overview of alternative hormonal options
15 minutes morning tea break		
10:20am-11:05am 40mins presentation plus 5 mins question time facilitated by chair	Dr Carmel Reynolds	**Non-hormonal Treatment** • Indications for non-hormonal management • Lifestyle and behavioural interventions • Psychological therapies (e.g. CBT) • Pharmacological options (e.g. SSRIs, NK3 antagonists) • Complementary therapies and evidence limitations • Symptom management without hormones • Individualised, patient-centred care
11:05-11:50am 40mins presentation plus 5 mins question time facilitated by chair	Dr Michelle Wellman	**Abnormal Bleeding in Peri/Menopause** • Definitions and classification of abnormal bleeding • Causes of peri- and postmenopausal bleeding • Risk factors for endometrial pathology • Clinical assessment and identification of red flags • Investigation pathways and escalation thresholds • Management of bleeding on and off MHT • Referral and follow-up
11:50-12.00pm	Dr Marita Long	Evaluation and close of workshop