



PRE-MEETING UPDATE ON PERIMENOPAUSE

SYDNEY CONVENTION CENTRE
DARLING HARBOUR, SYDNEY, AUSTRALIA

SUNDAY 26 SEPTEMBER 2010
1:30pm – 5:00pm

Chair: DR SHEILA O'NEILL

1:30pm – 1:50pm

1) WHAT IS THE PERIMENOPAUSE? – DR. GEORGINA HALE

- Definition of terms: menopausal transition, menopause, perimenopause, climacteric
- Epidemiology of the perimenopause
 - age of onset
 - duration
 - ethnic variation
- Simplified STRAW stages of reproductive life
- Hormonal changes
 - the variable nature of hormone levels
 - why hormone levels cannot be used to diagnose perimenopause
- Clinical features
 - menstrual changes
 - menopausal symptoms
- Diagnosis
 - why this should be based on clinical grounds
 - there are no biochemical markers

*Information sheets: **Diagnosing menopause, Glossary of terms***

1:50pm – 2:00pm

Questions

2:00pm – 2:20pm

2) PERIMENOPAUSAL CONTRACEPTION – DR. CHRISTINE READ

- Perimenopausal contraception
 - who needs it?
 - how long do women need contraception for/when can women stop using contraception?
 - what is available? (advantages, side effects and efficacy of each)
 - what should the clinician remember when deciding on a particular method for a woman?
 - remember risk of sexually transmitted diseases
- HRT
 - who needs it?
 - what is available?
 - cyclical/non-cyclical
 - risks relevant to perimenopause (it is NOT a contraceptive!)
 - what should the clinician consider when decided on a particular method for a woman?

*Information sheets: **Contraception for women approaching menopause, Menopausal treatments and the risks of blood clots, Treating the menopause – the concept of risk and benefit***

2:20pm – 2:30pm

Questions

2:30pm – 2:50pm

3) MANAGING PERIMENOPAUSAL BLEEDING – PROFESSOR IAN FRASER

- What is abnormal bleeding in the perimenopause?
- What are the causes?
- What is the recommended clinical approach?
 - questions to ask on history taking
 - signs on physical examination
- How should a woman be investigated?
 - tests a GP should request?
 - what may a specialist request?
- What are the possible sequelae that should be looked for?
- When should a woman be referred to a specialist?
- What are the main medical and surgical treatment options?

2:50pm – 3:00pm

Questions

3:00pm – 3:30pm

Refreshments

3:30pm – 3:50pm

4) TREATING PREMENSTRUAL SYMPTOMS – PROFESSOR LORRAINE DENNERSTEIN

- What is PMD, PMDD, PMS and how do they differ?
- How common is it?
 - does frequency vary across the life span?
 - what is the natural history?
 - relationship to other psychological problems, risk factor for psychiatric illness
- What are the diagnostic criteria?
- What are the latest hypotheses regarding cause?
- What are the possible treatments (for psychological and physical symptoms)?
 - OCP/testosterone/SSRIs/CAM/psychological interventions
- How should a GP approach this problem?
- When should a GP refer to a specialist?

3:50pm – 4:00pm

Questions

4:00pm – 4:20pm

5) HOW TO TALK TO WOMEN ABOUT SEX – DR. ROSIE KING

- What is lack of libido?
- How do relationship issues impact and how to discuss them
- How to manage desire difficulties
- Desire driven versus decision driven sex
- How to talk about sexual health

Information sheets: Low libido and testosterone therapy

4:20pm – 4:30pm

Questions

4:30pm – 5:00pm

6) ROLE PLAY – DR. ROSIE KING & MS LORRAINE EDNEY