16th World Congress on Menopause

Midlife health in the 21st century

Fairmont Hotel Vancouver, Canada 6–9 June 2018

www.IMSVancouver2018.com
Dear Colleagues and Friends,

It is my privilege and pleasure to welcome you to beautiful Vancouver, Canada, for the 16th World Congress on the Menopause, June 6-9th in 2018.

The IMS has been providing “state of the art” information on mature women’s health for over 40 years. 2018 will be no exception as the Scientific Programme Committee is preparing a very exciting and innovative programme themed “Midlife Heath in the 21st Century”. There will be Plenary Sessions, Symposia, Debates and Meet the Expert Sessions, given by renowned world speakers. New research and clinical developments will be highlighted. Our Pre-Congress Workshop on Perimenopause will be productive and interactive. We shall also include in 2018, Meet the Professor Breakfast Round Tables. Our very successful Menopause Quiz will be held again for our younger colleagues.

SIGMA/CMS is thrilled to be hosting the IMS meeting in Vancouver – the first ever International Menopause meeting in Canada. We also welcome our US and Mexican colleagues to join us. The meeting facilitates education at all levels, knowledge translation and research.

Vancouver is one of the most beautiful cities in the world bordered by mountains and ocean. It is clean, green, safe, friendly and walkable. It is ranked in the top 5 livable cities in North America, one of the only cities in the world where you can ski, golf and sail, all in the same day.

The meeting will be held at the historic Vancouver Fairmont Hotel in the middle of the city. It is an ideal, scenic spot, near the ocean, where you can shop, sightsee, visit museums, enjoy fine dining and much more.

I can assure you of rewarding scientific exchanges and it will also be a great opportunity to socialize with colleagues and friends.

Elaine E. Jolly
President of SIGMA/CMS
Co Chair, Scientific Program Committee

Dear Friends

As Chair of the Scientific Program Committee, I would like to welcome to the 16th World Congress on Menopause. We are planning an exciting, innovative and varied scientific program for you in Vancouver, entitled “Midlife health in the 21st Century.”

The theme of the meeting will be the life course approach to women’s health from pre-to peri-, through to postmenopause. There will be a particular focus on the problems of the perimenopause and premature ovarian insufficiency.

The Pre-congress workshop will set the scene with plenty of opportunity for interactive discussion about practical management issues. These issues and more will be discussed in greater detail during the symposia, controversies, debate and meet the expert sessions. Plenary speakers have been selected who will deliver exciting key note lectures on the state of the art and future frontiers of menopause medicine. Young investigators and new research developments will be given prominence through inclusion of the top submitted abstracts in the main symposia. The global affiliated menopause societies will demonstrate how local advances in menopause medicine can be applied to solve worldwide problems.

We look forward to your active participation at this premier international forum of menopause science!

Nick Panay
Chairman of the Scientific Program Committee
for the 16th World Congress on Menopause
SIGMA Canadian Menopause Society is the proud local host of the 16th World Congress on Menopause June 2018 in Vancouver. It is the first time that this prestigious international event is being held in Canada and US. We would like to invite you all to come to Vancouver, Canada, one of the most beautiful cities in the world!

As the Chair of the Local Organizing Committee, I would like to add my personal congratulations to Professor Mary Ann Lumsden, President of the IMS and Chair of the International Organizing Committee, who has been recently awarded an OBE for services to Women’s Health, by Her Majesty the Queen in the UK. To the members of the International Organizing Committee I deeply express my appreciation. I also wish to thank the Scientific Program Committee for crafting such an excellent and innovative programs. Finally, I would like to thank members of the Local Organizing Committee (Canadian Colleagues and US Advisors) who graciously agreed to promote the 16th World Congress on Menopause in Vancouver and to act as ambassadors for the worldwide delegates.

Chui Kin Yuen
Executive Director, SIGMA Canadian Menopause Society
Chair, Local Organizing Committee for the 16th World Congress on Menopause

SIGMA's educational initiatives in 6 years:

- **2 National Conferences**
  - in Ottawa (May 2013) and Toronto (September 2015)
- **2 Regional Conferences**
  - in Saskatoon (April 2016) and Quebec City (February 2017). Another 2 are scheduled in Edmonton (April 2017) and Halifax (September 2017)
- **5 Distinguished Lecture Series**
  - from 2011 to 2017
  - 10 cities across Canada in the 2017 Distinguished Lecture Series
- **11 Patient/Physician Brochures**
  - The most recent publication (March 2017) is on “Menopause Treatment Options, Making the Right Choice for YOU”.
- **One** of our young scholars competing with 15 other countries received the highest honour at the first “Menopause Quiz” held at the Prague Congress 2016
- **We** have participated regularly symposia at the World Congress on Menopause in 2011, in 2014 and in 2016. We have been invited by NAMS to host the Canadian Leadership Symposium at their Annual Scientific Meetings from 2009 to 2015.

Who is SIGMA?

SIGMA Canadian Menopause Society (SIGMA/CMS) is a multidisciplinary group of specialists, family physicians, and healthcare professionals who are interested in mature women’s health launched in May 2008 in Madrid, Spain. Our mission is to advance the health of women at and beyond the menopause transition through educational initiatives and knowledge transfer.

SIGMA is a member of the Council of Affiliated Menopause Societies (CAMS) of the IMS and joins the International Osteoporosis Foundation and European Menopause and Andropause Society as society members.
Next stop: Vancouver, Canada.

TRAVEL
Vancouver International Airport has non-stop flights daily to Asia, Europe, Oceania, the United States, Mexico and other airports within Canada. We have an agreement with Sky Team and Air Canada where you can book your flight at reduced rates. See the congress website for more information.

HOTELS

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A selection of hotels in Vancouver will be available for attendees on the Congress website.

FOOD
One of Canada’s most vibrant dining scenes: Chefs in Vancouver cover a huge range of global cuisine, from Japanese izakaya to authentic Italian and everything in between.

Direct flights

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Vancouver is one of the top five world-wide cities for livability and quality of life.
The Scientific Program

Plenary Lectures
Key experts will update you on the latest scientific evidence that can be related to daily clinical practice and basic research.

Mary Ann Lumsden UK
Pieter van Keep Lecture

Richard Anderson UK
Current status of ovarian stem cells

Jacques Donnez BE
Advances in the management of fibroids in the perimenopause

Victor Gomel CA
Uterine Transplantation

Donald P. McDonnell US
Future targeted approaches to menopause management

Scott Nelson UK
Advances in biomarkers in menopause prediction

Robert Reid CA
Hormone therapy and breast cancer: Risk communication and the perfect storm

Richard Santen US
New concepts in breast endocrinology

Duru Shah IN
Women’s Rights in Asia and elsewhere: a fact or an illusion?

Doris Taylor US
How to prevent a broken heart?

Konstantinos Tserotas PA
Menopause research in Latin America

Symposia

Life after Cancer
Jacques Donnez BE Preserving Fertility after Cancer
Leslie Schover US Sexual quality of life in women and men after cancer
Martha Hickey AU Managing menopause after cancer using a multidisciplinary model of care

Peyman Hadji DE Cancer Treatment Induced Bone Loss - size of the problem and prevention strategies

Genito-urinary health in the perimenopause
Santiago Palacios ES Assessing impact of vulval / vaginal atrophy
Marla Shapiro CA The management of VVA/GSM
Camil Castelo Branco ES VVA/GSM treatment options in high risk cases

Advances in endometriosis
Ludwig Kiesel DE Diagnosis of Endometriosis in the 21st Century
Tevfik Yoldemir TR Endometriosis beyond late reproductive age
Sukhbir Singh CA Future strategies for endometriosis treatment

Reproductive depression & Quality of Life
Claudio Soares CA Managing depression: hormonal and non-hormonal options
David Rubinow US Genetics of reproductive depression
Qi Yu CH Optimising Quality of Life lessons from the East

Contraception for the older woman
Johannes Bitzer CH Overview of perimenopausal contraception
Amanda Black CA Improving awareness of need for contraception
Rodney Baber AU “Managing gynaecological disorders with contraceptive options”

The breast in health and disease
Anne Gompel FR HRT & Breast Cancer – where are we now?
Alfred Mueck DE Prognostic role of hormone receptors in breast cancer
Winnifred Cutler US Exaggeration of breast cancer diagnosis and risk: Recognizing and pre-empting harm to patients.
Karla Kerlikowke US Significance of breast density in screening & risk?

Androgens – too much or too little?
Susan Davis AU When androgens are too low
Xiangian Ruan CN When androgens are too high
Nanette Santoro US Androgens: Endocrine Society View

Sexuality: psychological perspectives
Sherly Kingsberg US Post menopausal sexuality: Not a Oxymoron
Rossella Nappi IT Sexuality in Premature Ovarian Insufficiency
Basson Rosemary CA HSDD v FSIAD – where are we now?

Cardiovascular window of opportunity
Roger Lobo US Physiology and clinical data regarding the window of opportunity
Rebecca Thurston US Menopause and its Symptoms in the Development of Cardiovascular Disease in Women.
Cynthia Stuenkel US Do we have new preventive strategies for optimising CV health in women?
The Scientific Program of the Congress will be based on the Mission Statement of the IMS: “to promote and advance communication, education and research on all aspects of the health of adult women world-wide.”

**Controversy**
Controversial topics debated by experts.

**GSM or VVA Global Consensus on definitions and management**
Risa Kagan US • Rossella Nappi IT

Screening for breast cancer – is it worth it?
Robin Bell AU • Winnifred Cutler US

**Debates**
Ovarian cancer screening: is there a role?
For: Anne Gompel FR • Against: Steve Goldstein US

Testosterone for FSIAD Yeh or Nay?
For: Susan Davis AU • Against: Johannes Bitzer CH

The Brain – new insights
Victor Henderson US Preventive strategies for Alzheimer’s dementia
Pauline Maki US Cognitive changes in perimenopause
Andrea Genazzani IT Optimising QOL through sex steroids by their effects on neurotransmitters

**Menstrual disorders in perimenopause**
Steve Goldstein US Modern evaluation of perimenopausal bleeding
Risa Kagan US Management of perimenopausal bleeding
John J Sciarra CA Surgical options for perimenopausal bleeding

**Premature ovarian insufficiency**
Svetlana Vujovic RS Understanding etiology of POI
Walter Rocca US Bilateral oophorectomy, estrogen deprivation, and accelerated aging
Nick Panay GB Advances in global POI registry
Martha Hickey AU What happens after Menopause? (WHAM): New findings from a large, multicentre, prospective controlled study of surgical menopause

Preventive strategies for osteoporosis
Aliya Khan CA Global strategies for osteoporosis prevention
Florence Tremolliers FR Assessment and hormonal management of Osteoporosis
Tobie De Villiers ZA Non hormonal treatment of osteoporosis – where next?
Antonina Smetnik RU Screening for osteoporosis in amenorrheic and postmenopausal women

Beyond estrogen – what are the options?
JoAnn Pinkerton US Advances in TSECs & SERMS
Chua Yang SG Traditional Chinese Medicine for symptom relief
Richard Anderson GB New pathways in treatment of menopause symptoms

Optimising the pelvic floor
John Delancy US The pelvic floor laid open
Tommaso Simoncini IT Advances in surgical strategies for prolapse
Tim Hillard GB Urinary Incontinence – stress and overactive bladder

Obesity: challenges and strategies
Sunila Khandelwal IN Obesity: Lifestyle and dietary strategies
Peter Chedraui EC Metabolic syndrome during female midlife: What are the risks?
Konstantinos Tserotas PA Obesity – impact on symptom severity

**Meet the Expert**
Sessions that will enable more personal contact with the experts.

Fertility options after 40 – what is realistic, what is not?
Tevfik Yoldemir TR • Scott Nelson UK

How to assess breast cancer risk and which menopause treatment for which patient?
Serge Rozenberg BE • Anne Gompel FR

Management of menopause lessons from East & West
Corazon Zaida N. Gamilla PH • Jenny Blake CA

Management of osteopenia and osteoporosis
Tobie de Villiers ZA • Aliya Khan CA

Managing adverse effects of MHT
Rodney Baber AU • Wendy Wolfman CA

Optimising MHT for Cardiovascular Health
John Stevenson UK • Cynthia Stuenkel US

Practical management of Premature Ovarian Insufficiency
Duru Shah IN • Blazej Mecezalski PL

Starting & Stopping HRT: How to do it safely?
Amos Pines IL • Elaine Jolly CA

**Future Research Directions**
Anna Fenton NZ How to review a manuscript?
Rod Baber AU Getting ready for publication
Robin Bell AU The medical literature – what is wrong with it and what can we do about it?

Breaking news!
Sonia Cerdas CR Vit D – the controversy continues!
James Pickar US Life Beyond WHI – ethical reporting of data
Margery Gass US Compounded Bioidentical HT – the latest position

Further symposia will be organized by Scientific Societies part of the CAMS and other Scientific Societies.
The Scientific Committee will ensure that the Program contains the most up-to-date topics, controversies and the best available Faculty, as relevant to our Mission Statement.

The Scientific Program will be submitted for accreditation by:

» the Royal College of Physicians and Surgeons of Canada
» the College of Family Physicians of Canada
» the American Medical Association (AMA)
» the European Union for Medical Specialists (UEMS)

### Congress Course

**The Perimenopause: challenges & solutions**

*The cost of the course is not included in the registration fee and must be purchased separately*

**Tim Rowe** CA  
Physiology of menopause transition

**Wendy Wolfman** CA  
Case 1: Diagnosis and Management of the Perimenopause

**Amos Pines** IL  
Risk assessment & screening in perimenopause

**Marla Shapiro** CA  
Case 2: Breast Cancer in the perimenopause

**Cynthia Stuenkel** US  
Case 3: CVD & Diabetes in the perimenopause

**Robert Reid** CA  
MHT regimens in the perimenopause

**Denise Black** CA  
Case 4: Oral and Transdermal MHT

**Christine Derzko** CA  
Case 5: Local vaginal therapies

**Michel Fortier** CA  
Case 6: Progestins and Progestin intolerance

### Breakfast

**Meet the Expert Breakfast tables**

Meet the Expert Breakfast tables will be organized on Thursday, Friday and Saturday mornings.

Maximum of 9 available seats for each expert table.

*The cost of the Meet the Expert Breakfasts is not included in the registration fee and must be purchased separately*

**THU 7TH MAY**

- Vasomotor Symptoms / Quality Of Life
- Don't forget sexual Quality Of Life!
- Osteoporosis management made easy
- Strategies for a healthy heart beyond Menopause
- Cognitive problems unravelled
- Why transdermal hormone therapy?
- VVA/GSM - don't forget to ask
- Fertility options in older women
- Breast cancer and HRT - case based discussions
- Contraception in the perimenopause - real life scenarios
- Managing vasomotor symptoms in **Chinese**
- Managing vasomotor symptoms in **Spanish**

**FRI 8TH MAY**

- Treatment options for vasomotor symptoms
- Post cancer treatment options
- Osteoporosis - advances in assessment & treatment
- Optimising HRT in women with cardiovascular disease
- Modern management of prolapse
- Managing adverse effects of HRT
- Use of the GSM tool in clinical practice
- Minimising risk of stroke
- Practical management of perimenopausal breast problems
- Premature ovarian insufficiency - case studies
- Managing vasomotor symptoms in **Chinese**
- Managing vulvo vaginal atrophy in **Spanish**

**SAT 9TH MAY**

- Management of the menopause pelvic mass
- Diagnostic strategies for perimenopausal bleeding
- Urinary incontinence - medical and surgical options
- Perimenopausal obesity - prevention and treatment strategies
- Female androgen therapy- pragmatic approaches
- Bioidentical hormone therapy - how I advise my patients
- Managing cervical abnormalities in perimenopause in **French**
- Strategies to optimise menopause health in **Russian**
- Selective estrogen receptor modulators in **Spanish**

*Further titles, along with a list of the experts involved, are available on www.imsvancouver2018.com*
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<td>e-Poster session ■ Coffee break and visit to the Exhibition Area</td>
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<tr>
<td>12:30-14:00</td>
<td>Lunch Symposium</td>
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<td>14:10-15:10</td>
<td>Symposium</td>
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<tr>
<td>15:10-15:40</td>
<td>Refreshments and visit to the Exhibition Area</td>
<td>Refreshments and visit to the Exhibition Area</td>
<td>Refreshments and visit to the Exhibition Area</td>
<td>Refreshments and visit to the Exhibition Area</td>
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<tr>
<td>15:40-17:10</td>
<td>Symposium</td>
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<tr>
<td>17:15-17:45</td>
<td>Plenary Lecture</td>
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<tr>
<td>17:50-18:20</td>
<td>Plenary Lecture</td>
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<tr>
<td>18:30-19:30</td>
<td>IMS ASSEMBLY</td>
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</table>
Abstract submission

Participants interested in presenting papers at the Oral and Poster sessions are invited to submit their abstracts.

All abstracts will be reviewed by the Abstract Reviewing Committee. The highest ranked abstracts among those submitted for oral presentation may be considered by the Scientific Program Committee for presentation during Symposia instead of Oral Communication Sessions.

The deadline for abstract submission is January 12th 2018

» Abstracts can only be submitted using the online form available on www.imsvancouver2018.com.

» Abstracts submitted via email or fax will not be accepted.

» Presenting authors will be notified whether their abstract has been accepted by February 27th 2018.

» Authors whose abstracts have been accepted must register for the Congress and pay the registration fee by March 20th 2018. Failure to do so will result in exclusion from the Scientific Program and the Book of Abstracts.

» The full Congress Scientific Program will be available on the website www.imsvancouver2018.com

» The abstract cannot be longer than 2000 characters and must be plain text: it is not possible to include tables and images, but you may insert data in the text of the abstract. Abstracts for free communications and posters should be divided into Objective – Methods – Results – Conclusions.

Prizes

The IMS Robert Greenblatt Prizes

Robert B. Greenblatt, co-founder and first President of the International Menopause Society, originally conceived the idea of awarding prizes to the two junior researchers who present the best papers in the field of the menopause. There are two prizes each of 2500GBP, for the best papers presented, in either basic research or clinical work.

» Award winners must be under 40 years of age or in training at the time of the Congress.

» They must have been the sole or principal researcher in the paper presented.

» Entrants for the Greenblatt prizes must submit their work in abstract form and tick the "Greenblatt prize" checkbox.

The IMS Awards Subcommittee will review the abstracts and select a shortlist of six candidates (three for clinical works and three for basic research). Shortlisted candidates will be invited to present their papers to the jury at a special oral session on the first day of Congress. The final vote will be taken and the names of the award winners announced during the Opening Ceremony.
Topics for Abstract submission

1. General menopause including
   - Epidemiology, basic science and clinical research
   - Diagnosis of menopause
   - Hormone and non-hormonal therapy
   - Premature ovarian insufficiency
   - The menopause after cancer
   - Other topics related to the menopause

2. Hormones and hormone action
   - Hormones and hormone receptor signaling mechanisms
   - Biological actions of sex steroids
   - Selective hormone receptor modulators
   - Novel treatments and regimens

3. Hormones and the metabolism including
   - Obesity
   - Metabolic syndrome
   - Insulin resistance, diabetes and dyslipidemia
   - Other topics related to hormones and the metabolism

4. Sexual function including
   - Epidemiology, basic science and clinical research
   - Treatment options – psychological and medical approaches

5. Menopause and cardiovascular system including
   - Epidemiology, basic science and clinical research
   - Hormones and coronary heart disease
   - Hormones and thrombosis
   - Hormones and cerebrovascular disease
   - Other cardiovascular topics

6. Menopause and the brain including
   - Neurosteroids and actions
   - Cognitive function
   - Sleep and sleep disorders
   - Alzheimer’s disease and other neurodegenerative disorders

7. Mood and mental disorders including
   - Epidemiology, basic science and clinical research
   - Hormonal and non-hormonal treatment of mood disorders
     (including perimenopausal and premenstrual depression)
   - Schizophrenia and other mental disorders

8. Musculoskeletal health including
   - Bone loss and osteoporosis
   - Sarcopenia
   - Pharmacological and non-pharmacological fracture prevention

9. Breast health including
   - Breast and breast cancer biology
   - Breast cancer epidemiology
   - Hormone therapy and breast cancer
   - Breast cancer screening and diagnosis
   - Tolerance and aromatase inhibitor-related side-effects
   - Adjuvant bisphosphonates
   - Other topics related to breast and breast cancer

10. Gynecology including
    - Abnormal uterine bleeding
    - Management of fibroids – medical and surgical
    - Endometriosis (in perimenopause and consequences of surgery)
    - PCOS – implications for menopause
    - Endometrial hyperplasia and cancer
    - Vulval and vaginal conditions – VVA/GSM and other disorders
    - Diagnostic gynecology
    - Urogynecology – including incontinence and prolapse

11. Other oncology including
    - Hormones and non-gynecological cancer
    - Screening, diagnosis and treatment of women
    - Treatment consequences in relation to the menopause
    - Novel non-hormonal treatment regimens

Congress Registration

Registration fees (VAT included)

<table>
<thead>
<tr>
<th>Registration fees (VAT included)</th>
<th>Until 23 Nov 2017</th>
<th>Until 20 Mar 2018</th>
<th>After 20 Mar 2018</th>
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<tbody>
<tr>
<td>Delegate</td>
<td>€ 500 (approx 745 CAD)</td>
<td>€ 650 (approx 960 CAD)</td>
<td>€ 820 (approx 1220 CAD)</td>
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<tr>
<td>Delegate IMS Member</td>
<td>€ 450 (approx 670 CAD)</td>
<td>€ 550 (approx 800 CAD)</td>
<td>€ 700 (approx 1040 CAD)</td>
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<tr>
<td>Delegate from Developing Countries (WHO list)</td>
<td>€ 410 (approx 610 CAD)</td>
<td>€ 500 (approx 740 CAD)</td>
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<tr>
<td>Trainees, nurses and technicians (status to be certified)</td>
<td>€ 410 (approx 610 CAD)</td>
<td>€ 410 (approx 610 CAD)</td>
<td>€ 410 (approx 610 CAD)</td>
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<td><strong>Congress Course “The Perimenopause: Challenges &amp; Solutions”</strong></td>
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<td>€ 100 (approx CAD 150)</td>
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<tr>
<td><strong>Meet the expert Breakfast (each)</strong></td>
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<td>€ 30 (approx CAD 45)</td>
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</table>

Registration includes:

- Access to the congress sessions except the Congress Course and the Meet the expert breakfasts
- Access to the exhibition area
- CME Credits
- Congress kit including abstracts pendrive

Register online on WWW.IMSVANCOUVER2018.COM

1. Go to the registration page and create for free your account
2. Once in your profile page click on the registration button
The IMS was founded in 1978 and is a Charitable Incorporated Organisation based in the UK within the confines of The Charities Commission. The aims of the IMS are to promote education, study and research on all aspects of adult women’s health; membership of the IMS is open to individual scientists and health professionals who are involved in basic research or clinical work in menopause and adult women’s health, or those individuals who have an interest in these or other aspects of this particular field. National and regional menopause societies may apply for affiliation to the IMS.