

11th Congress of the **European Menopause and Andropause Society**
Empowering a personalized approach towards healthy aging

MONDAY 22 - WEDNESDAY 24 MAY 2017
RAI, AMSTERDAM



Ask the Expert sessions

Discussion of case scenarios



Monday, 22.05.2017

Ask the Expert 1: Optimizing a healthy menopause: diet and lifestyle. Discussion of clinical cases.

Ingrid Pinas, Netherlands

- Coronary artery disease after laparoscopic sterilization at age 34 and subsequent untreated premature ovarian failure in an obese woman with unhealthy lifestyle and family history positive for acute deaths.
- Obesity and vegetarian lifestyle in a 48-year old perimenopausal woman: strategies to manage vasomotor and urogenital symptoms and prevent development of cardiovascular complications

Johannes Bitzer, Switzerland

- A 52-year old woman comes for her yearly check-up. At the end of the consultation she says „*I am no more interested in sex, if it would not be for my husband I could live without sex, but I think it is a problem for him* “
- A 68 year old patient presents after a long period of not showing up for check-ups. The gynaecological exam reveals a high grade atrophy of the vaginal mucosa and some lichen at the vulva. Since many years she suffers from dyspareunia which she did hide from her husband out of fear that he may be offended.

Pauline Maki, USA

- A 50-year old woman, healthy with mild hot flashes. Her main complaint is that she is forgetful at work and in social situations. Her mother has Alzheimer's disease and she worries about whether she, too, might be getting dementia.
- Deanne is a 48 year-old woman. During her annual exam, she said her periods are not as regular as they used to be but she had not skipped any periods. She said that she has felt sad a lot lately, has had trouble sleeping, and has withdrawn from her friends. These symptoms have affected her ability to maintain relationships and function at work as a corporate lawyer.

Alessandra Graziottin, Italy

- A 52- year old woman, 7 years postmenopausal, who refused MHT because of fear of breast cancer. She has celiac disease and she is vegan. She is on oral ospemifene therapy for urogenital atrophy. Her main complaint: leg cramps.
- A 41-year old woman with iatrogenic menopause due to endometrial cancer and a family history of hip fracture.

Ask the Expert 2: How to get your research published

Margaret Rees, UK. What editors look out for and why

Greyling Peoples, Netherlands. Elsevier help tools for authors

Susan Dutton, UK. Publication guidelines (STROBE, PROSPERO etc)

Ask the Expert 3. Transgender health. Discussion of clinical cases.

Christina Merigiola, Italy

- Alopecia and boldness
- Perioperative interruption of cross-sex hormones

Svetlana Vujovic, Serbia

- Progestin use postoperatively

John Dean, UK

- Sex before and after sex reassignment surgery

Mick van Trotsenburg, Netherlands

- Obesity as a contraindication for sex reassignment surgery
- Non-binary request on the edge



Tuesday, 23.5.2017

Ask the Expert 4. A personalized approach to Menopausal Hormone Therapy: Discussion of clinical cases

Lubna Pal, USA

- A 38-year-old patient who is known BRCA1 mutation carrier recently underwent a prophylactic risk reducing bilateral salpingo-oophorectomy. She is now experiencing severe vasomotor symptoms and poor sleep. Her primary care provider and her oncologist have strongly advised her against use of menopausal hormones.
- A 58 year- old postmenopausal woman seeking consultation for bothersome and progressive thinning of scalp hair. Menopause was at age 53. Her BMI is 32kg/m², acknowledges progressive weight gain, particularly noticeable since her menses stopped.

Mark Brincat, Malta

- A 60-year-old postmenopausal woman with late menopause at the age of 57. BMI 38. Severe hot flushes, joint pain, anxiety and lack of concentration after hysterectomy + bilateral salpingoophorectomy for cystic endometrial hyperplasia.

Juan Blumel, Chile

- A 42-year-old woman with normal menstrual flow who has hot flushes and depressive mood.

Susan Davis, Australia

- A 49- year old woman, 2 years postmenopausal. She is under compounded hormone therapy. She hands you the results of the salivary tests she has had performed and seeks your opinion on her medication, the test results and the doses.
- A 54-year old woman, 2 years postmenopausal, is now concerned about her flushes and her bones. Her mother and maternal aunt were diagnosed with breast cancer in their 70s and her mother had a hip fracture at 65 and has bad kyphosis.

Sophia Kalantaridou, Greece

- A 28-year-old woman with secondary amenorrhea following bone marrow transplantation for acute leukemia.

Mary Ann Lumsden, UK

- A 48-year old woman with heavy menstrual bleeding. Overweight, previous myomectomy. Ultrasound: six fibroids, the largest 8cm. She wishes to avoid surgery.
- A 68-year old woman with severe hot flushes. She had been on HRT until 18 months previously but was stopped by her GP because of her age. She has hypertension and is on an antihypertensive and a statin. She is very overweight but does not have T2DM. She is desperate to restart her HRT.

Ask the Expert 5. Managing menopause in the workplace: Discussion of cases

Herman Depypere, Belgium

- Everything came at the same time for Nathalie, her long awaited appointment as head of the department and her vasomotor symptoms. How to tackle both challenges?

Henk Oosterhof, Netherlands

- A 50-year old woman works in a pastry factory. She suffers of frequent hot flushes which results in excessive sweetening. Her employer fires her because of this unhygienic situation.

Cassandra Szoeki , Australia

- A 61-year old otherwise reliable female supermarket cashier leaves her box more and more frequently to go to the restroom, without explanation to the manager. Clients start to complain.

Martin Birkhauser, Switzerland

- A lawyer observes a progressive mood change in one of his assistants, a pretty married female bachelor of law, 54 years old. She looks sad, what is new for him. He fears a depression. What should/can he do?

Marije Geukes, Netherlands

- The past few months a 52- year old female human resource manager has been struggling to keep her attention during performance interviews with employees. If she could only have a good night rest, as to regain her focus at work.



Wednesday, 24.05.2017

Ask the Expert 6. Non-HT, alternative and complementary therapies for menopause: Discussion of clinical cases

Henke Franke, Netherlands

- A 42-year old woman who has an irregular cycle complains of a loss of libido. She had undergone a sterilization and she doesn't want hormone therapy. What would you recommend?
- A 58-year old woman had a fracture of her left wrist. DXA investigation demonstrated osteoporosis. She has minor hot flushes but doesn't want hormone therapy nor bisphosphonates. What would you recommend?

Margaret Rees, UK

- A 45-year old woman asks advice about how her hot flushes can be dealt with. She is taking tamoxifen following lumpectomy and radiotherapy for breast cancer. What would be your initial recommendation?
- A 64-year old woman asks advice about how her vaginal dryness can be dealt with. She has no hot flushes. What would you recommend?

Petra Stute, Switzerland

- A 50-year old perimenopausal woman presenting with depressive symptoms, hot flushes and sleep disturbances, not wanting hormone therapy.
- A 55-year old breast cancer survivor treated with aromatase inhibitors suffering from arthralgia

Amos Pines, Israel

- A 52-year old woman with hot flushes and fatigue refuses to receive MHT. She has already tried some herbal products, which were not effective enough. She asks whether there are alternative medications with proven effects.
- A 62-year old woman presents with painful intercourse, vaginal itching and irritation. She refuses to take HRT, local or systemic, because of family history of breast cancer. She has tried lubricants but hated the texture.

Sonia Cerdas, Costa Rica

- A 60-year old woman, 8 years postmenopausal with osteopenia at the femoral neck (T-score -2.3).
- A 54-year old woman with severe hot flushes, fatigue, insomnia, genetic thrombophilia and a personal history of deep venous thrombosis.

Ask the Expert 7. Genitourinary syndrome of menopause: counseling, drugs and lasers: Discussion of clinical cases.

Manuel Neves-e-Castro, Portugal

- A 69-year old woman presents with recurrent E-coli cystitis, despite repeated antibiotic treatment.
- A 54-year old woman, 3 years postmenopausal, presents with painful intercourse and vaginal irritation.

Rossella Nappi, Italy

- Maria, 45 years of age, has premature menopause and is on menopausal hormone therapy (MHT). She presents with recurrent urinary tract infections.
- Great, 48 years of age, presents with severe sexual dysfunction after surgical menopause induced by bilateral oophorectomy and hysterectomy for fibroids.

Ivan Fisticic, Croatia

- A 40-year old woman with premature menopause due to ER positive breast cancer treatment suffers from serious sexual difficulties due to dyspareunia.
- A 58-year old woman suffers from stress urinary incontinence. This has compromised her quality of life, as she can no longer exercise as much as previously and she has to visit the restroom many times during the day.

Gloria Bachmann, USA

- A 48-year old woman with normal menstrual cycles presents with vulvar pain and itching. Physical examination is unremarkable and vaginal fluid cultures negative.
- A 52 year old lesbian woman, menopausal for 3 years, presents to the office with lacerations noted on her vulva.