



Promoting excellence  
in health education

# Menopause Study Morning

## Saturday 10th November 2018

**Blackpool Hotel, Conference Centre & Spa  
(formerly the Hilton Hotel)**

**North Promenade, Blackpool FY1 2JQ**

Additional Content in  
form of a Sponsored  
Symposium by Bayer  
on Contraception in  
the perimenopause

Introducing your speaker

**Kathy Abernethy**

**Senior Nurse Specialist**

**Menopause Clinical and Research Unit**

**Northwick Park Hospital**

**Harrow**

**All delegates will receive**

- A set of lecture notes available for download for delegates' personal use
- A certificate for your appraisal portfolio

**Course Accredited for 4 hours CPD**

## Meet the Speakers ...

### Dr Tina Peers

Dr Tina Peers is a Consultant In Contraception and Reproductive Health and also a Menopause Specialist, working at the Chelwest in London with Mr Nick Panay.

She had 24 years' experience as the Clinical Lead for Contraceptive Services in Surrey.

Tina loves teaching and has worked Internationally lecturing on both the Menopause and Contraception.



### Kathy Abernethy

Kathy is Chairman of the British Menopause Society and works in a busy NHS Service, as part of an award winning menopause team with a multidisciplinary approach to Menopausal care.

She has a Masters in Community Gynaecology and Reproductive Women's Health and as a prescriber, her consultations are independent and holistic. She aims to inform women about the Menopause and enable women to make confident therapy choices.

Kathy is an enthusiast for Menopause education and regularly teaches health professionals of all disciplines on Menopause and its management.

She is director of "the Menopause Course" an educational initiative specifically for nurses and author of the book for women 'Menopause: The One-Stop Guide'.



## Your Learning Agendas ...

- ▶ Menopause Assessment - what is normal?
- ▶ Impact of menopause on health
- ▶ HRT Update on benefits and risks
- ▶ Alternative therapy choices - what is the evidence?
- ▶ Practical Prescribing - which HRT for which women?
- ▶ Review of NICE Guidelines
- ▶ Discussion and questions

## Programme ...

<b>8.45-9.15am</b>	<b>Registration, Coffee &amp; Exhibition</b>
<b>9.15-10.00am</b>	<b>Dr Tina Peers</b> <b>Contraception in the perimenopause</b>
	 This promotional symposium is organised and funded by Bayer Plc
<b>10.00-11.30am</b>	<b>Kathy Abernethy - Session 1</b> <b>Assessment, diagnosis, impact on women</b>
<b>11.30-12.00am</b>	<b>Exhibition &amp; Coffee</b>
<b>12.00-1.30pm</b>	<b>Kathy Abernethy - Session 2</b> <b>Treatment choices - HRT and non HRT,</b> <b>practical prescribing issues</b>
<b>1.30pm</b>	<b>Conference closes</b>

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- Book and pay online at [www.medicconf.co.uk](http://www.medicconf.co.uk)
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