

# Menopause Study Morning

## Saturday 30th November 2019

**Jurys Inn Middlesbrough  
Fry Street, Middlesbrough TS1 1JH**

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  
3 hours CPD**

## Meet the Speaker ...

### 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'.



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## Your Learning Agenda ...

- ▶ 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 ...

9.00 - 9.30am	Registration, Coffee & Exhibition
9.30 - 11.00am	Session 1 Assessment, diagnosis, impact on women
11.00 - 11.30am	Coffee, Biscuits & Exhibition
11.30 - 1.00pm	Session 2 Treatment choices - HRT and non HRT, practical prescribing issues
1.00pm	Conference Closes

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