13th European Congress on Menopause and Andropause, 08 - 10.09.2021
Virtual Congress

Scientific Programme

Tuesday, 07 September 2021

Open Door Day
09:00 - 21:00
Room 1

Open Door Day
Please find the Programme here: <a href="https://2021.emas-online.org/open-door-day/">Open Door Day - 13th European Congress on Menopause and Andropause (emas-online.org)</a>

Exhibition
09:00 - 21:00
Corporate Page

Corporate partners
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Scientific Programme

Wednesday, 08 September 2021

Society Symposium
08:00 - 09:00 Room 1

**Dutch Menopause Society**

**Chairs:**
Chair: Dorenda van Dijken (Netherlands)

- **The many-minded pursuit of profit? A multidisciplinary approach of complex menopause**
  Speaker: Dorenda van Dijken (Netherlands)
  08:00 - 08:20

- **SHBG and CVD risk: Friend or foe?**
  Speaker: Elif Aribas
  08:20 - 08:40

- **Hormones, sleep and mood: The knowns and unknowns**
  Speaker: Margot Morrsinkhof
  08:40 - 09:00

Society Symposium
08:00 - 09:00 Room 2

**Italian Menopause Society**

**Chairs:**
Chair: Maro Gallo
Chair: Angelo Cagnacci (Italy)

- **Epidemiology of Vulvo-vaginal atrophy (VVA)**
  Speaker: Angelo Cagnacci (Italy)
  08:00 - 08:15

- **VVA therapy. Role of Laser**
  Speaker: Marco Gambacciani (Italy)
  08:15 - 08:30

- **Pathophysiology of Postmenopausal Osteoporosis**
  Speaker: Anna Capozzi
  08:30 - 08:45

- **Cardiovascular Pathophysiology in Menopause**
  Speaker: Silvia Maffei
  08:45 - 09:00

Poster Session
08:00 - 21:00 E-Library on Demand

**Poster**
Scientific Programme

Does loneliness following empty nest impair sexual function and satisfaction of middle-aged Iranian women?

Acupuncture in the management of primary osteoporosis: a literature review published in the last 5 years

Association of diet with the onset of natural menopause: a systematic review and meta-analysis

Rename: an Argentinian population study on climacteric symptoms

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The importance of being a “lark” in menopause

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Exhibition
08:00 - 16:30

Corporate partners

Parallel Session
09:15 - 10:15
Room 1

Perimenopausal issues: Sleep, migraine and mood
Chairs:
Chair: Rosalia Silvestri (Italy)

Perimenopausal migraine
Speaker: Antoinette Maassen van den Brink (Netherlands) 09:15 - 09:30

PMS and allopregnanolone
Speaker: Torbjörn Bäckström (Sweden) 09:30 - 09:45

Sleep disorders and the menopause
Speaker: Rosalia Silvestri (Italy) 09:45 - 10:00

Discussions 10:00 - 10:15

Practical Session
09:15 - 10:30
Room 2

Managing the menopause without hormones
Chairs:
Chair: Risto Erkkola (Turku, Finland)

Health promotion for healthy ageing
Speaker: Tevfik Yoldemir (Turkey) 09:15 - 09:30

Exercise for menopausal health
Speaker: Risto Erkkola (Finland) 09:30 - 09:45

Diet and weight loss for menopausal symptoms
Speaker: Fatih Durmusoglu (Turkey) 09:45 - 10:00

Diet and cancer risk
Speaker: Nicola Veronese (Italy) 10:00 - 10:15

Discussions 10:15 - 10:30
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Society Symposium
09:15 - 10:15
Room 3

British Menopause Society

Chairs:
Chair: Haitham Hamoda (United Kingdom)

Bioidentical hormones: what should we be advising women? 09:15 - 09:45
Speaker: Haitham Hamoda (United Kingdom)

Androgens and the menopause 09:45 - 10:15
Speaker: Lynne Robinson

Parallel Session
10:45 - 11:45
Room 1

Meeting the challenge of menopause in the workplace

Chairs:
Chair: Marije Geukes (Netherlands)
Chair: Marco Gambacciani (Italy)

Menopause problems in the workplace 10:45 - 11:00
Speaker: Marije Geukes (Netherlands)

Training managers on menopause problems in the workplace 11:00 - 11:15
Speaker: Claire Hardy (United Kingdom)

The health and socioeconomic impact of menopause 11:15 - 11:30
Speaker: Marco Gambacciani (Italy)

Discussions 11:30 - 11:45

Practical Session
10:45 - 12:00
Room 2

Osteoporosis and osteoarthritis

Chairs:
Chair: Irene Lambrinoudaki (Greece)
Chair: Florence Tremollieres (France)

Screening for osteoporosis in the perimenopause 10:45 - 11:00
Speaker: Florence Tremollieres (France)

HRT and osteoporosis in the perimenopause 11:00 - 11:15
Speaker: Irene Lambrinoudaki (Greece)
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Osteoporosis in women living with and beyond cancer  
Speaker: Stavroula A. Paschou (Greece)

An update on osteoarthritis  
Speaker: Ali Mobasheri (United Kingdom)

Discussions

11:15 - 11:30
11:30 - 11:45
11:45 - 12:00

Society Symposium
10:45 - 11:45  Room 3

E.S.G.: BODY WEIGHT CONTROL BEFORE and AFTER MENOPAUSE

Chairs:
Chair: Andrea Genazzani (Italy)

Metabolic Changes at Menopausal Transition and after Menopause  
Speaker: Alessandro Genazzani

BWC after Menopause  
Speaker: Andrzej Milewicz

10:45 - 11:15
11:15 - 11:45

Parallel Session
13:00 - 14:00  Room 1

Advances in cancer medicine

Chairs:
Chair: Patrice Lopes (France)
Chair: Michael Kontos (Greece)

Prophylactic surgery for risk reduction  
Speaker: Patrice Lopes (France)

Molecular medicine in cancer  
Speaker: Blazej Meczekalski (Poland)

Breast screening  
Speaker: Michael Kontos (Greece)

Discussions

13:00 - 13:15
13:15 - 13:30
13:30 - 13:45
13:45 - 14:00
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Parallel Session
13:00 - 14:00 Room 2

Innovation through new information and communications technologies

Chairs:
Chair: Alan Godfrey (United Kingdom)
Chair: Giovanni Scambia (Italy)

- Logistics of ICT technologies in ageing health 13:00 - 13:15
  Speaker: Giuseppe Coppini (Italy)
- Wearables for dementia 13:15 - 13:30
  Speaker: Alan Godfrey (United Kingdom)
- ICT technologies in the management of ovarian cancer 13:30 - 13:45
  Speaker: Giovanni Scambia (Italy)
- Discussions 13:45 - 14:00

Society Symposium
13:00 - 14:00 Room 3

International Menopause Society

Chairs:
Chair: Rossella Nappi (Italy)

- The GSM constellation: Do we treat signs, symptoms or both? 13:00 - 13:25
  Speaker: Rossella Nappi (Italy)
  Speaker: Santiago Palacios (Spain)
- Q&A 13:50 - 14:00

Plenary Session
14:15 - 15:30 Room 1

Women's health and ageing: A global perspective

Chairs:
Chair: Angela Maas (Netherlands)
Chair: Oscar Franco (Switzerland)

- Pandemics, health and ageing: implications and concerns 14:15 - 14:40
  Speaker: Oscar Franco (Switzerland)
- Women, menopause and COVID-19 14:40 - 15:05
  Speaker: Janice Rymer (United Kingdom)
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Equal opportunities in women's health
Speaker: Angela Maas (Netherlands) 15:05 - 15:30

Sponsored Symposium
15:30 - 16:30
Room 1

Sponsored Symposium

Oral
16:30 - 18:00
Room 3

Oral Abstracts 1

The impact of oxytocin vaginal gel on sexual function in postmenopausal women: a randomized controlled trial
Speaker: Parvin Abedi (Iran, Islamic Republic of) 16:30 - 16:45

Elinzantet (NT-814): a novel, non-hormonal dual NK-1,3 receptor antagonist for the treatment of vasomotor symptoms - key findings from the Phase 2 SWITCH-1 study
Speaker: James Simon 16:45 - 17:00

Effects of estetrol on vaginal cytology, genitourinary syndrome of menopause and health-related wuality of life: results from the E4Relief Phase 2b Study
Speaker: Ulysse Gaspard (Belgium) 17:00 - 17:15

A moisturizing gel with high concentration of hyaluronic acid in niosomes for vaginal dryness and dyspareunia. Interim analysis of a clinical trial
Speaker: Santiago Palacios (Spain) 17:15 - 17:30

Menopausal hot flushes severity is associated with hepatic steatosis index values
Speaker: Nikoletta Mili (Greece) 17:30 - 17:45

17:00 - 17:30
Room 1

EMAS General Assembly
For EMAS Members - on invitation only
Thursday, 09 September 2021

Plenary Session
08:00 - 09:00

Room 1

Menopause care in the digital age

Chairs:
Chair: Tommaso Simoncini (Italy)

Wearables and apps
Speaker: Tommaso Simoncini (Italy) 08:00 - 08:30

Medical communication in 2021, moving from traditional media to internet
Speaker: Alessandra Graziottin (Italy) 08:30 - 09:00

Poster Session
08:00 - 21:00

E-Library on Demand

Poster

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Society Symposium
09:15 - 10:15
Room 1

Deutsche und Schweizerische Menopause Gesellschaft

Chairs:
Chair: Petra Stute (Switzerland)
Chair: Katrin Schaudig (Germany)

Changes of body weight and body composition across the menopausal transition
Speaker: Katrin Schaudig (Germany)

Lifestyle Interventions for body weight control
Speaker: Birgit Zyriax (Germany)

Impact of MHT on body weight and body composition
Speaker: Petra Stute (Switzerland)
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Society Symposium
09:15 - 10:15 Room 2

**Polish Society of Gynecological Endocrinology: Premature ovarian insufficiency (POI) as important clinical problem**

**Chairs:**
Chair: Blazej Meczekalski (Poland)
Chair: Roman Smolarczyk (Poland)

- **Premature ovarian insufficiency (POI) and autoimmune diseases.** 09:15 - 09:35
  Speaker: Ewa Rudnicka

- **Infertility among patients with POI** 09:35 - 09:55
  Speaker: Roman Smolarczyk (Poland)

- **Why bones are important in POI women?** 09:55 - 10:15
  Speaker: Blazej Meczekalski (Poland)

Parallel Session
10:30 - 11:30 Room 1

**Ageing after gender-affirmative treatment**

**Chairs:**
Chair: Mick van Trotsenburg (Netherlands)
Chair: Cristina Meriggiola

- **Gender transition at midlife and beyond** 10:30 - 10:45
  Speaker: Mick van Trotsenburg (Netherlands)

- **Puberty blockers and long-term health** 10:45 - 11:00
  Speaker: Alessandra D Fisher (Italy)

- **Bone development in the course of time** 11:00 - 11:15
  Speaker: Cristina Meriggiola

- **Discussions** 11:15 - 11:30

Oral
10:30 - 11:30 Room 2

**Late Breaking Science**

- **Results of a Phase 1 pharmacokinetic and safety study of DARE-HRT1, a 28-day intravaginal ring for codelivery of bio-identical estradiol and progesterone**
  Speaker: David R. Friend (United States)
Scientific Programme

*Serum follicle stimulating hormone to oestradiol ratio as a biomarker for the menopausal transition: a secondary analysis on women in the Study of Women's Health Across the Nation*
Speaker: Raymond H.W. Li (Hong Kong)

*Design and development of the content of a mobile application to reduce risk factors for Metabolic Syndrome in the climacteric*
Speaker: Sandra Riofrío Terrazas (Chile)

*Link Between Depression and Overall Mortality in Post-Menopausal Women in a Nationally Representative Population*
Speaker: Sri Banerjee (Switzerland)

*Association between suicidal ideation and cardiovascular mortality in postmenopausal women*
Speaker: Sri Banerjee (Switzerland)

**Junior Mentorship Programme**
10:30 - 11:00  
Room 3

**Depressive symptoms and related factors in mid-aged women from Paraguay**  
10:45 - 11:00  
Speaker: Anastasia Armeni (Greece)

**Oral Abstracts 2**
11:00 - 12:00  
Room 3

*Descriptive analysis of the factors affecting sexual dysfunction in postmenopausal women.*  
Speaker: A Armeni (Greece)

*Estetrol (E4) is a native fetal estrogen that does not modify coagulation markers in postmenopausal women and maintains sensitivity to activated protein C (APC)*  
Speaker: Jonathan Douxfils (Belgium)

*The role of neurokinin B in the pathophysiological mechanisms of vasomotor symptoms and sleep disorders in postmenopausal women*  
Speaker: Svetlana Yureneva (Russian Federation)

*Does urinary incontinence predicts sexual functioning, social isolation and productivity in middle-age women?*  
Speaker: Marta G. Porto (Portugal)
Gynaecological cancer

Chairs:
Chair: Margaret Rees (United Kingdom)
Chair: Johannes Bitzer (Basel, Switzerland)

12:30 - 12:45
The impact of gynaecological cancer
Speaker: Roberto Angioli (Italy)

12:45 - 13:00
HRT after gynaecological cancer
Speaker: Margaret Rees (United Kingdom)

13:00 - 13:15
Sexual health after cancer
Speaker: Johannes Bitzer (Switzerland)

13:15 - 13:30
Discussions

Men's health

Chairs:
Chair: Dimitrios Goulis (Thessaloniki, Greece)

12:30 - 12:45
Treatment of male infertility
Speaker: Christos Tsametis (Greece)

12:45 - 13:00
Testosterone and healthy ageing
Speaker: Dimitrios Goulis (Greece)

13:00 - 13:15
Sexual Medicine
Speaker: Giovanni Corona

13:15 - 13:30
Discussions

Oral Abstracts 3

The effect of menopausal hormone therapy on melanoma and keratinocyte skin cancer risk: a systematic review and meta-analysis of observational studies
Speaker: Konstantinos Lallas (Greece)
Scientific Programme

Real-world evaluation of the impact, treatment patterns, and patient and physician perceptions of vasomotor symptoms associated with menopause in Europe and the United States 12:45 - 13:00
Speaker: Petra Stute (Switzerland)

TIME FOR CHANGE: Improving the menopausal experience in the workplace for UK doctors 13:00 - 13:15
Speaker: Karmanpreet Bhullar (United Kingdom)

Long Covid and menopause - the important role of hormones in Long Covid must be considered 13:15 - 13:30
Speaker: Louise Newson (United Kingdom)

Parallel Session
13:45 - 14:45 Room 1

Benign gynaecology 1: Uterus and ovary
Chairs:
Chair: Ludwig Kiesel (Germany)
Chair: Felice Petraglia (Italy)

Endometriosis after menopause 13:45 - 14:00
Speaker: Ludwig Kiesel (Germany)

Endometrial assessment during the perimenopause 14:00 - 14:15
Speaker: Steven Goldstein (United States)

Medical advances for benign gynaecological disorders 14:15 - 14:30
Speaker: Felice Petraglia (Italy)

Discussions 14:30 - 14:45

Parallel Session
13:45 - 14:45 Room 2

Mental health and brain function
Chairs:
Chair: Andrea Genazzani (Italy)
Chair: Rebecca Thurston (United States)

Neuro-hormonal basis of brain ageing 13:45 - 14:00
Speaker: Andrea Genazzani (Italy)

The complex significance of vasomotor symptoms at menopause 14:00 - 14:15
Speaker: Rebecca Thurston (United States)
## Scientific Programme

### Brain aging and cognition
14:15 - 14:30  
Speaker: Pauline Maki (United States)

### Discussions
14:30 - 14:45

### Oral Abstracts 4

**Cognitive remediation for women during the menopausal transition: a pilot study**
13:45 - 14:00  
Speaker: Elena C. Ballantyne (Canada)

14:00 - 14:15  
Speaker: Laura Balcells Eichenberger (Spain)

**Effect of a Trigonella foenum graecum-based food supplement on sexual function. Interim analysis of a real-life study**
14:15 - 14:30  
Speaker: Santiago Palacios (Spain)

**An audit of identification rates and reporting quality of vertebral fragility fractures in Royal Preston Hospital**
14:30 - 14:45  
Speaker: Beverly Yeap (United Kingdom)

### EMAS Debate
15:00 - 16:00  
Room 1

**Vitamin D for menopause?**

**Chairs:**  
Chair: Panagiotis Anagnostis (Greece)  
Chair: Sarantis Livadas

**Skeletal effects of vitamin D during menopause**
15:00 - 15:20  
Speaker: Sarantis Livadas

**Extraskeletal of vitamin D during menopause**
15:20 - 15:40  
Speaker: Panagiotis Anagnostis (Greece)
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EMAS Debate
15:00 - 16:00

Laser for GSM?
Chairs:
Chair: Ivan Fistonic (Zagreb, Croatia)
Chair: Linda Cardozo (United Kingdom)

Pros & Cons
Speaker: Linda Cardozo (United Kingdom)
Speaker: Ivan Fistonic (Croatia)

Society Symposium
15:00 - 16:00

Argentine Association of Menopause and Andropause
Chairs:
Chair: Mónica Ñañez
Chair: Élida Rodriguez

High Intensity Focused Ultrasound: another alternative for the SGM 15:00 - 15:20
Speaker: Mónica Ñañez

Changes in the skin and hormonal déficit in menopause and andropause 15:20 - 15:40
Speaker: Alejandra Elizalde Cremonte

Middle age sleep disorders and metabolic syndrome in menopause and andropause 15:40 - 16:00
Speaker: Alejandra Belardo

Sponsored Symposium
16:00 - 17:00

Industry Roundtable Discussion
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Friday, 10 September 2021

Sponsored Symposium
08:00 - 09:00
Room 1

Sponsored Symposium

Poster Session
08:00 - 21:00
E-Library on Demand

Poster

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Exhibition
08:00 - 15:30

Corporate partners

Plenary Session
09:15 - 10:15
Room 1

Heart health in women

Gender in cardiovascular diseases
Speaker: Taulant Muka (Switzerland) 09:15 - 09:45

Heart health a personalised approach
Speaker: Maria Grazia Modena (Italy) 09:45 - 10:15

Society Symposium
09:15 - 10:15
Room 2

Spanish Society

How safe is MHT according to age, time of menopause onset, and treatment duration? 09:15 - 09:23
Speaker: Laura Baquedano

How safe is MHT in women with thrombotic risk? 09:23 - 09:31
Speaker: Isabel Ramírez

How safe is MHT in women with a personal history of cardiovascular disease? 09:31 - 09:39
Speaker: Sonia Sánchez

How safe is MHT in women with metabolic syndrome? 09:39 - 09:47
Speaker: Jesús Presa
Scientific Programme

How safe is MHT in women with gastrointestinal diseases? 09:47 - 09:55
Speaker: Borja Otero

How safe is MHT in female survivors of breast cancer? 09:55 - 10:03
Speaker: Daniel Lubián

Which are the most important pharmacological interactions with MHT? 10:03 - 10:11
Speaker: María Fasero

Society Symposium
09:15 - 10:15  Room 3

ISGE: DHEA and MEOPAUSE HORMONE THERAPY

Chairs:
Chair: Tommaso Simoncini (Italy)

Oral therapies 09:15 - 09:45
Speaker: Andrea Genazzani (Italy)

Local therapies 09:45 - 10:15
Speaker: Rossella Nappi (Italy)

Parallel Session
10:30 - 11:30  Room 1

Genito-urinary system and sexual dysfunction

Chairs:
Chair: Angelica Lindén Hirschberg (Sweden)
Chair: Susan Davis (Australia)

Topical preparations for GUS 10:30 - 10:45
Speaker: Angelica Lindén Hirschberg (Sweden)

Androgen treatment for hypoactive sexual desire 10:45 - 11:00
Speaker: Susan Davis (Australia)

Impact of symptom severity and quality of life on management 11:00 - 11:15
Speaker: Rossella Nappi (Italy)

Discussions 11:15 - 11:30
13th European Congress on Menopause and Andropause, 08 - 10.09.2021
Virtual Congress

Scientific Programme

Parallel Session
10:30 - 11:30
Room 2

Cardiovascular ageing and hormones

Chairs:
Chair: Eleni Armeni (Athens, Greece)
Chair: Angelo Cagnacci (Italy)

Menopause, androgens and cardiovascular ageing 10:30 - 10:45
Speaker: Eleni Armeni (Greece)

PCOS and cardiovascular health after menopause 10:45 - 11:00
Speaker: Bülent Yildiz (Turkey)

Perimenopausal predictors of future cardiovascular risk 11:00 - 11:15
Speaker: Angelo Cagnacci (Italy)

Discussions 11:15 - 11:30

Oral
10:30 - 11:30
Room 3

Oral Abstracts 5

Speaker: Patricia Muro Blanc (Spain)

Real-world experience with ospemifene after 3, 6 and 12 months’ follow-up: a Spanish cohort of 100 postmenopausal women with VVA 10:45 - 11:00
Speaker: Carmen pingarron santofimia (Spain)

Association of hormonal exposure with walking function among French women: data from the CONSTATANCES Study 11:00 - 11:15
Speaker: Maryline Laine-Le Noan (France)

Bidirectional association between physical multimorbidity and subclinical depression in Chinese older adults: findings from a prospective cohort study 11:15 - 11:30
Speaker: Xiaolin Xu (China)

Oral
11:30 - 12:30
Room 2

Oral Abstracts 6
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Metabolic disorders in women with premature ovarian failure 11:30 - 11:45
Speaker: Madinabonu Salimova (Russian Federation)

The severity of menopausal symptoms is associated with the presence of diabetes mellitus and adiposity 11:45 - 12:00
Speaker: Stelios Kopanos (Greece)

Relation between hot flushes and endothelial dysfunction in postmenopausal women 12:00 - 12:15
Speaker: E Cansu Cevik (Turkey)

Serum levels of retinol binding protein - 4 are associated with the arterial stiffness in early postmenopausal women 12:15 - 12:30
Speaker: Eleni Armeni (Greece)

Society Symposium
11:30 - 12:30
Room 3

Turkish Society Symposia

Chairs:
Chair: C. Tamer Erel (Turkey)

Covid infection and Menopause 11:30 - 11:50
Speaker: C. Tamer Erel (Turkey)

Management of Menopausal Symptoms for Breast Cancer Survivor 11:50 - 12:10
Speaker: Tevfik Yoldemir (Turkey)

Can fibromyalgia be considered a characteristic symptom of climacterium 12:10 - 12:30
Speaker: İpek Özçivit

Parallel Session
12:30 - 13:30
Room 1

Benign gynaecology 2: Pelvic floor

Chairs:
Chair: Iuliana Ceausu (Bucharest, Romania)
Chair: Dudley Robinson (United Kingdom)

Are menopause and pelvic floor diseases linked? 12:30 - 12:45
Speaker: Stefano Salvatore (Italy)

Meeting the needs of postmenopausal women with pelvic organ prolapse 12:45 - 13:00
Speaker: Iuliana Ceausu (Romania)
Scientific Programme

Challenges in the management of pelvic floor disorders without meshes 13:00 - 13:15
Speaker: Dudley Robinson (United Kingdom)

Discussions 13:15 - 13:30

Parallel Session
12:30 - 13:30 Room 2

Health and fertility in the late reproductive years

Chairs:
Chair: Sophia Kalantaridou (Greece)
Chair: Nicolas Mendoza (Spain)

Premature Ovarian Failure and fertility 12:30 - 12:45
Speaker: Sophia Kalantaridou (Greece)

Reproductive predictors of cardiovascular ageing 12:45 - 13:00
Speaker: Nicolas Mendoza (Spain)

Predicting ovarian ageing 13:00 - 13:15
Speaker: Bart C. Fauser (Netherlands)

Discussions 13:15 - 13:30

EMAS School
12:30 - 13:30 Room 3

Menopause essentials

Chairs:
Chair: Peter Chedraui (Guayaquil, Ecuador)
Chair: Haitham Hamoda (United Kingdom)

Short and long term-effects of the menopause 12:30 - 12:45
Speaker: Peter Chedraui (Ecuador)

Virtual menopause consultations 12:45 - 13:00
Speaker: Kathy Abernethy (United Kingdom)

Practical prescribing and medicine shortages 13:00 - 13:15
Speaker: Haitham Hamoda (United Kingdom)

Managing chronic pelvic pain after the menopause 13:15 - 13:30
Speaker: Mauro Cervigni (Italy)
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Scientific Programme

Plenary Session
13:45 - 14:45

Room 1

Diet for midlife health

The Mediterranean Diet for midlife health
13:45 - 14:15
Speaker: Antonio Cano (Spain)

Dietary supplements: are they really useful?
14:15 - 14:45
Speaker: Stefano Lello (Italy)

Closing Ceremony
14:45 - 15:15

Room 1

Closing Ceremony