Mabuhay Philippines!

ASIA PACIFIC MENOPAUSE FEDERATION

The 7th Scientific Meeting in Manila, Philippines

May 29 - 31, 2019
EDSA Shangri-La Hotel
Garden Way, Ortigas Center,
Mandaluyong City, Metro Manila
1650 Philippines

In conjunction with the
Philippine Society of
Climacteric Medicine

CALL for ABSTRACTS
Deadline of Submission: February 28, 2019
See website (www.apmf2019.com) for details

INVITED SPEAKERS

Dr. Robert Langer (USA)
Dr. Santiago Palacios (Spain)
Dr. Susan Davis (Australia)
Dr. Mary Ann Lumsden (UK)
Dr. Rodney Baber (Australia)
Dr. Duru Shah (India)
Dr. Fernand Labrie (Canada)

PRC CPD and PMA CME Units to follow
# Preliminary Scientific Program

## Day 1, 29 May 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Welcome Address</td>
<td>Jericho Thaddeus P. Luna, MD President, Philippine Society for Climacteric Medicine</td>
</tr>
<tr>
<td></td>
<td>Opening of the Congress</td>
<td>Ma. Corazon Zaida N. Gamilla, MD President, Asia-Pacific Menopause Federation (APMF)</td>
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<tr>
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<td>Opening of Exhibits</td>
<td>APMF President and Council Members PSCM President and Board of Directors</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>Special Session</td>
<td>PSCM Council</td>
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<tr>
<td>10:10 AM</td>
<td>Open Discussion and Summary</td>
<td>APMF Council</td>
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<tr>
<td>10:30 AM</td>
<td>Coffee Break, Visit Exhibits</td>
<td>APMF Council, PSCM President, Board of Directors</td>
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<tr>
<td>11:00 AM</td>
<td>Keynote Address</td>
<td>President, International Menopause Society</td>
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<tr>
<td>12:00 NN</td>
<td>Industry-Sponsored Symposia 1</td>
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<tr>
<td></td>
<td>Simultaneous Sessions</td>
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<tr>
<td>12:00 NN</td>
<td>SS 1. The Perimenopause: Optimizing the Management of the Menopause Transition</td>
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<tr>
<td>1:30 PM</td>
<td>Pathophysiology of the Menopausal Transition</td>
<td>Menopausal Symptoms in Asian Women: Are there cross-cultural differences?</td>
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<tr>
<td>1:50 PM</td>
<td>Contraception Meets HRT: Choice of Hormone Therapy</td>
<td>Is the hot flush a biomarker for cardiovascular disease and other chronic diseases?</td>
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<tr>
<td>2:10 PM</td>
<td>Preventing the Emergence of the Metabolic Syndrome with the Onset of Menopause</td>
<td>Management of Menopausal Symptoms: Current Practice</td>
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<tr>
<td>2:30 PM</td>
<td>Perimenopausal Abnormal Uterine Bleeding: Diagnosis and Treatment Coffee Break, Visit Exhibits</td>
<td>Is transdermal estradiol and micronized progesterone the better and safer MHT?</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Simultaneous Sessions</td>
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<tr>
<td>3:30 PM</td>
<td>SS 3. Protecting the Breast</td>
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<tr>
<td>3:30 PM</td>
<td>Breast Cancer Risk in Asian Women</td>
<td>Recommendations for Dietary Management after the Menopause</td>
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<tr>
<td>3:50 PM</td>
<td>Breast Cancer Screening: Current Practice</td>
<td>Physical Activity Recommendations for Healthy Aging</td>
</tr>
<tr>
<td>4:10 PM</td>
<td>Managing Menopausal Symptoms after Breast Cancer: An Endocrine Dilemma</td>
<td>Skin Care after the Menopause: Is the Asian skin different? How to Look Good even after the Menopause: Grooming Tips and Tricks</td>
</tr>
<tr>
<td>4:30 PM</td>
<td>Is estrogen-alone therapy protective against breast cancer in the postmenopausal woman?</td>
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<tr>
<td>6:00 PM</td>
<td>Welcome Reception</td>
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## Day 2, 30 May 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td>Ovarian Cancer Screening: Current Practice</td>
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<tr>
<td>8:30 AM</td>
<td>Endometrial Cancer Screening: Current Practice</td>
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<tr>
<td>9:00 AM</td>
<td>Cervical Cancer screening: Current Practice</td>
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<tr>
<td>9:30 AM</td>
<td>Bowel Cancer Screening: Current Practice</td>
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<tr>
<td>10:00 AM</td>
<td>Coffee Break, Visit Exhibits</td>
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<tr>
<td>10:00 AM</td>
<td>Plenary Symposium 2</td>
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<tr>
<td>10:30 AM</td>
<td>GSM - Findings from the Pan-Asian REVIVE Study and New Treatment Options</td>
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<tr>
<td>11:00 AM</td>
<td>Vaginal Hyperlaxity Syndrome</td>
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<tr>
<td>11:30 AM</td>
<td>The Science of Intracrinology in Postmenopausal Women</td>
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</tr>
<tr>
<td>12:00 NN</td>
<td>Industry-Sponsored Symposia 2</td>
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**Plenary Symposium 1**

- Screening for Cancer in the Postmenopausal Woman: We Need to Remain Vigilant
- Ovarian Cancer Screening: Current Practice
- Endometrial Cancer Screening: Current Practice
- Cervical Cancer screening: Current Practice
- Bowel Cancer Screening: Current Practice
- Coffee Break, Visit Exhibits

**Urogynecology Issues in Postmenopausal Women: Changing Perspectives**

- 10:30 AM GSM - Findings from the Pan-Asian REVIVE Study and New Treatment Options
- 11:00 AM Vaginal Hyperlaxity Syndrome
- 11:30 AM The Science of Intracrinology in Postmenopausal Women
- 12:00 NN Industry-Sponsored Symposia 2
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>1:30 PM</td>
<td>Cardiovascular Disease in Asian Women: Concerns and Challenges</td>
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<tr>
<td>1:50 PM</td>
<td>Assessment and Management of Cardiovascular Risk in the Postmenopausal Woman</td>
</tr>
<tr>
<td>2:10 PM</td>
<td>Cardiometabolic Effects of Menopausal Hormone Therapy</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Menopausal Hormone Therapy for Primary Prevention of Cardiovascular Disease?</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Coffee Break, Visit Exhibits</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>The Genitourinary Syndrome in Asian Women: Prevalence and Effects on Quality of Life</td>
</tr>
<tr>
<td>3:50 PM</td>
<td>Local and/or Systemic Hormone Therapy: Is it the first choice for VVA?</td>
</tr>
<tr>
<td>4:10 PM</td>
<td>Laser Therapy for the Restoration of Vaginal Function</td>
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<tr>
<td>4:30 PM</td>
<td>Intravaginal Prasterone (DHEA): Is it the ideal treatment for VVA?</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Turnover Rites and Dinner</td>
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</table>

**Simultaneous Sessions**

**Postmenopausal Osteoporosis in Asian Women: Concerns and Challenges**

**Bone Densitometry and Bone Turnover Markers: How useful are they in current practice?**

**Managing Postmenopausal Osteoporosis after the WHI: Role of Menopausal Hormone Therapy**

**Non-Hormonal Therapies for Postmenopausal Osteoporosis: Current Options**

**Cognitive Impairment and Alzheimer Dementia in Asian Women**

**Physical and Mental Exercises for Mental Health**

**Menopausal Hormone Therapy and Cognitive Impairment: Is there a benefit?**

**Peri- and Postmenopausal Depression: Diagnosis and Treatment**

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**Day 3, 31 May 2019**

**Plenary Symposium 3**

**Gynecologic Disorders in the Postmenopausal Woman**

**8:00 AM** Premature Ovarian Insufficiency: Update on Diagnosis and Treatment

**8:30 AM** Postmenopausal Bleeding: Update on Diagnosis and Treatment

**9:00 AM** Consequences of Polycystic Ovary Syndrome: Preventive Strategies

**9:30 AM** Pelvic Floor Dysfunction: Preventive Strategies

**10:00 AM** Coffee Break, Visit Exhibits

**Plenary Symposium 4**

**Menopause Medicine: Quo vadis?**

**10:30 AM** The Women’s Health Initiative after 17 years: Has it done more harm than good?

**11:00 AM** Precision Menopause Medicine: The Right Woman for the Right MHT

**11:30 AM** Menopause Medicine: Should it be now taught and practiced as a subspecialty?

**12:00 NN** Industry-Sponsored Symposia 3

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**Free communications**

**1:30 PM** FC 1. Basic studies

**FC 2. Clinical studies**

**Closing Ceremonies Master of Ceremonies:**

**3:00 PM** Awarding of Prizes for the Best

**FC Papers Closing Remarks**

**Prudence V. Aquino-Aquino, MD**

**Vice-President, Philippine Society for Climacteric Medicine**

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**REGISTRATION FEES**

<table>
<thead>
<tr>
<th>FEES ARE IN US DOLLARS</th>
<th>PRE-REGISTRATION</th>
<th>ON-SITE</th>
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<tr>
<td>LOCAL DELEGATE</td>
<td>USD 200</td>
<td>USD 250</td>
</tr>
<tr>
<td>Local Allied Medical Professional/Trainee/ Nurse</td>
<td>USD 150</td>
<td>USD 200</td>
</tr>
<tr>
<td>For Group Registration per 10 pax</td>
<td>LESS 10%</td>
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</tr>
<tr>
<td>FOREIGN DELEGATE</td>
<td>USD 500</td>
<td>USD 600</td>
</tr>
<tr>
<td>Local Allied Medical Professional/Trainee/ Nurse</td>
<td>USD 300</td>
<td>USD 400</td>
</tr>
<tr>
<td>ACCOMPANYING PERSON</td>
<td>USD 150 Access to Welcome Reception and Exhibit Area Only</td>
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</tr>
<tr>
<td>GALA DINNER</td>
<td>USD 50</td>
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