



Dear Colleagues,  
Dear assistants in Gynaecology,

We have the pleasure to invite you to the course organized under the scientific authority of the Belgian Menopause Society and his board of experts.

You will find hereunder all the practical details for this 2-days course which will be held on the 21 and 22 of March, in Brussels (St-Pieters-University Hospital).

## Menopause Care: A Comprehensive 2-Day Workshop

### When?

21 and 22 March 2025 – from 8.30 AM till 5.30 PM

*Light lunch included at midday + coffee breaks*

### Where?

Forum Sint-Pieters University Hospital  
Rue Haute 290 Hoogstraat – 1000 Brussels

### Payment:

- Free for all fellows, assistants and members 2025 of the Menopause Society
- 50 euros for the others (= annual fee to the Belgian Menopause Society asbl/vzw and his 2 symposia)

► Registration

### Course Overview:

This two-day workshop is designed to provide gynecologists with an in-depth understanding of menopause, its symptoms, treatment options, and the psychological and physical impacts on patients. The course will equip participants with the necessary knowledge and practical skills to assist gynecologists and offer better patient care during this phase of a woman's life.

### Learning Objectives:

- Understand the physiological changes during menopause.
- Recognize common symptoms and their impact on women's quality of life.
- Learn about various management strategies, including hormonal and non-hormonal treatments.
- Understand the psychological aspects and provide empathetic patient care.
- Gain practical skills in assisting during menopause-related consultations.

## DAY 1: Understanding Menopause and Patient Care

### 8.30 AM – 9.00 AM

#### Registration and Welcome

### 9.00 AM – 10.30 AM

9.00 AM – 9.30 AM

#### Session 1: Introduction to Menopause

- Physiology: Hormonal changes during menopause, the importance of KNDy, NKB signaling, Neurokinin and antagonists
- Definition and stages (Straw, Reproduction, Late Reproduction, Perimenopause, Menopause, Postmenopause), related changes
- Epidemiology of menopause and related complications

9.30 AM – 10.00 AM

10.00 AM – 10.30 AM

*Learning Activities: Interactive presentation and discussion on basic physiology*

### 10.30 AM – 10.45 AM

#### Coffee Break

### 10.45 AM – 12.15 PM

#### Session 2: Common Symptoms and consequences of Menopause and how to measure them

- Hot flashes, night sweats and sleep disturbances: differential diagnosis and measurements
- Vaginal dryness and urinary symptoms (Genitourinary syndrome): differential diagnosis and measurements
- Lifestyle changes, herbal remedies and Non-Hormonal treatments: SSRIs, GABA, ...

10.45 AM – 11.15 AM

11.15 AM – 11.45 AM

11.45 AM – 12.15 PM

*Learning Activities: Symptom identification exercises through case studies*

### 12.15 PM – 1.15 PM

#### Lunch

### 1.15 PM – 2.45 PM

#### Session 3: Hormone Substitution Therapy (HST)

- Pharmacology and Regimens
- Indications benefits & Managing Complications / Side Effects of HST
- Potential risks, Contra-indications, Monitoring and Assessment of HST Efficacy and Safety

1.15 PM – 1.45 PM

1.45 PM – 2.15 PM

2.15 PM – 2.45 PM

*Learning Activities: Discussion of some cases*

### 2.45 PM – 3.00 PM

#### Coffee Break

### 3.00 PM – 5.00 PM

#### Sessions 4-5: Hormonal and Non-Hormonal Treatment Options & Special Populations

- Osteoporosis risk
- Osteoporosis treatment
- Revisiting Hormonal Treatments and Thrombosis Risks: New Insights and Perspectives
- Urinary incontinence and pelvic floor health

3.00 PM – 3.30 PM

3.30 PM – 4.00 PM

4.00 PM – 4.30 PM

4.30 PM – 5.00 PM

### 5.00 PM – 5.30 PM

#### Q&A and Day 1 Wrap-Up

## DAY 2: Practical Skills and Advanced Management

### 9.00 AM – 10.30 AM

9.00 AM – 9.30 AM

9.30 AM – 10.00 AM

10.00 AM – 10.30 AM

#### Session 6: Evaluate risk factors and special populations

- Natural vs. Induced Menopause (Surgical or Chemotherapy-related)
- Fertility issues in POI and POF
- Early or premature menopause: Causes and management

### 10.30 AM – 10.45 AM

#### Coffee Break

### 10.45 AM – 12.15 PM

10.45 AM – 11.15 AM

11.15 AM – 11.45 AM

11.45 AM – 12.15 PM

#### Session 7: Special populations

- Mood changes, depression and memory concerns
- Breast cancer risk assessment
- Breast health during menopause

*Learning Activities: Role-playing patient interactions and counseling scenarios*

### 12.15 PM – 1.15 PM

#### Lunch

### 1.15 PM – 4.00 PM

#### Session 8: A New paradigm in menopause treatment & Cultural Sensitivity

- A New paradigm: NK3 and NK1,3 antagonists
- Menopause in different cultures: Addressing taboos and cultural attitudes
- Vulvovaginal atrophy: Symptoms and treatments

1.15 PM – 1.45 PM

1.45 PM – 2.15 PM

2.15 PM – 2.45 PM

### 2.45 PM – 3.00 PM

#### Coffee Break

3.00 PM – 3.30 PM

3.30 PM – 4.00 PM

- Hands-on practice of pelvic floor exercises and demonstration of treatment options (vaginal creams, pessaries)
- How to manage a menopause consultation

*Learning Activities: Case study analysis and group discussions on cultural competence / Feedback on management by the participants*

### 4.00 PM – 4.30 PM

4.00 PM – 4.30 PM

#### Cardiovascular risk, menopause and MHT

- Cases presentations & Wrap-Up

### 4.30 PM – 5.00 PM

#### Closing Remarks and Feedback Collection

- Course recap and discussion
- Assessment of skills learned
- Certification of completion

### Course Materials:

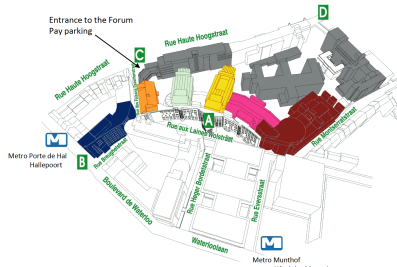
Lecture slides and handouts  
Menopause symptom management guide  
Patient counseling templates

### Certification:

Participants will receive a Certificate of Completion at the end of the course.  
Accreditation by RIZIV / INAMI has been required.

► Registration

How to come to the CHU Saint-Pierre - UMC Sint-Pieter?  
Click on the picture below.



BELGIAN MENOPAUSE SOCIETY asbl/vzw – Avenue Marie-Antoinette, 12 – 1410 Waterloo –  
[www.menopausesociety.be](http://www.menopausesociety.be) - Bank account (Belfius): BE28 0682 2028 6320



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