

Congress Program (Draft)

Friday 21 February 2025		Speaker	Topic
07:00	08:00		Sponsored Early Morning Session
08:00	10:30		Session 1: Weight in perimenopause and menopause
08:30	09:00	Prof Lineo Matsela	Metabolic syndrome in patients with perimenopause or menopause
09:00	09:30	Dr Mpumi Zenda	Weight management and menopause
09:30	10:00	TBC	Lifestyle and mature women -. African viewpoint.
10:00	10:30	Dr Peter Barrow	The GUT / Microbiome
10:30	11:00		Tea Break
11:00	13:00		Session 2: Oncology
11:00	11:30	Dr Trudy Smith	Endometrial hyperplasia
11:30	12:00	Prof Leon Snyman	Endometrial CA
12:00	12:30	Dr Michael Heyns	Colon CA
12:30	13:00	Dr Judith Carter	Primary HPV Testing
13:00	14:00		Lunch
14:00	15:30		Session 3: The Brain
14:00	14:30	Dr Melissa J van Rensburg	Anxiety and Depression
14:30	15:00	Dr Allison Bentley	Sleep. Does it matter?
15:00	15:30	Prof Pauline Maki	Menopause and Alzheimer;s Disease: Is there a link?
15:30	16:00		Tea Break
16:00	17:30		Session 4; Guidelines and Guidance (Ethics)
16:00	16:30	Prof Nick Panay	Updated POI guidelines
16:30	17:00	Dr Nicole Jaff	SAMS Position Statement
17:00	17:30	Dr Trudy Smith	Negotiating and safe practices of colleagues
17:30	19:30		Cocktail function.

Saturday 22 February 2025		Speaker	Topic
07:00	08:00		Sponsored Early Morning Session
08:30	10:30		Session 5: Screening
08:30	09:00	Prof Alisha Wade	Screening the midlife patients - what blood tests?
09:00	09:30	Dr Tobie de Villiers	Osteoporosis screening
09:30	10:00	TBC	The heart
10:00	10:30	Dr Tanusha Katawaroo	Vaccinations in older woman- its role
10:30	11:00		Tea Break
11:00	13:00		Session 6: Let's talk about sex
11:00	11:30	Dr Mpumi Zenda	Sex and the menopause
11:30	12:00	Dr Lineo Matsela	Sex and culture
12:00	12:30	Dr Percy Moodley	Endocrinology of sexuality and menopause
12:30	13:00		SAMS AGM
13:00	14:00		Lunch
14:00	15:30		Session 7: Aesthetics
14:00	14:30	Prof Zeelha Abdool	Designer Vagina
14:30	15:00	Dr Vivien Jandera	Beautifying Yourself
15:00	15:30	TBC	Midlife hair loss management
15:30	16:00		Tea Break
16:00	17:30		Session 8: HIV
16:00	16:30	Dr Francois Venter	Antiretroviral ARV and the effects on midlife woman
16:30	17:00	Dr Coceka Mnyani	HIV and Menopause
17:00	17:30		Wrap Up