

13<sup>TH</sup> EUROPEAN CONGRESS  
ON MENOPAUSE AND ANDROPAUSE  
**OPEN DOOR DAY - 7 SEPTEMBER 2021**  
**REGISTER FOR FREE**

#### EMAS 2021 Newsletter text

*Please copy and paste this short description of EMAS 2021 and the programme of the EMAS 2021 Open Door Day to include it in your mailing, newsletter, website, and event calendar:*

Dear Colleagues and Friends,

With an active worldwide membership, EMAS is the key international society promoting health in women and men at midlife and beyond in the era of e-medicine.

The **13th Congress of the European Menopause and Andropause Society (EMAS 2021 Virtual)** from 8 – 10 September 2021 promotes menopause awareness in healthcare, research, and society. You will learn from and speak to international experts in the era of e-medicine. See your colleagues, promote your research and ideas, encounter ground-breaking education, progress healthcare, and research midlife and menopause.

**EMAS 2021** is where experts get together virtually to share their science, expertise, and experience over three days of plenary lectures, parallel sessions, debates, and scientific society symposia to disseminate cutting edge research. We want to invite and encourage all healthcare professionals to join us at the upcoming congress and contribute to its high scientific quality.

This year, in addition to three outstanding Congress days, we are introducing an Open Door Day on **7 September 2021**.

For one day only, we will give a sneak preview of the EMAS Congress. This day is **free for anyone** to attend and a great opportunity to experience a wide range of Society topics and learn from top industries in the field of menopause, andropause and healthy ageing.

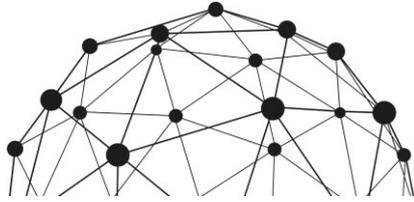
In this new format, we are supported this year by our partner societies from Argentina, China and Russia. In order to raise awareness of these relevant issues among their members and to reach beyond the borders of Europe, we have decided to translate the entire first day into Spanish/Portuguese, Chinese (Mandarin) and Russian.

#### *Programme of the Open Door Day*

##### **09:00 - 10:00 | *Menopause & Work - Menopause Essentials***

Be sure to join the "Menopause Essentials" session for a comprehensive summary of what menopause is all about and how it can affect people at work by EMAS Scientific Director Irene Lambrinoudaki and Rachel Weiss, the initiator of the Menopause Café charity. Amanda Griffiths from the University of Nottingham's School of Medicine will collect questions from the audience to close with Q&A.

More information: <https://www.emas-online.org/emas-and-menopause-in-the-workplace-2021/>



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**10:00 - 11:00 | *Menopause & Work - What Employers and Managers need to know About Menopause in the Workplace***

Claire Hardy will welcome Kathleen Riach and Rachel Suff to discuss what employers and managers should know about menopause in the workplace, including a practical experience-sharing presentation.

More information: <https://www.emas-online.org/emas-and-menopause-in-the-workplace-2021/>

**11:00 - 12:00 | *Menopause & Work - What Healthcare Professionals need to know about Menopause in the Workplace***

In this session, moderated by EMAS President Antonio Cano, Margaret Rees will explain the Cultural Impact of Menopause and warn of the need for a change in the way consultations are oriented. In the following, Margaret Rees will explain how some gynaecologists and general practitioners lack knowledge about the effect of menopause and its symptoms on the ability to work. Next, Emma Persand will discuss the cultural impact of menopause and warn of the need for a change in the way clinical consultations are oriented.

More information: <https://www.emas-online.org/emas-and-menopause-in-the-workplace-2021/>

**12:00 - 13:00 | *ISGEO-CSGE International Society of Gynecological Endocrinology /Chinese Society of Gynecological Endocrinology***

This session is about new clinical research on early menopause and menopause. The Chairpersons Xiangyan Ruan and Alfred Mueck, with the speaker Muqing Gu, will discuss the prevention of Iatrogenic POI by Ovarian Tissue Cryopreservation and Transplantation. Rui Ju will explain sexual dysfunction in perimenopausal and postmenopausal women in China. In the same session, Xiangyan Ruan asks the following question: Can PGRMC1 be developed as a breast cancer risk marker? And Xin Yang gives insights into the management of premature ovarian failure after hematopoietic stem-cell transplantation for hematologic diseases.

Supported by: <https://www.isgesociety.com/>

**13:00 - 14:00 | *Russian Menopause Society***

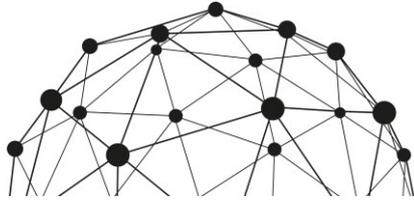
Join us as Antonina Smetnik, Vice-President of the Russian Menopause Society and Head of the Department of Gynaecological Endocrinology, shares more about sex steroids, breast and breast cancer. Together with her colleagues Vera Balan and Elena Ermakova, she will discuss age, anti-age and ageism and the topic of postmenopausal endometriosis.

Supported by: <https://www.menopause-russia.org/>

**14:00 - 15:00 | *How to Get Your Paper Published***

Learn more about how to get your paper published, the publication process and how to submit your manuscript. This workshop/session will help you find the right journal and maximize the chance to be published.

Supported by: <https://www.elsevier.com/de-de>



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**15:00 - 16:00 | *EMAS Cancer School***

Join the highlights of the “EMAS Cancer School” to hear EMAS president Antonio Cano reviewing the size of the problem, inductors of early menopause in female cancer, the clinical impact and some cases.

More information: <https://www.emas-online.org/>

**16:00 - 17:00 | *Panel Discussion on MHT Safety - The Role of Progestogens in Menopause Treatment: Are They All the Same?***

Be part of the ABBOTT Panel Discussion on MHT Safety with specialists like Tommaso Simoncini and Serge Rozenberg moderated by Irene Lambrinoudaki and Juan Enrique Blumel. Your active participation is desired.

We invite you to send us your questions relevant to the topic in advance:

[emas2021@kit-group.org](mailto:emas2021@kit-group.org)

Supported by: <https://www.abbott.com/>

**17:00 - 18:00 | *EMAS Late Parenthood***

Learn more about the *Highlights of the "Late Parenthood" EMAS School*. Hear the exchange on context, consequences and treatments of Dimitrios G. Goulis and Efstratios M. Kolibianakis. They give background information on current data and cases and their statements as endocrinologist and gynaecologist, specialized in assisted reproduction. Followed by an interactive discussion.

More information: <https://www.emas-online.org/>

**18:00 - 19:00 | *AAPEC - Asociación Argentina para el Estudio del Climaterio***

The aim of this symposium is to carry out a quick and practical review on frequent and important aspects that affect climacteric women, such as cycle alterations, regarding abnormal uterine bleeding, cardiovascular disease, urogenital atrophy in healthy climacteric women, as in breast cancer survivors.

Supported by: <http://aapec.org/>

**19:00 - 20:00 | *EMAS Position Statements & Clinical Guides***

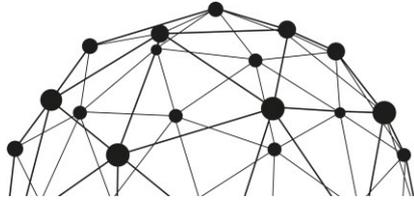
Angelica Lindén Hirschberg and Ludwig Kiesel will present two position statements and two clinical guides to be discussed afterwards in a 30-minute Q&A session with the audience.

More information: <https://www.emas-online.org/>

**20:00 - 21:00 | *SEAGRE - Sociedad Argentina de Endocrinología Ginecológica y Reproductiva***

Be sure to join this session to get a general overview of *Menopause from Gynecological Endocrinology*. SAEGRE President Fabian Gomez Giglio and his guests Natalio Kuperman, Blanca Campostrini, Sandra Demayo, and Karina Sternberg will explore topics such as the *Chances of Success of Fertility Treatments beyond the Age of 40*, or *Which is the most suitable Progestogen for HMT*, and *The Role of the Stress in Menopause* as well as *The Effect of Hormone Therapy and Cardiometabolic Risk in Postmenopausal Women*.

Supported by: <http://saegre.org.ar/>



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OVERVIEW (programme subject to changes)

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All times in CEST = Central Europe Summer Time. Please check the corresponding international time zones [here](#).

You want to learn more about the 13th European Congress on Menopause and Andropause?

Open Door Day: <https://2021.emas-online.org/open-door-day/>

Congress website: <https://2021.emas-online.org/>

Registration: <https://2021.emas-online.org/registration/registration/>