



THU 26 Mar 2026

Time	Ballroom
09:00 – 17:00	PRE-CONGRESS WORKSHOP Menopause Masterclass Breakout 1 MHT in Difficult Patients - Wendy Wolfmann, Canada Rukshini Puvanendran, Singapore Breakout 2 Sexuality Issues in the During Menopause Transition - Rosella Nappi, Italy Jean-Jasmin Lee, Singapore Breakout 3 CBT and Non-hormonal Treatment of Menopausal Symptoms - Pauline Maki, USA Yong Tze Tein, Singapore Breakout 4 POI - Nicholas Panay, UK Huang Zhongwei, Singapore Breakout 5 Bone Health - Steven Goldstein, USA Linsey Gani, Singapore
19:00 – 21:30	Faculty Dinner <i>(by invitation)</i>

FRI 27 Mar 2026

Time	Waterfront Ballroom	Riverfront Ballroom
08:30 – 10:00	OPENING CEREMONY 08:30-08:40 Welcome Address - Ang Seng Bin, President of Menopause Research Society and Organising Chair, Singapore International Menopause Congress 2026 08:40-09:00 APMF Asia-Pacific Menopause Audit - The Current State of Menopause Training, Practice and Gaps – Felicia Tan Stella Sugianto, Singapore PLENARY LECTURES <u>Moderators</u> Unnop Jaisamrarn, Thailand Ang Seng Bin, Singapore 09:00-09:30 PL1 Perimenopause vs Menopause: Why So Much Confusion? - Steven Goldstein, USA 09:30-10:00 PL2 The Role of Estrogen and Testosterone in Female Sexuality in the Menopause - Rosella Nappi, Italy	
10:00 – 10:30	Morning Coffee Break	
10:30 – 12:00	SYMPOSIUM 1 Biology of Aging & the Menopause <u>Moderators</u> Agnes L. Soriano-Estrella, Philippines Huang Zhongwei, Singapore 10:30-10:50 Understanding the Physiology of Climacteric and Aging in Asian Women- IWHP – Yong Eu Leong, Singapore 10:50-11:10 Prediction, Diagnosis and Management of POI: The Latest Guidelines - Nicholas Panay, UK 11:10-11:30 Genetics/Ethnicity, Ovarian Aging and the Menopause - Huang Zhongwei, Singapore 11:30-12:00 Q & A	SYMPOSIUM 2 Sleep <u>Moderators</u> Neelam Aggarwa, India Yong Tze Tein, Singapore 10:30-10:50 Sleep Disturbances During Menopause – Masakazu Terauchi, Japan 10:50-11:10 Sleep and Cognitive Issues – Pauline Maki, USA 11:10-11:30 Sleep Duration and Quality and Cardiovascular Risks – Joshua J Gooley, Singapore 11:30-12:00 Q & A
12:00 – 13:00	INDUSTRY LUNCH SYMPOSIUM I Abbott Laboratories <u>Moderator</u> Ang Seng Bin, Singapore Personalized Oral Hormone Therapy in Menopause: A Precision-Medicine Approach Rossella Nappi, Italy Premitha Damodaran, Malaysia	12:00-12:30 INDUSTRY LUNCH SYMPOSIUM II Novo Nordisk Pharma Addressing Obesity in the Midlife Women - Vivien Lim, Singapore 12:30-13:00 INDUSTRY LUNCH SYMPOSIUM III Organon Tibolone and It's Role in Menopause

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Time	Waterfront Ballroom	Riverfront Ballroom
13:00 – 14:30	SYMPOSIUM 3 Sexual Health in Midlife <u>Moderators</u> Yen Thanh Nha Yen, Vietnam Jean-Jasmin Lee, Singapore 13:00-13:20 Biopsychosocial Approach to Sexual Health in the Midlife Woman – Jean-Jasmin Lee, Singapore 13:20-13:40 Couple-pause – Rossella Nappi, Italy 13:40-14:00 Pharmacological Treatment for Low Desire in Women - Sonia Davison, Australia 14:00-14:20 Local Treatment of GSM - Wendy Wolfmann, Canada 14:20-14:30 Q & A	SYMPOSIUM 4 Oestrogen & Bone Health <u>Moderators</u> Sutrisno Superman, Indonesia Linsey Gani, Singapore 13:00-13:40 Postmenopausal Osteoporosis - Screening, Diagnosis and Treatment - Singapore Consensus – Linsey Gani, Singapore 13:40-14:00 Importance of Vitamin D in Osteoporosis Management – Vivien Lim, Singapore 14:00-14:20 MHT, Tibolone and SERMs in the Prevention and Treatment of Osteoporosis? – Unnop Jaisamram, Thailand 14:20-14:30 Q & A
14:30 – 16:00	SYMPOSIUM 5 Complimentary Therapeutics Alternatives to MHT – What is the Science? <u>Moderators</u> Zaida Gamilla, Philippines Chua Yang, Singapore 14:30-14:50 Plant Based Compounds - Masakazu Terauchi, Japan 14:50-15:10 Supplementation in Managing Menopausal Symptoms – Ho Choon Moy, Malaysia 15:10-15:30 Microbiome and Its Role in Menopause Symptoms – Jeremy Lim, Singapore 15:30-16:00 Q & A	SYMPOSIUM 6 Fertility in the Older Women <u>Moderators</u> Enkhee Sodnomdorj, Mongolia Huang Zhong Wei, Singapore 14:30-14:50 Fertility Preservation for Women – Huang Zhong Wei, Singapore 14:50-15:10 Chronic Disease Screening - Ovarian Tissue Freezing – Ruan Xiang Yan, China 15:10-15:30 Achieving Pregnancy After 40s? - Tsai Yung-Chieh, Taiwan 15:30-16:00 Q & A
16:00 – 16:30	Afternoon Coffee Break	
16:30 – 17:30	SYMPOSIUM 7 Menopause & Cancer <u>Moderators</u> Shaikh Zinnat Ara Nasreen, Bangladesh Rukshini Puvanendran, Singapore 16:30-16:50 How do You Discuss MHT and Cancer Risk with Your Patients - Wendy Wolfmann, Canada 16:50-17:10 Menopause after Cancer - leera Aggarwal, Singapore 17:10-17:30 Sexuality After Gynecological Cancers - Julia Eng, Singapore 17:30-17:50 Balancing the Breast Safety and the Endometrium Protection in MHT - Yu Qi, China 17:50-17:30 Q & A	FREE PAPER I
17:30 – 18:30		APMF Council Meeting
19:30 – 22:00	Congress Banquet @ Grand Copthorne Waterfront	

Time	Waterfront Ballroom	Riverfront Ballroom
08:30 – 09:00	BREAKFAST TALK Haleon Singapore	
09:00 – 10:30	PLENARY LECTURES <u>Moderators</u> Yu Qi, China Loh Foo Hoe, Singapore 09:00-09:30 PL3 Estrogen and Cognition in Menopause Transition– Pauline Maki, USA 09:30-10:00 PL4 IMS 2025 Menopause Management Recommendations – Nicholas Panay, UK 10:00-10:30 PL5 Incidental Findings on Pelvic Imaging: Above All Else Do No Harm - Steven Goldstein, USA	
10:30 – 11:00	Morning Coffee Break	
11:00 – 12:30	SYMPOSIUM 8 The Symptomatic Pre / Peri-Menopausal Woman <u>Moderators</u> Galina Grebennikova, Kazakhstan Yu Su Ling, Singapore 11:00-11:25 Suitable Contraceptive Choices for Women in Her 40s - Unnop Jaisamrarn, Thailand 11:25-11:50 PMS versus Menopausal Symptoms – Premitha Damodaran, Malaysia 11:50-12:10 Managing the Perimenopause Women with Endometriosis – Kim Mee-ran, Korea 12:10-12:30 Q & A	SYMPOSIUM 9 Therapeutics <u>Moderators</u> Caroline Tan, Brunei Stella Sugianto, Singapore 11:00-11:20 Role of Bio-Identical Hormones and the Science – Stella Sugianto, Singapore 11:20-11:40 Role of Testosterone and DHEA – Sonia Davison, Australia 11:40-12:00 Role of Tibolone – Linsey Gani, Singapore 12:00-12:20 Role of Neurokinin Antagonist – Yu Qi, China 12:20-12:30 Q & A
12:30 – 13:15	INDUSTRY LUNCH SYMPOSIUM IV Otsuka Pharmaceuticals	INDUSTRY LUNCH SYMPOSIUM V Besins Healthcare Optimising MHT to Minimize Risks in Women
13:15 – 15:00	SYMPOSIUM 10 Practicalities of MHT Prescribing <u>Moderators</u> Harsha Atapattu, Sri Lanka Loh Foo Hoe, Singapore 13:15-13:35 Preparing the Patient for MHT – How Do We Start? – Rukshini Puvanendran, Singapore 13:35-13:55 How Best to Choose Different Regimens – Cyclical vs Continuous – Yong Tze Tein, Singapore 13:55-14:15 Practicalities of MHT Prescribing on How to Choose Which (1) Oestrogens, (2) Progesterone / Progestins, (3) Dose / Route – Huang Zhong Wei, Singapore 14:15-15:00 Panel Discussion - lead by Loh Foo Hoe, Singapore	FREE PAPER II
15:00 – 15:30	Afternoon Coffee Break	
15:30 -17:00	SYMPOSIUM 11 GP Plus Symposium <u>Moderator</u> Wenus Ho, Singapore	SYMPOSIUM 12 Weight Management, Lifestyle & Menopause <u>Moderators</u> Sumbul Sohail, Pakistan Rukshini Puvanendran, Singapore 15:30-15:50 Lifestyle Management of Menopause – Ang Seng Bin, Singapore 15:50-16:10 Menopause and Joint Pains - Yong Eu Leong, Singapore 16:10-16:30 Prescribing Exercise - Muhd Alif, Singapore 16:30-16:50 Pharmaceutical Mx of Obesity During Menopause - Rukshini Puvanendran, Singapore 16:50-17:00 Q & A
17:00 – 17:15	CLOSING CEREMONY	
18:30 – 21:00	ASIAN SEXUAL MEDICINE ROUND TABLE <i>(by invitation only)</i>	