



THU 26 Mar 2026

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

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

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Time	Waterfront Ballroom	Riverfront Ballroom
13:00 – 14:30	<p><b>SYMPOSIUM 3 Sexual Health in Midlife</b>  <u>Moderators</u> <a href="#">Yen Thanh Nha Yen, Vietnam</a>   <a href="#">Jean-Jasmin Lee, Singapore</a></p> <p>13:00-13:20 Biopsychosocial Approach to Sexual Health in the Midlife Woman – <a href="#">Jean-Jasmin Lee, Singapore</a></p> <p>13:20-13:40 Couple-pause – <a href="#">Rossella Nappi, Italy</a></p> <p>13:40-14:00 Pharmacological Treatment for Low Desire in Women – <a href="#">Sonia Davison, Australia</a></p> <p>14:00-14:20 Local Treatment of GSM - <a href="#">Wendy Wolfmann, Canada</a></p> <p>14:20-14:30 Q &amp; A</p>	<p><b>SYMPOSIUM 4 Oestrogen &amp; Bone Health</b>  <u>Moderators</u> <a href="#">Sutrisno Superman, Indonesia</a>   <a href="#">Linsey Gani, Singapore</a></p> <p>1300-13:40 Postmenopausal Osteoporosis - Screening, Diagnosis and Treatment - Singapore Consensus – <a href="#">Linsey Gani, Singapore</a></p> <p>13:40-14:00 Importance of Vitamin D in Osteoporosis Management – <a href="#">Vivien Lim, Singapore</a></p> <p>14:00-14:20 MHT, Tibolone and SERMs in the Prevention and Treatment of Osteoporosis? – <a href="#">Unnop Jaisamram, Thailand</a></p> <p>14:20-14:30 Q &amp; A</p>
14:30 – 16:00	<p><b>SYMPOSIUM 5 Complimentary Therapeutics Alternatives to MHT – What is the Science?</b>  <u>Moderators</u> <a href="#">Zaida Gamilla, Philippines</a>   <a href="#">Chua Yang, Singapore</a></p> <p>14:30-14:50 Plant Based Compounds - <a href="#">Masakazu Terauchi, Japan</a></p> <p>14:50-15:10 Supplementation in Managing Menopausal Symptoms – <a href="#">Ho Choon Moy, Malaysia</a></p> <p>15:10-15:30 Microbiome and Its Role in Menopause Symptoms – <a href="#">Jeremy Lim, Singapore</a></p> <p>15:30-16:00 Q &amp; A</p>	<p><b>SYMPOSIUM 6 Fertility in the Older Women</b>  <u>Moderators</u> <a href="#">Enkhee Sodnomdorj, Mongolia</a>   <a href="#">Huang Zhong Wei, Singapore</a></p> <p>14:30-14:50 Fertility Preservation for Women – <a href="#">Huang Zhong Wei, Singapore</a></p> <p>14:50-15:10 Chronic Disease Screening - Ovarian Tissue Freezing – <a href="#">Ruan Xiang Yan, China</a></p> <p>15:10-15:30 Achieving Pregnancy After 40s? - <a href="#">Tsai Yung-Chieh, Taiwan</a></p> <p>15:30-16:00 Q &amp; A</p>
16:00 – 16:30	Afternoon Coffee Break	
16:30 – 17:30	<p><b>SYMPOSIUM 7 Menopause &amp; Cancer</b>  <u>Moderators</u> <a href="#">Shaikh Zinnat Ara Nasreen, Bangladesh</a>   <a href="#">Rukshini Puvanendran, Singapore</a></p> <p>16:30-16:50 How do You Discuss MHT and Cancer Risk with Your Patients - <a href="#">Wendy Wolfmann, Canada</a></p> <p>16:50-17:10 Menopause after Cancer - <a href="#">Leera Aggarwal, Singapore</a></p> <p>17:10-17:30 Sexuality After Gynecological Cancers - <a href="#">Julia Eng, Singapore</a></p> <p>17:30-17:50 Balancing the Breast Safety and the Endometrium Protection in MHT - <a href="#">Yu Qi, China</a></p> <p>17:50-17:30 Q &amp; A</p>	<b>FREE PAPER I</b>
17:30 – 18:30	<b>APMF Council Meeting</b>	
19:30 – 22:00	<b>Congress Banquet</b> @ <a href="#">Grand Copthorne Waterfront</a>	

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