



THU 26 Mar 2026

Time	Grand Copthorne Waterfront (level 2)
09:00 – 17:30	<p>PRE-CONGRESS WORKSHOP Menopause Masterclass</p> <p>08:30 Registration</p> <p>09:00-09:15 Opening and Introduction (<i>Waterfront Ballroom</i>) Ang Seng Bin, President of Menopause Research Society and Organising Chair, SIMC 2026</p> <p>09:15-10:30 Session 1 breakout</p> <p>10:30-11:00 Morning Break</p> <p>11:00 -12:15 Session 2 breakout</p> <p>12:15-13:15 Lunch</p> <p>13:15-14:30 Session 3 breakout</p> <p>14:30-15:45 Session 4 breakout</p> <p>15:45-16:15 Afternoon Break</p> <p>16:15-17:30 Session 5 breakout</p> <p>Breakout 1 MHT in Difficult Patients -</p> <p>Breakout 2 Sexuality Issues in the During Menopause Transition - Rossella Nappi, Italy Jean-Jasmin Lee, Singapore</p> <p>Breakout 3 CBT and Non-hormonal Treatment of Menopausal Symptoms - Premitha Damodaran, Malaysia Yong Tze Tein, Singapore</p> <p>Breakout 4 POI - Nicholas Panay, UK Huang Zhongwei, Singapore</p> <p>Breakout 5 Bone Health - Steven Goldstein, USA Linsey Gani, Singapore</p>
19:00 – 21:30	Faculty Dinner (by invitation) @ Red House Seafood, L2, Grand Copthorne Waterfront Hotel

FRI 27 Mar 2026

Time	Waterfront Ballroom	Riverfront Ballroom
08:00 – 17:00	REGISTRATION	
08:30 – 10:00	<p>OPENING CEREMONY</p> <p>08:30-08:40 Welcome Address - Ang Seng Bin, President of Menopause Research Society Singapore and Organising Chair, Singapore International Menopause Congress 2026</p> <p>08:40-09:00 APMF Asia-Pacific Menopause Audit - The Current State of Menopause Training, Practice and Gaps – Felicia Tan Stella Sugiarto, Singapore</p> <p>PLENARY LECTURES</p> <p><u>Moderators</u> Unnop Jaisamram, Thailand Ang Seng Bin, Singapore</p> <p>09:00-09:30 PL1 Perimenopause vs Menopause: Why So Much Confusion? - Steven Goldstein, USA</p> <p>09:30-10:00 PL2 The Role of Estrogen and Testosterone in Female Sexuality in the Menopause - Rossella Nappi, Italy</p>	
10:00 – 10:30	Morning Coffee Break	
10:30 – 12:00	<p>SYMPOSIUM 1 Biology of Aging & the Menopause</p> <p><u>Moderators</u> Agnes Soriano-Estrella, Philippines Huang Zhongwei, Singapore</p> <p>10:30-10:50 Understanding the Physiology of Climacteric and Aging in Asian Women- IWHP – Yong Eu Leong, Singapore</p> <p>10:50-11:10 Prediction, Diagnosis and Management of POI: The Latest Guidelines - Nicholas Panay, UK</p> <p>11:10-11:30 Genetics/Ethnicity, Ovarian Aging and the Menopause - Huang Zhongwei, Singapore</p> <p>11:30-12:00 Q & A</p>	<p>SYMPOSIUM 2 Sleep</p> <p><u>Moderators</u> Neelam Aggarwa, India Yong Tze Tein, Singapore</p> <p>10:30-10:50 Sleep Disturbances During Menopause – Masakazu Terauchi, Japan</p> <p>10:50-11:10 Sleep and Cognitive Issues – Pauline Maki, USA</p> <p>11:10-11:30 Sleep Duration and Quality and Cardiovascular Risks – Joshua Gooley, Singapore</p> <p>11:30-12:00 Q & A</p>

Time	Waterfront Ballroom	Riverfront Ballroom
12:00 – 13:00	INDUSTRY LUNCH SYMPOSIUM I Abbott Laboratories Moderator 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 Singapore Menopause Management for Treatment-naïve Post-menopause Women – Linsey Gani, Singapore
13:00 – 14:30	SYMPOSIUM 3 Sexual Health in Midlife Moderators Suchanant Chavaengkiat, Thailand Jean-Jasmin Lee, Singapore	SYMPOSIUM 4 Oestrogen & Bone Health Moderators Sutrisno Suparman, Indonesia Linsey Gani, Singapore
	13:00-13:20 Biopsychosocial Approach to Sexual Health in the Midlife Woman – Jean-Jasmin Lee, Singapore	13:00-13:40 Postmenopausal Osteoporosis - Screening, Diagnosis and Treatment - Singapore Consensus – Linsey Gani, Singapore
	13:20-13:40 Couple-pause – Rossella Nappi, Italy	13:40-14:00 Importance of Vitamin D in Osteoporosis Management – Vivien Lim, Singapore
	13:40-14:00 Pharmacological Treatment for Low Desire in Women - Sonia Davison, Australia	14:00-14:20 MHT, Tibolone and SERMs in the Prevention and Treatment of Osteoporosis? – Unnop Jaisamram, Thailand
	14:00-14:20 Local Treatment of GSM - Wendy Wolfmann, Canada	14:20-14:30 Q & A
	14:20-14:30 Q & A	
14:30 – 16:00	SYMPOSIUM 5 Complimentary Therapeutics Alternatives to MHT – What is the Science? Moderators Zaida Gamilla, Philippines Chua Yang, Singapore	SYMPOSIUM 6 Fertility in the Older Women Moderators Enkhee Sodnomdorj, Mongolia Huang Zhong Wei, Singapore
	14:30-14:50 Plant Based Compounds - Masakazu Terauchi, Japan	14:30-14:50 Fertility Preservation for Women – Huang Zhong Wei, Singapore
	14:50-15:10 Supplementation in Managing Menopausal Symptoms – Ho Choon Moy, Malaysia	14:50-15:10 Ovarian Tissue Freezing – Ruan Xiang Yan, China
	15:10-15:30 Microbiome and Its Role in Menopause Symptoms – Jeremy Lim, Singapore	15:10-15:30 Achieving Pregnancy After 40s? - Tsai Yung-Chieh, Taiwan
	15:30-16:00 Q & A	15:30-16:00 Q & A
16:00 – 16:30	Afternoon Coffee Break	
16:30 – 17:30	SYMPOSIUM 7 Menopause & Cancer Moderators Shaikh Zinnat Ara Nasreen, Bangladesh Rukshini Puvanendran, Singapore	FREE PAPER Moderators Huang Zhong Wei Loh Foo Hoe, Singapore
	16:30-16:50 How do You Discuss MHT and Cancer Risk with Your Patients - Wendy Wolfmann, Canada	16:30-16:38 ID20 The MARIE Project: A Global, Multidimensional Examination of Menopausal Health with Insights from Singapore - leera Madan Aggarwal, Singapore
	16:50-17:10 Menopause after Cancer - leera Aggarwal, Singapore	16:38-16:46 ID01 The Show Must Go On - Menopause at the Crossroads of Art, Performance and Health – June Tan Sheren, Singapore
	17:10-17:30 Sexuality After Gynecological Cancers - Loh Chiat Sian, Singapore	16:46-16:54 ID06 Life's Essential 8 Cardiovascular Health Metrics and Lipoprotein(a) in Women Healthcare Workers in Relation to Menopause Status - Yufei Li, Singapore
	17:30-17:50 Balancing the Breast Safety and the Endometrium Protection in MHT - Yu Qi, China	16:54-17:02 ID17 Managing Treatment-induced and Exacerbated Menopause in Breast Cancer Survivors: Communication and Support Strategies to Optimize Endocrine Therapy Adherence and Outcomes - Isabel Galiano, Singapore
	17:50-17:30 Q & A	

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Time	Waterfront Ballroom	Riverfront Ballroom
16:30 – 17:30		FREE PAPER 17:02-17:10 ID23 A Community-first, Youth-led Model to Advance Menopause and Midlife Awareness in Asia Through Intergenerational Support and Workplace Inclusion – Valery Tan, Singapore 17:10-17:18 ID24 Menopausal Arthralgia: Definition and Associations with Longitudinal Changes in Sex Hormones and Climacteric Symptoms – Zhuolin Xie, China
17:30 – 18:30	APMF COUNCIL MEETING	
19:30 – 22:00	Congress Banquet Level 4 Grand Ballroom, Copthorne Waterfront Hotel	

SAT 28 Mar 2026

Time	Waterfront Ballroom	Riverfront Ballroom
08:00	REGISTRATION	
08:30 – 09:00	BREAKFAST TALK Haleon Singapore Unlocking Metabolic Health: The Role of Multivitamins in Midlife Women Mya Thway Tint, Singapore	
09:00 – 10:30	PLENARY LECTURES Moderators 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 Moderator Yu Su Ling, Singapore 11:00-11:25 Suitable Contraceptive Choices for Women in Her 40s - Unnop Jaisamram, Thailand 11:25-11:50 PMS versus Menopausal Symptoms – Premitha Damodaran, Malaysia 11:50-12:10 Managing the Perimenopause Women with Endometriosis – Mee-Ran Kim, Korea 12:10-12:30 Q & A	SYMPOSIUM 9 Therapeutics Moderators 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

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12:30 – 13:15	<p>INDUSTRY LUNCH SYMPOSIUM IV - The Role of S-Equol in the Midlife Women’s Health Otsuka Pharmaceuticals (Singapore) <u>Moderator</u> Chua Yang, Singapore</p> <p>12:30-12:50 Equol for Women’s Midlife Healthcare ~ Case in Japan Masakazu Terauchi, Institute of Science Tokyo, Japan</p> <p>12:50-13:10 Prevalence of Equol-producing Individuals and Future Prospects for Menopausal Care in Singapore – Ang Seng Bin, Singapore</p> <p>13:10-13:15 Q & A</p>	<p>INDUSTRY LUNCH SYMPOSIUM V PHarMed & Besins Healthcare</p> <p>12:30-13:00 Transdermal Hormone Therapy - Revisiting Safety and Efficacy - Premitha Damodaran, Malaysia</p> <p>13:00-13:15 Q & A</p>
13:15 – 15:00	<p>SYMPOSIUM 10 Practicalities of MHT Prescribing <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 <u>Panelists</u> Lead by Loh Foo Hoe, Singapore June Tan Sheren, Singapore Tashiya Mirando, Singapore Sundus Hussain-Morgan, Singapore</p>	<p>SYMPOSIUM 11 Fireside Chat: Trustable AI for Menopause: What Works, What Fails, What Next? <u>Panelists</u> Du Yao - Chief Scientist, Actxa Pte Ltd, Singapore Lim Ee Lin - Senior Assistant Director, Cybersecurity Agency, Singapore Ang Seng Bin - President, Menopause Research Society Singapore Deepa Rajagopalan - Industry & Function Decision Science Manager in Accenture’s AI & Data Practice, Singapore Nancy Li - Podcaster at 万象更新, United Kingdom</p>
15:00 – 15:30	Afternoon Coffee Break	
15:30 -17:00	<p>SYMPOSIUM 11 GP Plus Symposium <u>Moderator</u> Wenus Ho, Singapore</p> <p>15:30-15:50 The Menopause Maze – A GP Roadmap – Angela Tan, Singapore</p> <p>15:50-16:10 Taming Menopause Symptoms with Smart Food Choices - Jaclyn Reutens, Singapore</p> <p>16:10-16:30 Optimising Health Through Exercise: Musculoskeletal and Pelvic Considerations in Midlife – Joanne Shaw, Singapore</p> <p>16:30-16:50 Psychological Presentations in Perimenopause: Clinical Assessment and Collaborative Management – Annabelle Chow, Singapore</p> <p>16:50-17:00 Q & A</p>	<p>SYMPOSIUM 12 Weight Management, Lifestyle & Menopause <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 Managing Weight Gain During Menopause - Rukshini Puvanendran, Singapore</p> <p>16:50-17:00 Q & A</p>
17:00 – 17:15	CLOSING CEREMONY	