



Embracing Changes with Menopause

# MENOPAUSE AND MIDLIFE WOMEN'S HEALTH ROADSHOW 2025



**29-30 AUG 2025**  
FRIDAY-SATURDAY



**DOUBLETREE BY  
HILTON, SHAH ALAM**

**16 MMA CPD Points**



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[MenopauseRoadshow.com.my](http://MenopauseRoadshow.com.my)

# COMMITTEE



## ORGANISING COMMITTEE

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DR AINI HANAN AZMI

DR SHAWN PEH

DR PHON SU EE

DR KHOR LEET LIANG

DR TARINA A/P THIAGARAJAN

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**DR CHUA  
PENG TENG**

# PROGRAMME



## 29<sup>TH</sup> AUGUST 2025 (FRIDAY)

0730 – 0830: Registration and welcome reception

### **Symposium 1 (Abnormal uterine bleeding)**

**Moderator: Assoc Prof Dr Ng Beng Kwang**

0830 – 0850: Microwave ablation for uterine fibroids – the latest updates (Prof Dr Mukhri Hamdan)

0850 – 0910: HIFU in gynaecological practice (Dr Sevellaraja A/L N. Supermaniam)

0910 – 0930: Office hysteroscopy in AUB management (Prof Dr Jamiyah Hassan)

0930 – 0950: Q&A

**0950 – 1010: Opening Ceremony**

**1010 – 1040: Tea break**

### **Symposium 2 (Perimenopause updates)**

**Moderator: Dr Aini Hanan Azmi**

1040 – 1100: Optimising the use of LARC: Past, present and future (Assoc Prof Dr Ng Beng Kwang)

1100 – 1120: Update in POI management (Prof Dr Eileen M. Manalo)

1120 – 1140: TCM practice in perimenopausal transition (Dr Ong Siew Siew)

1140 – 1200: Q&A

**1200 – 1230: Lunch Symposium 1**

**Moderator: Dr Phon Su Ee**

Topic: Advancing treatment for iron deficiency anaemia in women  
(Assoc Prof Dr Ng Beng Kwang)

**1230 – 1300: Lunch Symposium 2**

**Moderator: Dr Siti Hajar Azman**

Topic: Vitamin D Through the Ages: Supporting Women at Every Life Stage  
(Prof Dr Prasanna Supramaniam)

**1300 – 1430: Lunch break**

**1430 – 1500: Lunch Symposium 3**

**Moderator: Dr Nur Rowaida Roslan**

Topic: Beyond boundaries: the expanding role of GnRh in gynaecological health  
(Assoc Prof Dr Ng Beng Kwang)

### **Symposium 3 (Advances in surgery)**

**Moderator: Dr Aini Hanan Azmi**

1500 – 1520: Just the right components for gynaecological adhesion prevention  
(Dr Mohd Norazam Mohd Abas)

1520 – 1540: Robotic vs Laparoscopic approach for complicated endometriosis surgery  
(Dr Sevellaraja A/L N. Supermaniam)

1540 – 1600: vNOTES hysterectomy: Principles to practice (Dr Chua Peng Teng)

1600 – 1620: Q&A

### **Symposium 4 (Endometriosis updates)**

**Moderator: Assoc Prof Dr Ng Beng Kwang**

1620 – 1640: Long-term treatment effects and improving patient compliance with Dienogest  
(Datuk Dr Soon Ruey)

1640 – 1700: Managing Endometriosis Pain and Infertility with Dydrogesterone (Dr Leong May Shi)

1700 – 1720: Addressing Clinical Challenges in Endometriosis: The Significance of GnRH in Treatment Strategies (Prof Dr Prasanna Supramaniam)

1720 – 1740: Q&A

**1730 – 1800: Tea Break**

Friday

# PROGRAMME



## 30<sup>TH</sup> AUGUST 2025 (SATURDAY)

**0730 – 0800: Registration**

### **Symposium 5 (Tips and tricks of starting MHT)**

**Moderator: Assoc Prof Dr Ng Beng Kwang**

0800 – 0820: Menopausal Hormone Therapy: What, When, How? (Prof Dr Eileen M. Manalo)

0820 – 0840: Starting MHT at primary setting (Prof Dr Ang Seng Bin)

0840 – 0900: Transdermal Estrogen – A Wise Option (Dr Premitha Damodaran)

0900 – 0920: Q&A

### **Symposium 6 (Cardiovascular health)**

**Moderator: Dr Aini Hanan Azmi**

0920 – 0940: Weight management in midlife women (Prof Dr Nur Azurah Abd Ghani)

0940 – 1000: Use of AI in improving cardiovascular health (Prof Dr Ang Seng Bin)

1000 – 1020: Hard bones, soft arteries - The calcium paradox (Dr Premitha Damodaran)

1020 – 1040: Q&A

**1040 – 1110: Tea break**

**1110 – 1130: Plenary 1**

**Moderator: Prof Dr Nur Azurah Abd Ghani**

Topic: Breast cancer and MHT– the unnecessary fear (Dr Azlina Firzah)

**1130 – 1200: Lunch Symposium 4**

**Moderator: Assoc Prof Dr Ng Beng Kwang**

Topic: STEARing towards Ideal Menopause Management in the Local Setting

(Dr Premitha Damodaran)

**1200 – 1230: Lunch Symposium 5**

**Moderator: Dr Nur Rowaida Roslan**

Topic: LNG IUS treatment for endometrial hyperplasia and early-stage endometrial cancer

(Prof Dr Mohamad Nasir Shafiee)

**1230 – 1300: Lunch Symposium 6**

**Moderator: Dr Phon Su Ee**

Topic: Menopause Unplugged: Managing without hormones (Dr Premitha Damodaran)

**1300 – 1400: Lunch break**

**1400 – 1420: Plenary 2**

**Moderator: Dr Phon Su Ee**

Topic: Osteoporosis and fracture – the burden in Malaysia (Assoc Professor Dr Jeyakantha Ratnasingam)

### **Symposium 7 (Genito-urinary health)**

**Moderator: Dr Siti Hajar Azman**

1420 – 1440: From Imbalance to Relief: A Guide to Bacterial Vaginosis and Recurrent Vaginal Infections  
(Assoc Prof Dr Ng Beng Kwang)

1440 – 1500: Genito-urinary Syndrome of menopause - the update (Dr Aini Hanan Azmi)

1500 – 1520: Vaginal Dryness: Break the silence. Embrace solutions (Dr Ummul Wahiy Abdul Hakim)

1520 – 1540: Q&A

### **Symposium 8 (Well women)**

**Moderator: Dr Aini Hanan Azmi**

1540 – 1600: Dealing with gynaecological malignancy in young women (Dr Jamil Omar)

1600 – 1620: Addressing the cardiovascular outcome of MHT (Prof Dr Rodney Baber)

1620 – 1640: Iron deficiency in HMB (Dr Premitha Damodaran)

1640 – 1700: Botanical Solutions in Menopause: A Science-Driven Approach to care (Dr Premitha Damodaran)

1700 - 1720: Q&A

**1720 – 1730: Closing & Prize-giving**

**1730 – 1800: Tea break**

Saturday

# REGISTRATION



**GREAT NEWS! EARLY BIRD PRICE EXTENDED UNTIL 15 JULY 2025 - DON'T MISS OUT!**

Category	Early bird (before 15 July 2025)	Registration (16 July 2025 and after)
Specialist/ Consultant	RM500	RM600
Trainee/ Medical Officer/ General Practitioner	RM400	RM500
Pharmacist/ Nurses/ Paramedic	RM300	RM400
Undergraduate Student	RM200	RM300
International Candidate	USD200	USD200

All registration fees are subject to 6% Sales and Service Tax (SST). Registration covers access to two full days of physical conference.

**Organiser reserved the right to make any changes should the need arise.**

## HOW TO REGISTER

**Step 1:** Visit our webpage and browse to registration tab at:

<https://MenopauseRoadshow.com.my/registration/>

**Step 2:** Follow on screen instruction to complete your personal details. You will be redirected to the checkout page to finalise the payment.

**Step 3:** Once payment is successful, registration will be confirmed and you will receive the registration details via registered email.

## WHO SHOULD ATTEND

- Obstetricians and gynaecologists
- O&G postgraduate trainees and medical officers
- Family medicine specialists
- General practitioners
- Pharmacists/nurses/paramedic
- Medical undergraduate students

## CERTIFICATE OF ATTENDANCE

A certificate of attendance will be issued to all participants via your registered email. MMA, MPS and nursing CPD points will be awarded.

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