



ANNUAL REPORT 2022



AUSTRALASIAN
MENOPAUSE
SOCIETY

EMPOWERING MENOPAUSAL WOMEN

www.menopause.org.au

AMS VISION

AMS is the leader in menopause awareness and education, empowering clinicians and the community in Australia and New Zealand.

AMS MISSION

To achieve the best possible health and wellbeing for women during and after menopause.

AMS OBJECTIVES

- Disseminating evidence-based information on menopause and women's midlife health to health professionals and the public;
- Educating doctors and other healthcare professionals in clinical care, and understanding of midlife women's health in our community;
- Encouraging the application of evidence-based information and knowledge in midlife women's health and healthy ageing, as clinical best practice; and
- Translating research into evidence-based clinical practice excellence and advocacy.

AMS Board and secretariat: Rear (L-R): Ashley Makepeace, Janice Brown, Carmel Reynolds. Vicki Doherty, Marita Long, Elina Saftro, Georgina Ponce de Leon. Front (L-R): Christina Jang, Sonia Davison, Karen Magraith, Sylvia Rosevear.



WHO WE ARE

The AMS was established in 1987 and became a company limited by guarantee in 2013. At 30 June 2022, the AMS had 656 members compared with 510 at the same time in 2021 (net increase 29%). The AMS is governed by a Board of 9 Directors who are appointed by AMS members and the Board. All Board positions are voluntary and only expenses are remunerated.

The AMS brings together doctors, nurses, allied health professionals, researchers and community workers who want to participate in communication and scientific discussions for the advancement of knowledge about the menopause and women's midlife health.

AMS ACTION PLAN

All of the work and decisions made by AMS are underpinned by the directions of the AMS Strategic Plan which includes:

1. Sustainability of the organisation
2. Delivery and marketing
3. Partnerships and collaboration

CONTENTS

PRESIDENT'S REPORT	P3 - 4
EXECUTIVE DIRECTOR'S REPORT	P5 - 6
TREASURER'S REPORT	P7 - 9
CHAIR, EDUCATION SUBCOMMITTEE REPORT	P10 - 11
SUSTAINABILITY	P12
DELIVERY AND MARKETING	P13 - 19
PARTNERSHIPS AND COLLABORATIONS	P20 - 21
FUTURE DIRECTIONS	P22
BOARD	P23

AMS 2021-22 IN REVIEW

MENOPAUSAL SYMPTOM SEVERITY SUMMARY

Number of menopausal or post-menopausal women in Australia and New Zealand¹

4,902,116

Women suffering or have suffered **MODERATE** menopausal symptoms

2,941,270²

Women suffering or have suffered **SEVERE** menopausal symptoms

980,423³

MEMBERSHIP

656 members
a net increase of **29%**

WEBSITE

630,619
visits to website

1,340,614
page views of website

174,836 Find an
AMS Doctor searches

INFORMATION SHEETS

1 new doctor information sheet
5 doctor sheets updated
1 consumer sheets updated

ENQUIRIES

64 enquiries from the public
29 media enquiries

TRAINING

18 education sessions
to **6,500** attendees
1 new eLearning RACGP
accredited activity launched

¹Based on ABS 2016 and StatsNZ 2013 age and sex data (women 50 years and over).

²Based on 60% women suffering moderate symptoms

³Based on 20% women suffering severe symptoms

PRESIDENT'S REPORT

Karen Magraith

This is my first report as President and I would like to warmly thank the Board and several Past Presidents of AMS for their support as I have entered this role.

AMS continues its work in clinician and public education in menopause, playing an important role in providing accurate information and clinician support. The past year has seen sustained interest in menopause, with a corresponding increase in the activities of AMS. The COVID-19 pandemic is still affecting our operations, with the biggest effect being the need to shift the AMS Annual Congress from New Zealand to Australia in 2021 and 2022, amidst uncertainty about border closures.

Australasian Menopause Society Board

The AMS Board continues with a total of 9 members, with Dr Meredith Frearson and Clinical A/Prof Amanda Vincent stepping down late in 2021. Dr Frearson ably convened the Local Organising Committee for our successful 2021 Adelaide Congress at a time of great uncertainty. Clinical A/Prof Vincent stepped down after serving as President, Immediate Past President and Treasurer, and brought a wealth of expertise and wisdom to the Board. Many thanks to Meredith and Amanda for their service. Dr Carmel Reynolds, a GP from South Australia, joined the Board in late 2021. I am very grateful to the Board for their significant voluntary contributions, in educational activities, preparing material for our website, overseeing finances and ensuring that the AMS is being well run. Dr Sylvia Rosevear has been nominated to the President-Elect position, and will take over the role as President in late 2023.

Executive Director's Office

Our Executive Director, Vicki Doherty, with the assistance of Administrative Officer Georgina Ponce de Leon, continues to maintain the efficient organisation of the AMS office. I thank Vicki and Georgina for their commitment to AMS, particularly with the ongoing challenges caused by the COVID-19 pandemic.

Board Subcommittees

This Annual Report includes reports from the Chairs of the Board Subcommittees. Treasurer Dr Sylvia Rosevear, has continued to oversee our finances. Financial markets have fluctuated and at the time of writing there has been a drop in



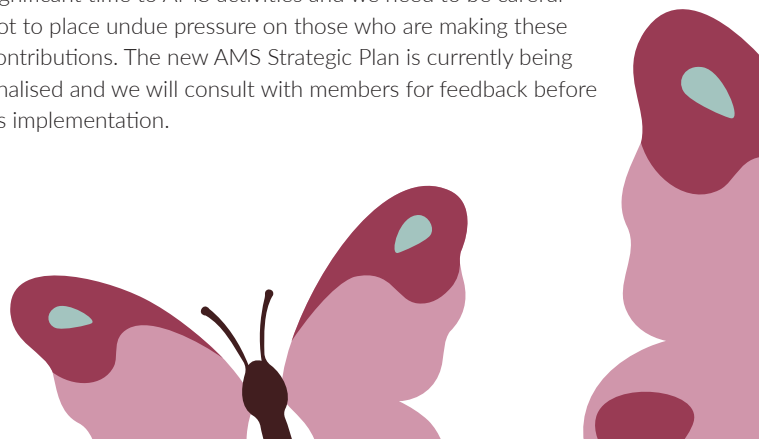
the value of AMS assets. Under the leadership of Dr Rosevear, the Board monitors our financial situation carefully to ensure that our funds are invested as wisely as possible and that we are able to cover our operating costs.

Dr Elina Safro has been busy in her role as Chair of the Education Subcommittee, with a focus on coordinating the Menopause Essentials Updates and other AMS meetings. In the wake of the effects of COVID-19, some events were held in person, some online, and some as hybrid events. Dr Christina Jang has been responsible for co-ordinating the updating of existing information and fact sheets and the writing of new information and fact sheets, and has ensured that these information resources are maintained at a high standard. Many thanks to Board members and AMS members who have assisted in updating, writing and reviewing our information and fact sheets.

The Website Subcommittee, including Drs Ashley Makepeace, Marita Long and Carmel Reynolds, has overseen our communications, including material for our website as well as *eChanges*, the HP eNews and our special member emails.

Strategic Planning

The AMS Board undertakes a process of strategic planning every five years. This process involves consulting with stakeholders, including members, consumers and relevant professional organisations. We spent a day with a professional facilitator considering our previous strategic plan, what the new opportunities and challenges are for AMS, and what our goals should be. Of course, an important part of planning is a realistic appraisal of how to achieve our goals with the resources available. There is a high demand for menopause education and resources and AMS does not receive government funding. We are also aware that our Board and membership contribute significant time to AMS activities and we need to be careful not to place undue pressure on those who are making these contributions. The new AMS Strategic Plan is currently being finalised and we will consult with members for feedback before its implementation.





PRESIDENT'S REPORT continued..

Membership

AMS membership fluctuated during the pandemic but has recently had a sustained increase. At the end of 2021-22 we had 656 members and at the time of preparing this report we had over 700 members. We welcome new members, and we hope that AMS provides them with education and resources that they find helpful in their clinical practice, education or scientific study. It is particularly pleasing to see many new members who are allied health practitioners or nurses, joining as Associate Members.

eChanges

Our monthly e-bulletin, *eChanges* continues to be emailed to our members, as well as our monthly HP eNews to subscribed health professionals (over 1,000 contacts). Vicki has ensured the production of *eChanges* remains timely and relevant. I thank the Board and Society members who have contributed to content for *eChanges*.

eLearning site

The eLearning site continues to be underutilised, and an aim of the Board is to increase utilisation of this platform.

Media

The media have continued to contact the AMS for radio, print and television interviews and comment on women's health issues during 2021 and 2022. Several Board members have been interviewed. A memorable experience for me was doing a talkback segment for ABC Adelaide and being asked by a member of the public whether pickles would help menopausal symptoms!

Congress

The 24th Annual Congress in Adelaide was run as a hybrid meeting for the first time and it was very exciting for many who were able to attend onsite and meet face-to-face after 2 years. The hybrid format meant that we attracted nearly 400 delegates – the highest ever to an AMS Congress. The 25th Annual AMS Congress is in the final stages of preparation, and will be held in Cairns on 9-11 September. The event will be a hybrid onsite/online event. A Menopause Essentials Pre-Congress Update is scheduled immediately prior to the commencement of the Congress, with a session on "Managing incontinence and dyspareunia" which is a frequently requested topic when we undertake evaluations on educational activities.

The 26th Annual AMS Congress is in the preliminary stages of planning, and will be held in 2023, in Queenstown, New Zealand.

The upcoming International Menopause Society Congress is scheduled to take place in Portugal, in October 2022. I will be attending this meeting and AMS will be running a breakfast symposium on "Menopause in the workplace". The IMS Board is planning an IMS Congress in Melbourne in 2024 and AMS is in discussion with IMS about arrangements for this meeting, which would replace our usual AMS Congress for that year.

Other meetings

Dr Elina Safro, Chair of the Education Subcommittee will discuss other educational meetings in her report, but these included a Perimenopause webinar, a Fragile X and Premature Ovarian Insufficiency webinar and a face-to-face Menopause Essentials Update in Melbourne.

Education – other

AMS Board Members participated in a series of menopause related podcasts for HealthEd during 2021, initiated by HealthEd. AMS was also approached by various corporate entities to provide workplace education on menopause, and we delivered several webinars, which Elina will discuss in her report.

Partnerships

AMS has continued its partnership with AIA Insurance and has provided a number of webinars for staff and the rehabilitation team to assist them to support women who are going through menopause. AMS is still actively seeking other corporate partners and encourages potential partners to contact AMS to discuss opportunities.

And finally

AMS is a membership-based organisation. We do not receive any government funding, yet we deliver numerous highly regarded educational resources to members, other clinicians and the general public. Interest in menopause continues to rise and AMS will continue to play an important role in Australia and New Zealand. I welcome member involvement and feedback on all aspects of our operations. I particularly invite comments from members about the direction AMS should take in the future as we continue to respond to changing circumstances, but remain focussed on our mission: 'To achieve the best possible health and wellbeing for women during and after menopause.'

EXECUTIVE DIRECTOR'S REPORT

Vicki Doherty

COVID-19 has continued to impact on AMS's finances, operations, strategy and plans for the future. However, AMS has continued to deliver its mission and provide education, information and resources to clinicians and their patients, be it via face-to-face education, print and radio media, information and fact sheets or via our communication channels such as *eChanges*.

Over the past couple of years, I have emphasised that there has been an increase in interest from both health professionals and the community about menopause. However, in 2021-22 there has definitely been an escalating shift.

The United Kingdom (UK) appears to be trail-blazing the way in which menopause awareness and access to evidence-based treatment is concerned. A UK celebrity recently hosted a documentary called *Davina McCall: Sex, Mind and the Menopause*, which led to an additional 500,000 prescriptions for menopausal hormone therapy (MHT) and consequently a shortage of supply. The media interest from the documentary has infiltrated Australia and many women have become aware of menopause and their options. The UK has also implemented new legislation about protecting menopausal women in the workplace and the European Menopause and Andropause Society has published a Menopause in the Workplace position statement. Australia and New Zealand cannot be so far behind.

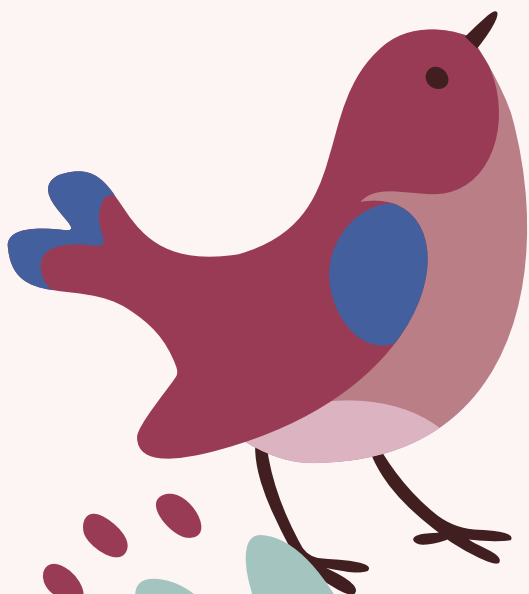


The current generation of women going through perimenopause or reaching menopause are likely to be much higher educated, in senior levels in the workplace and consequently have more expectations of what their options are and what healthcare providers should be offering them. This means we now have a generation of women who are more empowered to collect information, advocate for their peers and ensure that menopause awareness and treatment is part of ensuring gender equity in the future.

Interestingly, perimenopause has had an awakening with more women presenting to their GPs with the AMS's Symptom Score Card and an expectation that they will be provided with evidence-based care at a time when their hormones are fluctuating widely and their symptoms skyrocketing. Many GPs are still unaware of this turbulent time for women and are consequently looking to the AMS for education and information. Consequently AMS membership has been flourishing (29% increase in the past 12 months) and registrations at educational events increasing (over 5,000 health professionals attended AMS education in 2021-22).

Women 'google' menopause and as one of the highest hitting websites on menopause in the world, AMS comes up top and women expect AMS to respond in a way that many organisations that are funded by the government to provide 'hotlines' such as Beyond Blue, Lifeline, Butterfly Foundation, Carers Australia, Black Dog Institute, Head to Health, MensLine, Elder Abuse etc do. Of course, AMS does not receive any government funding, so any callers are needed to be referred to other services or the Find an AMS Doctor Service.

Still, AMS is looked to as a provider of both health professional and





EXECUTIVE DIRECTOR'S REPORT continued..

community education, so AMS needs to evaluate its capacity to meet the community's expectations within the resources it holds. Our strategic planning is investigating whether AMS can secure external funding to meet these new expectations or whether it needs to remain focussed on educating health professionals within its existing budget. We are keen to hear from members where AMS should focus its efforts in the future.

As far as providing education, AMS has excelled in 2021-22 by providing both online and face-to-face options for education to meet restrictions and personal preferences due to COVID-19. AMS has also reviewed many information and fact sheets ensuring that members, other health professionals and the community have access to up-to-date information and resources. It was truly a humbling experience to be present onsite at the 24th Annual AMS Congress in Adelaide and to share in the excitement of catching up with friends and colleagues for the first time in over two years.

AMS continued to provide advocacy in 2021-22 to ensure that women in midlife had equitable access to healthcare and medicines. AMS advocated to keep Estradot® and Estalis® on the Pharmaceutical benefits Scheme (PBS), to allow for dispensing of substitutes for Progynova® prescriptions when it was in short supply and to recommend to Pharmac in New Zealand to fund Utrogestogen® for endometrial protection agent when women require oestrogen for the treatment of menopausal symptoms.

In 2022, AMS was requested numerous times to provide

education to workplaces and community groups and this demand is only expected to increase in the future. Accordingly, AMS is seeking expressions of interest from AMS members to provide education in these settings. Please contact me at ams@menopause.org.au or on 0458 113 183 if you would be interested in becoming more involved with AMS and potentially providing education on its behalf.

Thank you to Dr Karen Magraith, AMS President for her leadership and ongoing support in my role. It has been an extremely busy time and Karen has always been committed, thoughtful and supportive of which I am truly grateful. Thank you also to Dr Elina Safo, Dr Christina Jang and Dr Sylvia Rosevear for their tireless work supporting the education and financial portfolios and being responsive to my requests for input and support. Thank you also to the rest of the AMS Board for their input and work throughout the year. Thank you to my Administration Officer Georgina Ponce de Leon, who is always willing and able to assist me in my duties, manage membership applications and renewals, bookkeeping and preparations for the annual financial audit. Lastly thank you to the AMS membership for your support of AMS. It is always a pleasure to meet and chat with our members so please reach out to me if you have any suggestions or want to become more involved with AMS in the future.

Last year's Congress Welcome to Country by Rosemary Wanganeen.



TREASURER'S REPORT

Sylvia Rosevear

At the time of writing, the financial statements were currently being prepared by the auditor, therefore draft financial statements are provided for 2022 below.

Profit/Loss for 2021-22

The AMS made a loss of \$115,100 in 2021-22 compared with a profit of \$344,381 in 2020-21 (See Table 1: Profit and Loss Statement at 30 June 2022). This was due to a capital loss of 6.5% in the investment portfolio (end of year loss of \$104,080 compared with a profit of \$388,951 in 2020-21), largely due to COVID-19, inflation and the war in Ukraine impacting on the stock market. As the investment portfolio is a long-term investment and fluctuations will occur each year, the capital gains/losses are only realised once the capital is sold. AMS has no plans, nor any need to sell any of the investment assets in the near future as current cash assets and forecasted cash flow from operations will allow AMS to keep solvent without reliance on its investment for at least another three years.

To put this into perspective, AMS profited from operational income/expenses alone in 2021-22 as seen in Table 2. Operational income was up 35% compared with 2020-21, largely due to an increase in membership income (33%) and an increase in Congress/Education income of 175% due to the ability to run the Annual AMS Congress in Adelaide and other satellite meetings and webinars that were not possible under COVID-19 restrictions in 2020-21. Indeed, it is the first time AMS has made a profit on operations alone since at least 2014, indicating that obtaining or accessing other income streams such as licensing income, education into other areas, including workplaces and partnerships are having a beneficial impact on AMS finances. The increase in interest in menopause has led to a large increase in membership and at the time of preparing this report, AMS had over 700 members.

While expenses from Congress and Education were up compared to 2020-21, profit from Congress and Education was also up (\$112,000 higher than 2020-21) due to increased activity. Board expenses were higher in 2021-22 compared with 2020-21 as there were no face-to-face meetings held in 2020-21 due to COVID-19 restrictions. Salaries and superannuation expenses were also higher due to the accumulation of long service leave entitlements over the past eight years, which had not been included in the profit and loss statements previously. All other expenses were on par with previous years.



Equity

Total equity decreased by 4.5% from \$2,442,257 in 2020-21 to \$2,327,157 in 2021-22 (see Table 3: Statement of Financial Position as at 30 June 2022) due to capital losses on the investment portfolio (in comparison, the S&P 500 was down 23.6 % in the first six months of this year).

Cash Flow

At the time of going to print, the Cash Flow Statement for year ending 30 June 2022 was not yet available. An audited Cash Flow Statement for 2021 is provided in Table 4. As previously stated, AMS has enough cash reserves and forecast cash flow for at least the next three years to remain solvent without relying on income from the investment portfolio.



TREASURER'S REPORT continued..

Table 1: PROFIT AND LOSS STATEMENT AT 30 JUNE 2022

	2022 ¹ (\$)	2021 ² (\$)	2019 (\$)	2018 (\$)
Income				
Membership income	95,653	72,119	82,712	76,099
Investment income ³	(104,080)	368,951	125,828	182,591
Congress and Education income ⁴	193,004	69,781	143,395	162,567
Government Payments		68,744		
Other ⁵	15,500	15,973		
Total Income	200,077	595,568	351,935	421,257
Expenses				
Financial management and fees ⁶	34,930	31,471	28,326	37,717
Congress and Education ⁷	27,787	16,385	40,180	19,802
Board expenses	17,871	58	20,572	19,364
Salaries and superannuation ⁸	211,104	177,613	184,280	191,720
Website and computer	13,648	15,760	15,830	17,785
Operations ⁹	9,743	9,747	14,456	15,229
Other expenses ¹⁰	94	154	4,944	17,422
Consulting			35,499	
Total expenses	315,176	251,188	344,087	319,037
Profit (Loss) before income tax	(115,100)	344,381	7,848	102,220

Table 2: OPERATIONAL PROFIT/LOSS VS INVESTMENT PROFIT/LOSS

		2021-22 (\$)	2020-21 (\$)	2019-20 (\$)	2018-19 (\$)
Operational	Income	304,157	226,617	267,086	226,109
	Expenses	288,829	227,172	285,671	322,037
	Profit/Loss	15,328	(555)	(18,588)	(95,928)
Investment	Income	(104,080)	368,951	(25,088)	125,826
	Expenses	26,347	24,016	22,840	22,049
	Profit/Loss	(130,427)	344,935	(47,928)	103,777
Total (Operational and Investment)	Profit/Loss	(115,100)	344,381	(66,513)	7,849

1. 2022 figures are draft as the 2022 financial statements are yet to be audited.
2. Note figures may differ slightly from 2021 Annual Report as the figures are audited whereas the 2021 reported figures were draft.
3. Includes Dividends, Distribution from trusts, Interest received, Movement in value of investments, Refund of franking credits
4. Includes Education, Congress, Sponsorship, Licensing fees, Seminar and eLearning income
5. Includes partnerships
6. Includes Accounting fees, Audit fees, Bank fees and charges, Bookkeeping fees, Financial management fees
7. Includes Education, Awards and Congress
8. Includes Salaries, Superannuation, Allowances, Annual Leave Accrued
9. Includes Insurance, Legal fees, Postage, Printing & stationery, Publications, Rent on land & buildings, Storage, Subscriptions and Telephone & internet
10. Includes IMS 2020 costs



Delegates at the AMS Congress, Adelaide.

TREASURER'S REPORT continued..

Table 3: STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2022

	2022 ¹ (\$)	2021 ² (\$)	2020 (\$)	2019 (\$)	2018 (\$)
Assets					
Current Assets					
Cash assets	585,114	436,685	357,689	559,440	511,323
Receivables	11,534		9,233		
Current tax assets			(3,612)	941	416
Deposits paid	19,943	15,144	24,628	20,344	29,325
Other		961			
Total Current Assets	616,591	452,790	387,938	580,725	541,064
Non-Current Assets					
Other financial assets	1,811,218	2,048,273	1,755,766	1,686,800	1,684,548
Total Non-Current Assets	1,811,218	2,048,273	1,755,766	1,686,800	1,684,548
Total Assets	2,427,809	2,501,063	2,143,704	2,267,525	2,225,611
Liabilities					
Current Liabilities					
Payables	11,560	188	(1,326)	8,588	-205
Current tax liabilities	11,100	7,891	3,233	3,580	18,405
Provisions ³	42,249	20,896	18,736	14,487	18,851
Other ⁴	35,743	29,830	25,185	76,481	32,020
Total Current Liabilities	100,652	58,805	45,828	103,136	69,071
Total Liabilities	100,652	58,805	45,828	103,136	69,071
Net Assets	2,327,157	2,442,258	2,097,876	2,164,389	2,156,541
Equity					
Accumulated funds	2,327,157	2,442,258	2,097,876	2,164,389	2,156,541
Total Equity	2,327,157	2,442,258	2,097,876	2,164,389	2,156,541

1. 2022 figures are draft as the 2022 financial statements are yet to be audited.
2. Note figures may differ slightly from 2021 Annual Report as the figures are audited whereas the 2021 reported figures were draft.
3. Provisions from 2022 now include Long Service Leave accumulated over the past 7 years.
4. The increase in Other Current Liabilities in 2022 is due to the increase of 3-year membership subscriptions.

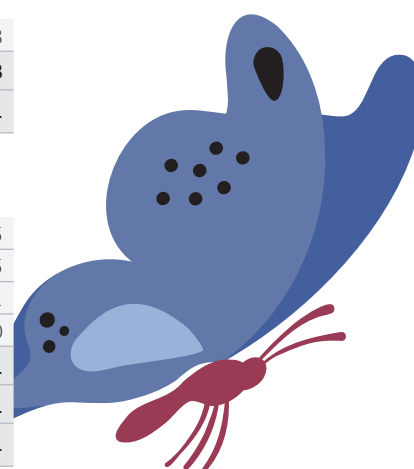
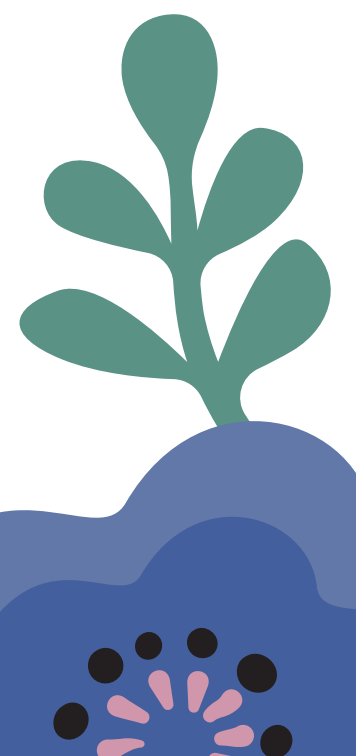


Table 4: CASH FLOW STATEMENT FOR YEAR ENDED 30 JUNE 2022

	2021 (\$)	2020 (\$)	2019 (\$)	2018 (\$)	2017 (\$)
Cash Flows from Operating Activities					
Receipts from customers	239,534	206,557	270,570	250,026	218,025
Payments to suppliers and employees	(205,742)	(292,741)	(322,928)	(266,005)	(261,279)
Net movement in GST liability	(3,612)	386	(525)	1,227	537
Net cash provided by operating activities	30,180	(85,798)	(52,883)	(14,752)	(43,791)
Cash Flows from Financing Activities					
Interest received	400	555	2,621	5,514	7,532
Investments	48,416	(116,508)	98,379	240,656	45,676
Net cash provided by financing activities	48,816	(115,953)	101,000	246,170	53,808
Net increase (decrease) in cash held	78,996	(201,751)	48,117	231,418	9,417
Cash at Start of Year	357,689	559,440	511,323	279,905	270,488
Cash at Year End	436,685	357,689	559,440	511,323	279,905



CHAIR, EDUCATION SUBCOMMITTEE REPORT

Elina Safro

Karen Magraith handed over to me as Chair, Education Subcommittee in November 2021. Thanks, Karen, for your ongoing involvement in our educational activities. I have been coordinating educational meetings, and Dr Christina Jang has coordinated the information and fact sheets. Thanks also to the Education Subcommittee for all your work presenting educational sessions and producing/reviewing educational materials.

This report covers the period between 1 July 2021 to 30 June 2022.

AMS Educational Meetings

AMS Annual Congress

The AMS Annual Congress 2021 was held successfully in Adelaide in November with a hybrid format. Thanks to Dr Meredith Frearson, Chair of the Local Organising Committee and Dr Anna Fenton, Chair of the Scientific Organising Committee, and their teams. More details and outcomes of the evaluation for the Congress can be found later in this report.

The upcoming AMS Annual Congress 2022 is in the final stages of planning and we're looking forward to a successful hybrid event on 9-11 September in Cairns. At the time of writing this report, 330 delegates had registered to attend either online or onsite. Thanks to Dr Christina Jang, Chair of the Local Organising Committee and Dr Anna Fenton, Chair of the Scientific Organising Committee, and their teams.

Menopause Essentials Update

Despite ongoing COVID-19 related restrictions, AMS was able to deliver its signature educational program, the Menopause Essentials Update twice. The Pre-Congress Menopause Essentials Update was held in Adelaide on 26 November 2021. Presenters included Dr Jane Elliott, Professor Rod Baber AM, Dr Sonia Davison and Clinical A/Professor Amanda Vincent. More details and outcome of the evaluation can be found later in this report.

The second Menopause Essentials Update was held in Melbourne on Saturday 4 June 2022. Speakers included Drs Karen Magraith, Liz Farrell, Sonia Davison and Clinical A/Professor Amanda Vincent and the meeting was chaired by Dr Kerryn Rae. The feedback was excellent and the evaluation is provided later in this report.



Perimenopause webinar

A Perimenopause Webinar was presented via Zoom on Tuesday 5 April 2022. Registrations and technical support were provided by Medical Update Pty Ltd. Dr Karen Magraith and Professor Rod Baber AM presented, and I chaired the webinar. Over 800 registered to attend the webinar with close to 400 attending live. Again, feedback was excellent and the outcome of the evaluation is provided later in this report.

Fragile X and Premature Ovarian Insufficiency webinar (POI)

AMS was approached by the Fragile X Association of Australia to provide a webinar on Fragile X and POI for women who are carriers of the Fragile X premutation and their families. Fifty-nine (59) people registered for the webinar and around 30 attended online on the night. The webinar has been watched 140 times on YouTube and 90 times on Facebook.

GPCE Advanced Course on Menopause – Menopause: What's hot and what's not?

AMS was invited to develop and present an Advanced Course on Menopause at GPCE in Sydney on 28 May 2022. Professor Rod Baber AM, Dr Terri Foran and myself provided the presentations over the 5-hour block. The feedback was excellent and the outcome of the evaluation is provided later in this report.

Healthed Podcasts

AMS partnered with Healthed in 2021 to present a series of podcasts. Dr Marita Long presented on *Managing sexual difficulties in perimenopause and menopause* (450 downloads), Dr Karen Magraith presented on *A general practice perspective on prescribing menopausal hormone therapy* (850 downloads), Dr Jane Elliott presented on *A structured approach to conducting a menopause consultation in general practice* (900 downloads) and A/Prof Deborah Bateson presented on *Contraception in perimenopause – a practical approach* (850 downloads).



CHAIR, EDUCATION SUBCOMMITTEE REPORT continued..

Workplace education

In early 2021, AMS began to be invited to present to workplaces about menopause and its symptoms and how workplaces can support women in the workplace going through menopause. In 2021-22, AMS provided seven workplace presentations to staff about menopause. Clinical A/Professor Amanda Vincent presented to Dolby Australia and Wyndham City Council on menopause, Dr Nely Khatri presented to Synergy on menopause, Dr Karen Magraith presented to SAP Australia and New Zealand, Department of Home Affairs and TipTop and I presented to the leadership team of the Department of Home Affairs on how to support women in the workplace going through menopause.

Community education

AMS was invited to present and exhibit at the NSW Women's Health Expo in Sydney on 7 March 2022. I took part in a panel discussion along with Ms Janet Michelmore from Jean Hailes for Women's Health and Ms Trudy Phelps from the Cancer Institute NSW. Our Executive Director, Vicki Doherty held a trade display and had lots of interest from women and the NSW Office for Women. Around 300 women attended the event onsite and online.

Dr Sonia Davison was part of the Very Peri Summit run by Mamamia in May 2022. The event was attended by thousands of women across Australia online.

Partnership education

As part of its partnership with AIA Insurance, Dr Marita Long presented to the rehabilitation team at AIA about menopause, its symptoms and where women can get further information, support and resources.

AMS Publications

eChanges

AMS continues to publish eChanges, a monthly newsletter updating members on AMS news and providing links to local and international news, publications in the menopause sphere, including MHT PBS issues. Thank you to all the members of the Board for your contributions to eChanges in 2021-22.

Information sheets for clinicians

Thanks to Dr Christina Jang for coordinating the update and development of AMS information sheets for clinicians and fact sheets for consumers.

In 2022, AMS developed one new information sheet for clinicians (*Fragile X and Primary Ovarian Insufficiency*) and five were updated (*Calcium supplements, Glossary of terms, Mood and the menopause, Diagnosing menopause, What is menopause?* and the *AMS Guide to MHT equivalent doses - New Zealand only*). Many thanks to Clinical A/Prof Amanda Vincent, Dr Christina Jang, Dr Ashley Makepeace and Dr Sylvia Rosevear for leading the updating and development of these sheets. Also thank you to the Education Subcommittee for their review and input.

Fact sheets for consumers

In 2022, the AMS developed one new consumer fact sheet (*Glossary of terms*), thanks to Dr Karen Magraith.

Planning for 2022-23

A number of educational activities have been planned for 2022-23 and the outline of all face-to-face events, webinars and publications will be finalised shortly. Activities currently being planned for include:

- Menopause Essentials Update in Auckland on 2 July 2022. Speakers include Dr Stella Milsom, Professor Rod Baber AM, Dr Sylvia Rosevear and Dr Anna Fenton;
- Two Advanced Courses on Menopause – What's hot and what's not? will be presented at GPCE Melbourne from 11-13 November 2022. AMS was also invited to present the same course at GPCE Brisbane in September, but unfortunately the meeting clashes with the AMS Annual Congress in Cairns;
- Case Study Panel Webinar;
- 26th Annual AMS Congress in Queenstown on 1-3 September 2023; and
- Pre-Congress Menopause Essentials Update in Queenstown on 1 September 2023.

Thanks again to all AMS Board Members and other members who contributed to education in 2021-22. Special thanks to our Education Subcommittee members, Dr Christina Jang, Dr Sonia Davison, Dr Ashley Makepeace, Dr Sylvia Rosevear and Dr Janice Brown.

KEY FOCUS AREAS

SUSTAINABILITY OF THE ORGANISATION



Maintain a highly skilled and motivated Board.

A highly skilled and motivated Board is necessary for AMS to function from both a governance and operational perspective. The AMS uses the Good Governance Principles of the Australian Institute of Company Directors to guide its governance. The AMS reviews its Strategic Plan at each Board Meeting and continues to monitor its work plan. The AMS Board has also agreed to begin undertaking Board and director evaluations to ensure that the Board is functioning effectively and efficiently, and that directors are performing.

The AMS introduced an annual professional development opportunity for Board directors in 2017. In 2022, a Strategic Planning Day was facilitated by Non Profit Training in lieu of professional development training.

Remain financially viable and accountable

AMS needs to remain financially viable in order to function. In 2022, AMS made a loss of \$115,100 compared with a profit of \$344,381 in 2021. The loss was due to a large loss of capital in the investment portfolio. Fluctuations in capital are expected in long term investment strategies. However, looking at operational income and expenses alone, AMS made a profit of over \$15,000 which was the first time in at least the last seven years. This points to AMS's improved ability to raise funds and manage expenses without having to rely on income from its investment.

Strategic plan is current, relevant and implemented

In 2022, AMS has continued to work on its strategic plan and operationalising it. A detailed implementation plan was developed and the strategic plan is reviewed at each Board Meeting.

The AMS Board participated in a Strategic Planning Day in late March 2022 after surveying members, health professionals and stakeholders. The Strategic Plan is currently being drafted and members will be consulted on the Plan once it is finalised. This new Plan will lead AMS operations from 2022-2027.

AMS members are engaged

AMS recognises that members join a member-based organisation to obtain some value. In 2021-22, AMS engaged its members through its monthly *eChanges* newsletter, the Annual AMS Congress delivered onsite and online, Menopause Essentials Update, webinars and eLearning website.

Anna Glue, Terri Foran and Kerry Archer.



Sheree Krass, Christina Jang and Bronwyn Stuckey.



KEY FOCUS AREAS

DELIVERY AND MARKETING

Provide up-to-date menopause information to clinicians and community

Information Sheets and Consumer Fact Sheets

The AMS develops and frequently updates evidence-based resources. In 2022, AMS developed one new information sheet (*Fragile X and Primary Ovarian Insufficiency*) and five were updated (*Calcium supplements*, *Glossary of terms*, *Mood and the menopause*, *Diagnosing menopause*, *What is menopause?* and the *AMS Guide to MHT equivalent doses - New Zealand only*).

In 2020-21, the AMS developed one new consumer fact sheet (*Glossary of terms*).

Through reciprocal arrangements, AMS members also have access to education and resources available through the International Menopause Society (IMS), North American Menopause Society (NAMS) and the European Menopause and Andropause Society (EMAS).

AMS website

In 2021-22, there were close to 631,000 visits to the website with over 1,341,000-page views. The highest hitting webpage is the AMS home page followed by (in order):

- AMS guide to MHT/HRT equivalent doses- Australia only
- Bleeding – perimenopausal, postmenopausal and breakthrough bleeding on MHT/HRT
- Tibolone as menopausal hormone therapy
- Vulvovaginal symptoms after menopause
- Menopause – what are the symptoms?

The Find an AMS Doctor had almost 174,836 visits, with the state of Victoria having the highest number of searches (over 43,000 searches). There were nearly 1,700 views of the consumer targeted videos in 2021-22. The most played video was 'Is Menopausal Hormone Therapy safe?'

AMS eChanges and eNews

In 2021-22, AMS members received 12 eChanges and 46 special news bulletins. Health professionals who subscribe to the AMS HP eNews bulletin received 12 bulletins and 13 special news bulletins. The average open rate of eChanges was 62% and the HP eNews was 36%, compared with the overall open rate for all industries of 32%.

Educate audience about menopause

In 2021-22, the AMS presented a Perimenopause webinar, two Menopause Essentials Updates and the Annual AMS Congress. AMS also partnered with GPCE to present an Advanced Course on Menopause (formerly known as an RACGP ALM or Category 1) in Sydney and also with the Fragile X Association of Australia to present on Fragile X and Premature Ovarian Insufficiency. AMS was invited to present a number of webinars on menopause and work to a number of workplaces. Lastly, AMS was sponsored to attend the NSW Government Department of Health's Women's Health Expo in Sydney and participate in a panel discussion.

Perimenopause webinar

The Perimenopause Webinar was presented via Zoom on Tuesday 5 April 2022. Presenters included Dr Karen Magraith and Professor Rod Baber AM and Dr Elina Saftro chaired the meeting. Technical support was provided by Medical Update and Besins sponsored the meeting. Registration was free for all delegates as costs were met by sponsorship. The meeting was accredited by RACGP, RANZCOG and ACCRM for CPD/CME/PDP points.

Eight hundred and eleven (811) delegates registered for the webinar and 379 (47%) attended. An attendance of 35-45% is considered a good attendance rate for webinars. Fifty-two percent (52%) of delegates completed the evaluation of which 166 were GPs (85%). The degree that learning objectives were met are in Figure 1.

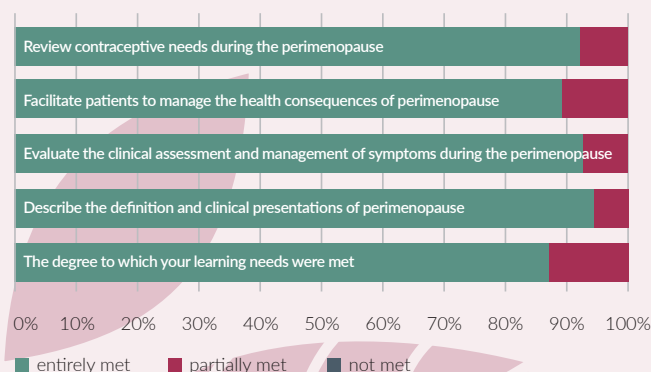


Figure 1: Degree learning objectives were met (N=196).

The speakers' presentations were rated as 89% excellent and 11% as good.

One hundred and seventy-six (90%) delegates agreed that the webinar was entirely relevant to their practice and 20 said it was partially relevant.

KEY FOCUS AREAS

DELIVERY AND MARKETING continued..

One hundred and fifty-seven (80%) delegates agreed that the webinar provided enough opportunity for interaction.

Delegates were asked "What did you learn from the webinar?" (N=169)

"Being proactive in the management of symptoms"

"Excellent tips for navigating common issues with MHT prescribing options"

"Confirmation of current practice, especially treatment of midlife mood disorders is incomplete without MHT consideration"

"How to recognise perimenopause earlier. Not to be afraid of offering MHT. How to use cyclical progestones. That mirena can only be used for endometrial protection for 5yrs (I had thought 7yrs)"

Highlights of the webinar included (N=164):

"Update on different formulations of HT including safest options"

"Improved understanding of prescribing options"

"I most enjoyed the Q&A part as a number of those questions is what we face in day-to-day time"

"The relevance to general practice and practical learning points with tricky cases"

Fragile X and Premature Ovarian Insufficiency webinar

AMS was approached by the Fragile X Association of Australia to provide a webinar on Fragile X and POI for women who are carriers of the Fragile X premutation and their families. Fifty-nine (59) people registered for the webinar and around 30 attended online on the night. The webinar has been watched 140 times on YouTube and 90 times on Facebook.

The Fragile X Association of Australia advised that the webinar recording is an important resource on a topic that is to a large degree under-recognised in the medical community. As more and more women are identified as Fragile X premutation carriers through the IVF process and through genetic carrier screening programs, this resource will only be more valuable.

Menopause Essentials Updates

The first Menopause Essentials Update was presented as part of the Pre-Congress Program of the 24th AMS Annual Congress in Adelaide on Friday 26 November 2021 and was run as a hybrid event. Presenters included Dr Jane Elliott, Professor Rod Baber AM, Dr Sonia Davison and Clinical A/ Professor Amanda Vincent.

A total of 218 delegates registered for the Pre-Congress with 143 (63%) online and 75 onsite. One hundred and seventy-five (80%) delegates were AMS members and 43 were non-AMS members. Seventy-one percent (71%) of delegates were GPs.

Of the 199 delegates attending the Pre-Congress Meeting (not including speakers and AMS staff), 105 delegates completed the evaluation which gave a response rate of 53%. Sixty-three percent (63%) of the respondents were online and 37% were onsite.

The degree learning outcomes were met are provided in Figure 2.

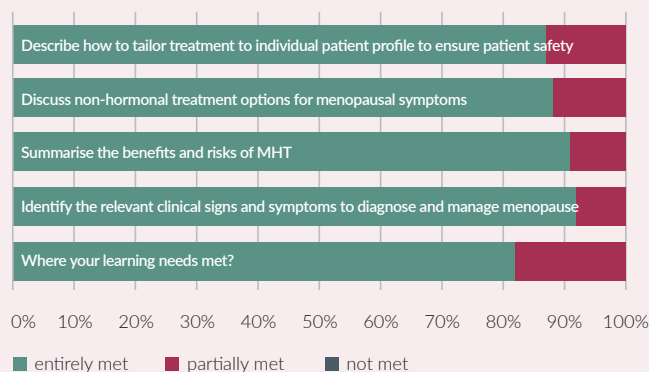


Figure 2: Degree learning outcomes were met.

The speakers' presentations were rated as 82% excellent and 18% as good.

Ninety-three (93%) of delegates agreed that the Update was entirely relevant to their practice and 7% said that it was partially relevant.

Eighty-five percent (85%) of delegates agreed that the workshop will change how they evaluate and manage menopausal symptoms, whereas 15% of delegates believed that the workshop would not change their practice.

Highlights of the Update included:

"All of the speakers were excellent (despite tech issues)"

"Clear, concise and particularly practical and relevant update in MHT"

KEY FOCUS AREAS

DELIVERY AND MARKETING continued..

"So many options available to help women - not just HRT. Knowledge itself is powerful. Being surrounded by lots of knowledgeable people was awesome"

"The online experience was not as bad as I had predicted"

Other feedback included:

"I would like this session to be delivered to med students and GP registrars"

"more question time if possible"

"No apart from a big thank you for delivering this very professional and informative education event to the comfort of my living room"

"Tech issues were a problem"

The second Menopause Essentials Update was held face-to-face at The Victoria Hotel, Melbourne on Saturday 4 June 2022. Presenters included Dr Karen Magraith, Dr Sonia Davison, Dr Elizabeth Farrell AM and Clin A/Prof Amanda Vincent. Dr Kerryn Rae chaired the session. The workshop was sponsored by Besins.

Ninety-seven (97) delegates registered and 81 (82%) attended the Update. Of the 81 delegates who attended, there were 56 GPs, 7 O+Gs, 8 endocrinologists and 10 participants that did not enter their profession. Of those who registered, 57 delegates (59%) were AMS members.

The response rate of the evaluation was 55% and the degree learning outcomes were met are in Figure 3.

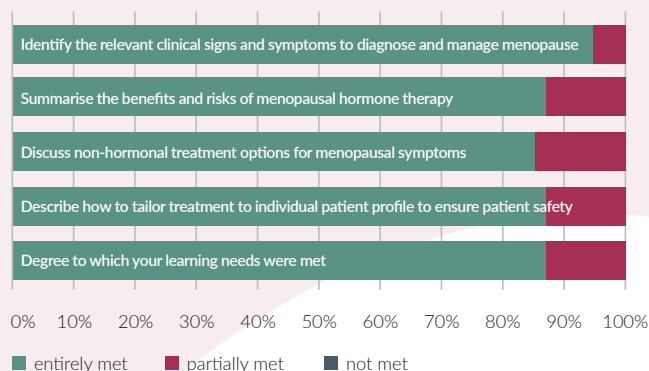


Figure 3: Degree learning objectives were met.

The speakers' presentations were rated as 94% excellent and 6% as good.

Fifty-two (96%) delegates agreed that the Update was entirely relevant to their practice and two said it was partially relevant.

Forty-four (83%) delegates will reassess how they evaluate and manage menopausal women, four delegates were not sure and five will not reassess how they evaluate and manage menopausal women.

Delegates were asked "What did you learn from the Update?" (N=48)

"How to conduct a consult for women who are perimenopausal/ menopausal safety profile of HRT"

"Factual information about the pros and cons of MHT"

"To be more vigilant about premature ovarian insufficiency"

"Non hormonal management of menopausal symptoms. Managing menopausal women with migraine and past VTE"

"Bio-identical is not a term I'm familiar with. Also, transdermal poses a much lower risk"

"MHT can be used for longer than 5 years if required, ways to reduce risk, what risks actually are"

"Absolutely loved Amanda's presentation. Complex case studies and learning was excellent"

Highlights of the Update included (N=46):

"Patient based /scenario-based learning"

"Discussions on ways to discuss MHT safety with patients"

"Managing Menopause in Patients with Comorbidities"

"The excellent speakers and ability to ask questions. Food was amazing by the way."

"A face-to-face event!"

"Meeting other doctors"

Delegates were asked "How could the Update be improved?" (N=44)

"It was difficult to see the slides in the back. Perhaps multiple screens or larger screen?"

"Have more meetings!"

"More question time"

"More actual prescribing examples/case studies - with doses/ brands, the nitty gritty!"

"If we could submit some questions about tricky MHT cases and the speakers can pick a few to comment on"

"More time for discussion"

KEY FOCUS AREAS

DELIVERY AND MARKETING continued..

24th Annual AMS Congress, Adelaide and online

The 24th Annual AMS Congress, was held at the Hilton Adelaide and online from 26-28 November 2022. Conference Design was engaged as the Professional Conference Organiser. The Local Organising Committee (LOC) included Drs Meredith Frearson (Chair), Jane Elliott and Carmel Reynolds, Ann Olssen and Sylvia Rosevear. The Scientific Program Committee included Drs Anna Fenton (Chair), Sylvia Rosevear, Susan Jenner, Jane Elliott, Amanda Vincent and Sonia Davison.

The theme of the Congress was *Midlife and menopause: Perception in the pandemic* and was the first time AMS had run a hybrid meeting – both onsite and online. The international Key Note Speaker was Dr Elissa Hamlat from the US via pre-recorded video. Other speakers included Cassandra Czoeka, Jason Abbott, Kate Gregorevic and many others.

There were 11 sponsors and exhibitors and the total profit from the Congress was \$141,000.

The social program included a Welcome Reception and a Congress Dinner at the Adelaide Zoo, with drinks in the Panda Exhibit, a quiz, and DJ with dancing.

This Congress was the first time AMS had run a hybrid event. Conference Design managed both the onsite speakers/delegates as well as providing technical support to the online speakers/delegates. Eleven speakers presented onsite and 12 speakers presented online. Only one video was pre-recorded (our international speaker which was easier due to the time difference).

Armchair Medical TV provided some post-production editing of the presentation in exchange for having access to the presentations on their platform. Recordings of the Congress videos were made available to all Congress delegates for four months after the Congress. Registrations for the Congress remained open after the Congress and at least two delegates registered post-Congress to access the recordings.

Sponsored Symposia

There was only one application for a Sponsored Symposia and as the majority of delegates were registered online, it was agreed to run the Symposia on Saturday afternoon in lieu of a breakfast meeting. Besins sponsored the symposia called "MHT – what oestrogen and progestogen to use?" which was presented by Dr Sonia Davison. The presentation was then followed by a panel discussion with Sonia and Dr Jane Elliott, led by Dr Meredith Frearson.

Free Communications

There was only one abstract submission which was a rapid-fire presentation. It was agreed to include this presentation as part of the program instead of dedicating a Saturday afternoon session to Free Communications. Dr Madeleine Haygarth presented "A case of new-onset post-menopausal hyperandrogenism".

Scholarships and Prizes

There were no applications for scholarships and only one travel grant application which was awarded to Dr Anne Peterson.

As there was only one Free Communication which was presented by a non-AMS member, there was no judging or awarding of Free Communication prizes.

Professor Bronwyn Stuckey AM was awarded the AMS Award, which recognises a distinguished person in the field of menopause and women's midlife health, who has given much of their life making a significant contribution to this field.

Delegate profile

There was a total of 393 delegates registered for the Congress, with 140 onsite and 253 online. The South Australian Government opened the borders to visitors from Victoria and New South Wales two days before the Congress so many delegates switched to onsite just prior to the Congress.

The demographics of the delegates and whether they attended onsite or online are provided in Figure 4.

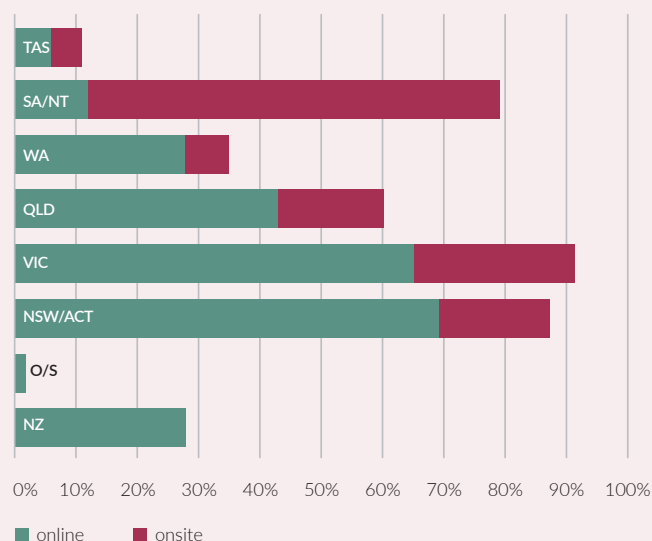


Figure 4: Delegate demographics onsite vs online.

KEY FOCUS AREAS

DELIVERY AND MARKETING continued..

Evaluation

Of the 393 delegates registered (309 minus trade, AMS staff and speakers), 119 delegates completed the evaluation making a response rate of 39%. Eighty-one percent (81%) of respondents were AMS members and 19% were non-members. Fifty-eight percent (58%) of respondents were online and 48% were onsite.

The degree the learning outcomes were met are outlined in Figure 5.

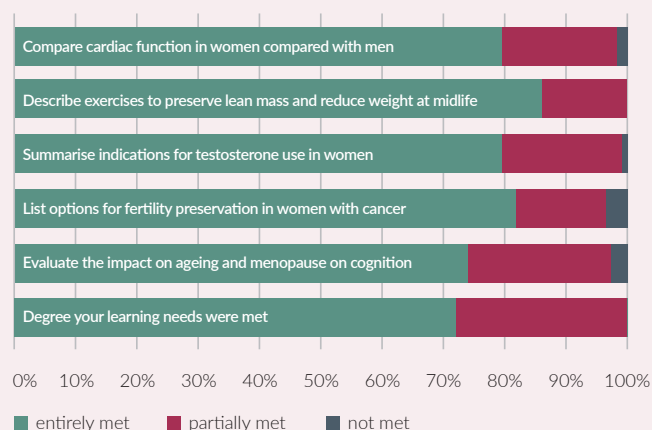


Figure 5: Degree learning outcomes were met.

Ninety percent (90%) of respondents thought that the Congress was relevant to their practice and 10% thought it was partially relevant (N=116). Ninety-two percent (92%) of respondents thought that they would change how they assess and manage menopausal women due to attending the Congress and 8% thought that it wouldn't change the way they practice (N=117). Seventy-six percent (76%) of respondents rated the speakers' presentations as excellent and 24% rated them as good.

Delegates were asked what they learnt from attending the Congress:

"A more holistic view of managing women at this stage of life - menopause + the bigger picture relating to aging and other risk factors"

"Any movement/exercise will help with weight management"

"Cardiac disease in women is even more complex"

"Epigenetics was fascinating and new to me. I was reassured about the MHT risks with regards to breast cancer and enjoyed learning about the differences between men and women as we age"

"In every talk I learnt something new and useful. It was easy to do online because the quality of the speakers and the content was so high"

"I thought the Sunday morning sessions by Dr Roger Sexton and Mr Len Kling were timely reminders to care for ourselves."

What was the highlight of the Congress?

"Attending a face-to-face conference with presenters that were in the room with you"

"Being able to access quality presentations online even though I much prefer to be present in person!"

"Entertaining speakers, variety of topics, Sonya's snippets - excellent!"

"Exceptional talk from Prof Szoeki. Will entirely change practice. So good to see postmenopausal health featuring"

"Hard to say but Dr Davison steals the show"

"Loved the presentations from the geriatrician and cardiologist"

"Meeting with likeminded colleagues and sharing of ideas. The Saturday night dinner at the zoo was a particular highlight"

"Time management and burnout talks were excellent; cardiology talk was fantastic"

Other feedback included:

"Great conference, managed well, despite mending the hybrid online/onsite option. Some of the speakers would certainly have been better in persons I think"

"I felt it was very heavy on academia and focused a lot on studies and data. I found the more practical talks e.g. cardiology, bladder pain etc were a lot more useful to my practice"

"I hope that you can keep an online option. It is not as good as being there in person but for those of us who are unable to travel for whatever reason, it means that we do not miss out on an excellent and important conference"

"I would like to express my sincere Thank you to the silent group of professionals i.e. Conference Design staff and the IT specialists that made this hybrid conference possible. I for one required IT assistance. Given how many lectures were delivered from private homes across Australia and how many people attended as online attendees I congratulate you for your magnificent input"

"Would be good to have more onsite speakers! But understand!"

KEY FOCUS AREAS

DELIVERY AND MARKETING continued..

GPCE Sydney

GPCE again invited AMS to present an Advanced Course on Menopause (formerly known as an RACGP ALM or Category 1) called "Managing menopause: What's hot and what's not" in Sydney on Saturday 28 May at the International Convention Centre. There were 70 registrations available and this workshop was the first to sell out at GPCE. It is estimated that over 100 delegates actually attended with standing room only. Dr Elina Saforo, Professor Rod Baber AM and Dr Terri Foran presented.

The degree learning outcome were met are in Figure 6.

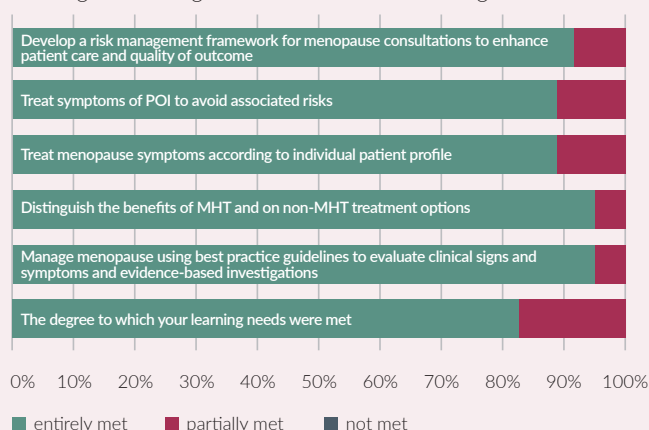


Figure 6: Degree learning outcomes were met.

General feedback included:

"All three speakers were very knowledgeable and gave us practical advice in managing problems women face with menopause and early menopause"

"Fantastic content, fantastic speakers"

"I am much better equipped to discuss the risks and benefits of MHT"

"I am impressed with the science imparted and the opportunities for improving the lives of women in perimenopause"

"Concise and well-presented information"

Healthed Podcasts

AMS partnered with Healthed in 2021 to present a series of podcasts. Dr Marita Long presented on *Managing sexual difficulties in perimenopause and menopause* (450 downloads), Dr Karen Magraith presented on *A general practice perspective on prescribing menopausal hormone therapy* (850 downloads), Dr Jane Elliott presented on *A structured approach to conducting a menopause consultation in general practice* (900 downloads) and A/Prof Deborah Bateson presented on *Contraception in perimenopause – a practical approach* (850 downloads).

Workplace Education

In 2021-22, AMS provided seven workplace presentations to staff about menopause. Clinical A/Professor Amanda Vincent presented to Dolby Australia and Wyndham City Council on menopause, Dr Nely Khatri presented to Synergy on menopause, Dr Karen Magraith presented to SAP Australia and New Zealand, Department of Home Affairs and TipTop and Dr Elina Saforo presented to the leadership team of the Department of Home Affairs on how to support women in the workplace going through menopause.

Community education

AMS was invited to present and exhibit at the NSW Women's Health Expo in Sydney on 7 March 2022. Dr Elina Saforo took part in a panel discussion along with Ms Janet Michelmores from Jean Hailes for Women's Health and Ms Trudy Phelps from the Cancer Institute NSW. AMS Executive Director, Vicki Doherty held a trade display and had lots of interest from women and the NSW Office for Women. Around 300 women attended the event onsite and online.

Dr Sonia Davison was part of the Very Peri Summit run by Mamamia in May 2022. The event was attended by thousands of women across Australia online.

Partnership education

As part of its partnership with AIA Insurance, Dr Marita Long presented to the rehabilitation team at AIA about menopause, its symptoms and where women can get further information, support and resources.

KEY FOCUS AREAS

DELIVERY AND MARKETING continued..

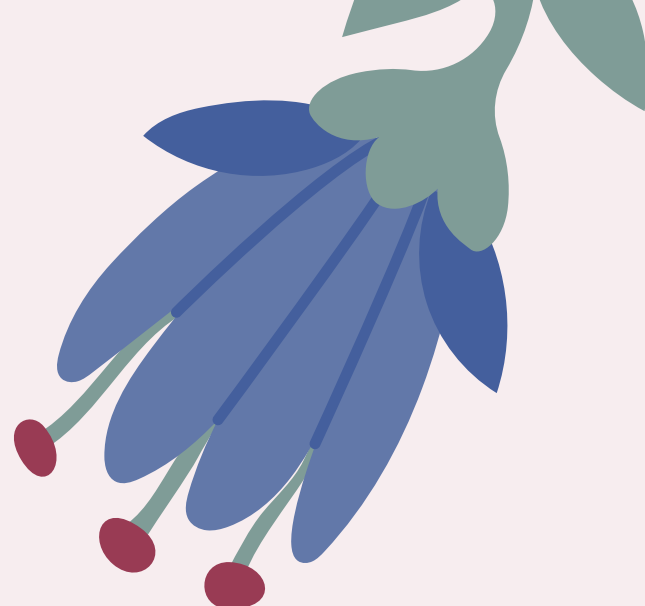
eLearning Website

AMS launched a new eLearning website in 2018 for AMS members. In 2020, AMS also included a pay per course for non-members to access the eLearning website. All activities on the website are accredited by the RACGP and ACRRM for QI&CPD points. There were nine activities available on the website in 2021-2022:

- Perimenopause – 90-minute webinar;
- Menopause: The hot topics – a two-hour webinar;
- Menopause Essentials Update Hobart – a three-hour webinar;
- Menopause Essentials Update Melbourne – a three-hour webinar;
- Case Study: Joan – a case study on venous thromboembolism with relevant journal articles and multiple-choice questions;
- An Update on MHT – an article on menopausal hormone therapy (MHT) with multiple-choice questions;
- Menopause basics – 45-minute webinar;
- Urinary incontinence – 45-minute webinar; and
- Sexual function – 45-minute webinar.

In 2021-22, 11 of the eLearning modules were completed.

Natasha Frawley, Zainab Sabri, Sonia Davison, Ruth Bollard and Desiree Bergmann.



AMS in the media

AMS provided a number of media releases in 2021-22, including for World Menopause Day. There were 29 requests from the media for interviews and/or articles.

AMS President, Dr Karen Magraith was interviewed by:

- The Age, ABC Radio Hobart and Harpers Bizarre about menopause;
- NewsGP about AMS lobbying to keep Estalis and Estradot listed on the PBS;
- ABC Radio Adelaide, Wellness Magazine, Mindfood Magazine and House of Wellness about perimenopause.
- ABC Radio Hobart about menopause and work;
- Over 60 Magazine and Investment Magazine about the AMS and AIA insurance partnership; and
- 2GB Radio and Sydney Morning Herald about the NSW Health \$40m commitment to menopause hubs. Quotes from a NSW Health Media Release Karen was interviewed for about the NSW Health initiative ran in Women's Agenda, Nine News, Canberra Times and Blue Mountains Gazette.

AMS Past-President Dr Sonia Davison was interviewed by:

- ABC Radio Canberra about World Menopause Day;
- Prevention Magazine about menopause;
- New Scientist about MHT and mortality;
- Mamamia and ABC Radio Melbourne Conversation Hour about perimenopause.

Dr Jane Elliott was interviewed on ABC Radio Adelaide about perimenopause and Clinical A/Professor Amanda Vincent was interviewed by ABC Radio Adelaide and The Conversation about early menopause. Professor Beverley Lawton was interviewed by NZ Radio on menopause and work, and Dr Janice Brown and Dr Sylvia Rosevear were interviewed by the NZ Herald about MHT.

Dr Ashley Makepeace was interviewed by Seven West Media about menopause and Dr Elina Safro was interviewed by Body & Soul Magazine about perimenopause.

Social media

In 2021-22, there were 30 posts on the AMS Facebook page which reached 12,028 people, had 1,351 visits, 464 new likes and 1,554 followers. There were two posts added to Instagram, which now has 276 followers.

KEY FOCUS AREAS

PARTNERSHIPS AND COLLABORATIONS

Develop joint activities of mutual benefit

In 2021-22, AMS continued its partnership agreement with the Royal Australian College of Obstetricians and Gynaecologists (RANZCOG) to cross-promote our Congresses and other education. AMS also continued its partnership with Healthdirect Australia, Australia's health information and advice website to disseminate information about menopause and midlife women's health.

In 2022, AMS was approached by the International Menopause Society (IMS) to partner in developing fact sheets for women in midlife. AMS is currently negotiating an agreement with IMS to share its current fact sheets which will be co-branded with IMS and translated into multiple languages.

AMS was invited to review and endorse *The 2022 Hormone Therapy Position Statement of the North American Menopause Society (NAMS)*. AMS reviewed the position statement and made some minor recommendations before endorsing it.

Over the last couple of years, AMS has partnered with the Monash Centre for Health Research and Implementation (MCHRI) on an Early Menopause National Health and Medical Research Council (NHMRC) Partnership Grant. In 2022, another outcome of this partnership has been the release of the *Ask Early Menopause* app which provides trustworthy information for women who have early menopause.

In 2022, AMS partnered with Monash University to submit an NHMRC Partnership Grant whereby AMS will provide materials, website/EDM support, webinars, data and intellectual property as well as consulting advice and secretariat support for a midlife women's health project. AMS also partnered with the MCHRI to submit an application for a Medical Research Future Fund (MRFF) Cardiovascular Health grant. Outcomes of these applications will be announced soon.

AMS was invited to participate in Safer Care Victoria's Best Care for Heavy Menstrual Bleeding Initiative. Past AMS Board Member, Professor Beverley Vollenhoven has been recruited to the Expert Working Group.

AMS met with staff and ministerial advisors from NSW Health, NSW Treasury and NSW Office for Women following the NSW Women's Health Expo. The NSW government was interested in discussing the issues women face in midlife including menopausal symptoms that impact their daily lives, access to evidence-based healthcare and community awareness. AMS advised about the need to upskill general practitioners

in assessment and treatment of women at midlife as well as raising awareness about menopause in the community. Following these discussions, the NSW government announced funding of \$40 million for access to treatment for women suffering severe menopausal symptoms. Members of the AMS Board as well as Past-Presidents have been invited by the NSW government to sit on an Expert Advisory Committee about the roll out of this program. AMS has been advocating for funding to upskill primary care practitioners as well as raising awareness in the community.

AMS assisted the Women's Health Research Program at Monash University to recruit women to their study *Therapy to prevent bone loss and restore sexual function in women with premature ovarian insufficiency (POI) or early menopause* and assisted to recruit women and health practitioners to MCHRI's research to update the *International guidelines on POI*.

AMS also assisted other research studies to recruit participants for including:

- *Is removal of the ovaries before natural menopause associated with changes to concentration and memory.* Lead investigators include Clinical A/Professor Amanda Vincent, Professor Martha Hickey and A/Prof Caroline Gurvich;
- *Depression and perimenopausal symptoms.* Lead investigators include Professor Jayashri Kulkarni, Dr Peter Farnbach and Professor Paul Fitzgerald;
- *Evaluating the efficacy of Happy Hormones in menopausal women.* Lead investigators include Dr Janet Schloss and Dr Romy Lauche.

KEY FOCUS AREAS

PARTNERSHIPS AND COLLABORATIONS continued..

As interest in menopause continues to grow, AMS is looked to as a leading voice in women's health and gets many requests to partner on grants and disseminate information about research projects. Due to resource constraints and that the clinical advice and expertise AMS provides is largely provided by volunteers; AMS needs to be selective in who it chooses to partner with. Preference is always given to partners who are or have been actively involved with AMS in the past.

Advocacy

Resources permitting, AMS also takes on an advocacy role when important issues arise that may impact on women at midlife, especially around equity of access to menopausal therapies. In August 2022, there was a shortage of Progynova. The Therapeutic Goods Administration (TGA) liaised with the AMS to produce a Serious Scarcity Substitution Instrument (SSSI) which allowed pharmacists to substitute an alternative oral oestradiol for the product Progynova, without requiring an additional prescription.

In mid-2021, Sandoz advised the AMS that it was going to remove all doses of menopausal hormone therapy (MHT) patches, Estalis® and Estradot® from the Pharmaceutical Benefits Scheme (PBS) as they were no longer commercially viable. AMS partnered with RANZCOG and the Endocrine Society of Australia (ESA) to write to the Australian Minister for Health, the Hon Greg Hunt, outlining the risks to women of not having access to PBS-subsidised MHT. Following discussions with Sandoz, they agreed to submit an application to the PBS for a price increase instead of removing Estalis® and Estradot® from the PBS. AMS, RANZCOG and ESA wrote to the PBS supporting Sandoz's application for a price increase. In September 2021, the PBS agreed to the price increases,

ensuring that women can still access these medications at the PBS-subsidised rate.

AMS also supported Amgen's application to the Pharmaceutical Benefits Advisory Committee (PBAC) to expand the PBS listing of romosozumab by writing to the PBAC.

In May 2022, AMS wrote to Pharmac in New Zealand in support of funding Utrogesten® for MHT as the endometrial protection agent when women require oestrogen for the treatment of menopausal symptoms at perimenopause, and also as part of hormone replacement therapy (HRT) for premature ovarian insufficiency.

Partner with industry

The AMS recognises that partnering with industry will provide mutual benefits and assist with its mission "to achieve the best possible health and wellbeing for women during and after menopause". The AMS was able to partner with a number of companies to deliver education in 2021-22, including GPCE, NSW Health and numerous workplaces.

In 2022, AMS continued its partnership with AIA Insurance to develop a menopause education program for health professionals and a menopause wellbeing program for AIA members. Dr Marita Long delivered education to the AIA rehabilitation team to assist AIA members going through menopause and began drafting facts sheets on Menopause in the workplace and Menopause and mood disorders. Further education will be provided to all AIA staff and leadership teams to support employees.

AMS will continue to engage with industry to find partners who will assist AMS in achieving its mission.



Katie Kent, Marita Long,
Anna Alderton, Ruth
Spencer and Kelly Teagle.



FUTURE DIRECTIONS

In 2022-23, the AMS plans to implement a number of initiatives as set out under the AMS Action Plan.

Sustainability of the organisation

- Implement Board and Director evaluations;
- Undertake Board professional development training;
- Hold four AMS Board Meetings;
- Continue to monitor budget, and investment portfolio performance;
- Increase engagement with members to assist in promoting the mission of AMS;
- Contract one new partner; and
- Develop succession planning for the Board and secretariat.

Delivery and marketing

- Deliver at least two Menopause Essentials Updates;
- Hold the 26th Annual AMS Congress in Queenstown, New Zealand;
- Develop or review two consumer fact sheets;
- Develop or review four AMS information sheets;
- Provide two new learning activities on the eLearning website;
- Publish 12 editions of *eChanges*;
- Provide media releases for World Menopause Day; and
- Post at least 12 social media posts on Facebook and Instagram.

Partnerships and Collaborations

- Continue to partner with Monash University with submissions for partnership grant applications to the NHMRC and MRFF;
- Partner with the National Aboriginal Community Controlled Health Organisations to develop culturally safe information and resources for the Aboriginal and Torres Strait Islander communities and the health care professionals who support them;
- Partner with the International Menopause Society (IMS) to develop patient fact sheets on menopause and midlife women's health, which will be translated into multiple languages;
- Partner with IMS to prepare for hosting the World Congress on Menopause in Melbourne in 2024;
- Collaborate with other women's health organisations to promote best practice management of menopause;
- Source and maintain partnerships with industry; and
- Strengthen relationships with the international community of menopause organisations.



AMS BOARD 2021-2022



President

Dr Karen Magraith

BMBS FRACGP

Meetings attended 4/4



President and Past-President

Dr Sonia Davison

MBBS FRACP PhD

Meetings attended 4/4



Clin A/Prof Amanda Vincent

BMed Sci MBBS PhD FRACP

Meetings attended 2/2

Retired 27 November 2021



Treasurer

Dr Sylvia Rosevear

BA MBChB MD FRCOG FRANZCOG

Meetings attended 4/4

REGIONAL APPOINTMENTS



VIC/TAS

Dr Marita Long

MBBS FRACGP DCH Cert of Sexual and Reproductive Health

Meetings attended 4/4



NZ

Dr Janice Brown

MBChB FRNZCGP PGDipObstMedGyn NZ CertFP

Meetings attended 3/4



SA/NT

Dr Meredith Frearson

BMBS FRACGP DRCOG DFFP, Cert Fam Plan

Meetings attended 1/2

Retired 27 November 2021



Dr Carmel Reynolds

MBBS, FRACGP, DCH

Meetings attended 2/2

Appointed 27 November 2021



NSW/ACT

Dr Elina Saftro

BSc(Med) MBBS

Meetings attended 4/4



QLD

Dr Christina Jang

MBBS MD FRACP

Meetings attended 4/4



WA

Dr Ashley Makepeace

MBBS FRACP

Meetings attended 4/4



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EMPOWERING MENOPAUSAL WOMEN