



# ANNUAL REPORT 2023

AUSTRALASIAN  
MENOPAUSE  
SOCIETY

EMPOWERING MENOPAUSAL WOMEN

[www.menopause.org.au](http://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.

*(L-R) Ashley Makepeace, Sonia Davison, Christina Jang, Vicki Doherty, Karen Magraith, Carmel Reynolds, Elina Safro, Sylvia Rosevear and Janice Brown.*



## Who we are

The AMS was established in 1987 and became a company limited by guarantee in 2013. At 30 June 2023, the AMS had 877 members compared with 656 at the same time in 2022 (net increase 33.69%). 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

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## AMS 2022-23 IN REVIEW

### MENOPAUSAL SYMPTOM SEVERITY SUMMARY

Number of menopausal or post-menopausal women in Australia and New Zealand<sup>1</sup>

**5,487,197**

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

**2,941,270<sup>2</sup>**

Women suffering or have suffered **SEVERE** menopausal symptoms **1,097,439<sup>3</sup>**

### MEMBERSHIP

**877** members  
a net increase of **34%**

### WEBSITE

**700,000**  
visits to website

**1,525,000**  
page views of website

**212,320** Find an  
AMS Doctor searches



### INFORMATION SHEETS

**5** doctor sheets updated  
**2** new consumer sheets

### ENQUIRIES

**101** enquiries from the public  
**20** media enquiries



### TRAINING

**22** education sessions  
to over **13,500** attendees  
**10** new eLearning RACGP  
accredited activity launched

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

<sup>2</sup>Based on 60% women suffering moderate symptoms

<sup>3</sup>Based on 20% women suffering severe symptoms



# President's Report

## Karen Magraith

Over the past year, AMS has continued its work in menopause education, providing evidence-based resources to both clinicians and the general public. We have been the 'go to' organisation for media and advocacy, and for seeking input into issues relating to menopause. There has been an ongoing increase in general discussion about menopause in the community. AMS membership has continued to grow and clinicians are increasingly upskilling so that they can provide good care for their patients.

### Australasian Menopause Society Board

The AMS Board continues with a total of 9 members, with no change in Board membership since my report one year ago. Dr Sonia Davison has continued on the Board as Immediate Past President and her wisdom and experience has been invaluable. Dr Sylvia Rosevear, serving as President-Elect has also made an important contribution, particularly as the only gynaecologist on the Board.

I would like to thank all of the Board members for their generous contribution of their time and expertise to the AMS. On a personal level I also thank them for their support for me in my role.

### Executive Director's Office

Our Executive Director, Vicki Doherty, has very effectively managed the many activities of AMS, ranging from financial and compliance matters to strategic planning, coordinating Board activities, organising meetings, answering member queries, and more. Vicki is assisted by Administrative Officer Georgina Ponce de Leon. Many thanks to Vicki and Georgina for their commitment to AMS.

### Board Subcommittees

This Annual Report includes reports from the Chairs of the Board Subcommittees. Treasurer Dr Sylvia Rosevear has continued to oversee AMS finances. Under the leadership of Dr Rosevear, the Board monitors our financial situation carefully to ensure that our funds are invested wisely and that we are able to cover our operating costs.



Dr Elina Safro is Chair of the Education Subcommittee and has managed and coordinated the Menopause Essentials Updates, other AMS meetings as well as other educational activities. Dr Safro has kept abreast of changing CPD requirements for clinicians to ensure that AMS education fulfils the relevant criteria. Dr Christina Jang has coordinated the updating of existing information and fact sheets and the production of new information and fact sheets. With the amount of information resources that AMS maintains this is a challenging job. Christina has ensured that these resources are maintained at a high standard. Many thanks to Board Members and other AMS members who have assisted in updating, writing and reviewing our information and fact sheets.

The Website Subcommittee, chaired by Dr Carmel Reynolds, has overseen our communications, including material for our website as well as *eChanges*, the AMS newsletter and our special member emails. The website had over 1.5 million hits in the last year so this is also a busy task!

### Membership

AMS membership has grown strongly. At the end of 2022-23 we had 877 members and at the time of preparing this report we had over 900 members. We warmly 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.

### eChanges

Our monthly e-bulletin, *eChanges* continues to be emailed to our members, as well as our monthly AMS newsletter to subscribed health professionals (nearly 2,000 contacts). Vicki, in collaboration with the Website committee, has ensured the production of *eChanges* remains timely and relevant. I thank the Board and Society members who have contributed to content for *eChanges*.



## President's Report continued

### Media

The media have continued to contact the AMS for interviews and comment on women's health issues during the past year. Several Board Members have been interviewed. Two Board members, Dr Sonia Davison and Dr Marita Long appeared on an ABC Catalyst program about menopause.

### Parliamentary Roundtable on Menopause

On 7 March 2023 a Parliamentary Roundtable on Menopause was held in Canberra. It was convened by Peta Murphy MP and Bridget Archer MP, with AMS as host organisation. I was happy to represent AMS, along with Past Presidents Prof Rod Baber AM and Prof Susan Davis AO. AMS members Dr Kelly Teagle and Dr Ginni Mansberg also spoke at the meeting. We highlighted the need for improved community education, enhanced health practitioner education on menopause and improved access to clinical care.

### AMS Congress

The 25th Annual AMS Congress was held in Cairns from 9-11 September 2022, as a hybrid onsite/online event. It was highly successful, with delegates rating the academic content very favourably and enjoying the benefits of meeting with colleagues. Many thanks to Chair of the Local Organising Committee Dr Christina Jang, Chair of the Scientific Committee Dr Anna Fenton and all committee members and others who contributed.

The 26th Annual AMS Congress will be held from 1-3 September 2023, in Queenstown, Aotearoa/New Zealand, in hybrid format. Due to overwhelming interest in the event, onsite registrations sold out early and AMS has arranged for another venue in Queenstown to host a live-streamed event. I am grateful to Chair of the Local Organising Committee Dr Sylvia Rosevear and her team, and to Chair of the Scientific Committee, Dr Ashley Makepeace and her team for putting together this event. I am also grateful to Dr Anna Fenton, Past-President of AMS, who has made an enormous contribution to the planning for this meeting.

### International Menopause Society Congress

I attended the International Menopause Society (IMS) Congress in Portugal in October 2022. AMS presented a breakfast symposium on "Menopause in the workplace", and I was joined by Clinical A/Prof Amanda Vincent, Prof Martha Hickey and Dr Sylvia Rosevear at this meeting. Several Australians spoke at plenary sessions at the Congress. I had the opportunity to meet with several IMS Board Members, which was helpful for strengthening our links, especially in the context of the upcoming IMS meeting in 2024. The presence of Australian Clinical A/Prof Amanda Vincent on the IMS Board is also an important connection.

The International Menopause Society will be holding its biennial Congress in Melbourne on 18-22 October 2024. This meeting will replace our usual AMS Annual Congress. This promises to be an exciting international meeting and I encourage all AMS members to attend.

### Partnerships

AMS has continued its partnership with AIA Insurance and has provided education for staff, the rehabilitation team as well as other AIA partners 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

This is my last report as AMS President. I would like to take this opportunity to thank the AMS Board and membership for their commitment to improving menopause education and clinical care in Australia and Aotearoa/New Zealand. I am astonished at what is achieved by a member-based group with a volunteer Board and small but hard-working professional staff. AMS has cemented itself as the peak body for menopause and we are in a strong membership and financial position going forward. We will need to be adaptable as circumstances change and we welcome member involvement and feedback on all aspects of your society.

# Executive Director's Report

Vicki Doherty

As we emerge from the restrictions of COVID-19 over the past few years, the AMS has been looked to as the leader in menopause and midlife women's health education, information and resources as well as advocacy to raise awareness of menopause.

We have seen a steady rise in menopause awareness over the past few years, however in 2022-23, the demand from consumers for access to quality care as well as demand from health professionals for education has been enormous. Grass roots organisations as well as celebrities have been keen to share their experiences of symptoms and impact on their quality of life. While this increasing awareness of menopause driven by celebrities is assisting to destigmatise menopause, there are a number of unintended consequences including:

- women accessing unproven and potentially harmful information and treatments; and
- many health professionals lacking the knowledge to provide optimal clinical management of women at midlife and sometimes prescribing treatments that are not evidence-based.

This increased awareness has seen many opportunists in the wellness industry jumping into the 'menopause economy'. Daily I am teased by social media advertisements for teas purported to alleviate hot flushes, skin care products claiming to improve menopausal skin and lifestyle retreats serving up ancient therapies to cure menopausal symptoms. It has been estimated that menopause will be a \$600 billion market by 2025. Venture capitalists and start-ups are being encouraged to disrupt the menopause market. Not surprisingly, many women are spending \$1,000s on products and services that have no evidence-base.

Women and their healthcare providers need access to evidence-based information and resources to ensure they can access affordable evidence-based care. AMS has been advocating for government funding for educating health professionals, in particular general practitioners, as general practice is where the majority of medicine occurs. AMS has also been advocating for Medicare reform as the current system incentivises short consultations, which disadvantages both GPs and their patients when it comes to providing a comprehensive menopause consultation.

AMS has called for government funding for a national awareness campaign. Raising awareness about menopause and evidence-based treatment options will help reduce the stigma associated with menopause as well as reducing the risk of women spending money on products that are not evidence-based. Empowering



women to seek care from their GP and empowering clinicians to provide evidence-based care provides women with options to manage their symptoms and improve their quality of life.

Lastly AMS has advocated for funding for research into menopause and midlife women's health. We know that many diseases in women are under-researched and under-diagnosed. There has been a lack of research into diseases that are largely experienced by women, such as autoimmune and chronic pain conditions, as well as women not being adequately represented in medical research resulting in identifiable symptoms being skewed towards those experienced by men. AMS is pleased that the Australian Government has established a National Women's Health Advisory Group to look at the systemic issues impacting gender inequities in health outcomes, and will be advocating for improvement to midlife women's health.

There has been increased demand on AMS to develop information and resources, and deliver education to health professionals, the community and workplaces. Responding to these requests has been challenging at times, as we try to allocate resources efficiently and not place too much burden on our volunteer Board Members. I continue to be impressed by how much time and effort our Board Members contribute to the development of resources and education. I cannot think of another health professional association that produces as much evidence-based content that is accessed over 1.5 million times a year, without any government funding.

A highlight for me in 2023 has been working with one of our industry partners, AIA Australia. AIA's shared value team were established to look at societal problems and partner with organisations to help solve them. AIA identified that women aged 45-54 years were more likely to make a claim for mental health than men, or in any other age group for men or women and suspected that it could be possibly linked to the menopausal transition. AIA have done a wonderful job in raising awareness of menopause in their workplace, to their members and to their other industry partners. AMS has provided speakers for educational webinars, round tables and panel discussions. AIA also supported AMS to develop its new fact sheet on *Menopause in the workplace*. I am looking forward to working with AIA Australia and their partners in 2023-24 to help raise awareness of menopause and reduce stigma.

## Executive Director's Report continued

It is now a sentimental time for me as we look to transitioning Presidents of AMS. I have been privileged to work very closely with Dr Karen Magraith as President over the past two years. Karen has done an amazing job in raising the profile of general practice in menopause management during her tenure. She has taken a significant amount of time from her clinical practice to lead AMS through a momentous period of growth. Karen has made herself available for media enquiries, last minute presentations and was instrumental in leading menopause advocacy to government. As Karen will soon settle into her new role as immediate Past-President, I hope she makes some time to reset and restore as well as reflect on the numerous achievements she has made during her tenure.

It is also a sad time as we see our Past-President Dr Sonia Davison step down from the AMS Board at the Annual General Meeting in September. Sonia led AMS through COVID-19, but always remained exuberant and passionate about AMS's work and advocating for women's health. AMS will still be calling on Sonia's expertise but I hope she too will find some time to reflect on her accomplishments in the past few years she has been on the AMS Board.

I have also been privileged to work with Dr Elina Safro and Dr Christina Jang who both lead AMS educational activities and their tireless work and enthusiasm does not go unnoticed. Thanks to Dr Sylvia Rosevear as Treasurer and who has been very supportive and responsive. I look forward to working very closely with her over the next two years as Sylvia becomes AMS President. Thanks to Dr Marita Long, Dr Ashley Makepeace, Dr Carmel Reynolds and Dr Janice Brown for putting up their hands to contribute to the information sheets, present on behalf of AMS and Chairing the Scientific Program Committee. Lastly thank you to Georgina Ponce de Leon, AMS Administration Officer for her support of our very busy office.

As I sign off, I am excited and look forward to welcoming over 600 delegates onsite and online to our 26th Annual AMS Congress in Queenstown, New Zealand. At the time of writing AMS has over 900 members. I sincerely thank you all for being part of the AMS community and for your continued support. 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.



25th AMS Congress Dinner,  
Shangri-La Hotel, Cairns.

# 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 2023 below.

### Profit/Loss for 2022-23

The AMS made a profit of \$298,515 in 2022-23 compared with a loss of \$114,846 in 2021-22 (see Table 2). There was a significant return from the investment portfolio of \$273,201 after the large loss (5%) in 2022. Income from Congress and Education increased (\$243,295 compared to \$193,004) due to a well-attended Congress in 2022 (413 delegates) and additional educational events. Membership income increased by 47% due to a net increase in membership of 34% (877 members).

Increase in educational activities led to an increase in Congress and Education income, expenses and profit (\$206,602) compared with 2021-22 (\$165,219). Website and computer expenses increased by around \$10,000 as new hardware was acquired and a new website commissioned. All other expenses were similar to previous years.

The investment portfolio increased in value by 11% from \$2,048,454 in 2021-22 to \$2,273,112 in 2022-23. Investment portfolio capital is now higher than the peak of December 2021 (\$2,268,126).

### Equity

Total equity increased by 14% from \$2,327,410 in 2021-22 to \$2,652,606 in 2022-23 (see Table 1).

### Cash Flow

At the time of going to print, the Cash Flow Statement for the year ending 30 June 2023 was not yet available. An audited Cash Flow Statement for 2022 is at Table 3.



**Table 1: STATEMENT OF FINANCIAL POSITION AT 30 JUNE 2023**

	2023 <sup>1</sup> (\$)	2022 <sup>2</sup> (\$)	2021 (\$)	2020 (\$)	2019 (\$)
<b>Assets</b>					
<b>Current Assets</b>					
Cash assets	625,394	579,374	436,685	357,689	559,440
Receivables	18,263	11,534		9,233	
Current tax assets				-3,612	941
Deposits paid	20,787	19,943	15,144	24,628	20,344
Other			961		
<b>Total Current Assets</b>	<b>664,444</b>	<b>610,851</b>	<b>452,790</b>	<b>387,938</b>	<b>580,725</b>
<b>Non-Current Assets</b>					
Other financial assets	2,115,961	1,817,212	2,048,273	1,755,766	1,686,800
<b>Total Non-Current Assets</b>	<b>2,115,91</b>	<b>1,817,212</b>	<b>2,048,273</b>	<b>1,755,766</b>	<b>1,686,800</b>
<b>Total Assets</b>	<b>2,780,405</b>	<b>2,428,063</b>	<b>2,501,063</b>	<b>2,143,704</b>	<b>2,267,525</b>
<b>Liabilities</b>					
<b>Current Liabilities</b>					
Payables	28,297	11,560	188	-1,326	8,588
Current tax liabilities	3,076	11,100	7,891	3,233	3,580
Provisions <sup>3</sup>	53,536	42,250	20,896	18,736	14,487
Other <sup>4</sup>	42,890	35,743	29,830	25,185	76,481
<b>Total Current Liabilities</b>	<b>127,799</b>	<b>100,653</b>	<b>58,805</b>	<b>45,828</b>	<b>103,136</b>
<b>Total Liabilities</b>	<b>127,799</b>	<b>100,653</b>	<b>58,805</b>	<b>45,828</b>	<b>103,136</b>
<b>Net Assets</b>	<b>2,652,606</b>	<b>2,327,410</b>	<b>2,442,258</b>	<b>2,097,876</b>	<b>2,164,389</b>
<b>Equity</b>					
Accumulated funds	2,652,606	2,327,410	2,442,258	2,097,876	2,164,389
<b>Total Equity</b>	<b>2,652,606</b>	<b>2,327,410</b>	<b>2,442,258</b>	<b>2,097,876</b>	<b>2,164,389</b>

1. 2023 figures are draft as the 2023 financial statements are yet to be audited.

2. Note figures may differ slightly from 2022 Annual Report as the above figures are audited whereas the 2022 reported figures were draft.

3. Provisions from 2023 include Annual Leave and Long Service Leave accumulated over the past 7 years.

4. The increase in Other Current Liabilities in 2023 is due to the increase of 3-year membership subscriptions.



## Treasurer's Report continued

**Table 2: PROFIT AND LOSS STATEMENT AT 30 JUNE 2023**

	2023 <sup>1</sup> (\$)	2022 <sup>2</sup> (\$)	2021 (\$)	2020 (\$)	2019 (\$)
<b>Income</b>					
Membership income	140,511	95,652	72,119	78,070	82,712
Investment income <sup>3</sup>	273,201	-103,826	368,951	-25,088	125,828
Congress and Education income <sup>4</sup>	243,295	193,004	69,781	152,784	143,395
Government Payments			68,744	36,194	
Other <sup>5</sup>	53	15,500	15,973	38	
<b>Total Income</b>	<b>657,360</b>	<b>200,330</b>	<b>595,568</b>	<b>241,997</b>	<b>351,935</b>
<b>Expenses</b>					
Financial management and fees <sup>6</sup>	35,221	34,930	31,471	29,953	28,326
Congress and Education <sup>7</sup>	36,693	27,785	16,385	23,713	40,180
Board expenses	21,178	17,870	58	14,574	20,572
Salaries and superannuation <sup>8</sup>	219,259	212,166	177,613	203,795	184,280
Website and computer	23,779	13,648	15,760	17,156	15,830
Operations <sup>9</sup>	17,084	8,681	9,747	18,964	14,456
Other expenses <sup>10</sup>		94	154		4,944
Consulting	5,631			355	35,499
<b>Total expenses</b>	<b>358,845</b>	<b>315,176</b>	<b>251,188</b>	<b>308,510</b>	<b>344,087</b>
<b>Profit (Loss) before income tax</b>	<b>298,516</b>	<b>-114,848</b>	<b>344,382</b>	<b>-66,513</b>	<b>7,848</b>

1. 2023 figures are draft as the 2022 financial statements are yet to be audited.

2. Note figures may differ slightly from 2022 Annual Report as the above figures are audited whereas the 2022 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, Media and Consulting

10. Includes IMS 2020 costs

**Table 3: CASH FLOW STATEMENT AT 30 JUNE 2023**

Cash Flows from Operating Activities	2022 (\$)	2021 (\$)	2020 (\$)	2019 (\$)	2018 (\$)
Receipts from customers	299,496	239,534	206,557	270,570	250,026
Payments to suppliers and employees	-257,695	-205,742	-293,296	-322,928	-266,005
Net movement in GST liability		-3,612	941	-525	1,227
<b>Net Cash provided by Operating Activities</b>	<b>41,801</b>	<b>30,180</b>	<b>-85,798</b>	<b>-52,883</b>	<b>-14,752</b>
<b>Cash Flows from Financing Activities</b>					
Interest received	109	400	555	2,621	5,514
Investments	100,779	48,416	-116,508	98,379	240,656
<b>Net Cash provided by Financing Activities</b>	<b>100,888</b>	<b>48,816</b>	<b>-115,953</b>	<b>101,000</b>	<b>246,170</b>
Net increase (decrease) in cash held	<b>142,689</b>	<b>78,996</b>	<b>-201,751</b>	<b>48,117</b>	<b>231,418</b>
<b>Cash at Start of Year</b>	<b>436,685</b>	<b>357,689</b>	<b>559,440</b>	<b>511,323</b>	<b>279,905</b>
<b>Cash at Year End</b>	<b>579,374</b>	<b>436,685</b>	<b>357,689</b>	<b>559,440</b>	<b>511,323</b>

# Chair, Education Subcommittee Report

## Elina Safro

AMS has provided a wide variety of education to different audiences in 2022-23. I have been coordinating educational meetings, and Dr Christina Jang has coordinated the information and fact sheets. Thanks also to the Education Subcommittee for your hard work in presenting educational sessions and producing/reviewing educational materials.

This report covers the period between 1 July 2022 to 30 June 2023.

### AMS Educational Meetings

#### AMS Annual Congress

The AMS Annual Congress 2022 was held successfully in Cairns in September 2022 with a hybrid format. Thanks to Dr Christina Jang, 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 2023 is only a couple of weeks away and we're looking forward to a successful hybrid event on 1-3 September in Queenstown, New Zealand. Incredibly, we are expecting over 600 delegates to the Congress, both onsite and online, as well as over 400 delegates to the Pre-Congress Menopause Essential Update. Thanks to Dr Sylvia Rosevear, Chair of the Local Organising Committee and Dr Ashley Makepeace, Chair of the Scientific Organising Committee, and their teams.

#### Menopause Essentials Update

AMS presented its signature workshop, the Menopause Essentials Update in Auckland, New Zealand on 2 July 2022. Speakers included Dr Stella Milsom, Dr Rod Baber AM, Dr Sylvia Rosevear and Dr Anna Fenton. More details and outcome of the evaluation can be found later in this report.

The Pre-Congress Menopause Essentials Update was held in Cairns on 9 September 2022. Presenters included Dr Karen Magraith, Professor Rod Baber AM, Dr Sonia Davison and Professor Ajay Rane PSM OAM. More details and outcome of the evaluation can be found later in this report.



#### Menopause Case Studies webinar

A Menopause Case Studies Webinar was presented via Zoom on 2 May 2022. Registrations and technical support were provided by Medical Update Pty Ltd. Dr Carmel Reynolds and Dr Sonia Davison presented, and I chaired the webinar. Over 300 registered to attend the webinar and 157 attended live. Again, feedback was excellent and the outcome of the evaluation is provided later in this report.

### Invited AMS Presentations

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

AMS was invited to develop and present two Advanced Courses on Menopause at GPCE in Melbourne on 12 on 13 November 2022 and one Advanced Course on Menopause at GPCE in Sydney on 21 May 2023. Dr Marita Long, Dr Sara Whitburn, Dr Sonia Davison, Dr Jane Elliott AM, Professor Beverley Vollenhoven and Clinical A/Professor Amanda Vincent presented in Melbourne. I facilitated presentations by Dr Kelly Teagle, Professor Rod Baber AM, Dr Terri Foran in Sydney and developed pre-disposing and reinforcing activities for participants. The feedback was excellent and the outcome of the evaluation is provided later in this report.

#### Conferences

AMS was invited to present at the Royal Australian College of Obstetricians and Gynaecologists (RANZCOG) Annual Scientific Meeting on the Gold Coast on 12 October 2022. Thank you to Dr Danielle Robson and Dr Christina Jang for presenting on behalf of AMS.

AMS President Dr Karen Magraith was invited to present at the Australasian Sexual and Reproductive Health Alliance's Sexual Health Conference on 29 August 2022 on the Sunshine Coast. Karen also presented at a RANZCOG Consumers Meeting on 14 September 2022.

AMS hosted a Community of Menopause Societies Symposium at the World Congress on Menopause in Lisbon on 28 October 2022. Thank you to Dr Karen Magraith, Clinical A/Professor Amanda Vincent and Professor Martha Hickey for presenting on 'Menopause in the Workplace' and Dr Sylvia Rosevear for chairing the session

## Chair, Education Subcommittee Report continued

Dr Karen Magraith presented an abstract at GP22 on menopause, which was over-subscribed.

AMS Past-Presidents Professor Rod Baber AM, Dr Jane Elliott AM, Dr Sonia Davison, Professor Bronwyn Stuckey have also participated in Healthed's Menopause Panel at the Women's and Children's Health Update in Melbourne, Adelaide, Sydney, Brisbane and Perth. Thanks to Dr Terri Foran for facilitating these panels.

### Other Health Professional Meetings

Dr Karen Magraith and Dr Sonia Davison were invited by Jean Hailes for Women's Health to present a webinar on menopause for Women's Health Week in September 2022. Karen also presented on 'Menopause in general practice' at the South Australian Regional GP Training GPEX on 30 November 2022.

I presented a webinar for NSW Health to clinicians and consumers on menopause on 12 December 2022 as part of the capacity building for the NSW Menopause Hubs project.

AMS was also I invited to provide presentation on menopause and inequities in health to staff at the Royal Melbourne Hospital in March 2023 and thank you to Dr Sonia Davison for presenting.

### Partnerships, Workplace and Community Education

AMS has increasingly been requested to provide education in the workplace, including raising menopause awareness, as well as education for manager and leaders in supporting their employees transitioning through menopause. In 2022-23 AMS provided three workplace sessions which were presented by Dr Marita Long and myself.

Thank you to Dr Marita Long for presenting to one of our industry partners, AIA Australia about our new fact sheet 'Menopause and the workplace' as well as 'Menopause and mental health. Professor Rod Baber AM, Professor Susan Davis AO and myself were part of a Menopause Round Table arranged by AIA for Connexus and Investment Magazine in November 2022. Thanks again to Professor Rod Baber AM for joining an AIA facilitated menopause panel discussion on behalf of AMS at the Association of Superannuation Funds of Australia Spotlight on Insurance Conference in June 2023.

AMS was invited to present at the Hawkes Bay Writers Festival in New Zealand and thanks to Dr Janice Brown for attending.

## AMS Publications

### eChanges

AMS continues to publish *eChanges*, a monthly newsletter updating members on AMS news and news on menopause and women's midlife health from around the world. Thank you to all the members of the Board for your contributions to *eChanges* in 2022-23. AMS also provides a truncated version of *eChanges* to health professionals who prescribe to the AMS newsletter.

### Information sheets for clinicians

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

In 2023, AMS updated four information sheets for clinicians: *Perimenopause or menopausal transition*, *Tibolone as menopausal hormone therapy*, *Selective estrogen receptor modulators (SERMS) – their role in menopause management*, *AMS guide to MHT/HRT Equivalent Doses and Contraception*. Many thanks to Dr Carmel Reynolds, Dr Sonia Davison and Dr Christina Jang for reviewing all the literature and updating these sheets and to the Education Subcommittee for their review and input.

### Fact sheets for consumers

In 2023, the AMS also developed two new fact sheets: *Menopause and the workplace* and *Menopause and mental health*.

## Planning for 2023-24

A number of educational activities have been planned for 2023-24 and the outline of all face-to-face events, webinars and publications will be finalised shortly. Activities currently being planned for include:

- Menopause Essential Update in Queenstown, New Zealand and online on 1 September 2023. Speakers include Dr Stella Milsom, Professor Rod Baber AM, Dr Sonia Davison and Dr Amie Hanlon;
- 26th AMS Congress in Queenstown and online on 1-3 September 2023;
- Webinar for GPs *Could this be menopause?*, auspiced by the New South Wales Office for Women on 18 October 2023;
- Menopause Essentials Update in Perth on 4 November 2023. Speakers include Dr Jenny Rogers, Dr Nely Khatri, Dr Ashley Makepeace and Dr Jenny Ng; and
- Case studies webinars.

Thanks again to all AMS Board Members and other members who contributed to education in 2022-23. 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

### 1. 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 Board looked at ways to support the Board and Secretariat as workload increases and approved to employ an additional staff member to assist.

### 2. Remain financially viable and accountable

AMS needs to remain financially viable in order to function. In 2023, AMS made a profit of \$298,516 compared with a loss of \$114,846 in 2022. The profit was due to a significant return from the investment portfolio and an increase in educational activities. Looking at operational income and expenses alone, AMS made a profit of over \$87,215. This points to AMS's improved ability to raise funds and manage expenses without having to rely on income from its investment.

### 3. Strategic plan is current, relevant and implemented

In 2023, 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.

### 4. AMS members are engaged

AMS recognises that members join a member-based organisation to obtain some value. In 2022-23, AMS engaged its members through its monthly eChanges newsletter, the Annual AMS Congress delivered onsite and online, Menopause Essentials Update, webinars and eLearning website.



Breakfast symposium at the 25th AMS Congress, Cairns

# 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 2023, AMS undertook an extensive review of the literature and updated five information sheets (*AMS Guide to MHT equivalent doses*, *Contraception*, *The perimenopause or menopausal transition*, *SERMS – their role in menopause management* and *Tibolone as menopausal hormone therapy*).

In 2023, the AMS developed two new consumer fact sheets (*Menopause in the workplace* and *Menopause and mental health*).

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 2022-23, there were close to 700,000 visits to the website with almost 1,525,000-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
- Treatment Options
- AMS Symptom Score Card

The Find an AMS Doctor had 212,320 visits, with the state of Victoria having the highest number of searches (over 50,000 searches). There were nearly 1,560 views of the consumer targeted videos in 2022-23. The most played video was 'Is Menopausal Hormone Therapy safe?'

#### AMS eChanges and HP eNews

In 2022-23, AMS members received 12 eChanges and 19 special news bulletins. Health professionals who subscribe to the AMS Newsletter received 12 bulletins and 6 special newsletters. The average open rates of eChanges and the AMS Newsletter were 69% and 46% respectively.

### Educate audience about menopause

In 2022-23, the AMS presented a Case Studies webinar, two Menopause Essentials Updates and the Annual AMS Congress. AMS also partnered with GPCE to present three Advanced Courses on Menopause. AMS was invited to present a number of webinars on menopause and work to a number of workplaces.

#### Menopause Essential Update – Auckland

The Menopause Essentials Update – Auckland (MEU) was presented on Saturday, 2 July 2022 at The Great Room 4, The Cordis Auckland, New Zealand. AMS Executive Director, Vicki Doherty chaired the meeting and presenters included Dr Stella Milsom, Prof Rod Baber AM, Dr Sylvia Rosevear and Dr Anna Fenton.

Fifty-seven (57) delegates registered and 47 (82%) attended the Update. Of the 47 delegates who attended, there were 25 GPs, 12 O+Gs, 8 endocrinologists and 10 participants that did not enter their profession. Of those who registered, 15 delegates (32%) were AMS members. One delegate applied for Associate Membership after the Update.

Delegates were requested to complete an evaluation via Survey Monkey. The response rate of the evaluations was 85%. Thirty-eight percent (38%) of respondents were AMS members. Sixty percent of respondents are GPs.

Most program learning outcomes and personal learning needs of delegates were entirely met (see Figure 1 below).

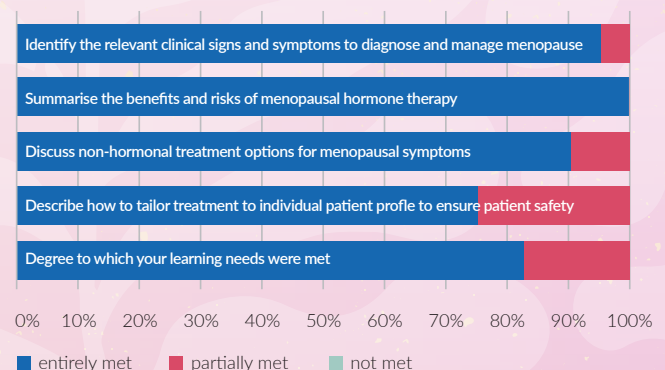


Figure 1: Degree learning objectives were met (N=40)



# KEY FOCUS AREAS

## Delivery and Marketing continued

The speakers' presentations were rated as 93% excellent and 7% as good.

Thirty-five (88%) delegates agreed the Update was entirely relevant to their practice and five said it was partially relevant.

Thirty-two (80%) delegates will reassess how they evaluate and manage menopausal women, two delegates were not sure and six will not reassess how they evaluate and manage menopausal women.

Delegates were asked "What did you learn from the webinar?" (N=39)

*"How to better structure a menopause consultation"*

*"Indications for HRT. How to prescribe for individual treatment. What HRT is available. How to choose."*

*"Management of women w Endo was new to me. Good to hear that even experienced doctors consult other specialists about potential contraindications- dvt etc. this is when I refer on. I may just do the same and hold these women now."*

Highlights of the webinar included (N=38):

*"After 2 years of gloom it was positive and hopeful !!"*

*"Both Anna Fenton and Dr Stella Milson gave wonderful presentations and insight."*

*"The gynaecology endocrinology talk"*

*"The case specific management"*

Delegates were asked "How could the workshop be improved?" (N=32)

*"More interactive sessions"*

*"More time for questions"*

*"More on issues post-menopausal such as vaginal prolapse, which can happen pre menopause but most often affected our older ladies"*

### Menopause Essentials Update – Cairns and online

A second Menopause Essentials Update was provided at the Cairns Convention Centre as part of the Pre-Congress Program on Friday 9 September 2022. The speakers were Dr Karen Magraith, Prof Rod Baber AM, Dr Sonia Davison and Prof Ajay Rane OAM.

A total of 261 delegates attended the Pre-Congress, with 164 (63%) onsite and 97 (37%) online. 188 (72%) were AMS members, 59 (23%) were non-AMS members and 14 were staff, speakers and sponsors/exhibitors). The majority of delegates were GPs (73%) and 80% were AMS members.

A breakdown of delegates by demographics and whether they were online or onsite is provided below (see Figure 2).

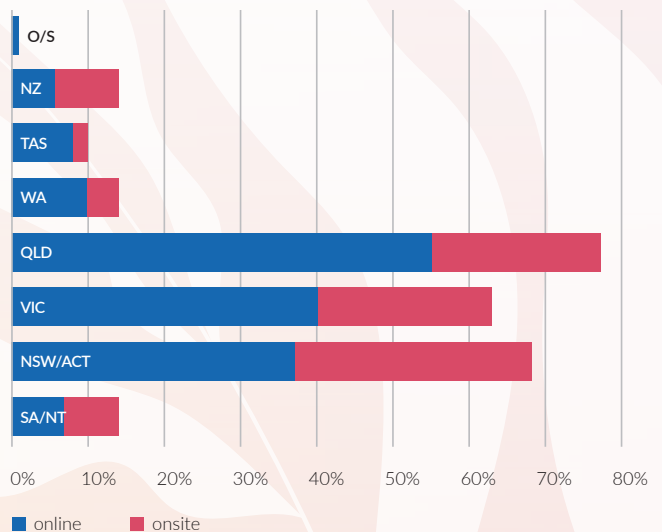


Figure 2: Demographics Online vs Onsite (N=261)

Of the 261 delegates attending the Pre-Congress Meeting, 110 delegates completed the evaluation which gave a response rate of 43%. Sixty-one percent (61%) of the respondents were onsite and 39% were online. Eighty percent of respondents were AMS members and 20% were non-members.

The learning outcomes were entirely met by the majority of delegates. The speakers' presentations were rated as 82% excellent and 18% as good. Ninety-three percent (93%) of respondents agreed the Pre-Congress Workshop was relevant to their practice and 93% will change their practice due to attending the meeting. Delegates appreciated the quality of the speakers and the clear and concise delivery of the presentations. A couple of delegates commented that they would like more time for questions.

# KEY FOCUS AREAS

## Delivery and Marketing continued

### 25th Annual AMS Congress, Cairns and online

The 25th AMS Congress was held at the Cairns Convention Centre and online from 9-11 September 2022. Conference Design were engaged as the Professional Conference Organisers. The Local Organising Committee (LOC) included Dr Christina Jang (Chair), Dr Elizabeth McKenna, A/Prof Gino Pecoraro OAM, Dr Anna Fenton and Dr Sylvia Rosevear. The Scientific Program Committee included Dr Anna Fenton (Chair), Dr Sylvia Rosevear, Dr Stella Milsom, Prof Bronwyn Stuckey AM, Dr Sonia Davison, Clin A/Prof Amanda Vincent, Prof Rod Baber AM and Dr Karen Magraith.

The theme of the Congress was *Make Menopause Matter* and it was the second time AMS ran a hybrid meeting – both onsite and online. The international Key Note Speakers were Prof Robert D Langer, Prof Howard Hodis and Prof Pauline Maki from the US and Prof Anne Macgregor from the UK. Other speakers included Prof Rod Baber AM, Prof Jayashri Kulkarni, Dr Margaret Redelman and many others.

### Scholarships and Prizes

Two travel grant applications were awarded to AMS members Dr Tracey Bodetti and Dr Natasha Vavrek.

Prof Susan Davis was awarded the Barbara Gross Award for her free communication “Associations between sex hormones and depression in healthy older women: A cross-sectional study”. Samantha Kozica-Olenski was awarded the Jean Hailes Memorial Prize for the best Free Communication by a current AMS member who is still within 10 years of having completed their tertiary degree. Dr Rakibul Islam was awarded The Australasian Menopause Society Scientific Prize for the most meritorious contribution to the field of menopause in 2021-22 by an Australian or New Zealand investigator.

Four hundred and thirteen (413) delegates attended the Congress, with 276 (67%) onsite and 137 (33%) online. The majority of delegates were from Queensland, New South Wales and Victoria.

### Evaluation

Of the 382 delegates attending the Congress (not including AMS staff, presenters and sponsors), 191 delegates completed the evaluation (response rate 46%). Seventy-nine percent (79%) of respondents were AMS members and 21% were non-members. Sixty-nine percent (69%) of respondents were onsite and 31% were online.

The degree the learning outcomes were met are outlined in Figure 3.

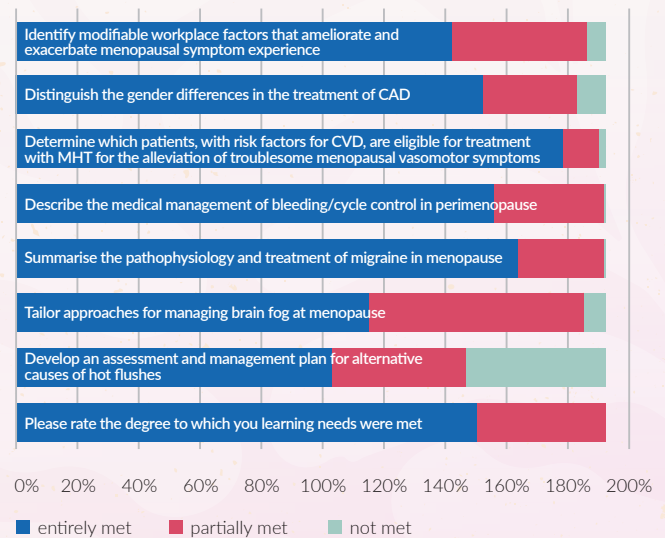


Figure 3: Degree learning outcomes were met

Eighty-nine percent (89%) of respondents thought that the Congress was relevant to their practice and 95% thought that they would change how they assess and manage menopausal women due to attending the Congress. Eighty-two percent (82%) of respondents rated the speakers' presentations as excellent and 18% rated them as good.

Delegates were asked what they learnt from attending the Congress:

*“A huge amount! As a novice in this area, I now feel confident with these consultations and assessing suitable regimens of MHT as well as alternative treatments. Loved hearing about the different ways depression manifests in midlife and migraine management.”*

*“Great overview of the special/focussed attention required for general assessments in menopausal women.”*

*“That I am practicing in line with current evidence and giving similar advice to that advised by the experts”*

*“All the speakers were great. I thought the way that the evidence was presented but then explained in a practical sense was great”*

*“Enjoying a thorough and engaging conference with my peers”*

*“Enthusiastic and inspiring like-minded women (and men)”*



# KEY FOCUS AREAS

## Delivery and Marketing continued

### Menopause Case Studies Webinar

A webinar “Menopause: Case Studies” was presented via Zoom on Tuesday 2 May 2023. Dr Sonia Davison and Dr Carmel Reynolds presented the webinar and Dr Lina Safro moderated the session.

300 delegates registered for the webinar with 256 (85%) being AMS members. A total of 157 delegates (52%) attended the webinar live. Of the delegates that attended, 91 (58%) were GPs, 23 (15%) were gynaecologists, 4 (3%) were endocrinologists, 5 (3%) were nurses, 4 (3%) were allied health professionals and 30 (19%) were “other”.

Delegates were requested to complete an evaluation via Survey Monkey. The response rate of the evaluation was 57%. Eighty-eight percent (88%) of respondents were AMS members.

Most program learning outcomes and personal learning needs of delegates were entirely met (see Figure 4 below).

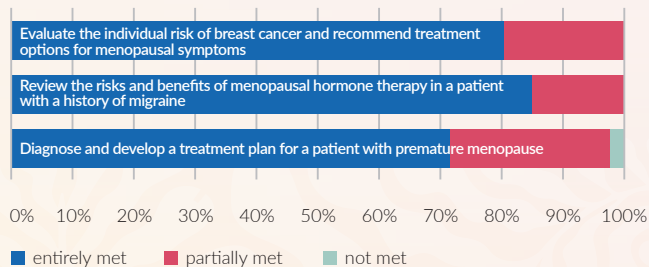


Figure 4: Degree learning outcomes were met

The webinar met most of the expectations about content, delivery and presenters.

Sixty percent (60%, N=89) of respondents will likely change their practice as result of this webinar and all of the delegates will recommend this webinar to colleagues.

Seventy-eight (78%, N=89) of respondents thought the webinar provided enough opportunity to interact where as 6% did not. Ninety-nine percent (99%, N=89) found the level of information just right.

The evaluation of the meeting was overwhelmingly positive with the speakers being highly regarded and the presentation meeting its learning outcomes. A higher than industry standard of registered delegates attended (52% compared to 45%).

### GPCE Sydney

GPCE 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” on Sunday 21 May 2023 at the International Convention Centre, Sydney. There were 71 registrations available for this workshop, which booked out with additional delegates attending. Dr Kelly Teagle, Professor Rod Baber AM and Dr Terri Foran presented. Dr Lina Safro facilitated the course and developed pre-disposing and reinforcing activities for delegates

Content was rated excellent by 89% of respondents. Speakers were rated excellent by 92% of respondents. Eighty-seven percent (87%) of respondents would definitely recommend this session to a colleague.

The degree learning outcome were met are in Figure 5.

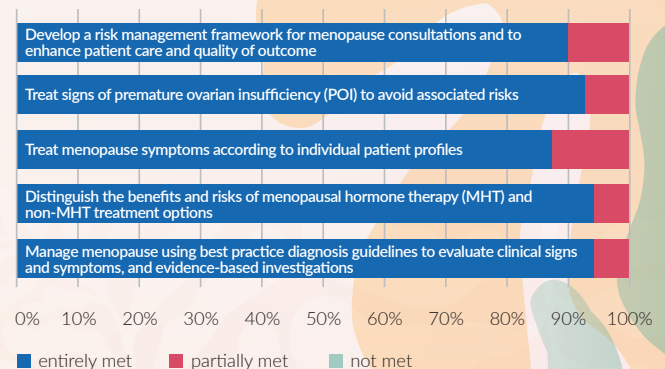


Figure 5: Degree learning outcomes were met

General feedback included:

“Excellent presentation well worth the whole day, speakers were excellent.”

“A good, comprehensive and informative programme that reinforced the gen. practice of therapeutics”

“Very good. Inspired to read up resources suggested. Cannot wait to get slides!”

“Presenters were engaging, qualified/skilled and knowledgeable.”

“I thought it was very informative, very relevant to my practice and very well presented”

“Excellent opportunity to learn”



# KEY FOCUS AREAS

## Delivery and Marketing continued

### GPCE Melbourne

GPCE invited AMS to present two Advanced Courses on Menopause (formerly known as an RACGP ALM or Category 1) called “Managing menopause: What’s hot and what’s not” in Melbourne on Saturday 12 and Sunday 13 November 2022 at the Melbourne Convention and Exhibition Centre. There were 77 registrations available for each workshop, which was booked out with additional delegates attending. Dr Marita Long, Dr Sonia Davison, Dr Jane Elliott AM, A/Prof Amanda Vincent, Dr Sara Whitburn and Prof Beverley Vollenhoven presented.

The learning needs were entirely met by 81% of respondents. Ninety six percent (96%) of respondents rated that this activity was entirely relevant to their practice.

The degree learning outcome were met are in Figure 6.

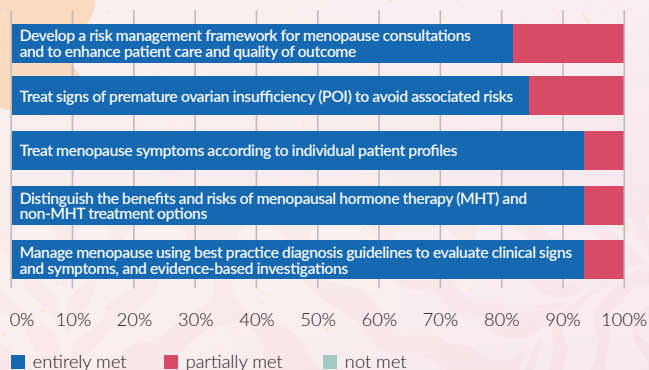


Figure 6: Degree learning outcomes were met

General feedback included:

*“It was very informative and presented in a very simple matter spiced with a lot of humour.”*

*“Overall the sessions were informative, engaging and fun, which made my learning more enjoyable. Presenters kept topics within the sessions timeframes. Breaks within sessions were appropriate. Overall the course was well organised.”*

*“all speakers articulate and clearly well informed and passionate about the subject. made for relaxed interaction and better for sharing required knowledge”*

*“I feel more confident now about addressing menopause and having a discussion about individualising treatment options. The presenters were very knowledgeable and were confident presenting the information. Thank you.”*

*“Very useful guideline provided.”*

### Workplace Education

In 2021-22, AMS invited to provide five workplace presentations to staff about menopause. Dr Marita Long, Dr Sonia Davison and Dr Lina Safro presented to these workplaces. At the time of writing this report, AMS has 10 bookings for workplace education later in 2023.

### Community education

AMS was invited to present to consumers at a number of forums in 2022-23. Dr Lina Safro presented a webinar to clinicians and consumers on menopause in NSW as well as participating in a panel discussion at a ‘Menopause Mixer’ as part of the NSW Menopause Hubs project. Dr Karen Magraith was invited by RANZCOG to present a webinar to consumers and Dr Janice Brown supported a panel discussion on menopause at the Hawkes Bay Writers Festival in New Zealand.

### Partnership education

As part of its partnership with AIA Insurance, Dr Karen Magraith presented to AIA staff about menopause in the workplace. Past-Presidents Professor Rod Baber AM, Professor Susan Davis AO and Dr Lina Safro were part of a Round Table for AIA. Dr Marita Long presented the new AMS fact sheet *Menopause and the workplace* to the AIA leadership team.



# 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 ten activities available on the website in 2022-2023:

- Perimenopause – 90-minute webinar;
- Menopause: The hot topics – a two-hour webinar;
- Menopause Essentials Update Hobart – a three-hour webinar;
- Menopause Essentials Update Adelaide – a three-hour webinar;
- Menopause Essentials Update Melbourne – a three-hour webinar;
- The use of testosterone in women – a one-hour webinar
- 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 2022-23, 39 courses were completed.

### AMS in the media

AMS provided a number of media releases in 2022-23, including for World Menopause Day. There were over 20 requests from the media for interviews and/or articles.

AMS President, Dr Karen Magraith was interviewed by:

- ABC News and Radio National about menopause and depression;
- The Good Weekend about menopause;
- House of Wellness about menopause and weight;
- ABC about menopause and mental health;
- Radio National about menopause;
- New Idea about menopause and supporting women; and
- AAP about menopause and work.

AMS Past-President Dr Sonia Davison was interviewed by The Saturday Paper about menopause and work. Past-President Professor Rod Baber AM was interviewed by ABC Newcastle about the NSW Menopause Hubs. Chair of AMS Education Subcommittee Dr Elina Safro was interviewed by Coles Health and Beauty about understanding menopause, by The Guardian about menopause and lifestyle. Elina was also interviewed for the Stellar Woman Podcast and Dear Menopause Podcast.

The Medical Republic interviewed Dr Elina Safro on premature ovarian insufficiency, Dr Marita Long on brain fog and Dr Carmel Reynolds on endometriosis.

Lastly, Dr Sonia Davison and Dr Marita Long were both part of the *Catalyst* episode The truth about menopause with Myf Warhurst.

### Social media

In 2022-23, there were 40 posts on the AMS Facebook page which reached 14,850 people, had 4,002 visits, 538 new likes and 2,275 followers. There were thirty-two posts added to Instagram, which now has 584 followers. There were 32 posts on LinkedIn and AMS has 353 followers. AMS also has 141 followers on Twitter.

## KEY FOCUS AREAS

# Partnerships and collaborations

### Develop joint activities of mutual benefit

In 2022-23, 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 provide access to our trusted resources on menopause and midlife women's health for all Australians.

AMS assisted in recruitment to "A study to prevent bone loss and restore sexual function in women after menopause" led by Professor Susan Davis at the Women's Health Research Program at Monash University. AMS also continued its partnership "MenoPrompt - a co-designed, comprehensive, evidence-based program to improve the care of women at and after menopause" also led by Professor Susan Davis at the Women's Health Research Program at Monash University.

In 2022, the International Menopause Society (IMS) reviewed consumer information on menopause around the world and identified AMS resources as being the highest quality both in evidence-base and health literacy. AMS is currently working with IMS to translate our consumer resources into a number of languages and will share these resources with all the menopause societies across the world.

AMS will co-host the World Congress on Menopause, Melbourne 2024 and has been working closely with the IMS on the program and local activities. AMS Past-President Professor Rod Baber AM is the Chair of the Scientific Committee and AMS Past-Presidents Clinical A/Professor Amanda Vincent and Professor Susan Davis AO are Co-Chairs of the Local Organising Committee (LOC). AMS President Dr Karen Magraith and Executive Director Vicki Doherty are members of the LOC.

As the peak body for menopause and women's midlife health, AMS regularly receives requests for partnerships on grant proposals. Due to limited resources, AMS needs to carefully review requests to ensure that the projects align with the AMS mission as well as reviewing whether AMS has the resources to deliver its part of the project.

In 2022-23, AMS agreed to partner on a number of grant applications including:

- A Medical Research Future Fund (MRFF) application called *Australasian Premature Ovarian Insufficiency Network (A-POINT)*: A national approach to transform the diagnosis of young women with rare infertility conditions in partnership with the Monash Centre for Health Research and Implementation (MCHRI); Monash University and NHMRC CRE Women's Health in Reproductive Life (WHiRL);
- A MRRF Genomics Health Grant application on primary ovarian insufficiency with the Murdoch Children's Health Research Institute; and
- An NHMRC Partnerships grant application for "Optimising translation and impact in women's health" in partnership with MCHRI; and
- MRFF grant application for a "Menopause priority setting partnership" led by Professor Martha Hickey at the University of Melbourne.

### Advocacy

AMS ramped up its advocacy in 2022-23. AMS hosted a Parliamentary Round Table discussion entitled "Menopause Matters" on 7 March 2023, which was sponsored by the Parliamentary Friends of Women's Health. The Round Table included AMS President Dr Karen Magraith, AMS Past-Presidents Professor Rod Baber AM and Professor Susan Davis AO, AMS members Dr Kelly Teagle and Dr Ginni Mansberg and Professor Jayathri Kulkarni. The event was also attended by many other stakeholders including Jean Hailes for Women's Health, Flinders University and industry. In the lead up to the Parliamentary Round Table, AMS contributed significantly to a Budget Submission to government on menopause.

AMS led a social media campaign #EmbraceTheChange and engaged with government to raise awareness of menopause and advocate for funding of AMS to provide health professional education.

### Partner with industry

AMS continues to enjoy a successful partnership with AIA Australia. The Shared Values team at AIA are looking at ways to raise awareness of menopause and ensure that women with bothersome symptoms are accessing evidence-based care. Through its partnership with AIA, AMS has reached other industries such as superannuation and financial services.



# Future Directions

In 2023-24, 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;
- Recruit a non-clinical Board Director;
- 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;
- 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 20 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 2022-2023



**President**  
Dr Karen Magraith  
MBBS FRACGP  
Meetings attended 4/4



**President and  
Past-President**  
Dr Sonia Davison  
MBBS FRACP PhD  
Meetings attended 3/4



**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 1/4



**NZ**  
Dr Janice Brown  
MBChB FRNZCGP PGDipObstMedGyn  
NZ CertFP  
Meetings attended 3/4



**Dr Carmel Reynolds**  
MBBS, FRACGP, DCH  
Meetings attended 3/4



**NSW/ACT**  
Dr Elina Safro  
BSc(Med) MBBS  
Meetings attended 3/4



**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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**AUSTRALASIAN  
MENOPAUSE  
SOCIETY**

EMPOWERING MENOPAUSAL WOMEN