

# ANNUAL REPORT 2025



**AUSTRALASIAN  
MENOPAUSE  
SOCIETY**

Supporting Midlife Women

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



## About AMS

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

## AMS Mission

To improve the quality of life of women during and after the menopause.

## AMS Objectives

- To promote discussion, study and understanding of midlife women's health in our community.
- To encourage and support research into all aspects of midlife women's health.
- To disseminate quality information to health professionals and the public.
- To encourage the application of that information and knowledge as clinical best practice.

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## Who we are

The AMS was established in 1987 and became a company limited by guarantee in 2013. The AMS is governed by a Board of nine Directors who are appointed by AMS members and the Board. All Board positions are voluntary and only expenses are renumarated.

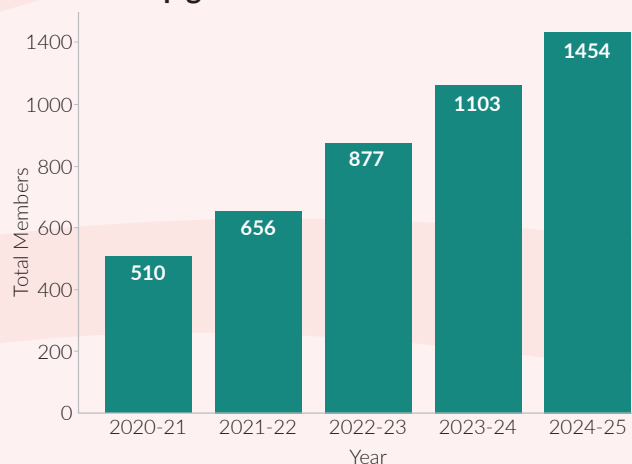
MEMBERSHIP TYPE	
<b>AUSTRALIAN MEMBERSHIP</b>	
Australian Full Membership - 1 year	775
Australian Full Membership - 3 years	390
Australian Associate Membership 3 years	32
Australian Associate Membership 1 year	115
<b>Australian Membership Subtotal</b>	<b>1,312</b>
<b>NZ MEMBERSHIP</b>	
International Full Membership - 1 year	67
International Full Membership - 3 years	43
International Associate Membership 1 year	14
International Associate Membership 3 years	5
<b>NZ Membership Subtotal</b>	<b>129</b>
<b>INTERNATIONAL MEMBERSHIP</b>	
International Full Membership - 1 year	4
International Full Membership - 3 years	5
International Associate Membership 1 year	4
International Associate Membership 3 years	0
<b>International Membership Subtotal</b>	<b>13</b>
<b>International (inc. NZ) Membership Subtotal</b>	<b>142</b>
<b>Full and Associate Membership Subtotal</b>	<b>1,454</b>
<b>Other Membership</b>	
Student	27
Retired	19
Life Member	25
<b>Other Membership Subtotal</b>	<b>71</b>
<b>TOTAL MEMBERSHIP</b>	<b>1,525</b>

The AMS brings together doctors, nurses, allied health professionals, researchers and community workers who want to work together in several ways in the advancement of knowledge using evidence-based research about the menopause and women's midlife health.

## AMS Membership

At 30 June 2025, the AMS had 1,454 full and associate members compared with 1,103 at the same time in 2024 (net increase of 31.8%).

### Membership growth



Current total Members including Student, Retired and Life Members = 1,525.

# President's Report

Dr Sylvia Rosevear

It has been a privilege to serve as President of the Australasian Menopause Society (AMS), which I am grateful for. It is an interesting, dynamic and important role.

This past year, we have remained firmly committed to our constitution and mission: advocating for the widespread, evidence-based management of perimenopause, menopause, and associated health issues. Our efforts continue to focus on elevating care, strengthening the knowledge base, and building partnerships that enhance outcomes for midlife women.

Founded in 1998, the AMS will celebrate its Ruby anniversary in 2028. We continue to grow, with a 32% increase in membership this year. To all our new members: welcome. To our long-standing members: thank you for your continued support and commitment to advancing information in this area.

The report of the Australian Government's Senate Inquiry into Issues Related to Menopause and Perimenopause was released in September 2024 and was a landmark moment. AMS proudly endorsed the findings. I would like to acknowledge and thank Dr Christina Jang and Dr Marita Long for representing AMS at the Inquiry. Our ongoing advocacy has helped push this conversation into the national spotlight.

## The Australasian Menopause Society Board

The nine dedicated individuals of the Board have worked tirelessly to ensure AMS maintains its seat at key decision-making tables while growing in reputation and influence. I extend my thanks to each of them for their energy, expertise, and unwavering commitment. Our immediate past-President Dr Karen Magraith, retired from the Board at the October 2024 AGM and we extend our appreciation for all her efforts. Thank you also to Dr Carmel Reynolds, whose role representing South Australia is now being taken up by Dr Jessica Floreani (subject to ratification at this AGM).

Lina Safo, GP from NSW is Chair of the education sub-committee and has a separate report. Amie Hanlon, a gynaecologist, represents Queensland and has managed our information and fact sheet updates. She presented at the Brisbane Menopause Essentials Update (MEU).

Christina Jang (Brisbane), a board appointment, also presented at the Brisbane MEU. As president elect, she will be taking



over as President at this year's AGM. Marita Long represents Victoria/Tasmania. During the year she delivered webinars to a growing number of organisations committed to improving support for women in the workplace as they transition through menopause. The AMS presentations ensure that these organisations and their employees receive evidence-based information and education. Teri Foran is the representative for NSW. Ashley Makepeace is our Treasurer, represents Western Australia and is chair of the Scientific Organising Committee (SOC) for our annual Congress. Lauren Goldschmidt, GP represents New Zealand.

## Executive Director's Office

2024/2025 saw a total turnover of the administrative executive staff. Mr Chris Michaelides was appointed Executive Director/Company Secretary on 13 November 2024 on a one-year contract. He is working extremely diligently for the AMS. The AMS will continue to be a dynamic organisation building on its grass roots origins. We are creating robust operations, governance processes and guidelines, consistent with best practice. The AMS operations are wide ranging and include financial and compliance matters, strategic planning, coordinating Board activities, organising meetings and webinars, answering member queries, organising the annual congress, managing the website, producing information and fact sheets. The Board is a voluntary one and it requires significant and substantive executive underpinning to support the workload. We are in the process of extending the executive functions with more paid employment.

## Board Subcommittees

Dr Elina Safo, Chair of the Education Subcommittee, continues to manage and coordinate the Menopause Essentials Updates, other AMS meetings and educational activities. Lina has guaranteed that AMS education activities fulfil the relevant changing CPD requirements for clinicians. Dr Amie Hanlon coordinated the updating of information and fact sheets. With the amount of information resources that AMS maintains, this continues to be a challenging job.

## President's Report continued

During my term, we've celebrated several important achievements:

### ■ Membership

The AMS membership has grown strongly (see graphs). We warmly welcome new members, and we will work to ensure that AMS provides them with education and resources that they find helpful and support confidence in their clinical practice. As of June 30th, 2025, the AMS had 1,454 members.

### ■ Collaboration on a basic course with Jean-Hailes

Dr Lina Safro together with other board members led an outstanding project completed at the end of last year developing a basic course on 'Managing Menopause in General Practice for GPs' and Understanding 'Menopause for nurses and midwives.' It is to be administered by Jean-Hailes.

### ■ The Website

The website is in the process of being transferred to a different platform. It is being updated as this is written and will need close attention in the next few weeks as Jeff and Suzanne Grainger from Impagination, the longstanding managers of our website, retired on June 30th. The AMS thanks them for their expertise in the menopause sphere, managing the website and required technology over many years.

Membes is the new data base and MemberBoat are the AMS marketers. The new database will give us much more flexibility and provide improved information on our members and their needs going forward.

### ■ eChanges

Our monthly e-bulletin, *eChanges*, is emailed to our members. In addition, the AMS newsletter is emailed each month to subscribed health professionals. The most recent posting went to 5,046 recipients. As president I enjoyed writing the editorials which covered a wide range of topical subjects which I hope were useful. Thank you to those of you who expressed your interest and appreciation of them.

In addition, a new initiative was launched in *eChanges* – a column entitled 'Exchange and Explain,' which invites reader's questions or conundrums to which a past president responds. This provides an opportunity for readers to see an expert opinion, rather than absolute specific clinical advice.

### ■ Media

We responded to approximately 55 media enquiries this year, averaging more than one a week. This reflects the growing public interest in menopause and the AMS as a trusted source of information.

### ■ Annual Congresses

Two years ago, it was thrilling to experience the Queenstown Conference that was booked out. It exceeded all expectations and was a huge success scientifically, reputationally and financially, undoubtedly a highlight of the last two years for me. We were indebted to the professionalism of Congress Design.

There was no Annual AMS Congress 2024. We collaborated with the 19th International Menopause Society (IMS) Congress in Melbourne, as co-hosts. The Congress was held at the Melbourne Conference and Events Centre 17-19th October 2024. Over 2,600 delegates participated, and the Congress was judged extremely successful and enjoyable. The academic content was rated very favourably by delegates. It was a well-planned and informative programme by scientific chair, Professor Rod Baber. The Congress was an outstanding financial collaboration for the AMS resulting in substantial income and a profit share of just over \$200,000.

I hope that the AMS Congress in Fremantle similarly meets expectations. I was delighted with the title 'Catch the Fremantle Doctor', a first foray into AI. Ashley and the Scientific Organising Committee gave us the by-line 'Navigating an evidence-based course through the vast seas of information'. It caught people's attention and has resulted again in a sell-out. 450 will participate in person and approximately 240 online.

### ■ Partnerships

The AMS continued its partnership with AIA Insurance and provided education to its staff, the rehabilitation team as well as other AIA partners to support women who are going through menopause. The AMS is still actively seeking other corporate partners, and we encourage potential partners to contact us to discuss opportunities.

AMS sponsored 8 lectures at Healthed attracting an audience for each of over 3,000 and approval ratings of good to excellent from 97-98%.



## President's Report continued

### ■ Relationship with the Asian Pacific Menopause Forum

It was a great pleasure to receive an invitation as President of AMS to speak at the to the APMF Biennial congress on 25-27th July 2025. I gave two talks – 'Beyond Hot Flushes – the broader impact of VMS on Women's Health and Quality of Life' and one on 'Precision Menopause Medicine, Personalising Care with Genomics and Biomarkers'. The President elect, two former presidents and the president of the IMS were invited speakers. The enthusiasm was enormous. Dr Choon Moy Ho and organisers were roundly congratulated by both speakers and attendees on their achievement. Looking ahead, the AMS will submit a bid, supported by the Adelaide Convention Centre, to host the APMF Congress in 2031. Fostering international relationships is essential. The AMS also continues its valued involvement with the Council of Affiliated Menopause Societies, under the IMS umbrella.

### ■ Revenue is up

The AMS financial obligations and statutory obligations have been met. The Profit and Loss account is included the Executive Director's report. The AMS is in a strong fiscal position. It is essential to maintain checks and balances on all transactions, with budget and spending regularly reviewed. Our portfolio with Crestone has just been reviewed recording a 12% increase in value in the last financial year.

### Conclusion

The AMS is now firmly established as a peak body for menopause care and research, both in our region and globally. It is in a strong position, in terms of membership and financial strength. Most importantly, the AMS community continues to grow, connected by a shared purpose and a desire to improve the lives of those experiencing menopause and perimenopause.

As I close this chapter, I want to thank our members, my fellow Board members, and past Presidents—Rod Baber, Amanda Vincent, Sonia Davison, Jane Elliott, and Karen Magraith. for their support, encouragement, and vision. I step down feeling confident in the Society's direction under the capable leadership of Dr Christina Jang. I have really enjoyed the honour of serving as the AMS President and would like to thank you, everyone and our executive staff for being a part of this journey.

Warmly

Dr Sylvia Rosevear

President, Australasian Menopause Society



## NZ Report Sept 2025

Dr Lauren Goldschmidt

### Current membership – as 30 June, 2025 – New Zealand total 129

Sylvia and I represented the AMS at the annual General Practitioner's conference in Rotorua, on 6 June 2025 on 'The Menopause Consultation'. I gave a presentation entitled 'The Menopause consult' and Sylvias was 'A prescription for clarity – Hormonal and Non-hormonal therapies in the Menopause'. The other two presenters were Professor Bev Lawton (ONZM), nō Ngāti Porou, the founder/director of Te Tātā Hauora o Hine (the National Centre for Women's Health Research Aotearoa and former AMS president, 2007), and Dr Vanessa Blair, a breast surgeon. The two-hour session was the only session of the conference that was booked out and we received great feedback.

AMS president Sylvia attended a two-hour session at Parliament House in Wellington hosted by the MP for Tukitutki Catherine Wedd, entitled 'Menopause, not just a Phase' on 6 May 2025. Speakers as below:

"We met with the Hon Nicola Gregg, Minister for Women and Hon Casey Costello, Associate Minister of Health. It was appreciated and attendees included the MP for Tauranga, Hon Sam Uffindell, who is also chair of the select committee on health and Robyn Harris from Pharmac. The AMS infographics sheet on symptoms of the menopause was sent to 1,000 NZ GPs, sponsored by Ricoh which was organised by Sarah Connor."

# Executive Director's Report

Chris Michaelides

At the heart of the Australasian Menopause Society (AMS) is a simple mission: to advance midlife women's health by equipping healthcare professionals with trusted, evidence-based knowledge, practical tools, and a professional community of support.

This year, our work has been firmly anchored to that mission, ensuring we continue to empower practitioners while improving outcomes for midlife women across Australasia.

I was officially appointed to the role of Executive Director in November 2025, and over the subsequent eight months we have prioritised stabilising operations and modernising our digital systems. We completed the transition of finance systems from MYOB to Xero, migrated banking to the CommBiz transaction platform, and strengthened accounting controls to support a smooth audit. I was also appointed to the role of Company Secretary and we introduced BoardEffect for board papers, agendas and training, further reinforcing governance and compliance. We deployed the Employment Hero platform with refreshed employment contracts, policies and structured inductions. In April, the AMS's "health-promoting charity" status was finalised with the ACNC, with associated ATO requirements ratified by members at a Special General Meeting. This enabled the introduction of salary packaging for employees, enhancing AMS's attractiveness as an employer.

In parallel, we advanced member-facing capability. Following the announcement of their retirement by our long-standing website and database vendors in December, we completed a competitive platform selection process in April, initiated a managed transition process, and maintained continuity by hosting the current membership database, website and LMS during the changeover. The new member platform—built on Membes with Webcastcloud—remains on track for an October launch and will provide markedly improved access to resources and services. To augment internal capacity, we appointed MemberBoat as digital marketing partners and joined the Associations Forum to strengthen board processes and training. Industry engagement has been active and constructive; sponsorship for our Menopause Updates and the 2025 Congress is tracking strongly, and these events are on course to be among our most commercially successful to date.

The 2025 Member Survey gave us both affirmation and direction. With nearly 250 professionals participating, our highest response yet, we heard a strong message of pride and loyalty. Most of our members are general practitioners (60%), with gynaecologists, consultants, and allied health professionals also strongly represented. On average, members have been with us for six years, and 92% told us they are likely to renew their membership. Members value our patient fact sheets, webinars, and clinical guidelines, with many describing AMS as their 'trusted, evidence-based source of



knowledge.' At the same time, you told us you want more: concise and practical learning, face-to-face connections, certification pathways, and greater visibility in advocacy.

Looking ahead, the message from members is clear. Professional recognition matters—more than half of respondents want AMS to establish certification or accreditation pathways. Connection matters: face-to-face events, mentorship, and peer support remain in strong demand. Relevance matters: members want more concise, practical, and interdisciplinary content, such as podcasts, bite-sized resources, and CPD-accredited learning. And visibility matters: members see AMS as a leader but want us to further step up in public advocacy, policy influence, and digital presence.

Alongside these opportunities, the survey also highlighted challenges we cannot ignore: industry pressures from misinformation, medication shortages, and limited rebates; future concerns around workforce shortages and the sustainability of menopause care; diverse professional needs that must be addressed to ensure AMS is not seen as overly doctor-centric; and an engagement gap, with many members citing time pressures as a barrier to fuller participation.

These insights have given us clear direction, and have formed the basis of our Draft Strategic Plan (2025-2028) which will be finalised by the end of 2025. Through professional development and clinical excellence, we are expanding educational offerings, CPD opportunities, and developing a certification pathway in menopause care. By focusing on membership growth and retention, we are looking to build a strong multidisciplinary community, with new engagement streams for early-career professionals.

We will continue to strengthen operational sustainability, ensuring AMS is financially secure and technologically effective. Stronger leadership and governance structures are now in place to support delivery, while our work in influence and advocacy ensures AMS's voice is heard in policy, media, and public health debates.

On behalf of the Board, I wish to thank you for your continued trust and commitment. Together, we are building a stronger AMS and a healthier future for the women and the communities we continue to serve.

Chris Michaelides  
Executive Director  
Australasian Menopause Society Ltd





# Treasurer's Report

Ashley Makepeace

## Operating Result

The AMS recorded a **total Net Profit of \$321,203** for FY2025.

## Revenues

**Revenues:** up **26%** on prior year, driven by the **Melbourne IMS 2024 Congress** and other educational events.

**Membership** revenues up **62%**, reflecting a **net increase of 351 members** during FY2025.

## Gross Profit

Event delivery costs rose in line with activity; however, **gross profit increased 25%** year on year.

## Expenditure

- **Employee expenses:** increased costs reflect the overlap in transition between executive directors; attendant payout of accrued liabilities and recruitment fees; increased staffing levels following recruitment of team members in 2024
- **IT expenses: \$78,456** (increase largely due to **reclassification** from prior-year Admin and Marketing).
  - **\$22,967** – software subscriptions and setup fees (higher due to new SaaS operating costs and prior-year coding to Admin).
  - **\$42,701** – website management fees (previously coded to Marketing).

*Comparability note:* The change in accounting classification for certain IT costs affects year-on-year comparisons of Admin, Marketing, and IT expense lines.

**Table 1: PROFIT AND LOSS STATEMENT AT 30 JUNE 2025**

Account	2025	2024	Variance \$	Variance %
<b>Trading Income</b>				
Congress Income	352,356	268,908	113,497	31%
Education	78,540	63,384	15,157	24%
Memberships	271,100	167,716	103,384	62%
Other Income	20,479	14,136	6,343	45%
Sponsorship Income	40,000	90,000	(50,000)	-56%
<b>Total Trading Income</b>	<b>762,476</b>	<b>604,144</b>	<b>158,332</b>	<b>26%</b>
<b>Cost of Sales</b>				
Event Direct Costs	19,095	0	19,095	NA
Speakers Fee	12,719	18,091	(5,372)	-30%
<b>Total Cost of Sales</b>	<b>31,814</b>	<b>18,091</b>	<b>13,723</b>	<b>0.76</b>
<b>Gross Profit</b>	<b>730,662</b>	<b>586,053</b>	<b>144,609</b>	<b>25%</b>
<b>Operating Expenses</b>				
Sales and Marketing Expenses	310	39,268	(38,958)	-99%
Board Expenses	49,771	57,365	(7,593)	-13%
Employee Expenses	521,019	266,557	254,462	95%
IT Expenses	78,456	0	78,456	NA
Professional Expenses	93,288	60,023	33,265	55%
Finance Expenses	5,076	4,335	741	17%
Admin Expenses	12,550	78,385	(65,835)	-84%
<b>Total Operating Expenses</b>	<b>760,471</b>	<b>505,934</b>	<b>254,537</b>	<b>50%</b>
<b>Net Profit after Operating Expenses</b>	<b>(29,809)</b>	<b>80,119</b>	<b>(109,928)</b>	<b>-137%</b>
<b>Other Income</b>				
Other Income	10,455	0	10,455	NA
<b>Total Other Income</b>	<b>10,455</b>	<b>0</b>	<b>10,455</b>	<b>NA</b>
<b>Investment Income</b>				
Portfolio Income	340,557	281,746	58,811	21%
<b>Total Investment Income</b>	<b>340,557</b>	<b>281,746</b>	<b>58,811</b>	<b>21%</b>
<b>Net Profit Total</b>	<b>321,203</b>	<b>361,866</b>	<b>(40,663)</b>	<b>-11%</b>

1. 2025 figures are draft only as the 2025 financial statements are yet to be audited.

2. 2025 investment portfolio figures are based on draft portfolio financial statements.

3. Note figures may differ slightly from 2024 Annual Report as the above figures are audited whereas the 2024 reported figures were draft.

4. At the time of going to print, the Cash Flow Statement for the year ending 30 June 2025 was not yet available. An audited Cash Flow Statement for 2024 is at Table 3.



## Treasurer's Report continued

**Table 2: BALANCE SHEET AT 30 JUNE 2025**

Account	30 June 2025	30 June 2024	Variance \$
<b>Assets</b>			
<b>Bank</b>			
Commonwealth Bank Business Acct	33,672	0	33,672
Crestone/UBS CMA	136,045	182,178	(46,133)
NAB Business Payments Card	0	1,394	(1,394)
NAB Cheque Account 120067787	126,466	111,082	15,385
NAB Savings Account 647719593	0	442	(442)
<b>Total Bank</b>	<b>296,183</b>	<b>295,096</b>	<b>1,087</b>
<b>Current Assets</b>			
Accounts receivable	211,060	12,466	198,594
Crestone/UBS Investment Portfolio	2,895,681	2,896,961	(1,280)
Deposits Paid	36,773	20,273	16,500
Sundry Debtors	62	62	0
<b>Total Current Assets</b>	<b>3,143,576</b>	<b>2,929,762</b>	<b>213,814</b>
<b>Total Assets</b>	<b>3,439,759</b>	<b>3,224,858</b>	<b>214,901</b>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Accounts payable	18,504	1,491	17,013
GST	4,437	1,944	2,493
Income Paid in Advance	20,000	72,500	(52,500)
NAB Savings Account 647719593	816	0	816
PAYG withholdings payable	4,202	12,879	(8,678)
Provision for Annual Leave	5,974	40,124	(34,149)
Provision for Long Service Leave	1,442	20,371	(18,929)
Sundry Creditors	4,841	4,841	0
Superannuation Payable	(0)	7,092	(7,092)
<b>Total Current Liabilities</b>	<b>60,216</b>	<b>161,242</b>	<b>(101,026)</b>
<b>Non-current Liabilities</b>			
Liabilities Membership Advance	59,064	59,064	0
Wages Payable - Payroll	(5,276)	0	(5,276)
<b>Total Non-current Liabilities</b>	<b>53,788</b>	<b>59,064</b>	<b>(5,276)</b>
<b>Total Liabilities</b>	<b>114,005</b>	<b>220,306</b>	<b>(106,302)</b>
<b>Net Assets</b>	<b>3,325,754</b>	<b>3,004,552</b>	<b>321,203</b>
<b>Equity</b>			
Current Year Earnings	321,203	361,866	(40,663)
Retained earnings [3-1600]	3,004,552	2,642,686	361,866
<b>Total Equity</b>	<b>3,325,755</b>	<b>3,004,552</b>	<b>321,203</b>

### Financial Position

- **Total Equity:** increased **11% (\$321,203)**
- **Receivables:** include **\$207,356** due from IMS in relation to the **2024 Congress**.

### Cash Flow

At the time of going to print, the Cash Flow Statement for the year ending 30 June 2025 was not yet available. An audited Cash Flow Statement for 2024 is at Table 3.

**Table 3: CASH FLOW STATEMENT AT 30 JUNE 2024**

Description	2024 \$	2023 \$
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
Receipts from customers	690,153	409,937
Payments to employees and suppliers	(522,173)	(309,322)
Net movement in GST liability		(3,612)
<b>Net cash generated from/(used in) operating activities *(i)</b>	<b>167980</b>	<b>97003</b>
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>		
Interest received	10,155	6,405
Net movement in Investments	(509,409)	(57,806)
<b>Net cash generated from/(used in) financing activities</b>	<b>-499254</b>	<b>-51401</b>
<b>Net increase/(decrease) in cash held</b>	<b>-331274</b>	<b>45602</b>
Cash and cash equivalents at beginning of financial year	624,976	579,374
<b>Cash and cash equivalents at end of financial year *(ii)</b>	<b>293702</b>	<b>624976</b>

Note (i). Net cash generated from/(used in) operating activities Note (ii). Cash and cash equivalents at end of financial year



# Chair, AMS Education Subcommittee Report

Dr Elina Safro

The AMS provided a variety of comprehensive educational activities to healthcare providers and consumers in 2024-25. Interest in menopause and midlife health has continued to rise, contributing to the ongoing demand for evidence-based information, and through this, our educational workload. I'd like to thank the AMS Board and Education Subcommittee for presenting sessions, contributing to peer-reviewed and other publications, advisory groups, media, and producing/reviewing AMS resources. I have been coordinating educational meetings, and Dr Amie Hanlon has managed the information sheets for Health Care Professionals and consumers.

This report covers the period between the 1 July 2024 to 30 June 2025.

## AMS Fact Sheets

Thanks to Dr Amie Hanlon for coordinating the development and updating of AMS information sheets for clinicians and fact sheets for consumers. In 2024-25, AMS updated the following information sheets, with thanks to the expert reviewers and AMS Education Subcommittee:

Genitourinary syndrome of menopause

Nonhormonal treatments for menopausal symptoms

AMS guide to equivalent doses Aus only

AMS guide to equivalent doses NZ only

AMS symptom score card

Surgical Menopause

Spontaneous Premature Ovarian Insufficiency

Sleep disturbance and the menopause

Complementary Medicines & Therapies for menopause

Vaginal oestrogen and breast cancer



## AMS Educational Meetings

### ■ Menopause Essentials Update (MEU) at the IMS World Congress on Menopause in Melbourne October 18, 2024

The IMS Congress 2024 hosted by AMS in Melbourne attracted over 2,000 primary healthcare practitioners to the Congress. The AMS MEU was attended by 364 delegates, who provided excellent evaluations. Presenters included Dr Jane Elliott, Professor Susan Davis AO, Professor Rod Baber AM, and Dr Sonia Davison.

### ■ Menopause Essentials Update (MEU) Brisbane May 17, 2025

The successful Brisbane MEU was presented in a hybrid format, bringing together the highly respected local experts in the field of menopause. I would like to thank Dr Samantha Kerr and Dr Hannah Farquhar for their expert contributions, and to thank the incoming President of the AMS Board Dr Christina Jang for coordinating the local speakers. A total of 269 delegates registered (145 onsite, 124 online) of whom 54 % were AMS members. Excellent evaluations were received for this event, 87% said the level of information was just right and 43% said would change their practice. 83% of respondents rated the speakers as engaging, skilled and qualified.

### ■ Webinar "AFTER IMS" March 18, 2024

Webinar "AFTER IMS" was livestreamed and recorded with Dr Terri Foran, Professor Rod Baber and me as the expert panel. We focussed on the "grey areas" of evidence and management of menopause, following the evaluations from the IMS Congress 2024. Feedback to this event was excellent from the 508 attendees, who were highly engaged. Some quotes from the evaluations are included below:

*"This provided an excellent summary of updates. Thank you."*

*"After the IMS was a tightly curated event and the presentations were clearly structured. Thank you."*

## Chair, AMS Education Subcommittee Report continued

### Partnerships:

In 2024 AMS partnered with Jean Hailes for Women's Health to review and develop a Commonwealth government funded AMS/Jean Hailes 'Managing Menopause in General Practice' course for GPs. The two-hour online course is available to all Australian GPs free of charge and consists of five modules covering every aspect of menopause consultation, diagnosis and treatment options, with a separate module covering up-to-date research and evidence. The course launched in January 2025, with 3,218 GPs completing the course so far, excellent evaluations have been submitted by participants. Collaborating with Jean Hailes, a trusted provider of education in women's health, further establishes the AMS as the peak body for evidence-based menopause information and education.

Also, in 2024/25 AMS partnered with HealthEd to present AMS-branded online menopause education. These eight webcasts (30-minute prerecorded sessions) were delivered on a Tuesday evening to large numbers of attendees, primarily GPs, with total attendance numbers between 3117 and 3825. The details are listed below. The evaluations showed that the menopause-related topic rated either the highest or second highest out of the four presentations included in each webcast. Collaborating with a well-subscribed GP health education service, such as HealthEd, offers the opportunity to further extend the educational reach of AMS.

Webcast date	Speaker	Attendance number	Topic
1 April 2025	Professor Rod Baber	3620	Menopause and MHT: Maximising Benefits, Minimising Risks
15 April 2025	Dr Terri Foran	3669	Role of Testosterone During Menopause - Evidence vs Hype
29 April 2025	Professor Rod Baber	3602	Menopausal Hormone Therapy - What Dose of Estrogen is Best?
13 May 2025	Dr Terri Foran	3452	Non-Hormonal & Hormonal Options for Hot Flashes
10 June 2025	Dr Sonia Davison	3717	Early Menopause
24 June 2025	Professor Rod Baber	3825	Menopausal Hot Flashes Management

### Workplace and Community Education

AMS has increasingly been requested to provide education in the community and the workplace, including raising menopause awareness and education for managers in supporting their female employees transitioning through menopause, and for the employees themselves. In 2024-25 AMS provided multiple workplace sessions, listed in the next column:

Company	Event Date
HESTA (AIA Partner)	Friday, 16 August 2024
GESB (AIA Partner)	Sunday, 1 September 2024
End Food Waste Australia	Monday, 2 September 2024
UK Scinc	Tuesday, 3 September 2024
AIA	Monday, 9 September 2024
Hapag-Lloyd (Australia) Pty Ltd	Tuesday, 15 October 2024
Worley	Thursday, 7 November 2024
TasNetworks	Monday, 2 December 2024
VMCH	Thursday, 12 December 2024
Russell Kennedy Pty Ltd	Thursday, 30 January 2025
Department of Industry, Science & Resources	Monday, 24 February 2025
TPG Telecom	Monday, 3 March 2025
cultureamp	Wednesday, 16 April 2025

Thank you to the AMS Board Directors and members involved in delivering these presentations to consistently excellent feedback from our clients.

### AMS Publications:

#### ■ eChanges monthly newsletter

AMS continues to publish *eChanges*, regularly updating members on AMS news and news on menopause and women's midlife health from around the world. Thank you to all members of the Board for your contributions to *eChanges* in 2024-25. AMS also provides a truncated version of *eChanges* to non-member health professionals who subscribe to the AMS newsletter.

### Planning for 2025-26:

Several educational activities have been planned for 2025-26, and the outline of all face-to-face events, webinars and publications will be finalised shortly. Activities currently being planned for include:

- The dates and the venue have now been confirmed for the 28th AMS Congress in Sydney NSW on 11-13 September 2026. The Scientific Program Committee and the Local Organising Committee will be constituted shortly.
- The Menopause Essentials Updates and webinars are now at the development stage for 2026.

Thanks again to all AMS Board Members and other members who contributed to education in 2024-25.



## AMS Board 2024-2025



**President**  
**Dr Sylvia Rosevear**  
BA MBChB MD FRCOG FRANZCOG



**President-elect**  
**Dr Christina Jang**  
MBBS MD FRACP



**Treasurer and WA**  
**Dr Ashley Makepeace**  
MBBS FRACP

## Regional appointments



**VIC/TAS**  
**Dr Marita Long**  
MBBS FRACGP DCH Cert of Sexual and Reproductive Health



**NZ**  
**Dr Lauren Goldschmidt**  
MBBS MRCGP DRCOG DFRSH



**NSW/ACT**  
**Dr Terri Foran**  
MBBS (Syd), MCLinEd (UNSW), FACHSHM



**QLD**  
**Dr Amie Hanlon**  
BSc (Hons) MBBS RANZCOG

## Board appointments



**Chair, Education Subcommittee**  
**Dr Elina Safto**  
MB BS, BSc (Med) Hon, Grad Cert



**SA/NT**  
**Dr Jessica Floreani**  
BSc (Biomed) MBBS FRACGP DCH Cert Sexual & Reproductive Health

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