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AUSTRALASIAN  
MENOPAUSE  
SOCIETY

NEW DIRECTIONS IN WOMEN'S HEALTH

# AUSTRALASIAN MENOPAUSE SOCIETY

## Annual Report 2016



# AMS Mission

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

## Who we are

The AMS was established in 1987 and became a company limited by guarantee in 2013. At 30 June 2016, the AMS had 475 members compared with 399 at the same time in 2015. The AMS is governed by a Board of 11 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.

### AUSTRALASIAN MENOPAUSE SOCIETY LIMITED

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## AMS Action Plan

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

1. A strong identity for AMS
2. Education priority area for growth
3. Responsible financial management
4. Internal and external engagement
5. Excellence in internal operations and governance

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# President's Report

## Bronwyn Stuckey

**AMS Board:** Each state/territory of Australia, and New Zealand is represented by a member of the AMS Board. As the representatives of AMS members, I encourage members to feel that your state/territory Board member is accessible and is your voice on the Board for your educational needs. The Board is here to serve the AMS membership and to facilitate dissemination of knowledge to the wider community of health practitioners in women's health.



I would like to thank everyone on the Board for their sterling work in their respective Subcommittees and on the Board in general. I would like to acknowledge the contribution of those members who are leaving the Board at this time.

Anna Fenton is leaving the Board this year. Anna has been our President for 2013-2015, Past President in 2016 and a Board/Council member since 2006. She has also been Editor of *Climacteric*, the official Journal of the International Menopause Society and as such, a conduit for information on the latest and most important research in menopause. She has been active in education in New Zealand and crucial in welding our Society into an Australian and New Zealand cohesive whole. Her expertise and style will be missed.

Martha Hickey is also leaving the Board this year. Martha has been part of the AMS Council/Board since 2002, first as a WA rep and then in Victoria. Martha has brought an academic essence to the Board and has published widely, especially in the area of non-hormonal management of menopause and menopause after breast cancer.

Deborah Bateson is also leaving the Board due to pressure of her many, many other activities. Deb is the go-to person for that very tricky area of contraception in the menopausal transition. She has been hyperactive on the Education Subcommittee during her Board tenure.

We thank all these departing Board members for their contribution to our mission to improve the health and well-being of women after menopause.

I would also like to thank Sonia Davison who

is our *Changes* Editor and has been the Chair of the Scientific Committee for the Canberra and Perth Annual Congresses. The role of *Changes* editor requires a fine blend of tact and coercion.

**Executive Director:** From January this year, we have had Vicki Doherty as our Executive Director. Vicki has a background in health research, public health and education, and has worked in government and non-government member-based organisations. We have found her to be a perfect fit for our Society. Vicki is ably supported by Georgina Ponce de Leon. Both Vicki and Georgina have obtained accreditation so that AMS can offer RACGP QI&CPD points for our educational meetings.

**Board Subcommittees:** The Chairs of the Board Subcommittees will present their reports. Our efficiency as a Board and as a Society in delivering our objectives is better because of these Subcommittees. Sue Jenner is the Chair of the Education Subcommittee. As such, she has a strict agenda for us all to produce and update our referenced and highly sought-after Information Sheets. Karen Magraith is in charge of the Menopause Update sessions which have been touring the country through HealthEd and as a satellite to other women's health meetings. Georgina Hale is Chair of the Website Subcommittee and is over-seeing the renovation of the website. Amanda Vincent is the Treasurer, keeping an eye on our solvency.

**Media:** The interest in menopause management is increasing in the media in a positive sense and AMS wants to be the preferred voice for the latest news and information.

**Annual Scientific Meetings:** The AMS Congress comes to Perth this year after a long absence. Next year will be in Sydney and the Local Organizing and Scientific Committees are already active. With the support of the AMS, Melbourne was chosen as the city for the International Menopause Society meeting in 2020.

This has been a busy year for the AMS. The medical profession has had around a decade of uncertainty about how, or if, to treat menopausal symptoms. The data around the management of menopausal symptoms, the risks and benefits of menopause hormone therapy, and the efficacy of non-hormonal management are becoming clearer. Clear guidelines are being developed by international and national organisations. It is our responsibility to disseminate all that information. Next year will be busier still.

The interest in menopause management is increasing in the media in a positive sense and AMS wants to be the preferred voice for the latest news and information.

# Executive Director's Report

## Vicki Doherty

I am excited to write my first report as Executive Director for this inaugural AMS Annual Report. After starting in this role in January, I have been made to feel very welcome and supported by the AMS Board and members. I would also like to thank and acknowledge Lee Tregloan who provided me with a comprehensive handover and still makes herself available when I need to fill in some gaps. The AMS Membership Support and Administration Officer, Georgina Ponce De Leon has also helped me to slip into Lee's shoes and provides me with ongoing support and assistance.



I was very impressed to learn of AMS's past achievements and look forward to contributing to the Society in the future. It has been an interesting (and sometimes challenging!) transition from working in relatively large organizations to one that is predominately driven by volunteers (the Board) with a small secretariat. I have really enjoyed moving into a more 'intimate' workplace where I get to engage with members and liaise with a dynamic Board on a daily basis.

AMS has had a very busy year in providing education. We know that health professionals are time-poor and traveling to an education event steals precious time. In 2015-16, AMS provided workshops throughout Australia and New Zealand - in Alice Springs, Christchurch, Byron Bay and Canberra. The AMS Board also reduced the fees to these workshops below cost to maximize attendance and reach. AMS was able to secure sponsorship of these events which made the fee reduction possible.

The Information Sheets that AMS develop and update are extremely popular worldwide, and are the most common route for visitors to the AMS website via search

*AMS brings together doctors, nurses, allied health professionals, researchers and community workers to participate in communication and scientific discussions to advance knowledge on the menopause and women's midlife health.*

engines. The Education Subcommittee has done a great job in developing and updating eight sheets in 2015-16. The Subcommittee has also started work on developing and testing some Consumer Information Sheets which we aim to launch at the Fremantle Congress in November.

AMS was also invited to present at Healthed's Women's and Children's Health Update across Australia in 2016. I attended these

conferences and provided a trade display with AMS resources. I was lucky enough to meet some AMS members and we recruited some more along the way.

The AMS Website Subcommittee has also been busy re-designing a new AMS website. Initial design and layout has been approved and we hope to launch the new and refreshed website at the Congress in Fremantle.

The Fremantle Congress Local Organizing and Scientific Program Committees have been working hard to deliver another outstanding Congress in November. Mike McClung, Founding Director of the Oregon Osteoporosis Centre will be the key note speaker and is internationally recognized as an expert in osteoporosis and bone density testing. I know our President is keen to welcome us all to her home town and look forward to seeing many members in Fremantle.

I would like to thank our members for their ongoing support of AMS and their commitment to improving the health of women in midlife. I look forward to hopefully meeting many of you in Fremantle.



# Treasurer's Report

## Amanda Vincent



There was a negative cash flow of \$10,040 for 2015-16 (see Profit and Loss Statement). There were additional costs in the last financial year due to an increase in:

- salaries due to:
  - the retirement of the Executive Director (accrued annual leave paid out);
  - recruitment costs of a new Executive Director and a hand over period;
  - increase of Administrative Officer hours from 8 to 16 hours per week;
- website and computer expenses due to the redevelopment of the AMS website;
- financial management fees;
- educational expenses due to increased educational activities;
- travel and accommodation to attend Healthed.

There was an abnormally high movement in investments in market value reported in the 2015 financial. This was due to the conversion of historical costs to a market value basis and needs to be considered when comparing 2015 and 2016 market values. However, in comparison, AMS income for most other streams increased in 2015-16 including:

- a marginal increase in membership fees;
- an increase in franking credits, dividends and distributions from trusts;
- sponsorship income; and
- Other income of \$137,155 (Canberra Congress).

Interest from investments decreased around 20%.

While current assets were higher in 2015-16 compared with 2014-15, non-current assets decreased. Total equity decreased from \$1,943,958 in 2014-15 to \$1,933,918.

### Balance Sheet as at 30 June 2016

	2016 (\$)	2015 (\$)
<b>Assets</b>		
<b>Current Assets</b>		
Cash assets	270,148	215,347
Current tax assets	1,106	1,994
<b>Total Current Assets</b>	<b>271,594</b>	<b>217,341</b>
<b>Non-Current Assets</b>		
Other financial assets	1,666,093	1,734,624
<b>Total non-current assets</b>	<b>1,666,093</b>	<b>1,734,624</b>
<b>Total Assets</b>	<b>1,937,687</b>	<b>1,951,965</b>
<b>Liabilities</b>		
<b>Current Liabilities</b>		
Payables	(517)	6,124
Current tax liabilities	4,287	1,884
<b>Total Current Liabilities</b>	<b>3,770</b>	<b>8,008</b>
<b>Total Liabilities</b>	<b>3,770</b>	<b>8,008</b>
<b>Net Assets</b>	<b>1,933,918</b>	<b>1,943,958</b>
<b>Equity</b>		
Retained profits	1,933,918	1,943,958
<b>Total Equity</b>	<b>1,933,918</b>	<b>1,943,958</b>

### Profit and Loss Statement at 30 June 2016

	2016 (\$)	2015 (\$)
<b>Income</b>		
Membership income	68,125	64,262
Sponsorship income	23,935	-
Investment income <sup>1</sup>	98,426	501,042
Seminar income	1,552	-
Other income (Congress profit)	137,155	103,058
<b>Total Income</b>	<b>329,193</b>	<b>668,362</b>
<b>Expenses</b>		
Financial management and fees <sup>2</sup>	45,372	39,014
Education <sup>3</sup>	50,310	26,783
Board expenses	38,177	37,956
Salaries and superannuation	157,905	103,083
Website and computer	15,544	4,599
Operations <sup>4</sup>	20,732	21,205
Travel and accommodation	11,192	1,580
<b>Total expenses</b>	<b>339,233</b>	<b>234,221</b>
<b>Profit (Loss) before income tax</b>	<b>(10,040)</b>	<b>434,141</b>

1. Includes Dividends, Distribution from trusts, Interest received, Movement in value of investments, Refund of franking credits
2. Includes Accounting fees, Audit fees, Bank fees and charges, Bookkeeping fees, Financial management fees
3. Includes Education, Awards and Congress
4. Includes Insurance, Legal fees, Postage, Printing & stationery, Publications, Rent on land & buildings, Storage, Subscriptions and Telephone & internet

### Cash Flow Statement for year ended 30 June 2016

<b>Cash Flows From Operating Activities</b>	
Receipts from customers	230,767
Payments to suppliers and employees	-343,471
Net movement in income tax provision	-
Net movement in GST liability	888
<b>Net cash provided by operating activities</b>	<b>-111,816</b>
<b>Cash Flows From Investing Activities</b>	
Interest received	18,268
Investments	148,689
<b>Net cash provided by investing activities</b>	<b>166,957</b>
<b>Cash Flows From Financing Activities</b>	
<b>Net cash from financing activities</b>	<b>-</b>
Net increase (decrease) in cash held	<b>55,141</b>
<b>Cash at Start of Year</b>	<b>215,347</b>
<b>Cash at Year End</b>	<b>270,488</b>

# Chair, Education Subcommittee Report

## Susan Jenner

Education is a core role for AMS and the Subcommittee has been involved in a variety of areas.



## Menopause Essentials Update

In 2015-16, the AMS ran the Menopause Essentials Update (MEU) workshop in three locations, reaching 244 delegates. This series of four lectures is designed to upskill doctors with the latest on diagnosing and managing the various aspects of menopause. Participants consistently evaluate the MEU highly and we are pursuing opportunities to run the half day MEU alongside other meetings next year. Dr Karen Magraith has been the coordinator for the MEU workshops, helping to tie together speakers, talks, venues and CPD requirements.

One MEU was run in conjunction with the Australia and New Zealand Vulvo-vaginal Society (ANZVS) in Alice Springs in July 2015, the second was run in Christchurch, NZ in August, the third was held in conjunction with the 19th AMS Congress in September in Canberra and another in November in Byron Bay as a standalone event.

## AMS Annual Congress, Canberra

A highly successful Congress was run in Canberra in September 2015 – the theme was Menopause – Mind Over Matter, with plenaries on cognitive function, the brain, gynaecological cancers and difficult management problems. Dr Sonia Davison headed up the Scientific Program Organizing committee with the local chair person being Dr Linda Welberry.

*In 2015-16, the AMS ran the Menopause Essentials Update workshop in three locations, reaching 244 delegates. This series of four lectures is designed to upskill doctors with the latest on diagnosing and managing the various aspects of menopause.*

## Information Sheets

Another core function is writing and updating the AMS Information Sheets. These are targeted at doctors, and we are now referencing them and have added key points boxes. The Board has plans for some new topics, in addition to ensuring the current sheets remain up to date. Eight sheets received a major overhaul during the year, and my thanks to all who contributed by being the primary author, or providing useful editorial comment.

- AMS guide to equivalent doses
- What is menopause?
- Combined MHT
- Contraception
- Diagnosing menopause
- Spontaneous POI
- Glossary of terms
- Sexual difficulties in the menopause

## Healthed

The AMS was asked to provide a set of slides and speakers for Healthed's Women's and Children's Health Updates around Australia this year. Speakers presented a 30-minute talk on the latest in menopause management at five meetings to nearly 4,000 delegates.

Finally, we have started to create some Information Sheets with a broadly accessible reading level for consumers, basing them on the IMS menopause videos which have been extremely popular.

I would like to thank all the members of the Board for their help, and especially the Education Subcommittee members Karen Magraith, Deb Bateson, Martha Hickey and Janice Brown.

# AMS in 2015-16

## 1. A strong identity for AMS

### AMS is recognized as a leading voice for women's healthcare at midlife

AMS is a trusted source for information and advice on the menopause and women's midlife health. In 2015-16, AMS was invited by Cancer Australia to join a multi-disciplinary Working Group to oversee the development of their clinical practice guideline *Management of menopausal symptoms in women with a history of breast cancer*. Professor Martha Hickey and Associate Clinical Professor Amanda Vincent represented AMS on the Working Group. AMS was also invited to endorse the final guideline.

In June 2016, the AMS partnered with and will provide in-kind support for three years to Monash University on an NHMRC Partnership Grant "Early Menopause: Implementation Research using the Experiences and Perspectives of Women and Health Professionals to Translate Evidence into Practice". This project will explore women's and health professional's experiences, attitudes and knowledge about Early Menopause (EM), which has a major influence on quality of life and limits compliance with cancer therapies in many of our cancer survivors. This partnership will identify the long-term health implications of EM and will be of direct relevance to AMS members who provide clinical care to women with EM. Online resources and tools for women with EM and health professionals will be developed to address a clinical gap identified and prioritized by AMS members. Notably, this project will have long term, sustainable outcomes that will directly impact the care and wellbeing of patients and provide evidence based resources for health professionals.

The AMS provides a monthly eNews Bulletin to its members and a truncated version for other health professionals. The Bulletin contains summaries of newly published journal articles, recently developed resources, information about relevant conferences, access to the International Menopause Society's Our Menopause World and other news. The quarterly magazine *Changes*, is provided to all members either electronically or in hard copy. *Changes* Editor, Sonia Davison plans and produces each edition which includes details about upcoming conferences, recently developed guidelines and resources, case commentaries, new AMS Information Sheets and member profiles.

The AMS receives calls and emails from the public requesting information on menopause. Information on the types of queries was collected from the beginning of February 2016. From 1 February to 30 June 2016, there were 37 calls or emails from the public to AMS requesting advice about:

- General menopause symptom management;
- Using bioidenticals;
- Mental health issues and menopause;
- Oestrogen implants;
- Treatment options following a hysterectomy.

The majority of consumer enquiries were directed to the Find an AMS Doctor Service on the AMS website.



### AMS website

Of the over one billion websites worldwide, the AMS website ranked 1,039, 776 (top 0.1%) compared with the International Menopause Society at 3,620,328 and North American Menopause Society at 237,588. The AMS website is ranked at 35,813 in Australia.

In 2015-16, there were over 284,000 visits to the AMS website with nearly 618,000 page views. This compares with around 189,000 visits (50% increase) and 448,000 (38% increase) page views in 2014-15.

The highest hitting webpage is the AMS Home Page followed by (in order):

- Information sheets
  - Complementary and herbal therapies
  - Non-hormonal treatment options for menopausal symptoms
  - Diagnosing menopause
- Find a Doctor

The Find a Doctor searches remained about the same in 2015-16 compared with 2014-15 (80,000 and 83,000 respectively).

The consumer targeted videos were introduced in January 2015. In 2015-16, there were over 21,000 views of the videos. Video views remained about the same in June 2015 and June 2016 (1,590 and 1,574 respectively).

### Website Redevelopment

In April 2016, the AMS Board agreed to upgrade and redevelop the AMS website. AMS entered into a Service Agreement with Impagination and a Strategic Planning Confirmation that included website goals, flow navigation optimisation and graphic design, was provided by the Website Subcommittee. The new AMS website is due for launch at the Fremantle Congress in November 2016.

### AMS in the media

In 2015-16, the media requested a number of interviews with AMS Board Members. Bronwyn Stuckey provided an interview for a balanced article on HRT in the Australian Women's Weekly magazine (readership of 3.7 million) in April 2016. Bronwyn was also interviewed by Yours magazine (readership of 138,000) on menopause and appeared on Perth's Today Tonight speaking about menopause. Bronwyn is also a regular guest on Curtin Community Radio in Perth.

The New Zealand Division of AMS worked closely with a journalist from North and South magazine (readership of 247,000) for an article covering all aspects of menopause and its management.



# AMS in 2015-16 continued

## 2. Education priority area for growth

### AMS provides clinical education

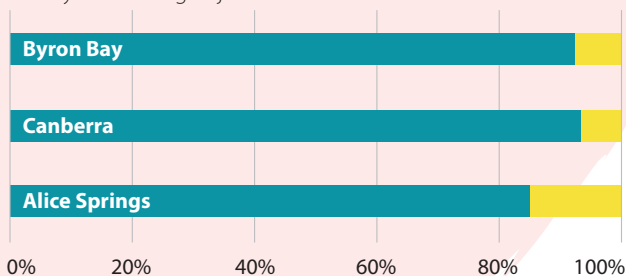
This report on education is to be read in conjunction with Susan Jenner's Chair, Education Sub-Committee Report.

In 2015-16, the AMS was formally approved as an Accredited Education Activity Provider of the RACGP QI&CPD Program. Both AMS employees underwent training and are now accredited as RACGP Education Activity Representatives.

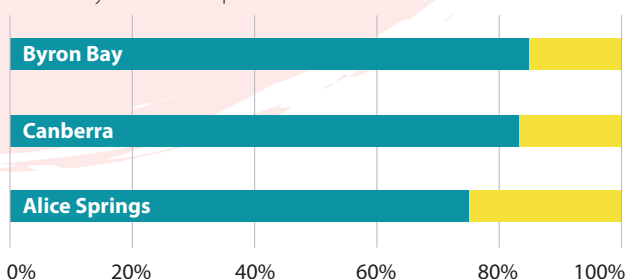
AMS presented four Menopause Essentials workshops in 2015-16. The first workshop was held in conjunction with the Australia and New Zealand Vulvo-vaginal Society in Alice Springs. The second workshop was in Christchurch in August. Thirty delegates attended this workshop on menopause management by Anna Fenton and Bev Lawton. Delegates evaluated this workshop highly, with learning objectives and speaker presentations averaging around the 4.8/5 mark. Registrations for this workshop were sold out within two hours, indicating a high need for education in this area.

The third workshop was held in conjunction with the 19th AMS Congress in Canberra in September and the fourth in Byron Bay in November as a standalone event. Evaluations for these events are provided in the diagrams below.

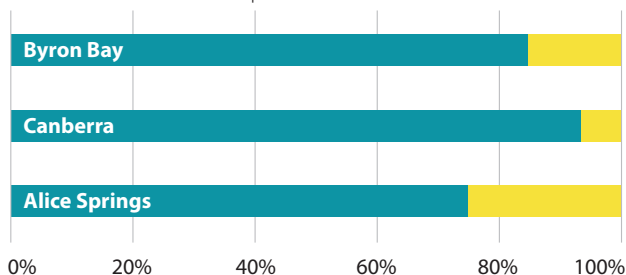
Were your learning objectives met?



How did you rate the speakers?



Will you change your practice as a result of this workshop?



The 19th AMS Congress was held in Canberra in September 2015 and 205 delegates attended (excluding speakers, AMS Board and exhibitors). Sixty-seven percent of delegates completing the evaluations (N=68) had their learning objectives entirely met and 31% had their learning objectives partially met. Eight-nine percent of delegates found the Congress entirely relevant to their practice and 99% found the Congress a good use of their time. Importantly, 91% would change their current practice due to the Congress.

The AMS was also invited by Healthed to present at their Women's and Children's Health Update 2016. Speakers presented a 30-minute talk on the latest in menopause management at five meetings to nearly 4,000 delegates.

### AMS develops and maintains evidence-based resources

In 2015-16, the AMS developed and updated eight Information Sheets including:

- AMS guide to equivalent doses;
- What is menopause?;
- Combined MHT;
- Contraception;
- Diagnosing menopause;
- Spontaneous POI;
- Glossary of terms; and
- Sexual difficulties in the menopause.

AMS also begun developing and testing a number of Consumer Information Sheets.

## 3. Responsible financial management

### AMS manages finances responsibly

In 2015-16, the AMS moved its investment portfolio from Ord Minnett to UBS. Crestone purchased the Australian arm of UBS in early June 2016. The return on the portfolio was not as high as expected in 2015-16 due to the poor performance of the international and Australian share market. The AMS will continue to monitor the portfolio performance in 2016-17.

The AMS Board agreed in April 2016 to develop an Ethical Investment Policy to ensure that investments held by the AMS are not in potential conflict with either its aims nor jeopardize the health of the community. The policy is currently being finalized.

The AMS also sought legal advice to determine whether AMS could register for Deductible Gift Recipient (DGR) status as a Health Promoting Charity. The majority of grants available in Australia require an organization to have DGR status. However, the Australian Charity and Not-For Profit Commission (ACNC) does not consider menopause a disease so AMS cannot register as a Health Promoting Charity.

Please refer to the Treasurer's Report and Financial Statements in this report for more information.



## AMS in 2015-16 continued

### 4. Internal and external engagement

#### AMS engages with members and other health professionals

The AMS was invited to present at Healthed's Women's and Children's Health Conference around Australia in 2016. AMS was able to provide a trade display at this event, which allowed AMS staff to meet members and recruit new ones.

In 2015-16, AMS partnered with the ANZVS to provide an MEU in conjunction with their biennial scientific meeting. The AMS also partnered with the Australian Society for Psychosocial Obstetrics and Gynaecology (ASPOG) to plan for a joint meeting to be held in Hobart in July.

### 5. Excellence in internal operations and governance

#### AMS values efficient operations and good governance

All of the AMS's decisions are underpinned by its mission, objectives and action plan which were finalized in late 2014. The AMS objectives and action plan are reviewed at each AMS Board Meeting.

The AMS Constitution was developed in 2013 when the AMS became a company limited by guarantee. The Constitution allows for the appointment of a President-Elect which ensures that a succession program is in place. Currently the President-Elect is also the AMS Treasurer which ensures that the incoming President is fluent in AMS finances.

In 2015-16, changes were made to the Constitution to allow for voting of Board Member appointments by email.

## Future Directions

In 2016-17, the AMS plans to implement a number of initiatives as set out under the AMS Action Plan.

### 1. A strong identity for AMS

- Engage more broadly with the media, including social media to reinforce its image as a trusted source of information on menopause and women's midlife health; and
- Develop and strengthen links with universities, colleges, women's health bodies.

### 2. Education priority areas for growth

- Deliver at least two Menopause Essentials Update workshops as well as the Annual Congress;
- Develop and publish six Consumer Information Sheets on menopause;
- Review, update and publish four AMS Information Sheets; and
- Develop webinars for the AMS website.

### 3. Responsible financial management

- Monitor budgets and financial investments; and
- Scope other funding opportunities.

### 4. Internal and external engagement

- Develop and implement a member needs assessment;
- Develop a membership marketing strategy; and
- Strengthen relationships with the international community of menopause organizations.

### 5. Excellence in internal operations and governance

- Review and update the AMS Constitution and internal policies to improve governance and processes;
- Hold four AMS Board Meetings;
- Monitor, review and update AMS objectives and action plan;
- Launch new AMS website; and
- Develop and distribute eNews Bulletins monthly and Changes magazine quarterly.

# AMS Board 2015-16



## President

**Professor Bronwyn Stuckey BA MBBS FRACP**  
*Meetings attended: 3/3*

Professor Bronwyn Stuckey is an endocrinologist with a clinical and research interest in reproductive endocrinology. She is Consultant Endocrinologist in the Department of Endocrinology and Diabetes, Sir Charles Gairdner Hospital, Nedlands, Western Australia and Clinical Professor in the School of Medicine and Pharmacology, University of Western Australia.

She is also the Medical Director of the Keogh Institute for Medical Research which conducts both clinics and research for both men and women. The focus of her research and that of the Institute is on the interface between reproduction and reproductive hormones and metabolism.



## President Elect and Treasurer

**Clin Assoc Professor Amanda Vincent BMed Sci, MBBS PhD, FRACP**  
*Meetings attended: 2/3<sup>1</sup>*

Dr Amanda Vincent is a Consultant Endocrinologist with the Department of Endocrinology, Monash Health, Clayton, working in the Menopause Clinic, Osteoporosis clinic and the Clinical Nutrition and Metabolism Unit. She

also works as an Endocrinologist at The Women's Specialist Menopause Clinic, Melbourne.

Dr Vincent is a Postdoctoral Research Fellow with the Monash University's Centre for Health Research and Implementation, School of Public Health Preventive Medicine. Her research interests include both clinical research and education projects with a particular interest in early/premature menopause and Turner's syndrome.

She is an Associate Editor of *Climacteric*.

<sup>1</sup>Amanda was unable to attend one meeting as she was invited to present on menopause at an International Endocrine Meeting.



## Past President

**Dr Anna Fenton BHB, MBChB, PhD, FRACP**  
*Meetings attended: 3/3*

Dr Anna Fenton BHB, MBChB, PhD, FRACP, is a Gynaecological Endocrinologist who completed her endocrine training in Perth, Western Australia and a PhD in bone cell biology at the University of Melbourne.

Dr Fenton is the immediate Past President of AMS. She was involved in establishing the New Zealand branch

of the AMS and has served on the board of Osteoporosis New Zealand. Anna has also been active in establishing quality standards in bone densitometry in New Zealand. She has been responsible for establishing and expanding the gynaecological endocrine service at Christchurch Women's Hospital and is actively involved in research and both undergraduate and postgraduate teaching.

Her research interests cover metabolic bone disease and midlife women's medicine. She serves on a number of corporate and journal editorial boards.



**Professor Martha Hickey, BA (Hons); MSc (Clin Psych) MBChB, FRANZCOG, MD**  
*Meetings attended: 2/3*

Professor of Obstetrics and Gynaecology at the University of Melbourne and Adjunct Professor of OBGYN at Yale University, CT. In her clinical practice she runs the menopause services at The Women's Hospital, Melbourne.

She initially trained as a Clinical Psychologist in the UK and then qualified in medicine in 1990 from the University of Bristol. She completed her specialist training in Obstetrics and Gynaecology in 2000 at

Imperial College School of Medicine, London. She then moved permanently to Australia. Professor Hickey is an experienced clinician researcher in gynaecology.

Her main areas of interest are abnormal uterine bleeding and menopause. In the field of menopause she runs a large clinical service, offering unique multidisciplinary care for women with menopausal symptoms following a cancer diagnosis.

She has clinical and research interests in the development of non-hormonal treatments for menopausal symptoms and in the mechanisms of abnormal bleeding in women using sex steroids for contraception or HRT.



**Professor Beverley Vollenhoven MBBS PhD FRANZCOG CREI**  
*(resigned 29 September 2015)*  
*Meetings attended: 1/1*

Professor Vollenhoven is the head of Gynaecology at Southern Health in Victoria. She subspecializes in the field of Reproductive Endocrinology and Infertility. She is the head of the Contraceptive Counselling Clinic and a Consultant Gynaecologist in the Menopause Clinic at the Monash Medical Centre. She is a clinician at Monash IVF.

Her major research interests are in the growth and development of uterine fibroids and she was one of the Founding Members of The Melbourne Fibroid Clinic.

Her other research interests include infertility, ovulatory disorders and their treatment and menopause. She has over 80 publications. Beverley is actively involved in the Royal Australian and New Zealand College of Obstetricians and Gynaecologists and is a Senior Examiner for the Australian Medical Council.



**Dr Geraldine Edgley MBBS MSc (Sexual Health)**  
*(appointed 29 September 2015)*  
*Meetings attended: 2/2*

Dr Geraldine Edgley graduated MBBS from Monash University in 1988 and completed a Masters in Sexual Health from Sydney University in 2009. Her career has been dedicated to women's health and menopause medicine.

In the early 1990's Dr Edgley worked at Family Planning Victoria including as Senior Medical Officer. Later that decade she moved to the Royal Women's Hospital, working in various specialist clinics including menopause, menopause service after cancer and dysplasia. More recently she has consulted at the Jean Hailes Centre for Women's Health, initiating a specialist multi-disciplinary Vulva Clinic. Geraldine is Vice President of the Australian and New Zealand Vulvo Vaginal Society.

Her other interests are many and varied. She is a passionate cyclist whose catch cry is "I've ridden my bike here".



## AMS Changes Editor

**Dr Sonia Davison MBBS FRACP PhD**

As *Changes* Editor, Dr Sonia Davison attends AMS Board meetings, by invitation.

Dr Davison is an Endocrinologist with a special interest in Women's Health. She is a Clinical Fellow at Jean Hailes for Women's Health and has an adjunct appointment at the Women's Health Research Program, Monash University.

Sonia is in private practice in Victoria at Cabrini Medical Centre and at Jean Hailes for Women's Health. Her PhD and postdoctoral research examined sex steroid physiology in women, including measurement of androgens and their relationships with age, mood, sexual function and cognition.



# AMS Board 2015-16 continued

## Regional appointments



### NSW

**Clin Assoc Professor Deborah Bateson MA (Oxon), MSc (LSHTM), MB,BS**  
*Meetings attended: 3/3*

Clinical Associate Professor, Discipline of Obstetrics, Gynaecology and Neonatology at University of Sydney. Adjunct Associate Professor, La Trobe University, Melbourne. Deborah Bateson is the Medical Director and Director of Clinical Services at Family Planning NSW and has worked in the field of reproductive and sexual health

as a clinician, researcher and educator for over 17 years.

Deborah has extensive experience overseeing the delivery of high quality and innovative family planning services both in Australia and internationally and is a recognised expert in the area of fertility control. Her recent research interests include new contraceptive technologies, the impact of HPV vaccination on HPV genotypes and sexual risk taking amongst older women using internet dating.

Deborah has published widely and provides expert commentary to the media on a wide range of reproductive and sexual health issues including those affecting mid-life and menopausal women.



### VIC/TAS

**Dr Karen Magraith BMBS FRACGP**  
*Meetings attended: 3/3*

Karen Magraith graduated from Flinders University and spent 6 years in Darwin before returning to Adelaide, where she worked until 2007. She currently works in general practice in Hobart, where she is involved in registrar training. She has had a longstanding interest in women's health and has been a member of AMS since 2004.

Karen recognises that most menopause medicine occurs in general practice, where the GP is in a unique position to manage the medical, gynaecological and psychosocial issues in an integrated way.

Karen is keen to promote the role of the AMS in educating and supporting a wide variety of GPs, to enable them to provide high quality health care to women.



### SA/NT

**Dr Susan Jenner BMBS, FRACGP**  
*Meetings attended: 3/3*

Dr Sue Jenner, is an experienced general practitioner with broad interests in women's health, especially at mid-life. She is an advocate for providing evidence-based information to facilitate treatment options.

After graduating from Flinders University she commenced surgical training, then ophthalmology, before working for the Department of Defence in a number of states whilst

attaining her FRACGP. She returned to Adelaide in 1999 and joined the North Adelaide Family Practice, where she has been a partner since 2001.

Sue has been an AMS member since 2003. She represents the needs of GPs, who form the majority of AMS members and are the main treating doctors in menopause.



### NZ

**Dr Janice Brown MBChB FRNZCGP PGDipObstMedGyn NZ CertFP**  
*Meetings attended: 2/3*

Dr Janice Brown has been a GP for 21 years and is currently Medical Lead at Auckland University. She also attends some sessions at Albany Family Medical Centre.

While Janice is committed to family medicine, her special interests include women's health encompassing family planning, menopause management, menstrual difficulties, polycystic ovarian syndrome; the impact of lifestyle factors such as exercise and nutrition on health and the prevention of disease.



### WA

**Dr Jennifer Rogers MBBS (UWA), Dip Obs (RANZCOG)**  
*(appointed 29 September 2015)*  
*Meetings attended: 2/2*

After her internship, Western Australian Jennifer Rogers was an RAAF medical officer at Amberley and Richmond bases before being appointed as RMO Nepean Hospital, Penrith and then in O & G at KEMH. General practice followed for 30 years in a privately

billing, non-corporatized group practice in Padbury, a Perth suburb, 1985-present.

Having decided on General Practice as a career, Jenny has been interested in understanding and treating menopausal women since those days with Dr Margaret Smith memorable as a strong voice for recognition of this phase of women's lives. "I enjoy the challenge of dealing with the many problems that present in general practice and have interests in osteoporosis, women's health, mental health, sports medicine, asthma and motivating lifestyle change in chronic disease management." Board member: Meath Nursing Homes and Cyrenian House (alcohol and other drug treatment services) – both volunteer positions.

Surveyor for Postgraduate Medical Council WA; Member of Osteoporosis Model of Care Working Group (Health Dept, WA); Active patrol member with North Cottesloe Surf Lifesaving Club; Masters field hockey player with State and Australian representation in the recent past.



### QLD

**Dr Vivienne O'Connor MB ChB FRCOG FRANZCOG Grad Cert Ed M Ed**  
*(resigned 29 September 2015)*  
*Meetings attended: 1/1*

Dr O'Connor is a specialist Obstetrician and Gynaecologist and currently serves as Associate Professor in the University of Queensland Medical Program while maintaining an active role in the

community through private practice.

Dr O'Connor received her medical training in Birmingham, England and completed training in medicine, surgery, paediatrics and emergency medicine. She then practised in Zimbabwe in a variety of medical posts before returning to England to specialise in Obstetrics and Gynaecology at University College London.

After relocating to Australia, Dr O'Connor worked as a full-time clinician in Mackay, Queensland for 10 years. Initially, she worked as a registrar in obstetrics, then medicine and anaesthetics and finally as a specialist in Obstetrics and Gynaecology, working in both private and public practice.

In July 2014, Dr O'Connor also became Medical Director of Family Planning Queensland at a time when it is aiming to integrate closely with hospital and health services across Queensland.



**Dr Georgina Hale MBBS, FRACP, PhD**  
*(appointed 2 September 2016)*  
*Meetings attended: 2/2*

Dr Georgina Hale completed Medicine (Hons) at Monash University then specialist training at the Repatriation Hospital in Heidelberg Melbourne, the Alfred (VIC), John Hunter Hospital (NSW) and Royal North Shore Hospital (NSW).

After four years of advanced training, she completed two years of consultant work in Sydney before embarking on a research fellowship in the Cedars Sinai Medical Center in Los Angeles. She published her clinical research on the effects of plant and soy isoflavones on the endometrium and endothelial function with Professors Claude Hughes and Noel Bairey Merz.

Back in Australia she completed a PhD with Professor Ian Fraser at the University of Sydney on the endocrinology underlying the menopause transition. She is author of several related publications and has continued her interest in midlife and menopausal health. Georgina looks forward to women's health clinical work and research projects at the new Sunshine Coast University Hospital and continuing private practice as well as implementing her soon to be completed certification in functional medicine, her other interest area, with the Institute of Functional Medicine in North America and the Australian College of Environmental and Nutritional Medicine (ACNEM).

Georgina has been a member of both the Australasian and North American Menopause Societies for more than 15 years.



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