



ANNUAL REPORT

2024



**AUSTRALASIAN
MENOPAUSE
SOCIETY**

EMPOWERING MENOPAUSAL WOMEN

www.menopause.org.au

AMS VISION

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

AMS MISSION

To 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.





WHO WE ARE

The AMS was established in 1987 and became a company limited by guarantee in 2013. At 30 June 2024, the AMS had 1103 members compared with 903 at the same time in 2023 (net increase 19.94%). 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 remunerated.

The AMS brings together doctors, nurses allied health professionals, researchers and community workers who want to work together in a manner of ways in 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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PRESIDENT'S REPORT

SYLVIA ROSEVEAR

This year, AMS has continued its work in menopause education, providing evidence-based resources both to 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. Interest in the menopause, especially in the media, is polarised and vociferous and has been growing exponentially. AMS membership has continued to grow, and clinicians need upskilling as their patients have become more informed.

Australasian Menopause Society Board

The AMS Board has nine members. As immediate Past President Dr Karen Magraith has continued in a position on the Board and intends to retire from the board at this AGM. Her wisdom and experience have been invaluable, and I would like to thank her personally for her insights and her supportive role this year. As a GP she notes there has been a significant increase in interest and engagement on menopause from her GP colleagues, particularly younger GPs. Women are increasingly presenting to their doctors for help at perimenopause and menopause and GPs are seeking evidence-based information on appropriate clinical management. The role of AMS is more important than ever in an atmosphere of potential misinformation on social media. Karen warmly thanks the AMS board and AMS members for their support. We thank Karen for her years of dedicated service.

Lauren Harrison, our elected New Zealand member, is a busy GP from Christchurch. She is getting to know the board and seeing the internal workings of the AMS. Ashley Makepeace (Western Australia) is our Treasurer and Lina Safro (New South Wales) is Chair of the education sub-committee. Christina Yang, (Queensland) is President elect, and has represented AMS extremely well at the Senate Inquiry in Melbourne. Carmel Reynolds (South Australia/Northern Territory), represented the AMS at the Senate Inquiry into menopause and perimenopause in Adelaide. She has organised informal gatherings and case discussion sessions with SA members and been able to represent the AMS on a panel at the SA branch of the Women on Leadership Summit. Marita Long represents Victoria/Tasmania and also represented AMS very well at the Senate Inquiry into menopause. She has delivered webinars around the country to a growing number of organisations who



want to better the support for women in the workplace, as they transition through menopause. This is a complex area, in which one could argue that there are competing agendas. She feels AMS ensures that these organisations and their employees receive evidence-based information and education. Amie Hanlon (from Queensland) joined the board after the Queenstown meeting. She is a gynaecologist and therefore particularly knowledgeable on the management of the perimenopause. She also enjoys writing and adds surgeon's skills of clarity.

I would like to thank all the Board members for their generous contributions of time, expertise, energy and experience to the AMS, especially at this time of unprecedented growth. The mini-Congress in Sydney on April 6th was an outstanding success with 157 in person attendees and 457 online. Unfortunately, it coincided with 111mm rain in the previous 24 hours, preventing some people from getting there, including Board member Dr Carmel Reynolds, from Adelaide, our first speaker, who then had to present via Zoom. AMS made a submission to the Senate Inquiry into the issues related to the menopause and perimenopause. The results are being published as I write this. We look forward to reviewing the conclusions and leading desired outcomes.

The AMS also worked in conjunction with the International Menopause Society's biennial congress and is co-hosting the congress. So far there are over 2,000 registered delegates for what is a well-planned and informative programme, under the direction of the Scientific Chair Professor Rod Baber.

Executive Director's Office:

Our new executive assistant, for the Executive Director, who was appointed in October 2023, resigned at the end of January 2024. In February of this year, Georgina Ponce de Leon Huerta, who administrated the bookkeeping and membership resigned after eight years of service. With the help of Beaumont Group we engaged three new employees in May 2024 – an Executive Assistant who resigned on 1 August 2024, Geoff Setty in Communications and Naomi Sutton in Policy, Education and Research. Chris Michaelides was appointed Temporary Operations Advisor and started on 2 August. Operations at AMS range from financial, and compliance matters to strategic planning,

PRESIDENT'S REPORT continued

coordinating of Board activities, organising meetings, answering member queries, and more. Lisa Gardner was appointed in the interim to manage membership applications. Vicki Doherty, our Executive Director resigned on 13 September after over eight and a half years of loyal service.

A special guest at our AGM will be Dr Barry Wren (aged 93), the inaugural President of AMS – nearly 40 years ago. AMS is now a large and dynamic organisation built from grass roots origins and it is now time to build a thriving organisation that has both operations and governance processes and guidelines, as defined by best practice. Procedures and processes need to be automated to reduce workload. We have recently adopted BoardEffect to facilitate all our meetings.

Board Subcommittees

This Annual Report includes reports from the Chairs of the Board Subcommittees.

Dr Safro is Chair of the Education Subcommittee and has managed and coordinated the Menopause Essentials Updates, alongside other AMS meetings and 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. Marita Long has recently taken on this role. 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 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 2 million page views in the last year.

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). I hope that it provides content that is both useful and relevant. we welcome feedback.

Media

The media have continued to contact the AMS for interviews and comment on women's health issues over the past year. Several members of the AMS Board have been interviewed.

Membership

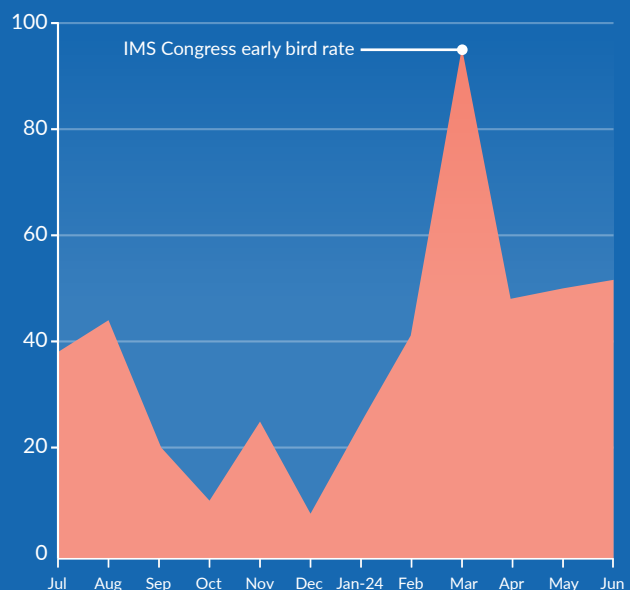
The AMS was established in 1987 and became a company limited by guarantee in 2013. At 30 June 2024, the AMS had 1103 members compared with 903 at the same time in 2023 (net increase 19.94%). The AMS is governed by a Board of nine Directors who are appointed by AMS members and the Board. All Board positions are voluntary and only expenses are remunerated.

AMS Membership	2022-23	2023-24
AU Members	741	946
NZ Members	12	145
Oth Int. Members	12	12
Total	903	1103

Current Members Paid, Life and Student – 1208*

*This includes a small number of applications for the above membership types that may not have yet been approved in the latest round of applications. This information can't be determined from the spreadsheet.

2023-24 New applications by month



PRESIDENT'S REPORT continued

Congress

The 26th Annual AMS Congress, 'Remarkable Remarks on Midlife and Menopause', was held in Queenstown, New Zealand, as a hybrid onsite/online event from first to third September 2022. It was our most successful congress yet. Delegates rated the academic content very favourably and enjoyed the benefits of meeting with colleagues. Professor Nick Panay was our international guest from the United Kingdom. He is President of the IMS, and showed a keen interest in the conference, attending all the sessions.

Due to overwhelming interest in the event, onsite registrations sold out early and another venue in Queenstown was arranged to host a live-streamed event. Since it was in NZ, I chaired the local organising committee. I am grateful to the Chair of the Scientific Committee, Dr Ashley Makepeace, for a wide-ranging programme that seemed to captivate the very attentive audience. We had record numbers with over 400 in person and 230 online attendees, and 400 attendees at the pre-Congress Menopause Essentials update. (292 in 2022 in Cairns). This

was a twice postponed location, due to border closures from to Covid in 2021 and 2022. It carefully avoided a subsequent weekend (22nd Sept) where the CBD was under a mudslide with Queenstown Lakes council declaring a seven-day state of emergency after the town's wettest day in 24 years. The congress delivered a surplus of \$268,907.92.

Partnerships

AMS has continued its partnership with AIA Insurance and has provided education for staff, the rehabilitation team as well as other AIA partners assisting them to support women who are going through menopause. AMS is still actively seeking other potential partners and encourages them to contact AMS to discuss opportunities.

And finally AMS has cemented itself as the peak body on menopause and we are in a strong membership and financial position going forward. We will need to be adaptable as circumstances change. We welcome member involvement and feedback on AMS.



A MESSAGE FROM THE EXECUTIVE DIRECTOR

VICKI DOHERTY

It is with a heavy heart to advise that after nearly nine years, I have made the difficult decision to leave AMS to pursue other opportunities. I am proud to say that I am leaving AMS in excellent standing, now being recognised as the peak body for menopause and midlife women's health and with a very healthy balance sheet to implement the next strategic plan.

I have been privileged to lead the organisation through a period of rapid growth and amplified recognition. The increasing awareness of menopause over the past two years has provided AMS with both challenges and opportunities. It is very humbling to note that the AMS is now recognised as the leader in menopause awareness and education for health professionals, workplaces and the community across Australia and New Zealand.

It was an eye-opening experience joining the AMS as its Executive Director in early 2016, having worked for large health services and government departments in the past, to a tiny not-for-profit with limited resources. I quickly learnt to become a jack-of-all trades and collaborate with a passionate and engaged board to deliver its strategic aims.

I am immensely proud of my achievements as Executive Director at AMS, some of which include:

- Increasing AMS membership by 300%.
- Publishing the first ever AMS Annual Report in 2016 which provides a record of AMS's achievements, can be used as a marketing tool for AMS's work and provides transparency on AMS operations, funding and expenditure.
- Reducing financial risk by diversifying income streams. I led the commercialisation of AMS's intellectual property by licensing information and fact sheets, obtained AMS's first corporate partnership and diversified educational income opportunities to reach a broader market.
- Under my stewardship, increasing equity by \$1.2m and increasing operational income from \$250,000 in 2015 to \$650,000 in 2024.
- Driving the expansion of AMS education – leading the development of the eLearning portal, leading the development of consumer fact sheets and infographics, and translations into multiple languages.
- Developing and nurturing stakeholder relationships to raise awareness of menopause including with other not-for-



profits, academia, medical colleges, industry, the media and government.

- Preparing the first ever annual budget and providing the Board with clear and strategic financial advice.
- Leading the transition of a new member database.
- Leading two redevelopments of the AMS website.
- Publishing 87 *eChanges* newsletters.
- Launching the AMS social media channels and gaining a substantial following.
- Overseeing seven annual congresses and eight annual general meetings, increasing the number of delegates each year.

I will definitely miss meeting with members and stakeholders, particularly at our annual congress. Our members are our lifeblood and *raison d'être*, and it has been such a privilege to work with you all. It has been a real joy connecting with other charities whose work intersects with the AMS and coming together to raise awareness and improve health outcomes for midlife women. I have so enjoyed collaborating with our industry partners and humbled by their support and good will.

I would like to thank the AMS Past-Presidents who I have worked closely with over the years – Anna Fenton, Bronwyn Stuckey, Amanda Vincent, Sonia Davison, Karen Magraith, Sue Davis, Rod Baber, Jane Elliott, Liz Farrell and Sheila O'Neill. Your wisdom and commitment to midlife women's health never ceases to amaze me. Lastly, I would like to thank our current board for their unwavering support and commitment to improving the health of women at midlife, especially Sylvia Rosevear, Karen Magraith and Lina Safro who I've worked closely with over the last couple of very busy years. I am confident that I am leaving AMS in a healthy and strategic position to continue supporting health professionals, workplaces and the community to support women at midlife.

It is exciting that the world will convene in Melbourne in October for the World Congress on Menopause, which I'm sure will be a stellar event. I will miss seeing you all there, but will be championing midlife women's health from the sidelines.

With very best wishes.





TREASURER'S REPORT

ASHLEY MAKEPEACE

At the time of writing, the financial statements were currently being prepared by the auditor, therefore draft financial statements are provided for 2024 below.

PROFIT/LOSS FOR 2023-24

The AMS made a profit of \$378,406 - an increase of 20% on prior year. Income from operating activities increased by 53% on prior year, due in part to the success of the Queenstown Congress and additional educational events. Naturally there were increased costs associated with delivering these events, but gross profit was still above the 80% benchmark.

Membership income increased by 28% due to the addition of 200 new members in FY2024.

The most significant increase in operating costs were in Salaries and Professional Fees, which reflected increased costs around the recruitment and wages of two new staff members.

Table 1: PROFIT AND LOSS STATEMENT AT 30 JUNE 2024

	2023-24	2022-23	Variance \$	Variance %
Income				
Membership	180,424	140,511	39,913	28.4%
Congress Income	268,908	203,755	65,153	32.0%
Partnerships and Licensing	103,637	39,636	64,001	161.5%
Education Income	63,883	17,216	46,666	271.1%
Total Income	616,852	401,119	215,733	53.8%
Cost of Sales				
Congress Expenses	8,781	6,242	2,538	40.7%
Travel and Accommodation	37,478	12,260	25,218	205.7%
Education Expenses	59,923	18,191	41,732	229.4%
Total Cost of Sales	106,181	36,693	69,488	189.4%
Gross Profit	510,671	364,426	146,245	40.1%
Gross Profit %	82.8%	90.9%		
Expenses				
Board Expenses	29,672	21,178	8,494	40.1%
Salaries, Superannuation and Oncosts	274,817	219,459	55,358	25.2%
Professional fees and consultants	59,587	15,788	43,799	277.4%
IT Expenses	33,763	26,721	7,042	26.4%
Other Expenses	16,171	13,353	2,818	21.1%
Total Expenses	414,011	296,500	117,512	39.6%
Operating Profit	96,659	67,926	28,733	42.3%
Other Income				
Investment Portfolio Income	100,571	64,975	35,596	54.8%
Movement in Value of Investments	208,906	208,225	681	0.3%
Total Other Income	309,477	273,201	36,277	13.3%
Other Expense				
Investment Portfolio Expenses	27,731	25,852	1,880	7.3%
Total Other Expense	27,731	25,852	1,880	7.3%
Profit from Investments	281,746	247,349	34,397	13.9%
Net Profit	378,406	315,275	63,130	20.0%

The following disclaimers should be written below the Profit and Loss table, similar to prior years:

- 2024 figures are draft only as the 2024 financial statements are yet to be audited.
- 2024 investment portfolio figures are based on draft portfolio financial statements.
- Note figures may differ slightly from 2023 Annual Report as the above figures are audited whereas the 2023 reported figures were draft.
- At the time of going to print, the Cash Flow Statement for the year ending 30 June 2024 was not yet available. An audited Cash Flow Statement for 2023 is at Table 3.

TREASURER'S REPORT continued

Table 2: BALANCE SHEET AT 30 JUNE 2024

	2023-24	2022-23	Variance \$	Variance %
Asset				
Current Assets				
Cash Assets	304,764	624,976	-320,274	-51.2%
Accounts receivable	7,687	33,263	-25,576	-76.9%
Deposits / Prepayments	20,580	25,629	-5,049	-19.7%
Total Current Assets	333,031	683,868	-350,899	-51.3%
Non-Current Assets				
Crestone Investment Portfolio	2,896,961	2,115,961	781,000	36.9%
Total Non-Current Assets	2,896,961	2,115,961	781,000	36.9%
Total Asset	3,229,992	2,799,829	430,101	15.4%
Liability				
Current Liabilities				
Credit Card	-1,394	165	-1,559	-946.9%
Payables	1,491	34,335	-32,843	-95.7%
Leave Provisions	61,811	53,536	8,275	15.5%
Current Tax Liabilities	28,136	2,817	25,319	898.9%
Prepayments	72,500	23,400	49,100	209.8%
Total Current Liabilities	162,545	114,253	48,292	42.3%
Long Term Liabilities				
Membership Prepayments	46,356	42,890	3,466	8.1%
Total Long Term Liabilities	46,356	42,890	3,466	8.1%
Total Liability	208,901	157,143	51,758	32.9%
Net Assets	3,021,092	2,642,686	378,344	14.3%
Equity				
Retained Earnings				
Retained earnings	2,642,686	2,327,411	315,275	13.5%
Total Retained Earnings	2,642,686	2,327,411	315,275	13.5%
Current Earnings				
Current year earnings	378,406	315,275	63,130	20.0%
Total Current Earnings	378,406	315,275	63,130	20.0%
Total Equity	3,021,092	2,642,686	378,406	14.3%

EQUITY

Total equity increased by 14% or \$378,406.

\$550,000 was transferred from cash assets (term deposits) into the AMS Crestone Investment Portfolio.

Current liabilities included the \$72,500 advance payment by the IMS for the 2024 Congress.

CASH FLOW

At the time of going to print, the Cash Flow Statement for the year ending 30 June 2024 was not yet available. An audited Cash Flow Statement for 2023 is at Table 3.

Table 3: CASH FLOW STATEMENT AT 30 JUNE 2023

	Note	2023 \$	2022 \$
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from customers		409,937	299,496
Payments to employees and suppliers		-312,934	-254,083
Net movement in GST liability		-	-3,612
Net cash generated from/ (used in) operating activities	(i)	97,003	41,801
CASH FLOWS FROM FINANCING ACTIVITIES			
Interest received		6,405	109
Net movement in Investments		-57,806	100,779
Net cash generated from/ (used in) financing activities		-51,401	100,888
Net increase/(decrease) in cash held		45,602	142,689
Cash and cash equivalents at beginning of financial year		579,374	436,685
Cash and cash equivalents at end of financial year	(ii)	624,976	579,374

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

AMS has provided a variety of comprehensive educational activities to healthcare providers and consumers in 2023-24. The increased interest in menopause and midlife health has translated into an unprecedented expansion of our education workload, and I'd like to thank the AMS Education Subcommittee for their hard work in presenting the many educational sessions, contributing to peer-reviewed and other publications, and producing/reviewing the AMS educational resources. I have been coordinating educational meetings, and Dr Marita Long has coordinated the information sheets for Health Care Professionals (HCP) and consumers.

This report covers the period between 1 July 2023 to 30 June 2024.

AMS EDUCATIONAL MEETINGS

AMS Annual Congress

Queenstown NZ September 1-3, 2023

The 26th AMS Annual Congress 'Remarkable Reflections on Midlife and the Menopause' was oversubscribed, involving complex logistical challenges solved brilliantly by the AMS team. Incredibly, we had over 600 delegates at the Congress, as well as over 400 delegates at the Pre-Congress Menopause Essential Update. The Congress was held successfully using a hybrid format. Thanks to Dr Sylvia Rosevear, Chair of the Local Organising Committee and Dr Ashley Makepeace, Chair of the Scientific Organising Committee, and their teams.

The Pre-Congress Menopause Essentials Update

Queenstown September 1, 2023

The Update was attended by over 400 delegates. Presenters included Dr Stella Milsom, Professor Rod Baber AM, Dr Sonia Davison and Dr Amie Hanlon.

IMS World Congress Melbourne

October 18-22, 2024

As I write this, the upcoming IMS Congress in Melbourne is only a few weeks away, with AMS as the host society. We



are anticipating over 2000 delegates to the Congress, and more than 300 delegates to the AMS signature Pre-Congress Menopause Essentials Update.

Menopause Down Under Mini-Congress

Sydney April 6, 2024

A first for AMS, we presented a full-day Menopause Essentials Update with the focus on genitourinary syndrome of menopause (GUS), in a hybrid format. The program brought together the highly respected experts in the field, and I would like to thank Dr Terri Foran, Professor Rod Baber, Dr Zhuoran Chen, and Dr Carmel Reynolds for their contributions. I presented and moderated the case study session at the end of the day, with compiled cases based on a range of complex questions sent in by the attendees before the event. A total of 635 delegates registered (157 onsite, 457 online, 21 post-event) and 52% were AMS members. Excellent evaluations were received for this event, 94% said the level of information was just right and 77% said attending would change their practice. 100% of respondents rated the speakers as engaging, skilled and qualified.

Menopause Essentials Update

Perth November 4, 2023

The Menopause Essentials Update was presented at the UWA Club in Perth with excellent attendance and subsequent evaluations. Thank you to Dr Ashley Makepeace, who coordinated the local speakers as well as presenting a session at the event. Thank you also to the speakers Dr Lucy Williams, Dr Nely Shrestha Khatri, and Dr Jennifer Ng for contributing their expertise and time to AMS Education.

Menopause Case Studies webinar

Webinar "Could this be Menopause?" was recorded under the auspices of the NSW Office for Women on October 18, 2023, with Dr Sonia Davison, Dr Karen Magraith and me as the expert panel. The feedback was excellent, and all attendees were highly engaged. The AMS Education subcommittee is currently working with the NSW Office for Women on a practical resource for HCP regarding the management of a menopause consultation.

CHAIR, AMS EDUCATION SUBCOMMITTEE REPORT continued

INVITED AMS PRESENTATIONS AND PUBLICATIONS FOR HEALTH PROFESSIONALS:

WONCA Sydney

26-29 October 2023

On management of menopause in general practice – Dr Karen Magraith and Dr Marita Long.

Menopause Round Table

19 October 2023

Dr Karen Magraith and Dr Sonia Davison represented AMS at the AIA Australia auspiced Menopause Round Table discussion on Health Ageing and Menopause. The panel included University of Melbourne representatives.

ESA Symposium, Brisbane

Dr Christina Jang presented to 708 Endocrine Society delegates.

Webinar: VMS management when MHT isn't an option

Presented by Dr Sonia Davison.

Case Discussion Meeting

In Adelaide for SA AMS members by Dr Carmel Reynolds.

RACGP Tasmania Women in GP weekend

Evidence based guidelines for menopause – Dr Karen Magraith.

Dr Karen Magraith also co-authored several articles including MJA on *Advancing menopause care in Australia* (with Professor Sue Davis) and AJGP on *Vaginal oestrogen in breast cancer* (with Dr Christina Jang), Dr Belinda Kiely and Dr Rhea Liang. Karen was also a co-author of the 2023 *Practitioner's Toolkit for managing menopause*.

PARTNERSHIPS, WORKPLACE AND COMMUNITY EDUCATION

AMS has increasingly been requested to provide education in the workplace, including raising menopause awareness and education for managers and employees. These sessions aim to support women's transitioning through menopause whilst at work.

Many thanks to Dr Sonia Davison, Dr Terri Foran, Dr Amie Hanlon, Dr Michael Eller, Dr Christina Jang, Dr Kerri Melehan and Sandra Villela for reviewing the literature and updating these information sheets, and to the Education Subcommittee for their ongoing review and input.

In 2023-24 AMS provided multiple workplace sessions, including to CBA, AIA, Future Super, City of Whittlesea, Randwick City Council, HESTA, GESB, WA Department of primary industries, Converge, Campbelltown City Council, Hays recruitment (Leaders) and Hays recruitment (Employees), SA Women in Leadership Summit Panel on Menopause, Endometriosis and Infertility, Boeing Workplace.

Thank you to Dr Marita Long, Dr Carmel Reynolds and other board directors and AMS 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 the members of the Board for your contributions to *eChanges* in 2023-24. AMS also provides a truncated version of *eChanges* to health professionals who subscribe to the AMS newsletter.

Information sheets

Thanks to Dr Marita Long for coordinating the development and updating of AMS information sheets for clinicians and the fact sheets for consumers. In 2023-24, AMS updated the following information sheets:

- *Non-hormonal treatments for menopausal symptoms*
- *Vulvovaginal symptoms after menopause*
- *Surgical menopause*
- *Migraine and Menopause*
- *Vaginal oestrogen after breast cancer*
- *Risks and benefits of MHT*
- *Menopause and Sleep*
- *Complimentary therapies for menopause*

Many thanks to Dr Sonia Davison, Dr Terri Foran, Dr Amie Hanlon, Dr Michael Eller, Dr Christina Jang, Dr Kerri Melehan and Sandra Villela for reviewing the literature and updating these information sheets, and to the Education Subcommittee for their ongoing review and input.

Fact sheets for consumers

In 2023-24, the AMS also developed two new fact sheets: *Menopause and the workplace* and *Menopause and mental health*.

PLANNING FOR 2024-25:

Several educational activities have been planned for 2024-25, and the outline of all face-to-face events, webinars and publications will be finalised shortly. Activities currently being planned for include:

- The dates have now been confirmed for the 27th AMS Congress in Fremantle WA on 12-14 September 2025. Thank you to Dr Ashley Makepeace, Chair of the Scientific Program committee for taking up this important work.
- The Pre-Congress Menopause Essentials Update in Fremantle on September 12 in person and online, is now at the development stage.

Thanks again to all AMS Board Members and other members who contributed to education in 2023-24. Special thanks to Dr Marita Long, Dr Christina Jang, Dr Sonia Davison, Dr Ashley Makepeace, and Dr Karen Magraith.

AMS BOARD 2023-2024



PRESIDENT
Dr Sylvia Rosevear
BA MBChB MD FRANZCOG



PAST PRESIDENT
Dr Karen Magraith
BMBS FRACGP



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 MRCPG DRCOG DFRSH



SA/NT
Dr Carmel Reynolds
MBBS, FRACGP, DCH



NSW/ACT
Dr Elina Saftro
MB BS, BSc(Med) Hon, Grad Cert



QLD
Dr Amie Hanlon
BSc(Hons) MBBS RANZCOG



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EMPOWERING MENOPAUSAL WOMEN