



**BRITISH
MENOPAUSE
PHARMACY
SOCIETY**

Northamptonshire

Primary Care Training Hub

Collaborate | Educate | Elevate

Foundations in Menopause Care Agenda

Delta Hotels by the Marriot

Northampton Eagle Drive, Northampton, NN4 7HW

Please book a place - [Click here](#)

**This event is open to all Allied Healthcare Professionals including
Pharmacists & Nursing Colleagues**

Thursday 8th October

13:30 – 14:00 Arrival, Registration and Networking

14:00– 14:45 Session 1: Menopause: A Window for Prevention, Not Just Symptom Control

- Lifestyle advice that reduces long-term cardiometabolic and musculoskeletal risk
- Supporting women to make sustainable changes that improve long-term health outcomes beyond menopause

14:45– 15:00 Comfort break

15:00 – 16:45 Menopause and the Pharmacist: The Essentials

- The definition of ‘menopause’ and ‘perimenopause’
- Diagnosis and treatment (NICE NG23 and the latest BMS guidance)
- Common side effects & Understanding risks and benefits in context
- Initiation and effective review of treatment
- When to refer to specialist or secondary care
- Deprescribing and stopping treatment safely
- Case studies and practical clinical insights

16:45-17.00 Close