



HUNTER
**POSTGRADUATE
MEDICAL INSTITUTE**

14 NOVEMBER 2026

PERIMENOPAUSE AND MENOPAUSE UPDATE



[CLICK HERE TO REGISTER](#)



IN PERSON

HMRI BUILDING
John Hunter Hospital Campus
New Lambton Heights

RSVP 6 NOVEMBER 26

LIVE STREAM

Link will be emailed
Afternoon before Event



NOTICES

Free parking Car Park 5 HMRI Building
Press HMRI button on the intercom
to notify security

OUR PROGRAM

8.30 AM	Registrations and Trade Displays
	Convenor – Dr Pene Thomas , Obstetrician and Gynaecologist, Hunter Women's Health Centre, Charlestown
8.55 AM	Welcome & Introduction – Dr Ehsan Mozafari , Chairperson
9.00 AM	Osteoporosis: Diagnosis, BMD Assessment, Treatment Indications and Management Options Dr Chris Sankoorikal , Endocrinologist, Kotara Specialist Suites, Kotara
9.40 AM	Menopause and MHT: Indications, Benefits, Risks and Special Considerations Dr Frida Carswell , Obstetrician, Gynaecologist and Urogynaecologist, Brightwell Health Dr Phoebe Walsh , GP Specialist, Brightwell Health, Newcastle West
10.20 AM	Premature Ovarian Insufficiency: Diagnosis, Management, Health Risks and Fertility Options Dr Kate Burston , Gynaecologist, Newcastle Fertility Specialists, The Junction
11.00 AM	Morning Tea and Trade Displays
11.30 AM	Nutrition and Menopause: Strength, Bone Health, Cardiovascular Wellbeing and Symptom Management Laura Otton , Accredited Practising Dietitian, Flora Health Services, Lambton
12.10 PM	Physiotherapy and Menopause: Strength, Bone Health, Mobility and Pelvic Floor Function Jessica Dingle , Physiotherapist, Advanced Physiotherapy, Warners Bay
12.50 PM	Mental Health and Menopause: Recognition, Support and Strategies for Wellbeing Nina Booysen , Accredited Mental Health Social Worker, The Hummingbird Centre
1.30 PM	Lunch and Trade Displays
2.10 PM	Cancer Risk and Screening Around Menopause: Postmenopausal Bleeding and Endometrial Cancer Dr Marilyn Boo , Gynecological Oncology Fellow, John Hunter Hospital, New Lambton Heights
2.50 PM	Beyond Hot Flashes: Low Libido and Other Challenging Menopause Symptoms Dr Geoff Otton , Gynaecological Oncologist, Lambton Women's Health
3.30 PM	Close

CPD

RACGP and ACRRM approved activity

Certificate of Attendance for this meeting provided upon completion of Evaluation Questionnaire.

OUR SPONSORS

I am a current HPMI member

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I wish to attend the venue

☐

I wish to live stream

I am a non HPMI member

☐

I wish pay \$150 to *attend the venue - Click here to pay with credit card

☐

I wish pay \$150 to ** live stream - click here to pay with credit card

* Refunds for face-to-face registration will not be issued after 9 October 2026

** No refunds will be considered for live streaming and recording (if a recording is available)

Registration Details For PERIMENOPAUSE AND MENOPAUSE UPDATE

Title

Given name

Surname

Surgery

Name

Address

Phone

Specialty

QA No if GP

Email

Mobile

Diet



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