

Comparison of Sleep Quality Among Postmenopausal Women Who Live In Senior Living Communities With Those In Private Homes

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Background

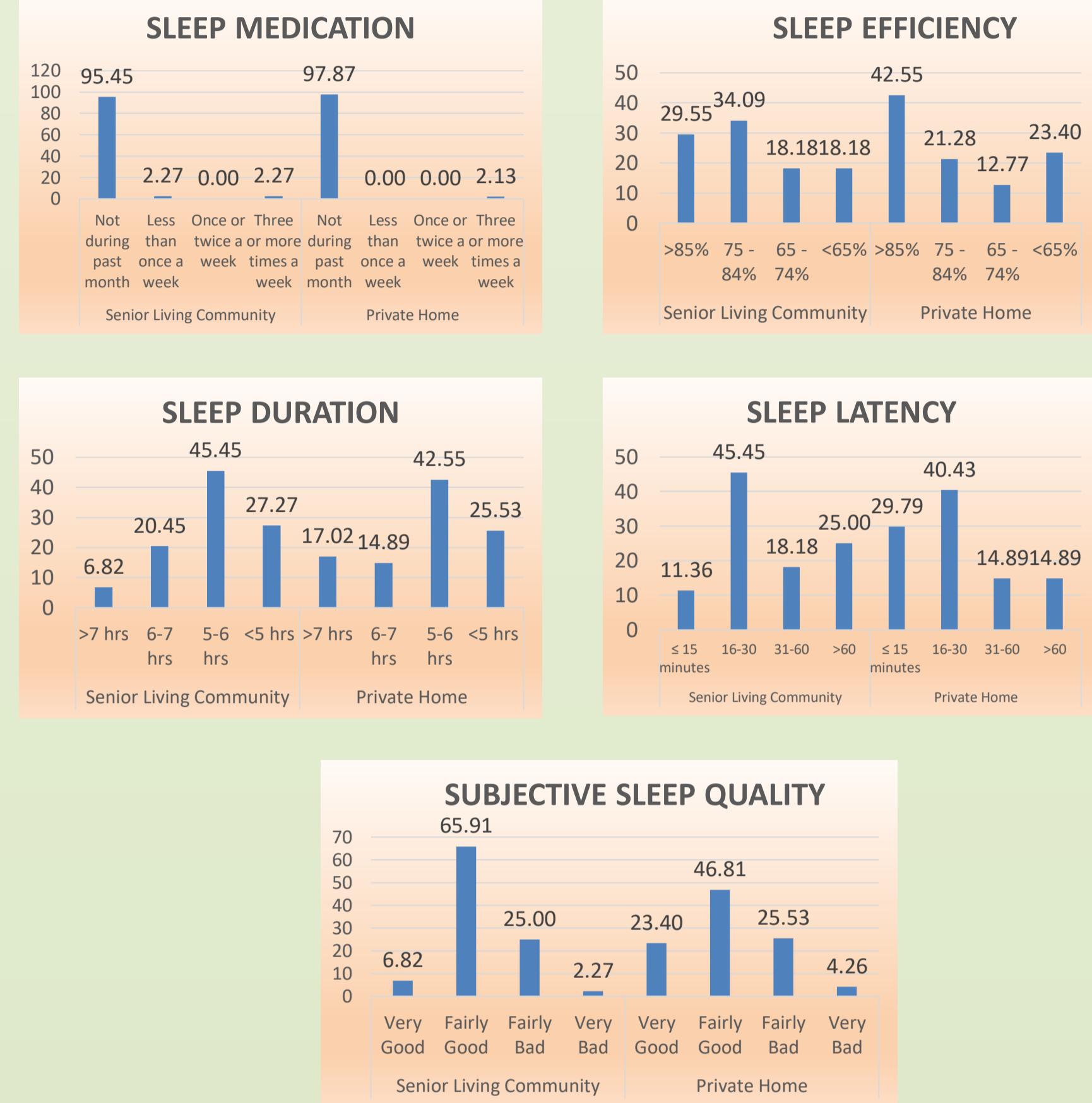
Currently, the number of female elderly in Indonesia is 5.2% of the total population and the majority of them live with their spouse or family. Family is the most important social support considering that they can provide optimal health care to improve their quality of life. Furthermore, good sleep quality is an essential part of having a high quality of life. However, menopausal symptoms may have a detrimental impact on sleep quality and cause sleep disruption. Identifying other aspects like social and environmental factors concerning sleep quality in postmenopausal women may be necessary to increase the quality of life.

Objectives

This study aimed to compare the sleep quality of postmenopausal women who live in senior living communities with those living in private homes with their spouse or family.

Methods

The cross-sectional study was conducted on 91 postmenopausal women (age 68.43 ± 11.45) and divided into two groups. The Pittsburgh Sleep Quality Index (PSQI) questionnaire was used in this study to get an analysis of sleep quality. The Menopause Rating Scale (MRS) was used to collect secondary data on the menopausal symptoms in participants. Chi-square test was used to determine whether there was a statistically significant difference result between two groups.



Results

The prevalence of poor sleep quality in group of postmenopausal women who stay in senior living communities was 91% versus 64% in group who live in with spouse or family based on the PSQI measures. Statistical analysis showed a significant difference of sleep quality between two groups, with $p= 0.003$. In both groups, the use of sleep medication was almost none in the past month. Additionally, 18.18% of participants group in senior living communities suffered from severe menopausal syndrome which assessed by the MRS.

Bivariate Analysis		Sleep Quality by Pittsburgh Sleep Quality Index (PSQI)		PR	P
		Poor (N)	Good (N)		
The dwelling place	Senior Living Communities (N)	40	4	1.47	0.003
	Private Home (N)	30	17		

Conclusion

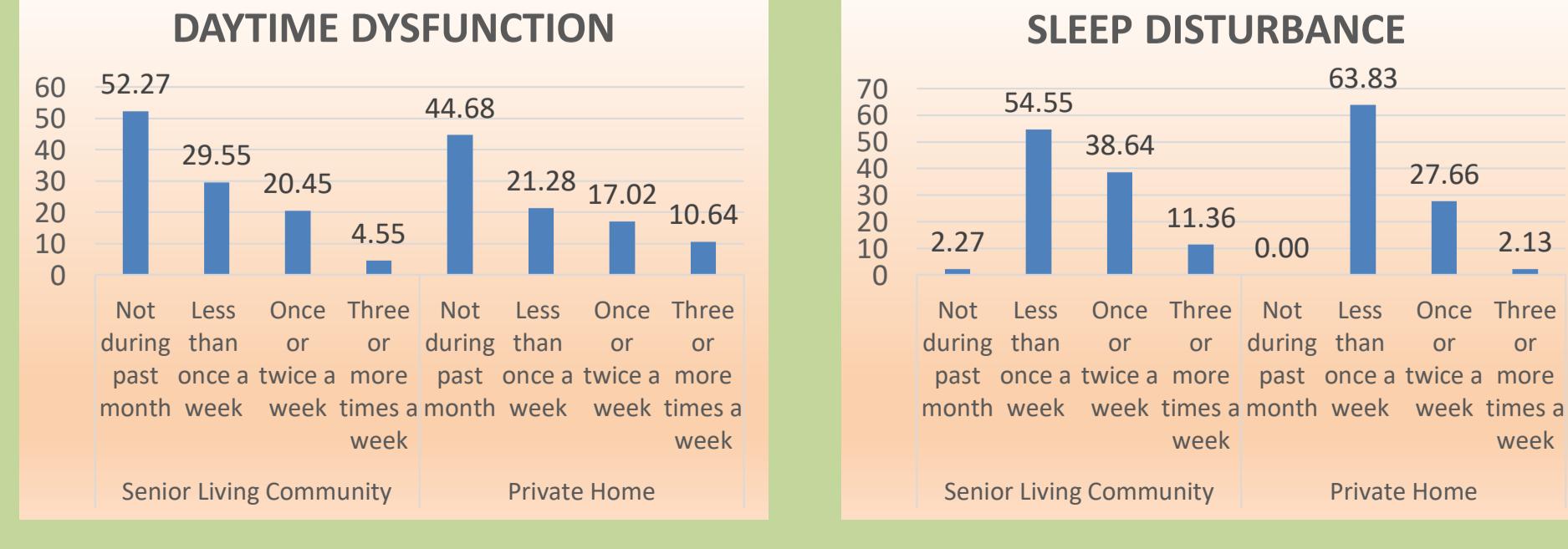
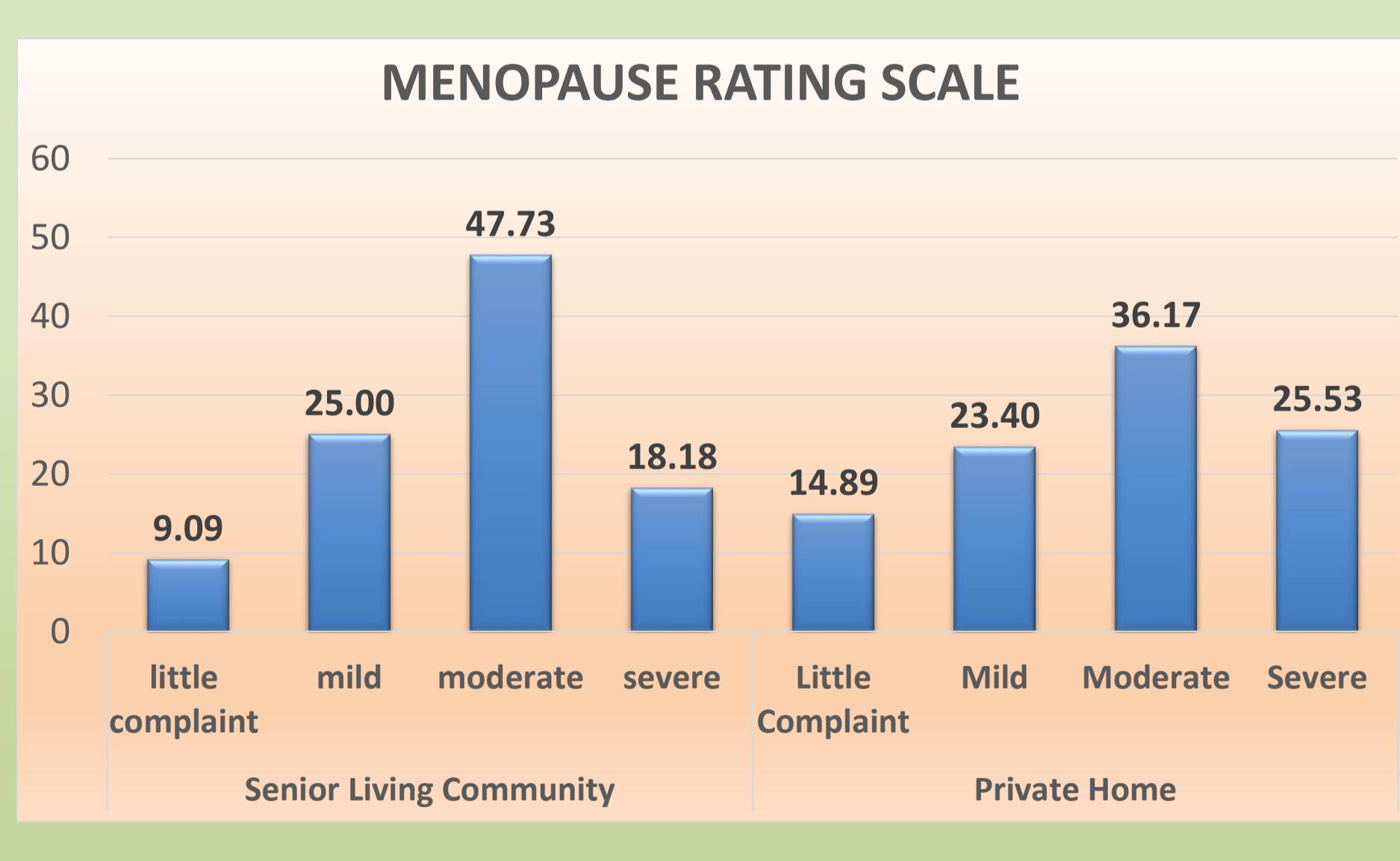
The prevalence of poor sleep quality was high among postmenopausal women, mainly in those who live in senior living communities.

Keywords

postmenopausal, menopausal symptoms, sleep quality, PSQI, MRS

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ASIA PACIFIC MENOPAUSE FEDERATION

THE 8TH SCIENTIFIC MEETING

中国·杭州 2021年10月14-17日
HangZhou, China October 14-17, 2021



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contents

Risk For Fall among Post Menopausal Women in Developed and Developing Countries: A Scoping Review.....	1
The Role of Soy Isoflavone in The Genitourinary Symptoms, Vaginal Maturation Index, and Female Sexual Function Index of Menopausal Women.....	2
Menopausal and Genitourinary Symptoms on Surgical Menopause Women with and without Chemotherapy in Sardjito Hospital, Indonesia.....	3
The Effect of Soy Isoflavon on Lipid Profile in Indonesian Menopausal Women.....	4
CORRELATION OF INTERLEUKIN-1 (IL-1) AND SERUM ESTRADIOL LEVELS IN MENOPAUSAL WOMEN, MEDAN, INDONESIA.....	5
Comparison of Sleep Quality Among Postmenopausal Women Who Live In Senior Living Communities With Those In Private Homes.....	6
Impact of Perimenopausal Symptomatology on Quality of Life.....	7
Adverse Effects of Hypovitaminosis D on Postmenopausal Metabolic Profile.....	8
Challenges in the Management of Menopause During the Pandemic - Australasian Perspective.....	9
Challenges in the Management of Menopause During the Pandemic.....	10
MHT and osteoporosis in postmenopausal Korean women.....	11
Challenges in the Management of Menopause during the Pandemic - Pakistan Perspective.....	12
Japan Guidelines for Menopause Practice: Office Gynecology Guideline & Menopausal Hormone Therapy Guideline.....	13
Challenges in the Management of Menopause during the Pandemic - Japan Perspective.....	14
Challenges in the management of menopause during The Pandemic-Thailand Perspective.....	15
Challenges in the Management of Menopause During the Pandemic - Mongolian Perspective.....	17
Challenges in the Management of Menopause during the Pandemic - Sri Lanka Perspective.....	19
IHD in South Asian Women.....	20
Features of national menopause guideline in South Korea.....	21
Menopause Management – Are We Still Behind the Curve?.....	22
PCOS, Midlife and Covid – A Lethal Cocktail.....	23
MHT: What's New.....	25
Menopause treatment: Recent concerns and new developments.....	26
The Evolution of Menopause Hormone Therapy.....	27
Maintaining Wellness in Perimenopause and beyond.....	29
Features of National Menopause Guidelines in Indonesia.....	31
Menopause in Indonesia (During COVID-19 Pandemic Era).....	32
Menopausal women are at risk from COVID-19 & the possible role of female hormone.....	33
Endometrial Safety with different Progestogens in MHT.....	35
Influence of Menopause on Metabolic Syndrome.....	36
Lifecycle approach for the management of non-communicable diseases (NCD) in postmenopausal women.....	37
The Effect of Pittsburgh Sleep Quality Index (PSQI) Score on Administration Melatonin in Perimenopause Women.....	38
Challenges in the Management of Menopause During the Pandemic - Taiwan Region Perspective.....	39
Optimal Dosage of Estrogen for MHT.....	40
Treatment of menopausal symptoms following breast and gynaecological cancer.....	41
Difference between Pakistan Menopause Society guidelines and the International Menopause Society guidelines.....	43
Perimenopausal Dermatological changes in Women.....	44
Menopause and Hormonal Therapy: the Role of Phytoestrogens As an Adjuvant Treatment for Menopausal Symptoms.....	45
Guidelines of the Philippine Society of Climacteric Medicine.....	46
Challenges in menopausal management during the Pandemic - Philipine Perspective.....	48
WHI, where are we now 20 years on?.....	49
Features of National Menopause Guidelines in Malaysia.....	50
Challenges in the Management of Menopause During the Pandemic - Malaysia Perspective.....	51

THEME: Go Easy With Menopause, Guard Your Health**APMF 2021 TENTATIVE PROGRAMME****Registration Day - October 14 (Thu.) - 16 (Sat.)**

09:00-22:00	Registration 注册 报到及住宿酒店一：浙江广电开元名都大酒店（杭州市萧山区弘慧路 399-8 号） 报到及住宿酒店二：杭州宝盛水博园大酒店（杭州市萧山区水博路 118 号）
18:00-19:00	APMF Council Member Meeting (Virtual)
19:00-21:00	Zhejiang Menopause Group Symposia (会场：广电开元名都大酒店 A 楼三楼新蓝厅)

DAY 1 - October 15 (Fri.)**Venue 主会场：浙江国际影视中心三楼广电厅****Opening Ceremonies 开幕式****Chairmen: Dr. YU Qi Dr. ZHANG Zhifen (郁 琦 教授 张治芬 教授)**

08:00-08:20	National Anthem 奏国歌	
	Welcome Address	Dr. HUANG Zhengming (黄正明 会长)
	Welcome Address	Dr. LANG Jinghe (郎景和 院士)
	Opening of the Congress	Dr. YU Qi (郁 琦 教授)

APMF Special Session

08:20-09:40	CHALLENGES IN THE MANAGEMENT OF MENOPAUSE DURING THE PANDEMIC	
	Australia	Dr. Sonia Davison
	China	Dr. YU Qi
	India	Dr. Atul Munshi
	Indonesia	Dr. Muhammad Fidel Ganis Siregar
	Japan	Dr. Masakazu Terauchi
	Malaysia	Dr. Ng Beng Kwang
	Mongolia	Dr. Enkhee Sodnomdorj
	Pakistan	Dr. Rubina Hussain
	Philippines	Dr. Maria Corazon Zaida N. Gamilla
	South Korea	Dr. LEE Dayong
	Sri Lanka	Dr. Mangala Dissanayake
	Taiwan, China	Dr. LAN Kuo Chung
	Thailand	Dr. Kitirat Techatraisak

09:40-09:50 Group Photo 合照**09:50-10:00 Coffee Break 茶歇****Keynote Address**

10:00-10:30	Endometrial Safety with Different Regimens of Progestogens, Prof. Dr. Rodney John Baber, Australia
10:30-11:00	WHI: Where are We Now 20 Years On, Dr. Susan Davis, Australia
11:00-11:30	Menopause Symptoms, East vs. West, Dr. YU Qi, China

Industry - Symposium 1

THEME: Go Easy With Menopause, Guard Your Health**APMF 2021 TENTATIVE PROGRAMME**

	Industry Symposium: Abbott 雅培 Chair: Dr. YU Qi 郁 琦 教授 The Choice Of Progestogen - To Balance The Safety Of Endometrium And The Risk Of Breast Cancer 孕激素的选择—子宫内膜安全性与乳腺癌风险间的平衡 Dr. CHEN Rong 陈 蓉 教授
11:30-12:00	Lunch Break 午餐
Industry - Symposium 2	
12:30-13:00	Industry Symposium: ORGANON 欧加隆 绝经后女性 MHT 治疗优选药物 Dr. YU Qi 郁 琦 教授
13:00-13:30	Industry - Symposium: Yangtze River 扬子江 Chair: Dr. CHEN Rong 陈 蓉 教授 Emotional disorders in menopausal women- concerns and challenges 更年期情绪障碍的诊疗 Dr. YU Qi 郁 琦 教授
Chairmen: Dr. WANG Shixuan Dr. HUI Ying (王世宣 教授 惠 英 教授)	
Plenary Symposium 1: Musculoskeletal Health & Menopause Management	
13:30-14:00	New Understanding in Prevention and Treatment of Osteoporosis in Postmenopausal Women, Dr. XU Ling, China 徐苓 教授, 绝经后妇女骨质疏松防治新思考
14:00-14:30	Development of menopause management in Zhejiang Province, Dr. ZHANG Zhifen, China 张治芬 教授, 绝经管理在浙江省的发展
Plenary Symposium 2: Features of National Menopause Guidelines for countries in the Asia Pacific Region	
14:30-15:00	Features of National Menopause Guidelines in China, Dr. CHEN Rong, China 中国
15:00-15:30	Features of National Menopause Guidelines in Indonesia, Dr. Muhammad Fidel Ganis Siregar, Indonesia 印度尼西亚
15:30-16:00	Features of National Menopause Guidelines in Japan, Dr. Masakazu Terauchi, Japan 日本
16:00-16:30	Features of National Menopause Guidelines in Malaysia, Dr. Ng Beng Kwang, Malaysia 马来西亚
16:30-17:00	Features of National Menopause Guidelines in Pakistan, Dr. Sumbul Sohail, Pakistan 巴基斯坦
17:00-17:30	Features of National Menopause Guidelines in Philippines, Dr. Ma. Corazon Zaida N. Gamilla, Philippines 菲律宾
17:30-18:00	Features of National Menopause Guidelines in South Korea, Dr. LEE Dong-Ock, South Korea 韩国
18:00-19:00	Welcome Reception 晚餐
19:00-21:00	CLIMACTERIC (Chinese version) Editorial Board Meeting 《更年期 (中文版)》杂志编委会议 (会场: 广电开元名都大酒店 A 楼三楼新蓝厅)

THEME: Go Easy With Menopause, Guard Your Health**APMF 2021 TENTATIVE PROGRAMME****DAY 2 - October 16 (Sat.)****Venue 1 分会场 1: 广电开元名都大酒店一楼星光厅****Chairmen: Dr. HUANG Jian Dr. JIN Xuejing****(黄 坚 教授 金雪静 教授)****Simultaneous Sessions (SS)****SS 1 Gynecology**

08:00-08:20	Chinese expert consensus on the diagnosis and treatment of vulvar lichen sclerosis, Dr. WANG Huilan, China 王惠兰 教授, 女性外阴硬化苔癣诊治专家共识
08:20-08:40	The Diagnosis and Management of Endometrial Thickness in Postmenopausal Women, Dr. MU Yu-lan, China 穆玉兰 教授, 绝经后子宫内膜厚度的诊治探讨
08:40-09:00	Abnormal Uterine Bleeding (AUB) Diagnosis and Treatment of Related Issues, Dr. TANG Liangdan, China 唐良萏 教授, 异常子宫出血 (AUB) 诊治相关问题
09:00-09:20	Perimenopausal and Postmenopausal Endometriosis, Dr. REN Mulan, China 任慕兰 教授, 围绝经期和绝经后子宫内膜异位症

SS 3 MHT

09:20-09:40	Otosclerosis Analysis of Contraindications to MHT, Dr. SHU Kuanyong, China 舒宽勇 教授, MHT 之禁忌耳硬化症的解析
09:40-10:00	Individualization of Menopausal Hormone Therapy, Dr. XIE Meiqing, China 谢梅青 教授, 绝经期性激素治疗的个体化
10:00-10:20	The Application of Perimenopausal Contraceptives, Dr. LEI Xiaomin, China 雷小敏 教授, 围绝经期避孕药的应用
10:20-10:30	Coffee Break 茶歇

Industry - Symposium 3

10:30-11:00	Industry Symposium: ORGANON 欧加隆 The Cornerstone of Anti-Osteoporosis Therapy 抗骨质疏松症治疗的基石之道 Dr. XU Ling 徐 苓 教授
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Oral Presentation 1 论文交流专场 1

11:00-12:00	1. Vasomotor Symptoms and Osteoporosis in Perimenopausal and Early Postmenopausal Women, FU Shuxin, MD, China 符书馨 2. Study on the Mechanism of Hypothalamic Preoptic Area Dysfunction Induced by Low Estrogen Leading to Menopausal Hot Flashes, SUN Yanrong, MD, China 孙艳荣 3. Clinical Analysis of 200 Cases of Amenorrhea Patients Bing Late Menopause Transition Period with Progesterone Withdrawal Bleeding, GAO Fengxia, MD, China 高凤霞 4. Association Between Menopausal Hormone Therapy and Health Outcomes a Systematic Review and Meta-analysis, WU Yanjing, MD, China 吴燕菁 5. Different effect of low dose and ultra-low dose hormone therapy on glycolipid metabolism in
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THEME: Go Easy With Menopause, Guard Your Health**APMF 2021 TENTATIVE PROGRAMME**

	perimenopausal women, BAO Xiao-Yan, MD, China 包晓燕 6. Inverse Association between Bone Mineral Density and Fibrinogen in Peri and Postmenopausal Women, CHEN Yijie, China 陈怡洁 7. Menopause-Specific Quality of Life During Ovarian Aging Among Chinese Women: A Prospective Cohort Study, TANG Ruiyi, MD, China 唐瑞怡 8. Therapeutic effects of human follicular fluid-derived exosomes on chemotherapy-associated ovarian damage, CHEN Ying, MD, China 陈颖
12:00-13:00	Lunch Break 午餐 (广电开元名都大酒店 A 楼一楼星莱德咖啡厅)

Industry - Symposium 4

	Industry Symposium: 森世海亚 Chair: Dr. TAO Minfang 陶敏芳 教授 13:00-13:30 Remifemin: New option for menopausal symptoms 莉芙敏 “非激素” 治疗围绝经期症状新选择 Dr. LIN Feng 林 凤 教授
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Venue 1 Chairmen: Dr. REN Mulan WU Jie

(任慕兰 教授 吴 洁 教授)

SS 5 MDT

13:30-13:50	Clinical Significance Of Multi-Disciplinary Team (MDT) in Diagnosis And Treatment of Climacteric Syndrome, Dr. ZHANG Xueyu, China 张雪玉 教授, MDT 在更年期综合征诊治中的临床意义
13:50-14:10	Sharing of Perimenopausal MDT Continuous Management Mode Based On "One-Day Outpatient", Dr. YU Lili, China 俞丽丽 教授, 基于 “一日门诊” 围绝经期 MDT 持续管理模式分享

SS 7 Brain and Mental Disorders

14:10-14:30	Sleep Disorders in Peri—Post Menopausal Women, Dr. TAO Minfang, China 陶敏芳 教授, (围) 绝经期睡眠障碍的管理
14:30-14:50	Emotional and Cognitive Disorders in Menopause Management, Dr. LUO Min, China 罗 敏 教授, 绝经健康管理中的情绪和认知问题
14:50-15:00	Coffee Break

Sri Lanka Menopause Society Symposia 斯里兰卡绝经学会专场

15:00-15:20	Metabolic Syndrome, Dr. Sanath Lanerolle
15:20-15:40	Ischemic Heart Disease in South Asian Women, Dr. M D P Gooneratne
15:40-16:00	Life Cycle approach for the management of NCD, Prof. Piyusha Atapattu

Oral Presentation 2 论文交流专场 2

THEME: Go Easy With Menopause, Guard Your Health**APMF 2021 TENTATIVE PROGRAMME**

	<ol style="list-style-type: none">1. Introduction of Menopause Society in Pakistan, Dr. Sarah Kazi, Pakistan2. Risk For Fall among Post Menopausal Women in Developed and Developing Countries: A Scoping Review, IlhamMandala Putra, MD, Indonesia3. The Role of Soy Isoflavone in The Genitourinary Symptoms, Vaginal Maturation Index, and Female Sexual Function Index of Menopausal Women, Irwin Lamtota Lumbanraja, MD, Indonesia4. The Effect of Pittsburgh Sleep Quality Index (PSQI) Score on Administration Melatonin in Perimenopause Women, Dr. Muhammad Fidel Ganis Siregar, MD, Indonesia5. Estrogen Therapy before Hysteroscopic Alters the Cell Proliferation by Promoting the PPP Metabolism, ZHENG Yingxin, MD, China 郑颖馨6. Association of HCY, CRP, Lipid Level, and Sleep Quality in Perimenopausal and Postmenopausal Women, ZHANG Hongyan, MD, China 张红艳7. A single-center study of Screening sarcopenia through SARC-F-calf score in middle-aged and elderly women, LIU Zihan 刘梓含8. Endometrial Thickness Assessment and Clinical Significance of Thickened Endometrium in Asymptomatic Postmenopausal Women, HE Yongyan, MD, China 贺永艳9. Ovarian tissue transplantation to rescue ovarian function after rectal carcinoma treatment: case report, LIN Xiaona, MD, China 林小娜10. The Relationship between Regular Moderate-Intensity Exercise and Menopausal Symptoms in Peri-Postmenopausal Female—— a Single-Institution Study, ZHOU Yibei, MD, China 周伊贝11. Prediction Model Based on Ultrasonic Parameters of Three-Dimensional Power Doppler Scanning for Endometrial Cancer in Women with Postmenopausal Bleeding, WANG Li, MD, China 王丽12. Effect of Long Non-Coding RNA IGF2AS on Cognitive Decline in Ovariectomized Rats, WANG Yan, MD, China 王艳13. 10. Differentiation of Granulosa Like Cell from iPSC: A New Light to Improve Ovarian Function of POI, Liu Xiaocheng, MD, China 刘晓程14. Assessment Menopausal Symptoms and Quality of Life in Women with Premature Ovarian Failure after Hematopoietic Stem-Cell Transplantation for Hematologic Diseases, SU Huina, MD, China 苏会娜15. A Combination of Bone Marrow Mesenchymal Stem Cells with Estrogen Improves Rabbit Endometrial Injury Repair by a Mechanism Involved in An Activation of Wnt/β-catenin, LIU Dan, MD, China 刘丹16. Study on the Ovarian Protection of GnRHa in Female Patients of Childbearing Age Underwent Hematopoietic Cell Transplantation, LI Huiling, MD, China 李慧玲
18:00-19:00	Dinner (广电开元名都大酒店 A 楼一楼星莱德咖啡厅)
19:00-21:00	Management of Perimenopausal Osteoporosis (Roche Workshop) 围绝经期骨质疏松管理研讨会 (会场: 广电开元名都大酒店 A 楼三楼新蓝厅)

THEME: Go Easy With Menopause, Guard Your Health**APMF 2021 TENTATIVE PROGRAMME****DAY 2 - October 16 (Sat.)****Venue 2 分会场 2: 广电开元名都大酒店二楼星辰厅****Chairmen: Dr. RUAN XiangYan Dr. BAI Wenpei**

(阮祥燕 教授 白文佩 教授)

Simultaneous Sessions (SS)**SS 2 POI**

08:00-08:20	Study on Ovarian Aging, Advances and Challenges, Dr. WANG Shixuan, China 王世宣 教授
08:20-08:40	Etiology and Diagnosis of Premature Ovarian Insufficiency, Dr. LI Peiling, China 李佩玲 教授, 早发性卵巢功能不全的病因及诊断
08:40-09:00	Early Diagnosis and Treatment of POI, Dr. LYU Shulan, China 吕淑兰 教授, 早发性卵巢功能不全的早诊早治
09:00-09:20	First Live Birth in China after Ovarian Tissue Cryopreservation and Transplantation for Prevent Iatrogenic POI, Dr. RUAN Xiangyan, China 阮祥燕 教授

SS 4 MHT

09:20-09:40	The Evolution of Menopause Hormone Therapy, Dr. HO Choon Moy, Malaysia 马来西亚
09:40-10:00	Menopause And Hormonal Therapy: The Role Of Phytoestrogens As An Adjuvant Treatment For Menopausal Symptoms, Dr. Muhammad Fidel Ganis Siregar, Indonesia 印度尼西亚
10:00-10:20	Menopause Treatment: Recent Concerns and New Developments, Dr. HUANG Ko-En, Taiwan China
10:20-10:30	Coffee Break 茶歇

Industry - Symposium 4

10:30-11:00	Industry Symposium: GenSci 金赛 Chair: Dr. YU Qi 郁 琦 教授 Application of Growth Hormone during Menopause 生长激素在更年期抗衰中的应用 Dr. LYU Shulan 吕淑兰 教授
11:00-11:30	Industry Symposium: Gedeon Richter 吉瑞 Chair: Dr. YU Qi 郁 琦 教授 A New Choice Of MHT: Estradiol Transdermal Spray 绝经激素治疗的新选择: 雌二醇透皮喷雾剂 Dr. WANG Yaping 王亚平 教授
11:30-12:00	Industry Symposium : BESINS 博赏 Chair: Dr. YU Qi 郁 琦 教授 Progestogens and Progesterone: Risk Profiles and Dosage Regimens Dr. Nick Panay, UK
12:00-13:00	Lunch Break 午餐 (广电开元名都大酒店 A 楼一楼星莱德咖啡厅)

Industry - Symposium 4

THEME: Go Easy With Menopause, Guard Your Health**APMF 2021 TENTATIVE PROGRAMME**

13:00-13:30	Industry Symposium : SHANGHAI NEW HUALIAN 新华联 Chair: Dr. YU Qi 郁 琦 教授 A estriol derivative originally developed and manufactured in China Dr. ZHANG Wei 张 炜 教授
Venue 2 Chairmen: Dr. YANG Xin Dr. CAO Yuan (杨 欣 教授 曹 媛 教授)	
SS 6 Musculoskeletal Health	
13:30-13:50	Diagnosis and Intervention of Sarcopenia, Dr. FANG Chaoying, China 方超英 教授, 肌少症的诊断与干预
13:50-14:10	MHT and Osteoporosis in Postmenopausal Korean Women, Dr. Byung-Koo Yoon, South Korea 韩国
SS 8 Gynecology	
14:10-14:30	Lower urinary tract symptoms and menopause, Dr. YANG Xin, China 杨 欣 教授
14:30-14:50	Comparative Study on the Therapeutic Effect of Different Drugs on GSM, Dr. DING Yan, China 丁 岩 教授, 不同药物对 GSM 的治疗效果对比研究
14:50-15:00	Coffee Break
SS 9 MHT	
15:00-15:20	How Can MHT be Optimised to Benefit Women With Relative Contraindications?, Dr. JIN Minjuan, China 金敏娟 教授, 如何应对绝经激素治疗中慎用情况
15:20-15:40	Menopausal Hormone Therapy : What's New? Dr. Jyothi Unni, India 印度
15:40-16:00	Optimal Dosage of Estrogen for MHT, Dr. Yung-Chieh Tsai, Taiwan, China
SS 10 Women's Health	
16:00-16:20	PCOS, Midlife and Covid-19 A lethal Cocktail? Dr. Duru Shah, India 印度
16:20-16:40	Perimenopausal Skin Conditions, Dr. Ang Seng Bin, Singapore 新加坡
16:40-17:00	Quality of Life During Perimenopausal Stage, Dr. Batsuren Choijamts, Mongolia 蒙古
Indonesian Nights 印度尼西亚之夜	
17:00-18:00	1 hours (TBD)
18:00-19:00	Dinner (广电开元名都大酒店 A 楼一楼星莱德咖啡厅)
19:00-21:00	Management of Perimenopausal Osteoporosis (Roche Workshop) 围绝经期骨质疏松管理研讨会 (会场: 广电开元名都大酒店 A 楼三楼新蓝厅)

THEME: Go Easy With Menopause, Guard Your Health**APMF 2021 TENTATIVE PROGRAMME****DAY 3 - October 17 (Sun.)****Venue** **主会场：浙江国际影视中心三楼广电厅****Chairmen: Dr. CHEN Rong Dr. ZHANG Shulan**

(陈 蓉 教授 张淑兰 教授)

Plenary Symposium 3: MHT & Oncology

08:00-08:30	The Treatment of Menopausal Symptoms after Cancer, Dr. Mary Ann Lumsden, UK 英国
08:30-09:00	Hereditary Gynecologic Cancer Syndromes and MHT, Dr. XU Chulin, China 徐春琳 教授, 遗传性妇科肿瘤综合征与 MHT
09:00-09:30	Cervical Cancer Screening in Perimenopausal and Menopausal Women, Dr. Wang Lin, China 王 琳 教授, 围绝经及绝经期妇女宫颈癌筛查问题探讨及管理

Plenary Symposium 4: Health Lifestyle

09:30-09:45	Menopause Management – ARE WE STILL behind the curve?, Dr. CHUA Yang, Singapore 新加坡
09:45-09:55	Maintaining Wellness in Peri-menopause and Beyond, Dr. Kobchitt Limpaphayom, Thailand 泰国
09:55-10:00	Coffee Break

Plenary Symposium 5: MHT

09:50-10:20	Significance of Different Administration Routes of Estrogen In MHT, Dr. Huirong Shi, China 史惠蓉 教授, MHT 中雌激素不同给药途径的意义
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Plenary Symposium 6: Brain and Mental Disorders

10:20-10:50	Challenges in the management of emotional disturbance in peri-menopausal women, Dr. DI Wen, China 狄 文 教授, 围绝经期妇女情绪障碍管理面临的挑战
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Plenary Symposium 7: MDT

10:50-11:20	Multidisciplinary Intervention for Diminished Ovarian Reserve, Dr. ZHANG Xuehong, China 张学红 教授, 卵巢储备功能不良的多学科干预
11:20-11:50	The Development of Climacteric Health Care Specialty in Fujian Provincial Maternity and Children's Hospital, Dr. LIN Yuan , China 林 元 教授, 福建省妇幼保健院更年期保健特色专科的发展历程
11:50-12:00	Closing Remarks 闭幕式
12:00-13:00	Lunch Time 午餐