

IMS 2014 Report

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계명대의대

IMS(International Menopause Society) 제 14회 세계폐경학회가 2014년 5월 1일부터 5월 4일까지 멕시코 칸쿤에서 열렸다.

4일간의 학회는 매일 오전 8시부터 오후 6시 45분까지 진행되었으며 프로그램은 Lecture, Symposium, Controversy, Meet the expert, Oral communication, Poster session 등으로 구성되었다.

강의는 모두 13개 주제에 관한 강좌가 진행되었고(Lecture Program 참조) 심포지움은 회원학회 주관, 후원, 런치 심포지움을 포함하여 모두 53개 주제에 관한 좌담회로 진행되었다(Symposium Program 참조).

Controversy 분야에서는 폐경여성의 호르몬 치료, 대체치료, 질 및 외음부 기능 향상을 위한 시술, 중년 여성의 성기능, 자궁내막 평가 등 5개의 주제를 다루었고 18개 주제에 대한 전문가 만남의 시간이 진행되었다(Controversy, Meet the Expert Program 참조).

논문 초록 발표는 67편이 구술로 207편이 포스터를 통해 발표되었고 구연과 포스터 발표에서 각각 6편씩의 초록이 수상 논문으로 선정되었다(Awarded abstracts 참조).

한국의 순천향의대 김태희 교수는 "Difference of vitamin D receptor expression in comparison of hormone therapy and estrogen vaginal tablet from vaginal smear samples of postmenopausal women" 이라는 제목의 논문을 발표하여 Research bursary 상을 수상하였다.

2014 IMS에서는 폐경 여성 골다공증 예방 및 치료에서 호르몬 치료에 대한 재조명, germline stem cell의 생물학 및 폐경 및 조기난소 부전 기전 연구와 치료에서 임상적 활용 가능성, 폐경 여성 증상 치료에서 새로운 접근으로써 Tissue Selective Estrogen Complex(TSEC)의 활용, 호르몬 치료에서 정맥혈전색전증에 관한 내용들이 주요 이슈로 다루어졌다.

Lectures

1. Mayan culture and the historical role of women
2. Adult stem cell biology: a tale of menopause and ovaries
3. The menopause, what the future holds
4. Can we rebuild the skeleton
5. Mechanisms and consequences of insulin resistance
6. Managing urinary incontinence: what works?

7. Hormones and thrombosis
8. Alzheimer's disease: strategies of prevention
9. Inflammation and endometrial bleeding
10. Breast health in developing country
11. Biology of breast cancer
12. Menopausal hormone therapy and osteoporosis: have we completed a full circle?
13. Treatment of postmenopausal women with topical progesterone creams and gels: are they effective?

Symposium

1. Menopause and cardiovascular health

- 1) Gender-specific aspects of CVD in women
- 2) Progestogen and hormone therapy: hero or zero
- 3) ELITE. Does the trial outcome confirm or refute the timing hypothesis of hormone therapy

2. Hormones and breast cancer

- 1) Endocrine aspects of breast cancer development
- 2) Are all estrogens and progestin carcinogenic?
- 3) The BUPA Health foundation health and wellbeing after breast cancer study

3. Body and lifestyle

- 1) Muscle and Fat: benefits and risks
- 2) Food and drink for menopausal women
- 3) Exercise for menopausal women

4. Menopause and mood

- 1) Mood and the perimenopause, hormonal or environmental
- 2) Psychological well-being, mental health, and hormone therapy in perimenopausal and postmenopausal women
- 3) The role of the psychologist in the management of perimenopausal depression

5. Reaching menopause in the Asia Pacific Region

- 1) Coping with midlife blues... Improving QOL
- 2) The changing face of menopause in the Pan-Pacific region
- 3) The Filipina at the Crossroads of menopausal changes

6. Osteoporosis: prevalent challenges

- 1) Kill or cure? osteoporosis therapy in 2014
- 2) Drug holidays: different recommendations for different drugs
- 3) Epidemiology and clinical aspects of osteoporosis in Asia compared to western countries

7. Breast imaging

- 1) Mammographic screening: early detection or over diagnosis
- 2) Mammography service screening: estimate of a balance sheet of benefits and harms
How much overdiagnosis?
- 3) MRI for breast cancer: screening or staging

8. The pelvic floor: function and dysfunction

- 1) Risk factors for pelvic floor dysfunction
- 2) The impact of pelvic floor dysfunction on sexual health
- 3) Evidence based treatment of urogenital prolapse

9. Global perspectives on female sexual health

- 1) Sexual health of the menopausal women
- 2) Prevalence and determinants of female sexual dysfunction in Latin countries
- 3) Female sexual dysfunction in Asia

10. Hormone therapy and breast cancer risk

- 1) Do different progestogens convey differing risk
- 2) Hormone therapy and breast cancer risk
- 3) Keeping risk in perspective: perception vs reality

11. Menopausal symptoms and risks: present and future in perspective

- 1) Vaginal atrophy: affecting quality of life
- 2) Timing for HRT and CHD prevention
- 3) Postmenopausal osteoporosis: controversies and challenges

12. Hormones and cognition

- 1) KEEPS cognitive and affective study: effects of hormone therapy on cognition and mood in recently postmenopausal women
- 2) Are phytoestrogens good for the brain
- 3) Menopause transition: effects on memory and attention

13. The implications of the menopause for health in later life

- 1) Factors affecting weight gain, metabolism and health
- 2) Ovarian aging, reproductive hormones and health in mid-life women
- 3) The impact of early menopause on female health

14. Primary ovarian insufficiency

- 1) What causes POI?
- 2) Predicting POI
- 3) POI—an online database

15. More heart matters

- 1) Does calcium supplementation cause CVD?
- 2) Vitamin D: any role other than in bone
- 3) Cardiovascular mortality in postmenopausal women initiating hormone therapy during pre-vs. post-WHI era

16. Uterine and ovarian cancer

- 1) Ovarian cancer in BRCA mutation carriers
- 2) Biomarkers in the management of ovarian cancer
- 3) Ovarian cancer originating from the distal oviduct

17. Favorite topics from NAMS leadership

- 1) Menopause management is all about quality of life
- 2) Vitamin D and women's health: separating fact from fiction
- 3) Measuring hot flashes: comparing results from qualitative interviews, survey questionnaires, and ambulatory monitors
- 4) The postmenopausal women at moderate risk for fracture—how do we decide to treat
- 5) Female sexual dysfunction at midlife: treatment beyond testosterone

18. An androgen update

- 1) Androgen physiology in women—back to basics
- 2) Should testosterone be prescribed for the treatment of female sexual dysfunction—What do the data tell us?
- 3) Why else do women need testosterone

19. Health challenges in for Hispanic women

- 1) Epidemiology of fractures in Latin America and risk factors
- 2) Epidemiology of breast cancer in Latin America and risk factors
- 3) Cardiovascular disease and metabolic syndrome in Latin American women

20. Therapeutic issues of the menopause

- 1) Menopause perspectives and treatment of Asian women
- 2) Menopausal HRT: Is timing everything?
- 3) Holistic management of the menopause

21. Managing the menopause without estrogen(EMAS)

- 1) Lifestyle interventions for healthy aging
- 2) Non-hormonal treatments for osteoporosis
- 3) Vitamin D: Beyond the skeleton

22. Hormones and cardiovascular disease

- 1) The prevention of CVD and diabetes: statin vs HRT
- 2) Mortality Toll of Estrogen Avoidance(MTEA): findings in women who did not initiate estrogen therapy between ages 50 to 59
- 3) Cardiovascular findings from the DOPS study

23. Old and new steroids for therapies in menopause(European Society of Gynecology)

- 1) Estetrol the human fetal estrogen, use in menopause
- 2) DHEA and other androgens
- 3) Progesterone, progestins and SPRM

24. Cardiovascular risk in women: update of a cardiovascular guide for menopause physicians

- 1) Hormone therapy and cardiovascular disease—what is the risk?
- 2) A cardiovascular guide for menopause physicians—An update
- 3) Clinical profile of the postmenopausal women: what is the role of the risk factors for cardiovascular disease?
- 4) Effect of hormone replacement therapy on cardiovascular events in recently postmenopausal women: a randomised trial

25. Vulvovaginal atrophy: quality of life and therapeutic options

- 1) SERMs effect on the female reproductive system

- 2) The impact of VVA on quality of life for men and women
- 3) Local therapy for vaginal atrophy

Symposium by Scientific Societies

1. What we have done and what we need to do to improve the quality of life of Brazilian menopausal women?(SOBRAC/Brazilian Menopause Society)

- 1) In vasomotor symptoms
- 2) In osteoporosis
- 3) In vulvovaginal atrophy

2. Changing perspective of midlife women's health in rural India(Indian Menopause Society)

- 1) Awareness of menopause
- 2) Symptomatology
- 3) Medical management
- 4) Surgical management
- 5) Screening methods
- 6) Concepts and practices
- 7) Counseling

3. Demystifying BHT: medical hype or medical mystery(SIGMA)

- 1) Demystifying BHT: an evidence-based update
- 2) BHT: marketing hype or medical hope

4. Key quality-of-life issues in Colombia for menopausal women(Colombian Menopause Society)

- 1) Quality of life in women after hysterectomy
- 2) Study of sexuality and metabolic syndrome
- 3) Medical metabolic risk in the Colombian population

5. Progestogens and the climacteric female(European Progestogen Club)

- 1) Classification of progestogens and their role in HRT
- 2) Role of progestogens regarding main safety issue
- 3) Progestogens: effect on carbohydrate and lipid metabolism
- 4) Progesterone/progestins and the breast

6. Comprehensive management of menopause at a state public health program(SOCHEG)

- 1) Role of primary care in the comprehensive management of the climacteric in emerging countries

- 2) Reconciling the interests of users with public health goals, focus on quality of life
- 3) Optimal frequency of professional consultation, screening tests and screening tests controls
- 4) Opportunity to generate social changes with high impact on public health promotive actions to improve lifestyle, self-care and empowerment of women
- 5) Key actions to achieve the main goals set for public health

7. The CAT study(International Menopause Society)

- 1) Introduction to the IMS CAT CAMS study
- 2) Summary of IMS CAT Spanish speaking study of altitude and temperature
- 3) Summary of IMS CAT Indian study of seasonal variation
- 4) Summary of IMS CAT United Arab Emirates study of temperature and season
- 5) Overview, next steps and future studies

8. Symposium organized by AAPEC

- 1) Hot flashes: Only a symptom?
- 2) Sleep disturbances during the menopausal period. Metabolic consequences
- 3) KEEPS, ELITE and MsFLASH: from theory to practice

9. MenoGuias AEEM: Recommendations based on the system GRADE(Spain Menopause Society)

- 1) Vulvar pathology in mature women
- 2) Symptomatic women with breast cancer
- 3) Natural vaginal health
- 4) Low bone density
- 5) Contraception in women older than 39 years

10. Phytoestrogen: research and clinical experience in menopausal management

(Indonesia Menopause Society)

- 1) Comparison effect of Genistein and Cowpea extract on aortal and bone's glutathione peroxidase, bone's superoxide dismutase and proliferation of endometrial epithelium
- 2) The efficacy and safety of Genistein and Black Cohost(*Cemicifuga Racemosa Rhizome*) in clinical use
- 3) Pegagan(*Centella Asiatica*) extract increases vaginal wall thickness in menopausal rats
- 4) The effect of Tomato juice(*Lycopersicum Commune*) on estrone level, osteoblast and osteoclast number of experimental menopause in rat
- 5) Differences effect of Kacang Tunggak(*Vigna unguiculata*) extract and Genistein to hippocampus neuron cells apoptosis in various dosage(Experimental study on hypoestrogen wistar rat)

11. Constant challenges toward improving female mid-life health(Sociedad Ecuatoriana Climaterio)

- 1) Epidemiology of osteoporosis in Ecuador and Latin America
- 2) Sexual dysfunction during female mid-life
- 3) Epidemiological aspects of the menopause and its impact on cardiovascular risk
- 4) Importance of improving health during female perimenopause
- 5) Cognitive issues during the postmenopause: can we prevent?

12. Symposium organized by Bolivian Menopause Society

- 1) Efectos de los estrogénos en la alergia y el asma
- 2) Piso pélvico en el climaterio
- 3) Patología tiroidea y TH
- 4) Vaginismo en la menopausia

13. Menopause: reducing the burden(British Menopause Society)

- 1) BMS Recommendations on Menopause and HRT
- 2) Strategies to optimize cardiovascular health with HRT
- 3) Pharmacological alternatives for vasomotor symptoms
- 4) Reducing the burden of vaginal atrophy

14. Estrogens and estrogen receptors: role in menopausal medicine

(International Society of Gynecological Endocrinology)

- 1) Non conventional actions of estrogen receptors: relevance for menopausal medicine
- 2) Estrogen receptor beta and anxiety: from animal models to clinical trials
- 3) Importance of oxidative cell stress for carcinogenicity of estradiol metabolism

15. Menopause management in Korean women(Korean Menopause Society)

- 1) Psychosomatic aspect of postmenopausal women in Korea
- 2) Osteoporosis management: considering the characteristics of Korea
- 3) Management of genitourinary atrophy in Korea
- 4) Changing Korean physician's awareness on hormone therapy

16. Anthropological vision of Chilean Women(Sociedad Chilena de Climaterio)

- 1) Women in northern Chile
- 2) South Central Mapuche women
- 3) Easter island women

17. Calidad de Vida para la mujer Menopausica: Reto de Salud Publica(FRASCYMA)

- 1) Tratamientos emergentes para la atrofia urogenital
- 2) Sexualidad y menopausia
- 3) Aspectos relevantes en la Enfermedad Cardiovascular y la Menopausia

Lunch Symposium

1. A potential new approach in menopausal therapy: Introducing TSEC(Pfizer)
2. Ultra low dose management of women's midlife health(Novo Nordisk)
3. Evidence and future perspectives: paving the way towards the optimal HRT(Besins)
4. Oral estrogen therapy in 2014: Focus on molecular biology, clinical investigations, and breast and cardiovascular effects(Pfizer)
5. Vulvovaginal atrophy and female sexual dysfunction, old problems new perspectives

Sponsored Symposium

1. Benefits of Mirena[®] in menopausal transition(Bayer)
2. Warmi: A natural choice for menopause(Hersil)
3. Adipocyte, metabolic syndrome, menopause and HRT with Drospirenone(Bayer)
4. Vaginal atrophy treatment by a novel CO2 laser source: histological and clinical results(DEKA)
5. 10 years of Angeliq[®](Bayer)
6. Update in the therapeutic management of perimenopausal women(Procaps)

Controversy

1. State of the art HRT

- 1) Type of estrogen/progestin or no progestin
- 2) Route of administration, dose, age at initiation and duration of therapy

2. Compounded hormones and alternative therapies

- 1) Is there a role for compounding pharmacy in 2014, including misuse of bioidentical hormones
- 2) An evidence based approach to non-hormone treatment of the menopause

3. Procedures designed to enhance female genitalia

- 1) Cosmetic genital surgery
- 2) Laser procedures for vaginal surgery

4. Sex at midlife

- 1) Hormonal factors influencing female sexual function
- 2) Non-hormonal factors and female sexual dysfunction

5. Evaluating the endometrium

- 1) Evaluating the endometrium: use and limitations of ultrasound
- 2) Office hysteroscopy

Meet the expert

1. Sexuality in mid-age women
2. Reproductive depression
3. Breast cancer: the way forward
4. Healthy sex
5. After five years with bisphosphonate, what to do?
6. Managing osteopenia in early menopause
7. Fertility in midlife women
8. HRT and the heart
9. Climacteric-How to get your research published
10. Lifestyle and healthy aging
11. HRT: Types and routes of administration
12. Prediction of breast cancer risk
13. Using HRT in the clinic
14. Therapeutic adherence and compliance
15. Use of SERMs in clinical practice
16. Perceptions and attitude to menopause
17. Managing premature menopause
18. Contraception and menopause

Awarded Abstracts

Oral Communication

1. Metformin for the management of insulin resistance in overweight women at midlife(Worsley Roisin, AU)
2. Prognostic imaging and laboratory properties of cystic ovarian structures in the peri-and postmenopause(Erdodi Balazs, HU)

3. Fractional CO₂ laser improves sexual function in women with vulvovaginal atrophy(Leone Roberti Maggiore Umberto, IT)
4. Hormone replacement therapy reduces lipid oxidation directly at the arterial wall: A direct link to estrogen's cardioprotective effect through atherosclerosis prevention(Escalante Carlos Alberto, CR)
5. Androgen and estrogen formation from dehydroepiandrosterone in the monkey vagina: Possible implications for the treatment of postmenopausal vulvovaginal atrophy(VVA) and sexual dysfunction(Bertin Jonathan, CA)
6. Isolation and characterization of oogonial(oocyte-producing) stem cells from ovaries of peri- and post-menopausal women(Woods Dori C, US)

Poster Session

1. Endometrial safety of ospemifene: Results of the phase 2/3 clinical development program (Constantine Ginger D, US)
2. Safety of oral ospemifene in phase 2/3 placebo-controlled clinical trials(Goldstein Steven, US)
3. Influence of intrauterine contraceptive devices on glycaemic control and lipoprotein metabolism in perimenopausal women with type 1 diabetes(Anreeva Elena, RU)
4. Fracture risk assessment in postmenopausal women: A complex analysis(Fila Enrica, IT)
5. Low bone mineral density in HIV infected women: Prevalence and associated factors(Gomes Debora Castro, BR)
6. Effect of vitamin D supplementation on the rate of falls and the postural balance in postmenopausal women: Randomized double-blind placebo controlled trial(Cangussu Luciana, BR)