

TOPICS TO BE COVERED:

Premenopause, Menopause & Beyond: Maintaining Optimal Health in Later Life

- Perimenopause and hormonal changes. Estrogen dominance - progesterone deficiency.
- The physiological changes associated with menopause and current treatment options.
 - Preventive medicine for postmenopausal women.
- Hormone replacement therapy (HRT): Where does the research stand today? Benefits and risks of HRT.
 - The Women's Health Initiative - where are we today?
- Menopause and sexuality: Is there a role for androgen therapy?
 - Low-dose DHEA increases androgen, estrogen levels in menopause.
- Selective Estrogen Receptor Modulators (SERMs): What are they and what is their role in health?
- Alternative therapies currently being used for menopause (e.g. Black Cohosh, Soy Protein, etc.).
- Urinary incontinence and menopause: Update on evidence-based treatment. Pelvic muscle rehabilitation.
- Polycystic ovary syndrome and implications for the menopause.

Women and Heart Disease

- HRT, women, and heart disease: What we need to know about prevention inflammatory agent.
- Relationship between gestational diabetes and heart disease.
- Aspirin and antioxidant therapy: Effective prevention or harmful?
- Effective diet and exercise strategies for risk reduction.

Osteoporosis

- Osteoporosis risk in premenopausal women.
- Hormonal role of vitamin D in bone metabolism. Are we getting enough?
- Current drug therapies in the prevention/treatment of osteoporosis. New drugs on the horizon.
- Effective exercise strategies to maintain and/or increase bone mineral density.

Fibromyalgia

- Guidelines on the management of fibromyalgia syndrome - A systematic review.
- Effects of resistance training in women with fibromyalgia.
- Current drug therapies in the treatment of fibromyalgia.
- Review of the Chinese medical approach to the management of fibromyalgia.