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TOWARDS A SHIFT OF PARADIGM FROM TREATING DISEASES TO TREATING PEOPLE

From treating diseases to treating patients: Changing mindsets

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Financial disclosure

Prof. Tommaso Simoncini has received in the past three years:

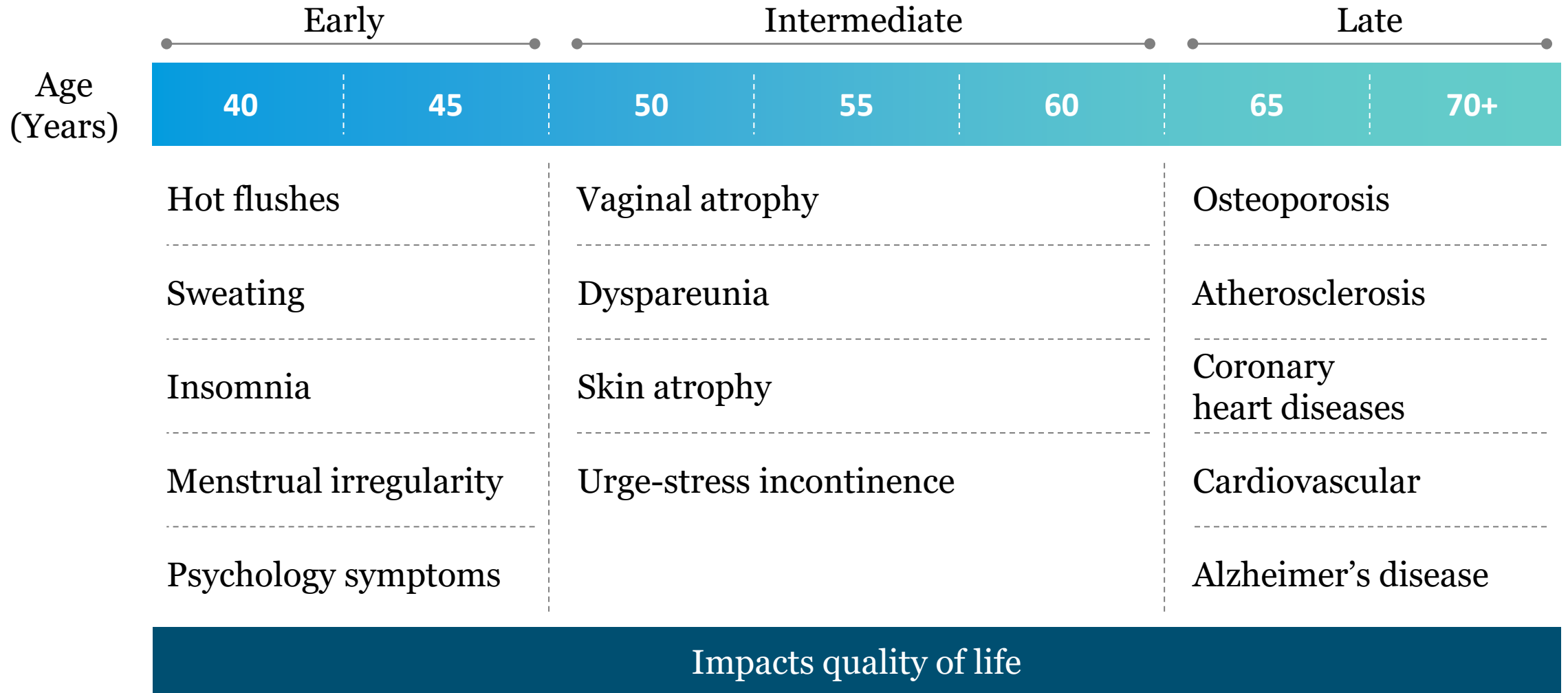
Consulting fees from Abbott, Astellas, Gedeon Richter, Mitsubishi Tanabe, Sojournix, Estetra, Actavis.

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MENOPAUSE

A matter of
communication

The consequences of menopause

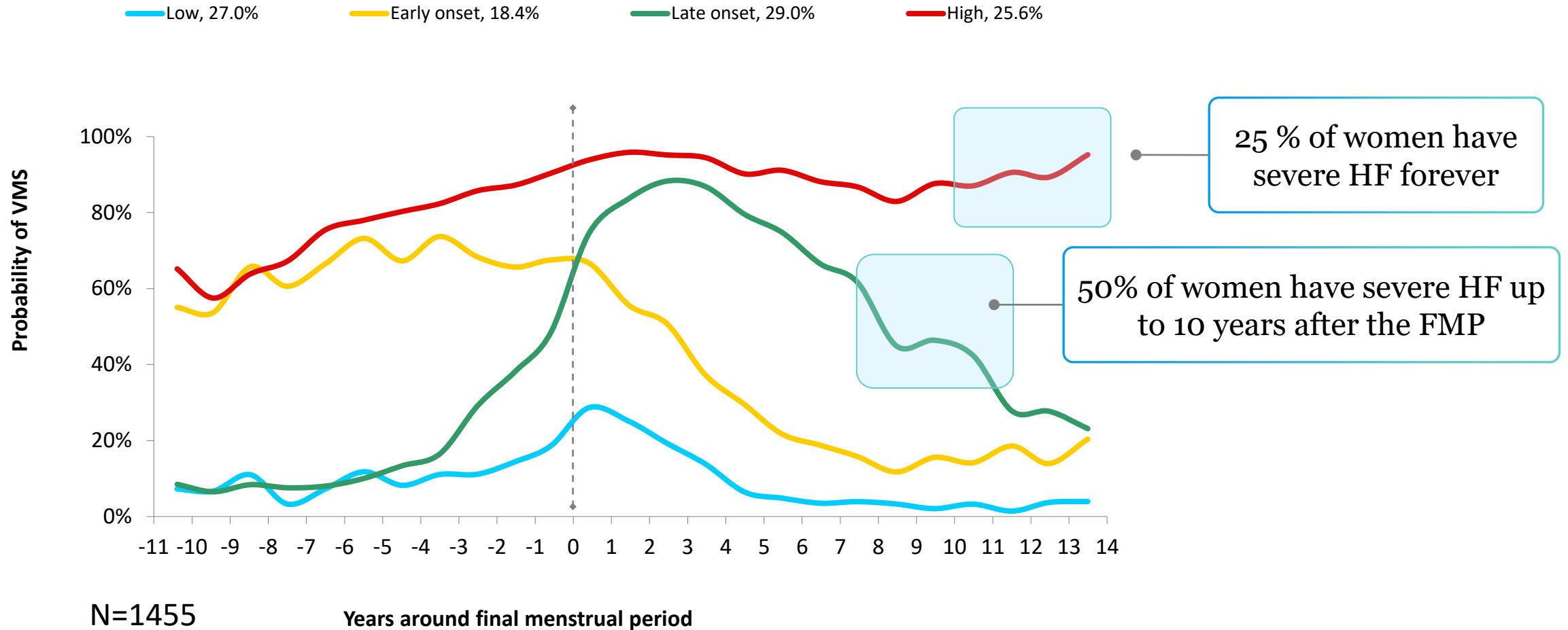


Davis SR, Lambrinoudaki I, Lumsden M, Mishra GD, Pal L, Rees M, Santoro N and Simoncini T. Menopause. *Nature Reviews Disease Primers* (2015).

Zervas IM, Lambrinoudaki I, et al. Additive effect of depressed mood and vasomotor symptoms on postmenopausal insomnia. *Menopause: The Journal of The North American Menopause Society*. 2009; 16(4): 837-842.

Monteleone P, Mascagni G, Giannini A, Genazzani AR, Simoncini T. Symptoms of menopause - global prevalence, physiology and implications. *Nat Rev Endocrinol*. 2018 Apr;14(4):199-215.

Hot flashes are long lasting



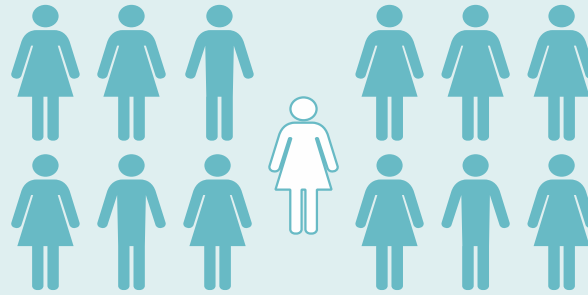
Vulvar and vaginal atrophy

- Dryness
- Itching
- Burning
- Dyspareunia
- Vaginal bleeding
- Recurrent vaginal infections
- Recurrent urinary tract infections
- Narrowing of the introitus
- Loss of elasticity and vaginal stenosis

Monteleone P, Mascagni G, Giannini A, Genazzani AR, Simoncini T. Symptoms of menopause - global prevalence, physiology and implications. Nat Rev Endocrinol. 2018 Apr;14(4):199-215.



SOCIAL LIVES CAN TAKE A BACK SEAT



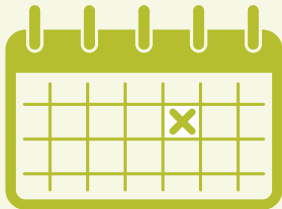
Over **33%** of women feel less outgoing in social situations

32% of women feel they are no longer good company

23% of women feel more isolated

45%

of women say they feel their menopause symptoms have had a negative impact on their work



47%

who have needed to take a day off work due to menopause symptoms say they wouldn't tell their employer the real reason

WORKING CAN BE A STRUGGLE

51%

of women say that their menopause had affected their sex lives



42%

of women also say they just didn't feel as sexy since experiencing the menopause

SEXUAL LIFE CAN BE AN ISSUE

Women worry about menopause

A time of **transition towards ageing**

Health and prevention begin to matter

An important **life milestone**

Is it a **natural condition** or is it a **disease**?

For most women menopause is **a personal experience**, not just a medical condition



Do women get the support they need?

UK survey: **two thirds** of women say there is a general lack of support and understanding¹

9 out of 10 women say they feel **unable to talk to managers** at work¹

One out of 3 women consulting a GP did not receive **correct information** on menopause or was **denied treatment**¹

US survey: **20% of OB/GYN residents** receive no lessons on menopause²



1. Nuffieldhealth.com. One in four with menopause symptoms concerned about ability to cope with life. Last update September 2017.[consulted in September 30, 2022].

2. Kling JM, MacLaughlin KL, et al. Menopause Management Knowledge in Postgraduate Family Medicine, Internal Medicine, and Obstetrics and Gynecology Residents: A Cross-Sectional Survey. *Mayo Clinic Proceedings*. 2019;94(2):242-253.

HOW WE DISCUSS ABOUT MENOPAUSE WITH PATIENTS



Menopause as an **endocrine change**

Explain the **symptoms** and the long-term **consequences**

Try to identify **contraindications** to treatment

Propose a **personalized treatment** based on clinical issues and patient's preferences

HOW SHOULD WE DISCUSS ABOUT MENOPAUSE WITH PATIENTS



Make the woman's **worries** and **doubts** about menopause emerge

Go **beyond medical implications** and explore how menopause is **changing a woman's life**

Right **communication skills** to touch upon **sensitive areas** such as sexuality, self image, self esteem, personal and professional role, social relationships..

Go beyond medical treatment and talk about lifestyle, dietary and social interventions trying to comply with the **values and attitudes** of the woman

HOW TO TALK MENOPAUSE



Reassure – it happens to all women..

Do not minimize – however, symptoms are relevant and can ruin your life!

Help women show you their own intervention needs – what is that worries you most?

Be prepared to explain complex data correctly but plainly – address misconceptions

Stress the importance of long-term adherence to interventions – things get worse over time

Comprehensive menopause management



Explain hormonal changes

—

Medical implications and therapeutic options

Break communication barriers

—

Understand individual impact on life

Personalized goals, long-lasting alliance

—

Promote adherence to interventions

Scientific societies: Promoting education



 INTERNATIONAL SCHOOL
OF GYNECOLOGICAL
AND REPRODUCTIVE
ENDOCRINOLOGY
THE EDUCATIONAL BRANCH OF ISGE



TEACHING



PROFESSIONAL
TRAINING AND
ACCREDITATION

IMPART 
(International Menopause Society
Professional Activity for Refresher Training)

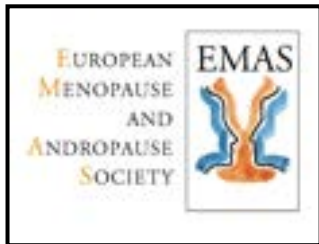
Scientific societies: Clinical and social guidance

CLINICAL GUIDES

EMAS Position Statements

EMAS Menopause Essentials

EMAS Clinical Guides



EMAS Menopause & Work Day

This is why your organisation needs a menopause policy:

- Creates an open/inclusive culture
- Prevents discrimination on the basis of menopausal symptoms
- Reduces stigma
- Strengthens corporate reputation and retention of talent



RAISING AWARENESS

Scientific societies: International networking

COUNCIL OF AFFILIATED MENOPAUSE SOCIETIES (CAMS)

The Council of Affiliated Menopause Societies (CAMS) is comprised of representatives of each of the national/regional societies associated with the IMS.

The purpose of CAMS is to:

- Establish connectivity between the IMS and the national/regional society; and
- Advise and work in partnership with the IMS to deliver its mission and vision.

One representative from each society is nominated to serve on the Council, with equal membership and voting rights for all, irrespective of size or number of members of the national/regional society.

CAMS has an elected Chair, Secretary and Treasurer. The Council meets in person at least once every 2 years, at the IMS World Congress on the Menopause.

CAMS Executive



Tommaso Simoncini

CAMS Chair

International **IMS**
Menopause Society





What are we missing?



Empower women
to manage their
health at midlife



Get the info
through using the
right channel

Take Home Messages

- Menopause disrupts quality of life in more than 50% of women – not a trivial problem!
- Awareness and long-term adherence to treatment are of key importance to prevent deteriorating health and quality of life
- It needs a joint effort of the medical community, healthcare professionals, and the media toward breaking taboos about menopause and women's health
- Poor communication skills are often the reason for lack of acceptance or discontinuation of treatments
- Women need to be empowered to understand menopause and ask about treatment options