

Transforming Care: Practical Solutions for Peri/Menopause

Join us for an empowering one-day seminar tailored for medical and allied healthcare practitioners eager to deepen their expertise in peri- and post-menopausal care. This transformative event moves beyond the conventional "one-size-fits-all" approach, equipping practitioners with the knowledge and tools to deliver personalised, holistic care.

By blending conventional medical practices with evidence-based complementary therapies, attendees will learn to address the unique physical and mental health needs of women navigating menopause.

Enhance your practice, provide truly individualised patient support, and make a meaningful difference in the lives of your patients during this pivotal stage of life.

Bookings are essential! Ticket price includes morning tea & lunch.
This one-day seminar is for registered healthcare practitioners only.



9.00am - 4.00pm



SATURDAY 29TH MARCH 2025



Tickets are \$250 per person
(Excludes booking & processing fees)



Lecture Hall, Level 3,
11 - 23 Burwood Rd
Hawthorn

BOOK YOUR TICKET



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Speakers

Professor Kylie O'Brien

PhD (Chin Med), MPH, BAppSc(Chin Med),
BSc(Optomety), Grad Cert Tertiary Education

Medicinal cannabis for the treatment of menopausal symptoms

Professor O'Brien will discuss the endocannabinoid system, a complex neuro- and immuno-regulatory system involved in homeostasis, and how components of medicinal cannabis interact to provide a range of therapeutic actions relevant to menopause. She will also discuss the current state of evidence for the use of medicinal cannabis in the treatment of menopausal symptoms.

After 15 years in clinical practice as an optometrist, Prof O'Brien made the switch to an academic in Traditional Chinese Medicine (TCM). She created and coordinated various degrees and masters' courses in TCM and subsequently held roles as Associate Dean (Teaching and Learning) at Victoria University, Director of Assessment and Learning Design (Deakin University), National Academic Director (AIAS), Director of Education at the National Institute of Integrative Medicine and Director of Education at ACNEM. Prof O'Brien entered the medicinal cannabis field in 2018 and became one of Australia's leading educators in this field. She is actively involved in medicinal cannabis clinical research, has authored a books on integrative oncology, mental health and medicinal cannabis with a third book to be published in 2025 on women's health and medicinal cannabis. She is an Adjunct Professor at Torrens University and an Adjunct Fellow at NICM Health Research Institute, Western Sydney University, and a member of the Australian government's TEQSA Expert Panel.



Dr Myrta Sales (PhD)

The role of exercise in the prevention of sarcopenia during menopause

Dr Myrta will be discussing the musculoskeletal changes during perimenopause, menopause and post-menopause.

She will also discuss the importance of structured exercise, mainly resistance training exercise, as an important therapeutic intervention for women in order to reduce their risk of developing sarcopenia (or reversing it) if they are already

facing this silent disease. She will be presenting the benefits of exercise for women and the types of resistance training exercises which are more beneficial to them. She will demystify some types of exercises which have been highly recommended but should be prescribed as complementary exercises.

Dr Myrta Sales, PhD, is an Accredited Exercise Physiologist and a Senior Research Fellow at the Western Health/Australian Institute for Musculoskeletal Science (AIMSS) with extensive clinical experience managing chronic musculoskeletal conditions and reducing risk factors for falls in ageing groups. She is in charge of the Gait and Balance Gym (GABAGym), where she coordinates assessments and exercise programs. At Victoria University, Dr Sales has taught topics related to exercise prescription, corrective exercise and injury prevention, human growth and lifespan development. She has also coordinated community programs aiming to enhance participation of multicultural seniors in exercise and to improve their social connectedness and quality of life.

Speakers

Dr Carolyn Bosak

Overview of an integrative approach to peri/menopause

Dr Carolyn Bosak discusses the common presenting symptomatology of perimenopause, along with general principles of assessment and management, using case examples to exemplify the integrative approach.



Dr Carolyn Bosak is an Integrative General Practitioner of over 24 years' experience, with a wealth of experience in managing the issues women present with at each age and stage – particularly perimenopause – which she believes women to find the most challenging. Her approach incorporates a knowledge of nutritional, environmental and evolutionary principles, along with hormones and their inter-relationships within the body. After working 20+ years in family general practice, and also National Institute of Integrative Medicine and a dedicated medicinal cannabis clinic, she founded Your Integrated Health in 2022 where she offers extended consultations in order to get to the root cause of her patient's problems.

Committed to furthering the exposure of an integrative approach, she is a regular public speaker on various topics, to many groups and forums. In her spare time she continues to train and race in short and long course triathlon, and has competed in 2 Ironman world championships.



Dr Catherine Fyans

Menopause: A transformative rite of passage

Rather than viewing menopause as a medical condition or a disorder in need of being fixed, we can view this time as a powerful transition, a 'rite of passage', so to speak. As women undergo significant changes at physical, mental, emotional, social and spiritual levels, how can they replace any sense of loss and debility with enhanced personal empowerment and

an enlivened life purpose? How can they find a deeper, more authentic sense of self, while at the same time optimising their health and wellbeing as they navigate these changes? How can we best support women to tune in to the wisdom of their bodies as it leads them through this journey. Dr Catherine Fyans will be discussing a mind-body and metaphysical overview of perimenopause/ menopause that will push one's understanding beyond commonly held societal and medical concepts of this life phase.

Dr Fyans was an Integrative General Medical Practitioner for many years and has a long-standing interest in mind-body medicine, particularly in the influence of the unconscious mind on physical and psychological health. Her interests led her to study a number of other healing disciplines aside from allopathic medicine. She has enjoyed having a 'foot in both worlds' as this has given her an insight into the spectrum of health care practices and health care consumer demands. In 2021 she retired from medical consulting to pursue her interests in mind-body coaching, trauma therapy and writing. Dr Fyans is the author of 'The Wounding of Health Care – From Fragmentation to Integration'.

Speakers

Peter Gotis

Selecting the Best Tests for monitoring your Menopause patients

Blood analyses to assess hormonal status are routinely used in healthcare and have been readily available for practitioners to use. But do they give a clear understanding of the clinical status, or adequate information to the clinician. In his presentation, Paul will outline the benefits of novel testing methodologies (from other specimen types) that have become increasingly accepted in yielding a clearer picture of the patient's status.

Peter Gotis is the Laboratory Director at NutriPATH Integrative Pathology and has over 30 years' experience in private pathology laboratory operations and ownership, both in Oceania/SE Asia and the USA. Peter's involvement and provision of specialised testing services for Integrative Medicine/Functional Medicine extends back to the early 2000's. In providing this specialist testing not only to the Oceania, but also the SE Asia regions, it has allowed practitioners in these specialised areas to practice correctly, to grow and to develop their practices. To further complement the testing, the provision of a readily accessible practitioner clinical consultancy service has proved invaluable to referring practitioners. Through the testing product and clinical knowledge gained, Peter has presented throughout Asia and more recently in Europe in the areas of Cancer, CVD, Chronic Inflammation and Bio-Identical Hormone Replacement Therapy.



Kathleen Robb

An integrative approach to managing sleep & overcoming insomnia in perimenopause

An integrative approach to managing sleep and insomnia during perimenopause will be explored. The emphasis is on the importance of addressing underlying drivers rather than merely prescribing a herbal sedative or sleep hygiene. This may include addressing vasomotor symptoms, cortisol

dysregulation, neurotransmitter support, metabolic changes or joint pain amongst other coexisting changes. Placing perimenopause into the context of the woman's experience of her life as a whole assists us to understand insomnia as not only the result of physiological changes but also as a symptom of a changing emotional and cognitive landscape.

Kathleen Robb was an Occupational Therapist in mental health and aged care, and a quality auditor before qualifying as a naturopath. She also holds further qualifications in Solution Focused Therapy and Counselling Psychology. She draws from this past background in addressing underlying drivers and treating the whole person including their habits, environment and internal motivations and mindset. Kathleen has written a book and has a course for managing stress, including making improvements to sleep. Her particular interests include supporting metabolic health through improving health literacy.

Speakers

Danielle Ware

A Whole-Person approach to Pelvic Floor Dysfunction: Prolapse & Sexual Health in Peri/Menopause

When it comes to pelvic health issues, the conversation can often centre just on the pelvis itself with the perception that doing more pelvic floor exercises is the only thing that can be done. In this talk, Danielle will explore the broader factors contributing to pelvic health issues, including hormonal changes, lifestyle influences, and the role of muscles surrounding the pelvis and torso. With a focus on prolapse and sexual pain during the peri- and post-menopausal period, attendees will gain practical insights into physiotherapy approaches and the importance of collaborative care between other health professions to get the best outcomes.



Danielle is an experienced Pelvic Health Physiotherapist with a Master of Clinical Physiotherapy (Continence and Pelvic Health) from Curtin University, and a passion for Women's health across the lifespan. Since starting out in women's and pelvic health in 2016, she has developed expertise in menopause-related conditions, including incontinence, prolapse, and sexual health concerns. She has further advanced training in stress incontinence management, and pessary fitting for prolapse. Her key interest area is in treating persistent pelvic pain, whether from endometriosis, vaginismus, or genito-urinary symptoms of menopause. Danielle takes a collaborative and holistic approach, working closely with specialists and other Allied Health professionals to develop personalised, evidence-based care plans. She is passionate about empowering women to manage their pelvic health with confidence and achieve meaningful health outcomes.



Dr Kim Hayes

Do we change nutrition for the change?

As we know, we are what we eat... So if we're healthy already and go through this natural process of menopause then do we need to change what we consume? And what if we're not already healthy? And does any of that change our metabolism? And is that important anyway...?? Or can we just keep it simple and stick to the food pyramid...? Let's see what we can find out!

Dr Kim Hayes has worked as a GP for more than 20 years in Singapore and in Australia. She has Fellowships from the Royal Australian College of General Practitioners and also the Australasian College of Nutritional and Environmental Medicine. She has completed the AFMCP (Applying Functional Medicine in Clinical Practice) from the Institute of Functional Medicine in the USA and working towards their certification. Dr Kim is registered to work as a doctor both in Singapore and Australia. During her time in Singapore, she founded and directed medical general practice Complete Healthcare International (CHI) and also Body with Soul, a holistic wellness centre including a healthy cafe and allied health practitioners.

Learning Outcomes

Who should attend?

This seminar is ideal for General Practitioners, naturopaths, nurses, pharmacists and other allied healthcare professionals involved in women's health who are looking to deepen their knowledge and enhance their clinical practice with evidence-based integrative approaches.

Why should you attend?

As women increasingly seek care that goes beyond the standard prescription of HRT and antidepressants, healthcare practitioners must be equipped to offer a broader spectrum of treatment options. This seminar addresses the treatment of key symptoms that women present with during menopausal transition using integrative approaches, empowering practitioners to deliver patient-centred care and improve patient outcomes and satisfaction.

Learning outcomes

At the end of this seminar, attendees should be able to:

- Accurately assess peri/post-menopausal symptoms using a combination of clinical evaluation and appropriate diagnostic tools.
- Develop personalized treatment plans that integrate both orthodox and complementary therapies, tailored to individual patient needs.
- Effectively communicate with patients about a wide range of treatment options for menopause-related symptoms, including the benefits and risks of different approaches, empowering them to make informed decisions.
- Recommend lifestyle modifications and evidence-based integrative therapies, such as exercise, nutritional medicine, herbal medicine and mind-body-spirit approaches, as part of a holistic approach to menopause management.