

Agenda

October 11, 2025

09h00 - 09h10 Opening remarks

Speaker: Olinda Marques (*ULS Braga*)

09h10 – 10h30 Hormone Replacement Therapy – Patient Selection and Therapeutic Options

Moderators: Olinda Marques (*ULS Braga*), Fernanda Gerales (*ULS Coimbra*)

- 09h10 – 09h25 **Who Is It For, and Why?:** Vera Nobre Ramos (*ULS Coimbra*)

How Do We Treat?

- 09h25 – 09h45 **Hormonal Therapy:** Catarina Silvestre (*CUF Descobertas*)
- 09h40 – 09:55 **Androgen Therapy:** Lia Ferreira (*ULS de Santo António*)
- 09h55 – 10:10 **Non-Hormonal Therapy:** Francisco Sousa Santos (*CUF Descobertas e CUF Alvalade*)
- 10h10 – 10h30 **Discussion**

10h30 – 11h15 Menopause and Cardiovascular Risk

Moderator: Maria Lopes Pereira (*ULS Braga*)

- 10h30 – 10h45: **Hot Flashes as a Marker of Cardiovascular Risk:** Adriana de Sousa Lages (*ULS Braga*)
- 10h45 – 11h00: **Hormone Replacement Therapy and Obesity:** Mariana Monteiro (*ICBAS*)
- 11h00 – 11h15: **Discussion**

11h15 – 11h30 Coffee Break

11h30 – 12h30 Complexities in Menopause Management

Moderators: Ricardo Santos (*ULS do Alto Ave*), Inês Sapinho (*CUF Descobertas*)

- 11h30 – 11h45: **Managing Menopause in High-Risk Patients:** Maria João Carvalho (*ULS Coimbra*)
- 11h45 – 12h00: **Premature Ovarian Insufficiency: Challenges and Treatment Strategies:** Catarina Matos (*ULS Braga*)
- 12h00 – 12h15: **Perimenopause and Contraception:** Cláudio Rebelo (*CUF Porto*)
- 12h15 – 12h30: **Discussion**

12h30 – 12h50 Short Oral Presentations

Moderators: Joana Maciel (*ULS Braga*), Maria Joana Santos (*ULS Braga*)

12h50 – 13h00 Closing Remarks

