

**Menopause: diagnosis and management (update) Guideline Committee Meeting 12**

**Date:** Tuesday 27 June 2023

**Location** Virtual meeting via Zoom

**Minutes:** **Final**

<b>Committee members present:</b>	
Gillian Baird	Present for notes 1-12
Martha Hickey	Present for notes 1-12
Haitham Hamoda	Present for notes 1-12
Gillian Reeves	Present for notes 1-12
Sarah Hillman	Present for notes 1-12
Roopen Arya	Present for notes 5
Nina Kuypers	Present for notes 1-12
David Armstrong	Present for notes 1-5
Lorraine Griffiths	Present for notes 1-12
Karina Bowkett	Present for notes 3 -11
Kathy Abernethy	Present for notes 1 -8
Louise Massey	Present for notes 1-12
Anita Sharma	Present for notes 1-12
Anne Armstrong	Present for notes 1-8 and 10-11
John Stevenson	Present for notes 1-5
Jenny Van Heerden	Present for notes 3-11

<b>In attendance:</b>		
Katharina Dworzynski	Guideline Lead	Present for notes 1-12
Esther Clifford	Project Manager	Present for notes 1-12
Jen M Francis	Senior Systematic Reviewer	Present for notes 1-12
Agnesa Mehmeti	Systematic Reviewer	Present for notes 1-12
Nick O'Callaghan-Staples	Guideline Commissioning Manager	Present for notes 1-12
Katriona O'Donoghue	Systematic Reviewer	Present for notes 1-12
Stephen Murphy	Clinical Advisor	Present for notes 3-12
Shalmali Deshpande	Systematic Reviewer	Present for notes 1-12
James Hawkins	Senior Economist	Present for notes 10
Edgar Masanga	Associate Assessment Lead	Present for notes 1-12
Astrid Aregui	Senior Medical Editor	Present for notes 2-12

**APOLOGIES:**

1.	Hayley Berry	GC member
2.	Eef Hogervorst	Co-opted GC member
3.	Sadaf Ghaem-Maghani	Co-opted GC member

**1. Welcome, housekeeping, aims of the day and apologies**

The Chair welcomed the Committee members and attendees to the 11<sup>th</sup> guideline committee meeting on Menopause: diagnosis and management (update).

The Chair asked the committee to review the minutes and the minutes were confirmed as accurate.

The Chair requested for any new declarations of interest to be shared with the group.

Name	Role	Description of interest	Type of interest	Decision taken
Professor David Armstrong	Co-opted member	Invited speaker at the Nutrition Society Irish Section conference in Athlone, Republic of Ireland. Spoke on the Role of Sex and Gender in Bone Health; presentation mentioned the role of HRT in post-menopausal women with osteoporosis, and also treatment of osteoporosis in trans people although neither was a major focus. Was not paid for the talk but accommodation costs were covered.	Direct - financial	Declare and participate.  Agreed by developer Guideline Lead and Committee Chair June 2023.  Rationale: Whilst there was some reference to menopause the focus of the presentation was outside the scope of the guideline.
Dr Gillian Reeves	Committee member	Co-applicant on a grant application to investigate HRT use in relation to dementia	Direct – non-financial professional and personal interests	Declare and participate but not lead Topic Groups or take part in initial drafting of recommendations in topics where research the member is involved in forms part of the evidence base, answers questions rather than takes part in drafting recommendations.  Agreed by developer Guideline Lead – June 2023.  Rationale: Specific to the guideline, but expertise is required by the committee. Due to the overlap with the guideline, a decision was taken that the member should not lead Topic Groups or take part in initiating recommendations in topics where research the member is involved in forms part of the

				evidence base and should rather answer questions related to the evidence.
Dr Gillian Reeves	Committee member	Occasionally deliver / contribute to talks and/or webinars regarding the association of HRT with risk of cancer and other health-related outcomes based on my own research and that of others. Includes presentations for: Association of Breast Surgeons Annual Conference, Nuffield Department of Population Health Annual Symposium, Europa Donna UK Symposium, BMJ and other special interest groups.	Direct – non-financial professional and personal interests	<p>Declare and participate but not lead Topic Groups or take part in initial drafting of recommendations in topics where research the member is involved in forms part of the evidence base, answers questions rather than takes part in drafting recommendations.</p> <p>Agreed by developer Guideline Lead – June 2023.</p> <p>Rationale: Specific to the guideline, but expertise is required by the committee. Due to the overlap with the guideline, a decision was taken that the member should not lead Topic Groups or take part in initiating recommendations in topics where research the member is involved in forms part of the evidence base and should rather answer questions related to the evidence.</p>
Mr Haitham Hamoda	Topic adviser	Vigneswaran K. and Hamoda H. "The pathophysiology and management of menopausal symptoms". Obstetrics, Gynaecology and Reproductive Medicine 33.5 (2023): 135-140. May 2023.	Direct – non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead and Committee Chair in July 2023.</p> <p>Rationale: Whilst this relates to the topics in the update the content refers is consistent with what is in the public domain in relation to NG23.</p>
Mr Haitham Hamoda	Topic adviser	Invited to Menopause All Party Parliamentary Group meeting to advise on testosterone access and use in clinical practice.	Direct – non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead and Committee Chair in June 2023.</p> <p>Rationale: Testosterone is outside the scope of this update.</p>
John Stevenson	Co-opted member	Abbott Laboratories Advisory Board, Dubai	Direct –financial	<p>Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making)</p> <p>Agreed by developer Guideline Lead and Committee Chair in June</p>

				2023. Rationale: This is directly relevant to the scope and is sponsored by Abbott Laboratories which is a company that produces directly applicable products.
John Stevenson	Co-opted member	Webinar on: Menopause in obese patients and cardiovascular risk. International Menopause Society Webinar: Management of menopause in obese patients.	Direct – non-financial professional and personal interests	Declare and participate (classification for this particular interest but the committee member is partially excluded for the topic due to other declarations).  Agreed by developer Guideline Lead and Committee Chair in June 2023.  Rationale: This topic is not specific to the scope of the guideline.
John Stevenson	Co-opted member	Lecture on: Prevention and management of cardiovascular disease. Preis School: Women's Health after Reproduction. Florence, Italy	Direct – non-financial professional and personal interests	Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making)  Agreed by developer Guideline Lead and Committee Chair in June 2023.  Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted member	Lecture on: Osteoporosis risk prevention and treatment. Preis School: Women's Health after Reproduction. Florence, Italy	Direct – non-financial professional and personal interests	Declare and participate (classification for this particular interest but the committee member is partially excluded for the topic due to other declarations).  Agreed by developer Guideline Lead and Committee Chair in June 2023.  Rationale: This is not the topic that the co-opted member was appointed for to advice on.
Professor Martha Hickey	Topic adviser	Presentation: BMJ webinar "Known unknowns: menopause"	Direct – non-financial professional and personal interests	Declare and participate.  Agreed by developer Guideline Lead and Committee Chair in June 2023.  Rationale: This seminar was outlining uncertainties about the evidence on a wider range of topics than those in the update.
Professor Martha	Topic adviser	Publication: Menopause hormone therapy	Direct – non-	Declare and participate.

Hickey		and urinary symptoms: a systematic review. Menopause. 2023 Jun 1;30(6):672-685. Doi: 10.1097/GME.0000000000002187. Epub 2023 May 16.	financial professional and personal interests	Agreed by developer Guideline Lead and Committee Chair in June 2023.  Rationale: Whilst genitourinary symptoms were part of the scope of the guideline, urinary symptoms as such were not included as outcomes.
Nina Kuypers	Lay member	Attend a screening 'Our Menopause' film by Nicola Cross – Panellist. This does not include any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Declare and participate.  Agreed by developer Guideline Lead and Committee Chair in June 2023.  Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	A member of the Menopause GAP advisory group. This does not include any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Declare and participate.  Agreed by developer Guideline Lead and Committee Chair in June 2023.  Rationale: This is not specific to the scope of the guideline.
Dr Sarah Hillman	Committee member	Interview with saga magazine about perimenopause and the "lowdown on HRT". Comments referenced the 2015 publication of NG23 only and areas covered by published scope of NG23 update.	Direct – non-financial professional and personal interests	Declare and participate.  Agreed by developer Guideline Lead and Committee Chair in June 2023.  Rationale: Whilst this is relevant to the scope, reference was only made to documents already in the public domain.

The newly declared interests did not impact on the participation of committee members on matters under discussion for this meeting. A previously declared interest by John Stephenson did impact on participation. This was a partial exclusion from the cardiovascular topic meaning that the committee member was participating in the discussion and provided expertise to the committee but was not involved in the wording of the recommendation.

## **2. Overall review of the guideline and outstanding edits – early menopause**

Katharina Dworzynski, Guideline Lead and Gillian Baird, Committee Chair led on revisiting early menopause recommendations.

The committee looked at the absolute number table from Document 5 and went over editorial comments from Document 4.

## **3. Overall review of the guideline and outstanding edits - life expectancy**

Katharina Dworzynski, Guideline Lead and Gillian Baird, Committee Chair, led on revisiting life expectancy recommendations.

<p>The committee went over editorial comments from Document 4.</p>
<p><b>4. Overall review of the guideline and outstanding edits – cognitive behavioural therapy</b></p>
<p>Katharina Dworzynski, Guideline Lead and Gillian Baird, Committee Chair, led on revisiting cognitive behavioural therapy recommendations.</p>
<p>The committee went over editorial comments from Document 4.</p>
<p><b>5. Overall review of the guideline and outstanding edits – cardiovascular disease / stroke</b></p>
<p>Katharina Dworzynski, Guideline Lead and Gillian Baird, Committee Chair, led on revisiting cardiovascular disease / stroke recommendations.</p>
<p>The committee looked at the absolute number table from Document 5 and went over editorial comments from Document 4.</p>
<p><b>6. Overall review of the guideline and outstanding edits – breast cancer</b></p>
<p>Katharina Dworzynski, Guideline Lead and Gillian Baird, Committee Chair, led on revisiting breast cancer recommendations.</p>
<p>The committee looked at the absolute number table from Document 5 and went over editorial comments from Document 4.</p>
<p><b>7. Lay member forum</b></p>
<p>The committee members held a forum where discussions were made on key points from the revisited recommendations.</p>
<p><b>8. Overall review of the guideline and outstanding edits – endometrial / ovarian cancer.</b></p>
<p>Katharina Dworzynski, Guideline Lead and Gillian Baird, Committee Chair, led on revisiting endometrial / ovarian cancer recommendations.</p>
<p>The committee discussed editorial comments from Document 4 and absolute numbers from Document 5.</p>
<p><b>9. Overall review of the guideline and outstanding edits – dementia</b></p>
<p>Katharina Dworzynski, Guideline Lead and Gillian Baird, Committee Chair, led on revisiting dementia recommendations.</p>
<p>The committee discussed editorial comments from Document 4 and absolute numbers from Document 5.</p>
<p><b>10. Overall review of the guideline and outstanding edits – genitourinary symptoms (for all)</b></p>
<p>Katharina Dworzynski, Guideline Lead and Gillian Baird, Committee Chair, led on revisiting genitourinary symptoms (for all) recommendations.</p>
<p>The committee discussed editorial comments from Document 4 and edited draft recommendations they also considered prasterone as part of their discussions.</p>
<p><b>11. Overall review of the guideline and outstanding edits – genitourinary symptoms (history of breast cancer)</b></p>

Katharina Dworzynski, Guideline Lead and Gillian Baird, Committee Chair, led on revisiting genitourinary symptoms (history of breast cancer) recommendations.

The committee discussed editorial comments from Document 4

**12. Next steps / summary of actions/ key dates and activities**

Gillian Baird, Committee Chair summarised the actions and next steps. The next meeting will be on Monday 31<sup>st</sup> July 2023.

**Location of next meeting:** Monday 31<sup>st</sup> July 2023, virtually via Zoom.