

Menopause: diagnosis and management (update) Guideline Committee Meeting 14 (DAY 1)

Date: Monday 29th January 2024

Location Virtual meeting via Zoom

Minutes: **Final**

Committee members present:		
Gillian Baird		Present for items 1-12
Martha Hickey		Present for items 1-12
Haitham Hamoda		Present for items 1-12
Kathy Abernethy		Present for items 1-12
Hayley Berry		Present for items 1-12
Karina Bowkett		Present for items 3-12
Lorraine Griffiths		Present for items 1-12
Sarah Hillman		Present for items 1-12
Nina Kuypers		Present for items 1-12
Louise Massey		Present for items 1-12
Gillian Reeves		Present for items 1-12
Anita Sharma		Present for items 1-12
Anne Armstrong		Present for items 1-12
Eef Hogervorst		Present for items 1-12
John Stevenson		Present for items 1-12
Jenny Van Heerden		Present for items 1-12
NICE staff		
Katharina Dworzynski (KD)	Guideline Lead	Present for items 1-12
Esther Clifford (EC)	Project Manager	Present for items 1-12
Qudsia Malik (QM)	Senior Systematic Reviewer	Present for items 1-12
Agnesa Mehmeti (AM)	Systematic Reviewer	Present for items 1-12
James Hawkins (JH)	Senior Economist	Present for items 7-12
Stephen Murphy (SM)	Clinical Adviser	Present for items 1-12
Clifford Middleton	Guideline Commissioning Manager	Present for items 1-12
Astrid Aregui (AAr)	Editor	Present for items 2-12
Louisa Regan (LR)	Business Analyst	Present for items 1-12
Edgar Masanga (EM)	Adoption and Implementation Manager	Present for items 1-12

Apologies	
David Armstrong	Co-opted GC member
Roopen Arya	Co-opted GC member
Sadaf Ghaem-Maghani	Co-opted GC member
Nick O'Callaghan-Staples	Guideline Commissioning Manager

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

The Chair welcomed the Committee members and attendees to the 14th 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.

For the purpose of this committee meeting, some of declarations received by John Stevenson are direct financial and mean a partial exclusion to the topic related to cardiovascular disease. This means that he can be present for the discussion but is excluded from making decisions about the final wording of the recommendations.

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 Martha Hickey	Topic adviser	Peer reviewed publication: Genitourinary Syndrome of Menopause: Does Everyone Have It? Doust J, Huguenin A, Hickey M. PMID: 37972946	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Prevalence of different symptoms is outside the scope of the guideline update.
Professor Martha Hickey	Topic adviser	Peer reviewed publication: The Sleepio after cancer (SAC) study. Digital cognitive behavioural therapy for insomnia (dCBT-I) in women cancer patients - Trial protocol of a randomised controlled trial. Treacy T, O'Meara Y, Galligan MC, Henry AL, Lensen SF, Higgins MJ, Hickey M, Brennan DJ. PMID: 37741507	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is not included in the evidence because it is a published protocol rather than a study with data.
Professor Martha Hickey	Topic adviser	Peer reviewed publication WHAM-A Prospective Study of Weight and Body Composition After Risk-Reducing Bilateral Salpingo-oophorectomy. Price SAL, Finch S, Krejany E, Jiang H, Kale A, Domchek S, Wrede D, Wark JD, Hickey M. PMID: 37410931	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This topic is outside the scope of the guideline update.
Professor Martha Hickey	Topic adviser	Accepted for publication with accompanying profile feature (Lancet, December 2023): <ul style="list-style-type: none"> Empowering women to manage menopause: Hickey et al Optimising health after early menopause: Mishra et al Promoting good mental health over the menopause transition, Brown et al Managing menopause after cancer: Hickey et al 	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Whilst some of the publications relate to the scope of the guideline update, the accepted publications are broader than what were the specific topics covered in the guideline.
Mr Haitham Hamoda	Topic adviser	Comment in the Daily Mail on NK3 antagonist approval in the UK by the MHRA.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This topic is outside the scope of this guideline update.
Mr Haitham	Topic	Comment in the Daily Mail on menopause care and HRT	Direct –	Non-specific.

Hamoda	adviser	access in different geographical areas in the UK.	non-financial professional and personal interests	Declare and participate. Rationale: This topic is outside the scope of this guideline update.
Sarah Hillman	GC member	RfPB study menopause GAP looking at access to menopause care in primary care for lesser heard communities.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: General inequalities related to overall menopause care is outside the scope of the update.
Sarah Hillman	GC member	Co-author on paper accepted for publication (Lancet, December 2023): Optimising health after early menopause: Mishra et al	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Whilst the topics broadly relate to the scope of the guideline update, the accepted publications are broader than what was covered in the guideline.
Nina Kuypers	GC member	ChangeXtra Exploring Diverse Views on Menopause, Digital Health and Artificial Intelligence (AI) – Menopause panellist. It does not provide any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	NHS Confed Forum Women's Health - Expert by Experience Roundtables. It does not provide any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	The Health Collective: Grassroots Organisations' Views on Women's Health. It does not provide any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	Wellbeing of Women: Why I Ran an Ultramarathon. It did not provide any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	The Menopause Charity: Your Stories. It did not provide any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	My Menopause lattelounge article. It did not provide any reference to NICE guidance updates	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	'Menopause discussions need to be diverse'. It did not provide any reference to NICE guidance updates. https://www.workingwise.co.uk/menopause-discussions-need-to-be-diverse/	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	"Shock" when staff report menopause symptoms at work. It did not provide any reference to NICE guidance updates. https://www.hippocraticpost.com/womens-health/shock-when-staff-report-menopause-symptoms-at-work/	Direct – non-financial professional and	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.

			personal interests	
Nina Kuypers	GC member	'Menopause Friendly - information and advice for athletes'. It did not provide any reference to NICE guidance updates. https://www.scottishathletics.org.uk/athletes/menopause-advice-for-athletes/ and https://jogscotland.org.uk/active-living/menopause-and-running/menopause-advice-for-joggers/	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Gillian Reeves	GC member	I delivered a talk about findings on risk factors for breast cancer from the Million Women Study at the annual UK Interdisciplinary Symposium on Breast Cancer	Direct – non-financial professional and personal interests	Specific. 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. 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.
Louise Massey	GC member	I gave a paid talk entitled Bleeding on HRT to GPs and Practice nurses in Cwm Taf Health Board. The payment was from the Primary Care Education Dept and not industry sponsored	Direct, financial	Non-specific. Declare and participate Rationale: The general topic of bleeding associated with HRT was outside the scope of the current update.
Anne Armstrong	Co-opted GC member	Work related to menopause symptoms after breast cancer.	Direct – non-financial professional and personal interests	Declare and participate.
Eef Hogervorst	Co-opted GC member	Wrote a piece for the Conversation on 'male menopause'. https://theconversation.com/the-male-menopause-what-you-need-to-know-215110	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This publication is non-specific to the scope of the guideline.
Eef Hogervorst	Co-opted GC member	Wrote an invited review on HRT for JAD submitted January 15th 2024, under review. Does not include work I did for NICE. A meta-analyses done had different search terms and conclusions using different studies were the same as for NICE. NICE is not mentioned.	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is specific to the guideline scope, but the article is under review and therefore not available in the public domain.
Eef Hogervorst	Co-opted GC member	Gave a talk on menopause and andropause for University Podcast called expert on health, does not include work I did for NICE but rather own opinion on state of the art research (see Conversation piece).	Indirect interest	Non-specific. Declare and participate. Rationale: This is non-specific to the scope of the guideline.
Eef Hogervorst	Co-opted GC member	Will give a talk on menopause and diet/exercise 21 February for the University.	Indirect interest	Non-specific. Declare and participate. Rationale: Diet and exercise is not part of the scope of the guideline update.
John Stevenson	Co-opted GC member	Publication: Stevenson TEJ, Brincat MP, Pollaci J, Stevenson JC. Effect of hormone replacement therapy on intervertebral disc height. Climacteric 2023; 26: 110-13	Direct – non-financial professional and personal interests	Non-specific. Declare and participate (classification for this particular interest but the committee member is partially excluded for the topic due to other declarations). Rationale: This is not the topic

				that the co-opted member was appointed for to advise on.
John Stevenson	Co-opted GC member	Publication: Stevenson JC. Prevention and treatment of osteoporosis in women. Post Repro Health 2023; 29: 11-14	Direct – non-financial professional and personal interests	Non-specific. Declare and participate (classification for this particular interest but the committee member is partially excluded for the topic due to other declarations). Rationale: This is not the topic that the co-opted member was appointed for to advise on.
John Stevenson	Co-opted GC member	Presentation: Hormonal and physiological changes of menopause. Forever Rose, Abbott Laboratories Advisory Board, Dubai. Honorarium received.	Direct – financial	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted GC member	Presentation: Stevenson JC. MHT- efficacy and safety aspects. Forever Rose, Abbott Laboratories Advisory Board, Dubai. June 2023. Honorarium received.	Direct – financial	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted GC member	Presentation: Stevenson JC. Current options for MHT with focus on estradiol / dydrogesterone. Forever Rose, Abbott Laboratories Advisory Board, Dubai. Honorarium received.	Direct – financial	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted GC member	Presentation: Stevenson JC. HRT and coronary heart disease. 1st North Central London Menopause Conference, Whittington Hospital, London.	Direct – non-financial professional and personal interests	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted GC member	Presentation: Stevenson JC. Menopausal bones & hearts. 2nd All Wales Menopause Conference 2023. Wrexham Maelor Hospital, Wrexham.	Direct – non-financial professional and personal interests	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted GC member	Presentation: Stevenson JC. HRT and the cardiovascular timing hypothesis. Post Reproductive Health. Joint RCOG/BMS meeting. London.	Direct – non-financial professional and personal interests	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted GC member	Presentation: Stevenson JC. Menopause, HRT and osteoporosis. Post Reproductive Health. Joint RCOG/BMS meeting. London.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate (classification for this particular interest but the committee member is partially excluded for the topic due to other declarations). Rationale: This is not the topic that the co-opted member was appointed for to advise on.
John Stevenson	Co-opted GC member	Presentation: Stevenson JC. Maintaining bone and cardiovascular health after menopause. NAPS Symposium. Chelsea & Westminster Hospital, London	Direct – non-financial professional and personal interests	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted GC member	Presentation: Stevenson JC. Female coronary heart disease risks in the reproductive and post-reproductive years. Women's Health Concern 33rd Annual Symposium on women's health. London	Direct – non-financial professional	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but

			and personal interests	excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted GC member	Presentation: Stevenson JC. Cardiovascular disease prevention in postmenopausal women: what can we do. ISGE Webinar.	Direct – non-financial professional and personal interests	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.
John Stevenson	Co-opted GC member	Publication: Women's Health Concern Fact Sheet – Coronary Heart Disease. Collaboration with medical advisory council of the British Menopause Society.	Direct – non-financial professional and personal interests	Specific. Partial exclusion from the cardiovascular topic (included in the discussion for clarification but excluded from decision making) Rationale: This is directly relevant to the scope of this guideline.

2. Stakeholder consultation comments overview

Katharina Dworzynski, Guideline Lead led on the stakeholder consultation comments overview.

The committee considered the aims and objectives. There was a committee discussion and a revisit of the timeline.

3. Breast cancer: transdermal mode of administration

Katharina Dworzynski, Guideline Lead led on the recommendations and stakeholder comments on the transdermal mode of administration.

The committee discussed the main themes for this section, assessed the impact on recommendations discussed and agreed changes.

4. Breast cancer: Types of progesterone

Katharina Dworzynski, Guideline Lead led on the recommendations and stakeholder comments on breast cancer and the types of progesterone.

The committee discussed the main themes for this section, assessed the impact on recommendations discussed and agreed changes.

5. Breast cancer: oestrogen-only

Katharina Dworzynski, Guideline Lead led on the recommendations and stakeholder comments on breast cancer oestrogen-only.

The committee discussed the main themes for this section, assessed the impact on recommendations discussed and agreed changes.

6. Breast cancer: breast cancer related mortality

Katharina Dworzynski, Guideline Lead led on the recommendations and stakeholder comments on breast cancer related mortality.

The committee discussed the main themes for this section, assessed the impact on recommendations discussed and agreed changes.

7. Coronary heart disease

Katharina Dworzynski, Guideline Lead led on the recommendations and stakeholder comments on coronary heart disease.

The committee discussed the main themes for this section, assessed the impact on

recommendations discussed and agreed changes.
8. All-cause mortality
<p>Katharina Dworzynski, Guideline Lead led on the recommendations and stakeholder comments on all-cause mortality.</p> <p>The committee discussed the main themes for this section, assessed the impact on recommendations discussed and agreed changes.</p>
9. Dementia
<p>Katharina Dworzynski, Guideline Lead led on the recommendations and stakeholder comments on dementia.</p> <p>The committee discussed the main themes for this section, assessed the impact on recommendations discussed and agreed changes.</p>
10. Lay member forum
<p>The committee members held a forum where discussions were made on key points from the revisited recommendations.</p>
11. Cognitive behavioural therapy
<p>Katharina Dworzynski, Guideline Lead led on the recommendations and stakeholder comments for cognitive behavioural therapy.</p> <p>The committee discussed the main themes for this section, assessed the impact on recommendations discussed and agreed changes.</p>
12. Next steps / summary of actions/ key dates and activities
<p>Gillian Baird, Committee Chair summarised the actions and next steps.</p>