

Menopause: diagnosis and management (update) Guideline Committee Meeting 9

Date: Monday 20th March 2023

Location Virtual meeting via Zoom

Minutes: **Final**

Committee members present:		
Gillian Baird		Present for notes 1-8
Martha Hickey		Present for notes 1-8
Haitham Hamoda		Present for notes 1-8
Gillian Reeves		Present for notes 4-8
Hayley Berry		Present for notes 1-8
Sarah Hillman		Present for notes 1-8
Roopen Arya		Present for notes 1-2
Nina Kuypers		Present for notes 1-8
Eef Hogervorst		Present for notes 1-8
Kathy Abernethy		Present for notes 1-8
Lorraine Griffiths		Present for notes 5-8
Louise Massey		Present for notes 1-8
Anita Sharma		Present for notes 1-8
Anne Armstrong		Present for notes 5-8
John Stevenson		Present for notes 3-8
Jenny Van Heerden		Present for notes 1-8
David Armstrong		Present for notes 1-8

In attendance:		
Katharina Dworzynski	Guideline Lead	Present for notes 1-8
Melissa Bolessa	Project Manager	Present for notes 1-8
Nathan Bromham	Senior Systematic Reviewer	Present for notes 1-8
Agnesa Mehmeti	Systematic Reviewer	Present for notes 1-8
Katriona O'Donoghue	Systematic Reviewer	Present for notes 1-8
Ceri Williams	Information specialist	Present for notes 1-8
Stephen Murphy	Clinical Advisor	Present for notes 1-8
Edgar Masanga	Associate Assessment Lead	Present for notes 1-8
Astrid Aregui	Senior Medical Editor	Present for notes 1-8

APOLOGIES:

1.	Sadaf Gaem-Maghami	Co-opted GC member
2.	Nick O'Callaghan-Staples	Guideline Commissioning Manager
3.	Shalmali Deshpande	Systematic Reviewer
4.	James Hawkins	Senior Economist
5.	Karina Bowkett	GC member

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

The Chair welcomed the Committee members and attendees to the 9th 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	Further payment from UCB Pharma for speaking and chairing meeting discussing the use of romosozumab, a drug for osteoporosis	Direct - financial	Declare and participate. Agreed by developer Guideline Lead and Committee Chair March 2023. Rationale: Not specific to guideline.
Professor Eef Hogervorst	Co-opted member	Did an interview in June 2022 for being patient brain talks on my previous HRT and cognition literature review and the article we published in the Conversation (see earlier DOI) on the possibly short lived effects of HRT on brain function	Direct – non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead and Committee Chair in March 2023. Rationale: Whilst this is relevant to the scope of the guideline the review this was based on was not included in the evidence review and therefore the talk was not specific to the topic under discussion.
Professor Eef Hogervorst	Co-opted member	Being part of the Women in Higher Education Network and Loughborough MAIA network to support women obtain evidence-based information on menopause symptoms and management	Direct – non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead and Committee Chair in March 2023. Rationale: Information and support is not a specific topic that will be updated.
Professor Eef Hogervorst	Co-opted member	Going through menopause increased my personal interest further as this made it more urgent to find evidence-based information to reduce symptoms and assess risk being a	Direct – non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead and Committee Chair in March 2023.

		factor V Leiden carrier		Rationale: Having personal experience does not preclude anyone from the discussions.
Professor Eef Hogervorst	Co-opted member	We give talks to the public regularly based on my previous literature reviews on HRT and brain function. One of these can be watched on the website at Lboro.ac.uk which also includes our group as a Research Focus. This website went live 12 October 2022 https://www.lboro.ac.uk/schools/sport-exercise-health-sciences/research-innovation/research-spotlights/menopause-hormones-inequality-health/	Direct – non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead and Committee Chair in March 2023. Rationale: Whilst this is relevant to the scope of the guideline the review this was based on was not included in the evidence review and therefore the talk was not specific to the topic under discussion.
Mr Haitham Hamoda	Topic advisor	Comment in the Guardian on menopause care and provision	Direct – non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead and Committee Chair February 2023. Rationale: The comment was not specific to the topics of the update.
John Stevenson	Co-opted member	Consultant Physician, Royal Brompton Hospital	Direct - financial	Member's paid employment Declare and participate Agreed by developer Guideline Lead and Committee Chair November 2022 Rationale: Salaried employment in the NHS.
John Stevenson	Co-opted member	Private practice	Direct - financial	Declare and participate. Agreed by developer Guideline Lead and Committee Chair March 2023. Rationale: Not anticipated that private practice employment would influence guideline recommendations or involvement in guideline committee unlikely to bring financial benefit to the member. Benefits of involvement outweigh the potential risks.
John Stevenson	Co-opted member	Lecture: The impact of HRT on cardiovascular risk. Kyiv Ukraine. Honorarium from Abbott	Direct - financial	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 March 2023. Rationale: This is directly relevant to the scope and the honorarium is from Abbott which is a company that produces directly applicable products.

John Stevenson	Co-opted member	Lecture: The impact of HRT on cardiovascular risk. Astana, Kazakhstan. Honorarium from Abbott	Direct - financial	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 March 2023. Rationale: This is directly relevant to the scope and the honorarium is from Abbott which is a company that produces directly applicable products.
John Stevenson	Co-opted member	Advisory Board, Abbott	Direct - financial	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 March 2023. Rationale: Abbott is a company that produces directly applicable products.
John Stevenson	Co-opted member	Lecture: The impact of HRT on cardiovascular risk. Tashkent, Uzbekistan. Honorarium from Abbott	Direct - financial	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 March 2023. Rationale: This is directly relevant to the scope and the honorarium is from Abbott which is a company that produces directly applicable products.
John Stevenson	Co-opted member	Chairman, Women's Health Concern	Direct – non-financial professional and personal interests	Declare and participate Agreed by developer GL and committee Chair March 2023 Rationale: This is not specific to the guideline's scope for this update.
John Stevenson	Co-opted member	Trustee, British Menopause Society	Direct – non-financial professional and personal interests	Declare and participate Agreed by developer GL and committee Chair March 2023 Rationale: This is not specific to the guideline's scope for this update.
John Stevenson	Co-opted member	Executive Committee Member, International Society of Gynecological	Direct – non-financial professional and	Declare and participate Agreed by developer GL and

		Endocrinology	personal interests	committee Chair March 2023 Rationale: This is not specific to the guideline's scope for this update.
Nina Kuypers	Lay member	Delivered a session highlighting a Black Woman's Menopausal experience for HSBC Government. This does not include any reference to NICE guidance updates.	Direct - financial	Declare and participate. Agreed by developer Guideline Lead and Committee Chair February 2023. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Delivering a session 'The menopause: It's there in black and white' for NHS Menopause Hub. This does not include any reference to NICE guidance updates.	Direct - financial	Declare and participate. Agreed by developer Guideline Lead and Committee Chair February 2023. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Delivering a session 'for Oxford Brookes University "The Colourless Illusion of Menopause". This does not include any reference to NICE guidance updates.	Direct - financial	Declare and participate. Agreed by developer Guideline Lead and Committee Chair February 2023. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Panel member for BSI Menopause Workplace Guide.	Direct – non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead and Committee Chair February 2023. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	MAPS - JLA PSP - Steering Group	Direct – non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead and Committee Chair February 2023. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Wrote an article for 'The Voice' Newspaper – titled 'The Colourless Menopause'. 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 February 2023. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Interviewed and quoted in the iPaper about 'Ethnic minority women in England far less likely to get menopause treatment, data shows'. 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 February 2023. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Wrote a book review for 'Black and Menopausal' to be published in June 2023. 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 February 2023. Rationale: This is not specific to the scope of the guideline.

Dr Sarah Hillman	Committee member	Application for grant to be submitted May 2023 HTA NIHR commissioned call for an RCT looking at testosterone use in women with menopausal symptoms other than low libido	Direct – non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead and Committee Chair March 2023. Rationale: This is not specific to the scope of the guideline.
Dr Sarah Hillman	Committee member	Podcast recorded with Liz Earle re new testosterone patches and supply of HRT	Direct – non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead and Committee Chair February 2023. Rationale: This is not specific to the scope of the guideline.

They newly declared interests and any interest declared previously did not impact on the participation of committee members on matters under discussion for this meeting.

2. Cardiovascular protocol

Katharina Dworzynski, Guideline Lead and presented Cardiovascular protocol.

Katharina Dworzynski took questions from the group.

3. Evidence review question 2.5

Agnesa Mehmeti, Systematic Reviewer presented Evidence review question 2.5 - What are the effects of hormone replacement therapy for menopausal symptoms on developing dementia?

The committee discussed the clinical evidence, topic group recommendations, equality considerations and rationale for recommendations.

4. Evidence review question 2.5

Agnesa Mehmeti, Systematic Reviewer presented Evidence review question 2.5 - What are the effects of hormone replacement therapy for menopausal symptoms on developing dementia?

The committee discussed the clinical evidence, topic group recommendations, equality considerations and rationale for recommendations.

5. Lay member forum

The committee members held a forum where discussions were made on key points from review question 2.5. They discussed the clinical evidence, topic group recommendations, equality considerations and rationale for recommendations.

6. Evidence review question 2.3

Shalmali Deshpande, Systematic Reviewer, Katriona O'Donoghue, Systematic Reviewer and Sarah Hillman, Topic Group Lead presented Evidence review question 2.3 - What are the effects of hormone replacement therapy for menopausal symptoms on developing endometrial cancer? – observational studies

The committee discussed the clinical evidence, topic group recommendations, equality considerations and rationale for recommendations.

7. Evidence review question 2.3

Shalmali Deshpande, Systematic Reviewer, Katriona O'Donoghue, Systematic Reviewer and Sarah Hillman, Topic Group Lead presented Evidence review question

2.3 - What are the effects of hormone replacement therapy for menopausal symptoms on developing endometrial cancer? – observational studies

The committee discussed the clinical evidence, topic group recommendations, equality considerations and rationale for recommendations.

8. Summary of actions & any other business

Gillian Baird, Committee Chair summarised the actions. The next meeting will be on Tuesday the 21st of March 2023.

Location of next meeting: Tuesday 21st of March 2023, virtual meeting.

Monday 24th and Tuesday 25th April 2023, virtual meeting.