

# Education Session



HealthPathways  
Community

## Navigating menopause - Key insights into Menopausal Hormone Therapy (MHT)

WEDNESDAY 19 MARCH 2025, 7.00 PM – 8.00 PM

### Moderator:



**DR CAROL ATMORE**

GP & Clinical Director  
WellSouth PHN

### Presenters:



**DR SUSANNAH O'SULLIVAN**

Endocrinologist/Clinical Lead  
Endocrinology, Auckland



**DR HELEN ROBERTS**

Gynaecologist, Auckland



**DR JANICE YIN HOI LEE**

GP and HealthPathways Clinical  
Editor, Auckland

This webinar coincides with updated guidance on menopause and MHT on HealthPathways nationwide.

While the pathways will provide details on the breadth of MHT options, this webinar will build on your existing knowledge and focus on the practical and common prescribing considerations.

### Topics include

- Indications for MHT in 2025 (and prescribing guidelines)
- Myths and evidence about risks and contraindications of MHT
- Addressing a range of common questions, including counselling women about the use of MHT and managing its common side effects

### Target audience

This education session is suitable for general practitioners and nurse practitioners who would like to gain further experience in managing menopausal women and prescribing MHT.

In association with

**Health New Zealand**  
Te Whatu Ora

### Format

A presentation followed by moderated Q&A. This Zoom webinar session will be recorded for those unable to attend, and the recording shared on HealthPathways.

Attendees over 1000 will be directed to a live stream on YouTube. Those on the live stream will not be able to engage in the Q&A.

Submit questions prior to the webinar via the Comments & Questions field in the registration form.

### CPD

- Up to **1 hour** of professional development - certificate of attendance
- RNZCGP Fellows - up to **2 CPD points**



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For questions, email [education@healthpathwayscommunity.org](mailto:education@healthpathwayscommunity.org)