

PRVI REGIONALNI KONGRES MENOPAUZALNE MEDICINE SA MEĐUNARODNIM UČEŠĆEM

Novo doba menopauze
Sarajevo, 09.-10.05.2025. godine

University Sarajevo School of Science and Technology
Hrasnička cesta 3a, Ilidža



PROGRAM

FRIDAY 09.05.2025

8.00 – 9.30 Registration

9:30–9:45 Welcome speech by the president of OC and the president of SC

9.45 - 9.50 Welcome speech by the founder of SSST University, Ejup Ganić

9:50–09:55 Welcome speech by the president of IANUBIH academician Asim Kurjak

9:55-10:00 Welcome speech by the Minister of health of Canton Sarajevo

Session I - How to live a quality life in postmenopause

Presidency: T. Delić, D. Franić

10.00-10.20 Surviving or living in menopause - I. Fistonić - Introductory lecture

10.20-10.35 Culture of empathy in improving the quality of life in postmenopause - M. Jakovljević (Croatia)

10.35-10.50 Transition to menopause and the risk of cardiovascular diseases - M. Brkić (BIH)

10.50.-11.05 Menopause and sexual health: Treatment of dyspareunia and improvement of quality of life - F. Gavrankapetanović (BIH)

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11.05-11.20 Primary ovarian insufficiency – A. Hadžimehmedović (BIH)

11:20–12:00 Lecture sponsored by Sandoz

12.00-12.15 Discussion

12.15–12.45 Coffee break

II Session – New trends in improving the quality of life in menopause

Presidency: A. Zujović - Ajanović, A. Ljubić

12.45-13.05 Innovations in the treatment of vasomotor disorders - I. Jandrić (Croatia)

13.05-13.20 Biological therapies in menopausal medicine and their usability in late fertility - A. Ljubić (Serbia)

13.20-13.35 Complementarity of laser, radiofrequency and PRP for improving the quality of life in postmenopause - D. Franić (Slovenia)

13.35-13.50 Application of new technologies in solving postmenopausal problems - Aida Zujović - Ajanović (BIH)

13.50-14.05 Sponsored lecture by Photona: Laser in gynecology – I. Fistonić

14.05-14.20 Discussion

14.30-15.30 Lunch break

15.30-15.50 Specially invited lecture: Changes in global education - how to adapt to students wishes - M. Žižak (Croatia)

III session – Metabolism and menopause

Presidency: V. Zelija, S. Spremović-Rađenović

15.50-16.05 Metabolic changes and menopause - S. Spremović-Rađenović (Serbia)

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16.05-16.20 Menopause, hypothyroidism and MASLD - V. Zelija-Ašimi (BIH)
16.20-16.35 Osteoporosis and menopause - K. Kuna (Croatia)
16.35-16.50 Significance of kinesiotherapy in postmenopausal women - S. Grubiša (BIH)
13.55-14.05 Metabolic syndrome in menopause - diagnostic and clinical significance - MSc. Amina Šeta
16.50-17.00 Discussion

SATURDAY 10.05.

Session IV – Hormone Therapy and Menopause

Chairs: M. Šprem-Goldštajn, A. Hadžimehmedović

9.00-9.15 Longevity and Menopause – M. Šprem Goldštajn (Croatia)
9.15-9.30 Oral or transdermal – indications, contraindications, possible applications - I. Bolanča (Croatia)
9.30-9.45 Androgens in hormone therapy – yes or no? – D. Franić (Slovenia)
9.45-10.00 Perimenopausal contraception – D. Postružnik (France)
10.00-10.30 Panel on Hormone Therapy (HT) – HT yesterday, today, tomorrow – Moderator: D. Franić
(M. Šprem-Goldštajn, I. Bolanča, I. Jandrić, S. Spremović-Rađenović, Z. Velija-Ašimi)
10.30-10.45 Discussion

10.45 – 11.15 Coffee break

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Session V – Endometriosis, cancer and menopause

Presidency: I. Marton, I. Fistonić

11.15-11.30 Postmenopausal endometriosis - diagnosis and treatment options - Z. Vilendečić (Serbia)

11.30-12.15 Panel - Oncology and menopause - Moderator: I. Fistonić

Adiposity, aging and influence on carcinogenesis T. Delić

HT in oncology patients – I. Fistonić (Croatia)

Sexuality and quality of life in oncology patients - I. Marton (Croatia)

12.15-12.30 Discussion

12.30-12.45 Sponsored lecture by Vichy

12.45-13.45 Lunch break

VI session – »Rising Stars«

Presidency: Zelija Velija-Ašimi, N. Tiršo

13.45-13.55 Ph.D. Selma Jusufović - Perception of women in BiH about menopause and hormone replacement therapy: Results of an online survey from 2025

14.05-14.15 Dr. Nina Tiršo – Mental health in menopause - where we are and where we are going

14.15-14.25 Dr. Naida Muratović – Early menopause

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14.25-14.40 Dr. Dženana Softić – Sex Hormone-Binding Globulin, Testosterone, and Lipid Profile as Risk Factors for Cardiovascular Disease During the Menopausal Transition Discussion

Closing of the congress