

**WORK
SHOP**

NON-HORMONAL THERAPIES FOR MENOPAUSE

**NOVEMBER 20–21 2026,
BARCELONA SPAIN**

WORKSHOP.ESGYNECOLOGY.ORG



European Society of Gynecology

This workshop is the premier scientific event designed to present the new statement on Non-Hormonal Treatments of Menopause Symptoms drafted by the European Society of Gynecology for the European gynecologists.

Through expert-led sessions, participants will explore in depth the statement key sections, gaining valuable insights into the latest evidence and clinical perspectives.

By combining high-level scientific rigor with extensive opportunities for discussion and exchange, the workshop offers a dynamic forum for specialists to engage with critical advancements and contribute to the ongoing dialogue shaping menopause care across Europe.



PROGRAM

Introduction

Andrea Genazzani (IT) Welcomes
Camil Castelo Branco (ES) Who is the target?
Indications for non-hormone-based therapies

General approach

Ludwig Kiesel (DE) General approach to menopause without hormones: lifestyle modifications and diet
Tevfik Yoldemir (TR) Supplements for bone health: calcium, vitamin D, magnesium

Pharmacological management of vasomotor symptoms

Nathalie Chabbert-Buffet (FR) Pharmacological management of VMS
Attila Jakab (HU) The role of SSRIs and SNRIs in VMS management
Alessandro Genazzani (IT) VMS management with neurokinin receptor antagonists
Speaker to be announced Neurokinin targeted therapies

Management of Vaso-motor Symptoms

Petra Stute (CH) Phytopharmaceuticals for vasomotor symptoms

Petra Stute (CH) Isopropanolic extract of *Cimicifuga racemosa* as a non-hormonal therapy option in menopause: an evidence-based overview

Andrea Genazzani (IT) Phytopharmaceutical approaches to the management of menopausal symptoms

Blazej Meczekasłki (PL) VMS management: herbal therapies & equol

Andrea Genazzani (IT) DT56a for the management of menopause and beyond: clinical evidence and therapeutic positioning as a non-hormonal first-line option

Seng Bin Ang (SG) S-equol and women's health: epidemiology, mechanisms, evidence, and clinical perspectives

Santiago Palacios (ES) Purified and Specific Cytoplasmic Pollen Extract PureCyTonin®: a non-hormonal alternative for managing menopausal symptoms and improving patients' quality of life

Svetlana Vujovic (RS) Complementary and alternative treatments for vasomotor symptoms: behavioural therapy, acupuncture & hypnosis

Mark Brincat (MT) Complementary and alternative treatments for vasomotor symptoms: mindfulness, yoga, meditation and stellate ganglion block

Non hormonal management of GSM

Ineta Vasaraudze (LV) Non-hormonal therapeutic strategies for genitourinary syndrome of menopause: lubricants, moisturizers, hyaluronic acid

Andrea Giannini (IT) Medical devices and pelvic floor muscle training for the treatment of genitourinary syndrome of menopause

Conclusive Remarks