

ACTIVITY REPORT



Professor Chiara Benedetto

MD. PhD, FCNGOF, FEBCOG, FRCOG, FACOG

FIGO Regional Trustee for Europe

FIGO Regional Trustee for Europe - 10th October, 2023



CONTRIBUTION to

- Governance
- Administration
- Strategies
- Academic Activities



PARTICIPATION in on-line and in-person BOT meetings

FIGO Regional Trustee for Europe



➤ MEMBER of the FIGO Education, Communication and Advocacy Consortium ECAC

I regularly attended meetings and contributed actively to the **ASSESSMENT** of various Projects, Research Papers, Position Statements and Documents submitted by the FIGO Divisions and Committees



➤ EX-OFFICIO Trustee MEMBER of the FIGO Committees on ...



Women at Reproductive Age



Women at Menopausal Age

Ex-officio Trustee Member of the FIGO Committee on WOMEN AT REPRODUCTIVE AGE



I personally contributed, in collaboration with *Professor Fionnuala M. McAuliffe* of the FIGO Committee on the Impact of Pregnancy on Long-Term Health, to the preparation of the:

➤ FIGO Preconception Checklist for women desiring pregnancy

➤ PAPER “FIGO Preconception Checklist: Preconception Care for Mother and Baby” International Journal of Gynecology and Obstetrics, 2024; 165:1-8.



Promotion of the implementation of the FIGO Preconception Checklist for women desiring pregnancy in Europe and beyond

Ex-officio Trustee Member of the FIGO Committee on WOMEN AT MENOPAUSAL AGE

I personally contributed to the preparation of the paper:

- **Counseling in menopausal women: How to address the benefits and risks of menopause hormone therapy. A FIGO Position Paper**
International Journal of Gynecology and Obstetrics, 2024; 164:516-30



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SPECIAL ARTICLE

WILEY

Counseling in menopausal women: How to address the benefits and risks of menopause hormone therapy. A FIGO position paper

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Abstract

Menopause marks the end of menstrual cyclicity and, depending on individual vulnerability, has several consequences related to gonadal steroid deprivation, especially if it is premature. Menopause may be more burdensome for some women than for others. Individual factors, such as personal history, socioeconomic status, ethnicity, and current health conditions, affect symptomatology and, thereby, the menopausal experience. In addition, some menopausal symptoms, such as severe hot flashes, sleep disorders, and depression, are markers of future health risks. Counseling is a fundamental part of health care in the peri- and postmenopause periods. It must include an assessment of the patient's symptoms, needs, desires, and risk profile to address the benefits and risks of menopausal hormone therapy (MHT) on an individual basis and promote a healthy lifestyle. Indeed, healthcare practitioners can and must protect the health and lives of mid-life women by increasing awareness of menopausal symptoms and ensuring healthcare options, especially MHT. The type and duration of MHT should be tailored based on the patient's history, menopausal age, physical characteristics, and current health status so that the benefits always outweigh the risks. This FIGO position paper focuses on the benefits and risks of MHT on health domains, target organs, and systems, and on systemic and vaginal MHT regimens, to provide indications that can be used in the clinical practice for menopausal counseling. Moreover, it offers insights into what FIGO considers the mainstay for the healthcare management of women in peri- and postmenopause, worldwide.

KEY WORDS

bioidentical hormones, counseling, hormone therapy, menopausal hormone therapy benefits, menopausal hormone therapy regimens, menopausal hormone therapy risks, menopausal symptoms, menopause

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Ex-officio Trustee Member of the FIGO Committee on WOMEN AT MENOPAUSAL AGE



I promoted a **JOINT ONGOING FIGO and IMS POSITION PAPER** on “**Hormone Therapy in Women with Premature Ovarian Insufficiency or Early Menopause: it is time to think of a new paradigm for a healthy ageing**”

AIM To reach a global consensus on the rational of extending the use of specific MHT beyond the average age of menopause, i.e. 51 years, in women with no contraindications for MHT and POI or Early Menopause. This extension may potentially decrease the negative impact POI has on the general, psychological and sexual quality of life, as well as on long-term bone, cardiovascular, metabolic and cognitive health.



I also promoted a **JOINT ONGOING FIGO and WHF POSITION PAPER** on “**Menopause Hormone Therapy in Women at high risk of Coronary Heart Disease**”

AIM To develop a common “language” between Gynecologists and Cardiologists to help in making an individualized counselling of women at high risk of coronary heart disease during the menopausal transition and post-menopause as to the use of MHT.

Contributions to the FIGO MISSION and VISION in Europe and beyond



FIGO's Mission of elevating the status of women and girls' health, reducing disparities in health care for women and girls and advancing the science and practice of obstetrics and gynaecology through education, global research, advocacy and capacity building is also the core of the EBCOG



Currently the EBCOG President is the President Elect of FIGO, and therefore, the activities of FIGO have been easily integrated with those of EBCOG and vice versa

Contributions to the FIGO Mission and Vision in Europe and beyond



Webinars, Congress Lectures, Events for Public Engagement and Social Media Projects

AIM To raise awareness on the pivotal importance of implementing

- preconception care for women at reproductive age
- individualised counselling on MHT during the menopausal transition and the post-menopausal age



These actions may ultimately help to increase the health-span of women and their babies and are expected to have an overall positive individual and socio-economic impact

A collaboration is ongoing with *Dr Vani Sethi* who works for the advancement of adolescent, preconception and maternal nutrition policies and programmes in the South Asia Region, UNICEF Regional Office for South Asia, Kathmandu.



AIM To bridge the knowledge gap on preconception nutrition in South Asia thorough a series of 4 research papers

The first paper on **Preconception malnutrition among women and girls in south Asia: prevalence, determinants, and association with pregnancy and birth outcomes** - Lancet Regional Health South East Asia, 2025: 36:100573



Contributions to the FIGO Mission and Vision in Europe and beyond



I was involved with *Professor Fionnuala McAuliffe* in the **WHO Consultation: Reframing care and services to improve preconception health** to present the FIGO: Preconception and Nutrition Checklists, 8 May 2024



I was contacted by *Dr. Gwanyama Noella*, General Consultant at the Regional Hospital Bamenda, Cameroon asking for support in the implementation of the FIGO "**Checklist on preconception care**" in Cameroon, to improve maternal and child health, through the training/involvement of Civil Society Organizations in the NW Cameroon Region. This project is under consideration



I collaborated, together with *Professors Fionnuala McAuliffe, Hema Divakar and Bo Jacobsson*, in a project of the Thalassaemia International Federation, to develop, "**Guidelines on the management of Thalassaemia**" for dissemination, which was concluded



I collaborated in a Joint position statement: "**Substandard and disrespectful care in labour - because words matter**" prepared by the European Association of Perinatal Medicine (EAPM), EBCOG and the European Midwives Association (EMA), which was published in the Eur J Obstet Gynecol Reprod Biol 2024: 296:205-7

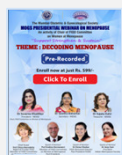


International Congresses and Webinar Activities related to FIGO

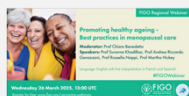


I was Faculty at the ...

- **66th All India CONGRESS of Obstetrics & Gynaecology (AICOG)** Hyderabad, 6-10 Jan 2024
EBCOG Session, speaking on **Counseling in Menopausal Women: Benefits and Risks of MHT**
- **67th All India CONGRESS of Obstetrics & Gynaecology (AICOG)** Mumbai 8-12 Jan 2025
FIGO Session, speaking on **Raising Awareness of Preconception Care**



I was Chief Guest at **MOGS (The Mumbai Obstetric & Gynecological Society) Presidential WEBINAR on Menopause**, FIGO Committee Session speaking on **Menopausal Hormone Therapy: Benefits and Risks**, 1 Aug 2024



I organised and ran an online **FIGO WEBINAR for the European Region on Promoting healthy ageing - Best practices in menopausal care** aimed at providing a comprehensive, evidence-based guidance to improve health and well-being during menopause, 26 March 2025

I am a member of the Scientific Committee for the **29th European CONGRESS of Obstetrics and Gynaecology**, which will also be an occasion for FIGO Members to gather together and share knowledge and visions, Frankfurt 5-7 June 2025 !



XXV FIGO World Congress of Gynecology and Obstetrics

5-9 October 2025
Cape Town International
Convention Centre



FIGO XXV
WORLD CONGRESS
OF GYNECOLOGY
AND OBSTETRICS



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