

# PCOS TIME: An Evidence Based Course for the Diagnosis and Management of Polycystic Ovary Syndrome (PCOS)



## DAY 1: Understanding PCOS and Practical Management

Monday, 02 June 2025

### Introduction and welcome

[Dr Bassel H.Al Wattar](#), Associate Professor of Reproductive Medicine, Angela Ruskin University Hospital

[Rachel Morman](#), Chair of Verity (PCOS UK)

08:50 – 09:00

### PCOS: Prevalence, History and Impact

[Dr Vikram Talaulikar](#), Assoc. Professor, University College London

09:00 – 09:45

### Initial assessment and diagnostic work up

[Dr Sophie Clarke](#), Endocrinologist, University College London

09:45 – 10:30

### Diagnosis and management of PCOS in adolescence

[Dr Alexia Pena Vargas](#), Assoc. Professor, University of Adelaide

10:30 – 11:15

### Break

11:15 – 11:30

### Weight management and lifestyle interventions

[Dr Ali Abbara](#), Honorary Consultant, Imperial College

11:30 – 12:15

### The role of nutrition in managing PCOS: evidence-based approaches

[Jadine Scragg](#), Researcher, Oxford University

12:15 – 13:00

### Management of menstrual disorders with PCOS

[Dr Vikram Talaulikar](#), Assoc. Professor, University College London

13:00 – 13:30

### Lunch

13:30 – 14:30

### PCOS management over the life course within primary care

[Professor Judith Ibbison](#), GP and Professor of Practice, St George's University

14:30 – 15:15

### Recognising and supporting mental health in patients with PCOS

[Dr Carol Percy](#), Assistant Professor, Coventry University

15:15 – 16:00

### The lived experience and role of joint decision making

[Rachel Morman](#), Chair of Verity (PCOS UK)

16:00 – 16:30

### Q&A panel session with speakers and concluding remarks

[Dr Bassel H.Al Wattar](#), Associate Professor of Reproductive Medicine, Angela Ruskin University Hospital

[Rachel Morman](#), Chair of Verity (PCOS UK)

16:30 – 17:00

# PCOS TIME: An Evidence Based Course for the Diagnosis and Management of Polycystic Ovary Syndrome (PCOS)



## DAY 2: Managing PCOS across the life course Wednesday, 04 June 2025

### Opening Remarks

[Dr Bassel H.Al Wattar](#), Assoc. Professor of Reproductive Medicine, Angela Ruskin

[Rachel Morman](#), Chair of Verity (PCOS UK)

08:50 – 09:00

### The metabolic profile in PCOS: screening and risk reduction

[Dr Sophie Clarke](#), Endocrinologist, University College London

09:00 – 09:45

### Cardiovascular health with PCOS: screening and risk management

[Professor Aled Rees](#), Professor of Endocrinology, Cardiff University

09:45 – 10:30

### Managing PCOS through menopause and beyond

[Dr Bassel H.Al Wattar](#), Assoc. Professor of Reproductive Medicine, Angela Ruskin

10:30 – 11:00

### Break

11:00 – 11:15

### Managing alopecia, hirsutism and acne in PCOS

[Dr Alison Layton](#), Consultant Dermatologist, Harrogate and District Hospital

11:15 – 12:00

### Long term health risks and other associated complications

[Professor Steven Franks](#), Emeritus Reproductive Endocrinology, Imperial College

12:00 – 12:45

### Cultural competence in PCOS management: bridging gaps in health equity

[Dr Itunu Johnson-Sogbetun](#), NHS GP & founder of RCGP Special Interest Group

12:45 – 13:30

### Lunch

13:30 – 14:30

### PCOS and subfertility: latest treatment and management

[Dr Bassel H.Al Wattar](#), Associate Professor of Reproductive Medicine, Angela Ruskin University Hospital

14:30 – 15:15

### PCOS in pregnancy: risk management

[Dr Rebecca Scott](#), Consultant Obstetric Medicine, Chelsea & Westminster Hospital

15:15 – 16:00

### Case scenarios and discussion of common clinical presentation

Course Moderators

16:00 – 16:30

### Q&A panel session with speakers and concluding remarks

[Dr Bassel H.Al Wattar](#), Associate Professor of Reproductive Medicine, Angela Ruskin University Hospital

[Rachel Morman](#), Chair of Verity (PCOS UK)

16:30 – 17:00