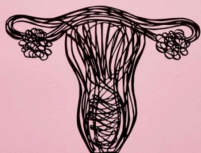


In 2020 **just 5%**
of global research
and development
funding went to
women's health.



Menopause isn't
a midlife crisis—
it's a **medical
blind spot.**

ISIS
C L I N I C

MENOPAUSE & WOMEN'S HEALTH EVENT

13.12.2025

Leventios Gallery
Nicosia, Cyprus



Sponsored by the ISIS Clinic
Supported by AIPFE

MENOPAUSE & WOMEN'S HEALTH EVENT AGENDA

Session 1: Your Fertile Years & Beyond

Time: 10:00 – 13:00

Explore key stages of women's reproductive health from puberty to the menopause and find out how lifestyle medicine can work alongside conventional medical treatments to help women thrive during menopause

10:00

Welcome & Introduction by Dr Andreas Mavrides
Medical Director at the ISIS Clinic

10:15 – 10:45

Keynote Address by Professor Joyce Harper
University College London

“Your Fertile Years: Puberty through to Menopause”

An internationally renowned, award-winning educator, author, podcaster, academic, public speaker, & scientist
Joyce is Professor of Reproductive Science at University College London, Institute for Women's Health, UK

10:45 – 11:15

“The Reproductive Ends of Women”
Dr. Effie Mantrali

BSc (Hons), MBBS (UK), MRCOG, CCT (UK)
Obstetrician, Gynaecologist, Advanced Laparoscopic Surgeon, Gynaecological Oncology, Endometriosis & Fertility Specialist at ISIS Clinic, Nicosia, Cyprus

Coffee Break 11:15 – 11:45

11:45 – 12:15

“Menopause & Weight Management”
Alexia Potamitou

Expert Accredited Menopause Dietitian & Member of the Northern American Menopause Society

12:45 – 13:00

Panel Discussion Featuring All Speakers
Q&A session with the audience



MENOPAUSE & WOMEN'S HEALTH EVENT AGENDA

Session 2: Menopause Policy Making Workshop

Time: 14:00 – 16:30

This session will focus on advocating for workplace inclusion & wellbeing for menopausal women, highlighting the importance of shifting organisational perceptions around menopause & discussing potential policy initiatives.

14:00 – 14:15

Introduction to Afternoon Session by Dr Andreas Mavrides

Overview of the policymaking workshop session

14:15 – 14:45

Keynote Address by Professor Joyce Harper (UCL)

“Introduction to the UK's InTune Menopause Programme”

An overview of the evidence-based & inclusive approach to menopause education & support, featuring insights from the UK's InTune initiative

14:45 – 15:15

**“Owning Menopause with Confidence:
the critical role of workplace support”**

Mahi Solomou

AIPFE Cyprus-Women of Europe & British High Commission
Certified Menopause Champion, discussing workplace inclusion and wellbeing for menopausal women

Coffee break 15:15 – 15:45

15:45 – 16:15

**Panel Discussion featuring all Speakers
& members of the AIPFE Board of Directors**

Discussion of potential policy initiatives
with key policymakers & healthcare professionals
Open floor for questions from audience

16:15 – 16:30

Closing Remarks by Thalia Iacovou Vice-President AIPFE

Summary of key points & recap of the day's discussions and takeaways





PROFESSOR JOYCE HARPER

Joyce Harper is an internationally renowned, award-winning educator, author, podcaster, academic, public speaker, and scientist. She is Professor of Reproductive Science at University College London, Institute for Women's Health.

She has worked in the fields of fertility, genetics and reproductive science since 1987, written over 240 scientific papers and published three books. She is co-leading the development of a UK Menopause Education and Support Programme, called InTune, with support from key organizations to ensure everyone is educated about menopause. Joyce is also co-founder of the UK Fertility Education Initiative (www.fertilityed.uk) and co-founder of the International Reproductive Health Education Collaboration (www.eshre.eu/IRHEC). She is working with schools in the UK and globally to help deliver reproductive health education. She is an ambassador for Wellbeing of Women and is working on establishing support for mothers and daughters suffering from endometriosis and period education in schools.

Joyce is passionate about empowering women to live their best lives through good health and happiness. Her last book, *Your Fertile Years*, explores women's health from puberty to menopause. Her podcast, *Why didn't anyone tell me this?* is listened to in over 90 countries. She regularly appears in the UK press, radio and TV.

www.joyceharper.com

Instagram, X, Bluesky, TikTok: @profjoyceharper



DR. EFFIE MANTRALI

Dr. Effie Mantrali is an Obstetrician and Gynaecologist with over 13 years of clinical experience in the UK. She qualified from Imperial College London in 2010 and completed her specialist training in 2023, gaining extensive experience in leading centres across the East Midlands and London. During her training, Dr Mantrali developed expertise in high-risk obstetrics, gynaecological oncology, minimally invasive surgery, endometriosis and fertility.

In 2019, she undertook a clinical research fellowship at Hammersmith Hospital, focusing on gynaecological oncology and womb transplant surgery for uterine factor infertility, whilst maintaining her clinical practice at Queen Charlotte's Hospital. She became a Member of the Royal College of Obstetricians and Gynaecologists by obtaining her MRCOG in 2021. She continued further specialty training in her areas of interest, and completed a post-CCT fellowship in endometriosis and simulation training in minimal access surgery at Chelsea and Westminster Hospital in London, prior to moving back to Cyprus in early 2025.

Throughout her practice, she has gained experience in managing women with premature ovarian failure experiencing early onset of menopausal symptoms. She has supported many women through their perimenopausal years whilst transitioning into the menopause using a holistic approach, which includes both non-medical and medical interventions.



MAHI SOLOMOU

Mahi Solomou is a seasoned communications professional with over 30 years' experience across hospitality, cultural, wellness and non-profit sectors. As Press Officer for AIPFE Cyprus–Women of Europe and facilitator for Lean In Nicosia Huddle, she is a passionate advocate for women's voices, championing empowerment and leadership.

Her own menopause journey marked a pivotal turning point, both personally and professionally. Initially overwhelming and marked by unfamiliar symptoms, this experience ignited a mission: to learn, share, and champion inclusive workplaces where menopause has the presence and recognition it deserves.

As a Certified Menopause Champion, Mahi advocates for menopause inclusion and provides peer support—at the British High Commission, but also through the FCDO and HMRC platforms. To date, she has reached over 700 participants through events, webinars, and one-on-one conversations, delivering awareness training sessions and offering informal support to colleagues across embassies in the region.

Mahi is committed to ensuring that menopause is not met with shame or silence but embraced as a shared workplace commitment.



ALEXIA POTAMITOU

Alexia was born in Athens, Greece. She moved to Nicosia, Cyprus where she finished high school and then went to Gottingen Germany to study Medicine. She has discovered her love for health and nutrition early on and therefore she left Germany to study Food and Nutrition in the United States. There she earned both a bachelor's degree and a Master's degree in dietetics. She is currently working on her PhD on the matter of menopause and andropause respectively. She is the only accredited menopause Dietitian in Cyprus and member of the Northern American Menopause Society.

Dietetics in private practice has been Alexia's work and passion for more than 15 years. She enjoys counseling patients/clients with various health issues such as IBS, IBD, diabetes, HTN, weight loss, nutrition in the perimenopausal period, menopausal period and postmenopausal period. She had recently become a registered menopause practitioner. She is a strong believer that no one size fits all!

Alexia's core values are love, forgiveness and choice. These values have enabled her to establish strong bonds with family, friends and clients and live a fuller life. Alexia is an author of three nutritional books and a children's book and a strong advocate of health and women.

Alexia is a mother of a 9 year old hero named Nicholas who bravely battled Ewing sarcoma. Nicholas left the plane of earth on October 24th, 2023. Theodora her 11 year old daughter is the silent hero and a remarkably strong girl.

Alexia lives by her son's motto that "every breath counts."





THALIA IACOVOU

Thalia Iacovou has been working in the field of design, branding and communications for the last 28 years. A graduate of Reading (BA) and Middlesex (MA) Universities, Thalia spent the first 16 years of her professional career in London, where she worked in the design industry with global clients on branding, communications and digital design projects.

She became head of digital branding and communications at UBS Investment Bank in London in 2002, where she also served on the e-commerce steering board of the Bank's trading and banking platform. She was involved in 2 global rebrands of the business and managed all the digital brand training globally.

After returning to Cyprus in 2007, Thalia became co-director of Navajo, a creative agency with expertise in branding and digital communications, working across the corporate, entertainment and hospitality industries. She also advises in the fields of Corporate Social Responsibility and Public Service.

Thalia is involved in #TEDxNicosia, #TEDxNicosiaWomen, is a mentor for the Cyprus Centre for Entrepreneurship (C4E) and the Junior Achievement Program. She is a member and co-ordinator of the first Nicosia LeanIn circle and also launched the first Jamie Oliver Food Revolution Day in Cyprus.

Her motivation in life is driven by a passion to approach everything with creativity and collaboration. She believes that we all have a responsibility to explore new ways of thinking in order to find solutions to the issues of our generation.

This is Thalia's fourth term on Aipfe's Board of Directors and her second term as Vice-President. She hopes to help drive the organisation's mission of women's empowerment in business and civil society through advocacy and action.

