

# Aspire

**MASTERCLASS**

20 - 22 January 2017  
Crowne Plaza West Hanoi, Hanoi, Vietnam

*PCOS – closing the gaps in its origins, metabolic  
and fertility consequences including treatment options in 2017*



[www.aspire-reproduction.org](http://www.aspire-reproduction.org)



Dear Colleagues,

I would like to welcome you to the first ASPIRE Masterclass on PCOS to be held in Hanoi, Vietnam. PCOS is the commonest endocrine condition of women and increasingly it is being recognised that it has longterm health effects and may also have implications for family members such as parents and brothers. There has been an explosion of knowledge about the genetics of the condition, and also the metabolic sequelae and their appropriate management. Good randomised trials have appeared regarding the optimal use of oral medications and new IVF techniques are revolutionising the reduction of ovarian hyper stimulation syndrome.

It is increasingly being recognised that we need evidence to develop appropriate therapies and, as part of this, it has been recognised that many patients have emotional struggles as well as the cosmetic and weight issues that follow many patients with PCOS. In planning this meeting we have some of the best experts in the area who will discuss their latest findings with you, will be available for case and personal discussions, and because of the deliberate low attendance at the meeting, you will have ample opportunity to get to know the speakers and interface with them. We are restricting it to only 80 participants and, with an outstanding faculty representing the region, Europe and the United States, we should be able to tackle many of the major problems of PCOS that you encounter in your clinical practice.

We would welcome you to come to this wonderful city with its French architecture and good weather, and at the same time learn about a compelling condition that is going to become increasingly important.

With best wishes,

**Professor Robert Norman**  
*Chair, ASPIRE Masterclass*

**PROFESSOR RICHARD S. LEGRO**

Dr. Richard S. Legro is Professor and Vice Chair of Research in the Department of Obstetrics and Gynecology at Penn State University College of Medicine in Hershey, PA and Co-Director of the Clinical Services Core at the Penn State Clinical and Translational Science Institute. His research and clinical practice are primarily focused on polycystic ovary syndrome (PCOS)-diagnosis, treatment, and genetic/environmental causes as well as on improving infertility diagnosis and treatment. He has led multiple multi-center trials, has been the principal investigator on a number of National Institutes of Health (NIH) grants and published over 200 peer-reviewed articles in medical journals and multiple books in the field of reproductive endocrinology. He is Secretary-Treasurer of the Endocrine Society. He is an Associate Editor for Fertility and Sterility and the Co-Editor in Chief of Seminars in Reproductive Medicine.

**PROFESSOR JOOP S.E. LAVEN**

Professor Joop S.E. Laven is professor in Obstetrics and Gynaecology and is based in Erasmus medical centre in Rotterdam the Netherlands. For many years he had a particular interest in the management of PCOS covering the full spectrum of the syndrome. During the last decade his research focussed on the effects of PCOS on quality of life and long-term health risks as well as the genetic basis of the disease.

**PROFESSOR ZI-JIANG CHEN**

Dr. Zi-Jiang Chen is the Professor of OB/GYN and Reproduction, Dean of Cheeloo College of Medicine, Vice President of Shandong University, China. She is a pioneer in applying the assisted reproductive technology (ART) and pre-implantation genetic diagnosis (PGD) and also chaired and completed the first multi-center Randomized Controlled Trials (RCT) in area of reproductive health in China. Dr. Chen has made a breakthrough in illuminating the genetic etiology of polycystic ovarian syndrome (PCOS) and Premature Ovarian Failure (POF), providing evidence for clinical classification, prediction and prevention. She has published more than 200 papers in peer-reviewed journals, including *New England Journal of Medicine*, *Nature Genetics*, *Proc Natl Acad Sci*, *Nature Communications*, *American Journal of Human Genetics*, *Human Reproduction Update*.

**PROFESSOR ROB NORMAN**

Professor Robert Norman is Professor of Reproductive and Periconceptual Medicine at the Robinson Research Institute, University of Adelaide. He was the Founding Director of the Robinson Research Institute, which focuses on the early stages of life to improve the health and well being of children and families and comprises approximately 400 researchers.

Professor Norman is a clinician scientist who has sub-specialised in reproductive medicine and endocrinology and is particularly interested in events around the time of conception. His expertise is in assisted reproduction, infertility management and polycystic ovary syndrome, a condition which is very commonly found in women across the reproductive and post-reproductive lifespan. He is past President of ASPIRE and remains active on the Board.

**ASSOCIATE PROFESSOR LISA MORAN**

Associate Professor Lisa Moran is the Head of the Healthy Lifestyle Research Program at the Monash Centre of Health Research Implementation, Monash University, Australia. She is an Accredited Practising Dietitian and works clinically in the management of women preconception and during pregnancy including women with polycystic ovary syndrome or women

undergoing assisted reproductive technology. She has clinical research experience in dietary, lifestyle and weight management interventions in women with polycystic ovary syndrome and evidence-based medicine experience in Cochrane reviews, systematic reviews and evidence-based guidelines in PCOS.

**FRIDAY, 20 JANUARY 2017**

Time	Title	Speaker
1330	What is PCOS and how do we recognise it?	Robert Norman
1415	Phenotype/genotype in Asians	Zi-Jiang Chen
1500	Phenotype/genotype in Caucasians	Joop Laven
1545	Afternoon coffee break	
1615	Metabolic and familial aspects of PCOS	Richard Legro
1700	Management of weight disorders in the reproductive years	Lisa Moran

**SATURDAY, 21 JANUARY 2017**

Time	Title	Speaker
830	Mechanisms of anovulation in PCOS	Joop Laven
915	Oral agents in ovulation induction	Richard Legro
1000	FSH and ovarian drilling in PCOS	Joop Laven
1045	Morning coffee break	
1115	IVF in PCOS	Zi-Jiang Chen
1200	Case discussions	All
1245	Lunch and meet the Professor sessions	Faculty
1345	Lifestyle, preconception and dietary interventions	Lisa Moran
1430	Pregnancy in PCOS	Joop Laven
1515	Afternoon coffee	
1545	Diagnosis and management of hirsutism	Richard Legro
1630	Case discussions	Robert Norman and faculty
1715		

## SUNDAY, 22 JANUARY 2017

Time	Title	Speaker
830	Treatment of the metabolic syndrome in PCOS	Richard Legro
915	What do systematic reviews and meta-analysis mean in PCOS?	Lisa Moran
1000	Morning coffee	
1030	How to set up PCOS clinics and practice evidence-based treatments	Robert Norman
1115	Case and general discussions	Faculty
1200	Asian collaborations in research	Zi-Jiang Chen/ Richard Legro
1230	Closing remarks	Robert Norman

## REGISTRATION FORM

Please complete this form, sign it and send it to ASPIRE Secretariat at [cdeguerville@kenes.com](mailto:cdeguerville@kenes.com).

PERSONAL PARTICULARS	
<b>Salutation:</b> <input type="checkbox"/> Prof. <input type="checkbox"/> Dr. <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Others, please specify _____	
<b>First Name:</b>	<b>Last Name:</b>
<b>Position:</b>	<b>Department:</b>
<b>Institution:</b>	
<b>Address:</b>	
<b>Tel:</b>	<b>Fax:</b>
<b>Email:</b>	<b>Mobile:</b>
<b>Meal Request:</b> <input type="checkbox"/> Vegetarian <input type="checkbox"/> Other request or allergy, please specify: _____	

Please tick against the box accordingly to indicate your participation and request.

**Yes, I would like to register for ASPIRE Masterclass (20-22 January 2017) Crowne Plaza West Hanoi, Hanoi, Vietnam**

**Course Fees: USD 800** (inclusive of course materials and meals during the course)

For accommodation matters, upon receipt of your registration form, you will be given a link to book your hotel room at Crowne Plaza West Hanoi. Other hotel suggestions will be provided. Cheaper options available.

### **Cancellation Policy:**

Refund of registration fee will be as follows:

- Prior to October 10<sup>th</sup>, 2016 - 50% refund
- From October 11<sup>th</sup>, 2016 - no refund

*Note: In case of cancellation at any stage, an administration fee of 35 USD will not be refunded.*

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Signature & Date

ASPIRE Secretariat:



PICO Creative Center, 20 Kallang Avenue, Singapore 339411  
Tel: +65 6292 0732 • Fax: +65 6292 4721 • Email: [cdeguerville@kenes.com](mailto:cdeguerville@kenes.com)

