

European Menopause and Andropause Society

EMAS: Advancing Midlife Health Through Education, Research, and Collaboration

Founded in 1998, the European Menopause and Andropause Society (EMAS) is a non-profit scientific society dedicated to advancing health and wellbeing in midlife and beyond through research, education, and advocacy.

With members and affiliated societies across the globe, EMAS brings together a broad community of clinicians, researchers, and healthcare professionals committed to evidence-based, inclusive, and collaborative care. Its work is shaped by wide-ranging expertise across the many disciplines involved in midlife health, helping ensure that menopause and post-reproductive health are approached in a comprehensive, multidisciplinary way.

OVERVIEW

At the core of EMAS is a clear mission: to improve care and support healthier ageing by promoting scientific knowledge, professional education, and collaboration. This commitment is reflected not only in its clinical and educational activities, but also in its emphasis on practical guidance for healthcare professionals and better recognition of midlife health in wider society.

Education remains central to EMAS activity. EMAS delivers a regular webinar programme, alongside podcasts, clinical guidance, Menopause Essentials fact sheets, and research resources designed to support both healthcare professionals and the wider public. EMAS also contributes to scientific publishing through its official journals, which provide multidisciplinary perspectives on midlife health and support the dissemination of clinically relevant research.

A key addition to this educational portfolio is EMAS Academy 2026, which took place in Rotterdam, the Netherlands, on 3rd–4th July 2026. Framed as "a new way of learning midlife care," the Academy is designed to prepare healthcare professionals to deliver confident, evidence-based midlife care with practical tools for real-world

clinical decision-making. Its focus reflects a growing need for deeper, structured training in an area where patient demand is rising but formal education has often not kept pace.

EMAS has also played a pioneering role in addressing menopause in the workplace. In 2016, EMAS published the first scientific recommendations on menopause and work, followed by an updated position statement in 2021. Since then, the society has continued to develop guidance and educational resources, and has led awareness efforts, including the launch of Menopause in the Workplace Day on 7th September, helping to place menopausal



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health within broader discussions on workforce participation, equality, and healthy ageing.

One of the greatest challenges facing reproductive and midlife health in 2026 is the growing mismatch between increasing patient needs and unequal access to evidence-based care across Europe. Women are living longer, expectations regarding quality of life continue to rise, and awareness of reproductive and menopausal health is increasing. At the same time, misinformation on social media, persistent stigma surrounding menopause and fertility, and considerable disparities between healthcare systems continue to influence patient care. EMAS believes that improving education for both healthcare professionals and the public, while promoting equitable access to modern reproductive and menopausal healthcare, will be essential to improving outcomes across Europe.

Alongside these challenges, the field is undergoing rapid transformation through digitalisation, personalised medicine, and emerging therapeutic innovations. AI, telemedicine, and digital health technologies are increasingly supporting patient management and education, while advances in hormone therapies and fertility preservation are enabling more individualised approaches to care. EMAS envisions a future centred on multidisciplinary, patient-focused care that combines scientific innovation with a holistic understanding of women's health across the lifespan.

Looking ahead, EMAS continues to strengthen its international scientific exchange through its congresses, with the next EMAS Congress taking place in Gothenburg, Sweden, from 19th–21st May 2027. The congress will bring together a global, multidisciplinary community to share research, clinical advances, and perspectives shaping the future of midlife health.

Beyond education and research, EMAS is increasingly contributing to policy discussions. Its President, Petra Stute, and Secretary General, Ludwig Kiesel, were recently invited to speak at a European Parliament public hearing on menopause care, reflecting growing recognition of midlife health as a public health priority.

Through these activities, EMAS continues to support clinicians, advance knowledge, and contribute to improving health outcomes at midlife and beyond.

Petra Stute

President of EMAS

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