



UNIVERSITY OF
KWAZULU-NATAL
INYUVESI
YAKWAZULU-NATALI



SOUTH AFRICAN SOCIETY
OF PSYCHIATRISTS

INTERDISCIPLINARY WOMEN'S HEALTH UPDATE

ON MIDLIFE HEALTH



Date: Saturday,
29 August 2026



Venue: Riverside Hotel,
10 Kenneth Kaunda Road, Durban North



Cost:
SASOP Members - R400
Non SASOP Members - R500



Target audience:
Healthcare practitioners registered with HPCSA, both men and women that are treating midlife women are invited to attend.



Registration:
08h30-09h00



Program duration:
09h00-15h00



Facilitators:
Dr Janine Brooker,
Dr Sibongile Mashaphu
Dr Reyanta Bridgmohun

REGISTER HERE



OR SCAN TO REGISTER

REGISTRATION DEADLINE:
FRIDAY, 14 AUGUST 2026

SPEAKER PROGRAMME

Prof Boitumelo Phakathi

Chief Specialist Surgeon, Associate Professor and Academic Head, Discipline of General Surgery.

Prof Phakathi is an award-winning surgeon and academic whose work has been recognised through the Hamilton Naki Clinical Scholarship, the Scales Antrobus Research Prize for Best Breast Cancer Research, the NRF Black Academic Advancement Programme, and the South African Health Excellence Award (2024). She will discuss the importance of breast health, early detection, and current approaches to the diagnosis and management of breast disease in midlife.

Dr Phathokuhle Zondi

Chief Specialist, Sport and Exercise Medicine.

Dr Zondi is a leading sports medicine specialist, Associate Editor of the British Journal of Sports Medicine, and advisor to the International Olympic Committee. She has served as Chief Medical Officer for Team South Africa at numerous international sporting events. Her presentation will focus on physical wellness in midlife, including exercise, nutrition, healthy ageing, disease prevention, and strategies to promote overall wellbeing.

Dr Sundran Percy Moodley

Specialist Obstetrician, Gynaecologist and Sexual Medicine Physician.

Dr Moodley is a highly experienced clinician and former President of the South African Menopause Society. He has been in specialist practice for more than three decades and has a special interest in women's health and sexual medicine. His presentation will address common pelvic floor disorders affecting women in midlife and current management options.

Dr Lavinia Lumu

Specialist Psychiatrist and Honorary Lecturer.

Dr Lumu is an executive member of the SASOP Women's Health Subgroup and President of the International Marcé Society for Perinatal Mental Health. She will present on the midlife brain, exploring the neurological, cognitive, and emotional changes that occur during this period of transition, and discuss factors that support brain health and psychological wellbeing.

Dr Amirah Parak

Specialist Physician and Endocrinologist.

Dr Parak trained at the University of KwaZulu-Natal and the University of the Witwatersrand and previously lectured in the Division of Endocrinology at Wits, with several local and international publications. She will present "The Battle of the Midlife Bulge", exploring the hormonal and metabolic factors that contribute to weight gain in women aged 40-60, and practical approaches to managing obesity, insulin resistance, thyroid disorders, and diabetes.

Prof Bonga Chiliza

Associate Professor and Head of the Discipline of Psychiatry, University of KwaZulu-Natal.

Prof Bonga Chiliza is President of the African College of Neuropsychopharmacology, Editor-in-Chief of the South African Journal of Psychiatry, and Past President of the South African Society of Psychiatrists. He has authored over 150 peer-reviewed publications and has received several prestigious research awards, including the Hamilton Naki Clinical Research Fellowship. He will present "The Beauty of the Sandwich Generation," exploring the challenges and rewards of balancing the care of ageing parents and growing children during midlife.

Sponsored by PPS



INSPIRING GREATNESS