

THE DEPUTY VICE-CHANCELLOR AND HEAD OF THE UNIVERSITY OF KWAZULU-NATAL'S  
COLLEGE OF HEALTH SCIENCES, PROFESSOR BUSI NCAMA, INVITES YOU TO A

WOMEN'S HEALTH SEMINAR IN  
COMMEMORATION OF WOMEN'S  
MONTH 2025, WHICH WILL FOCUS ON:

# MIDLIFE, MENOPAUSE AND BEYOND



WEDNESDAY,  
27 AUGUST 2025



12H00-14H00  
(SAST)



SUSSER AND STEIN, K-RITH TOWER BUILDING,  
NELSON R MANDELA SCHOOL OF MEDICINE

## PANELLISTS



### DR SIBONGILE MASHAPHU

is a specialist psychiatrist, lecturer and researcher in the Discipline of Psychiatry at UKZN, with over 20 years of clinical experience in psychiatry and mental health. Her areas of expertise include chronic HIV and Mental health, mental health issues affecting women, such as anxiety, depression, gender-based violence and adverse childhood experiences. She is currently an executive member of the SASOP Women's Mental Health group, a role that allows her to advocate for women's wellbeing. She will be discussing menopause and mental wellbeing.



### DR NOMPUMELELO NTSHANGASE-MPANZA

is a specialist obstetrician and gynaecologist at Victoria Mxenge hospital. She is also an honorary lecturer at UKZN's Discipline of Obstetrics and Gynaecology. She is the founder of an NPO, Excellence Health Foundation, that aims to educate the community about women's issues, with a special emphasis on cervical cancer. In this seminar she will describe the common signs and symptoms of menopause.



### DR THEV GURAYAH

is an occupational therapist who has been at UKZN since 2009. Thev has a PHD from UKZN. She worked previously at Addington and King George V Hospitals. Her interests are in mental health, occupational therapy education, higher education and occupational therapy. She will be unpacking the functional impact of menopause on daily activities.



### FACILITATOR

#### MS MAUREEN MBENSE

is a Durban-based Clinical-Consulting Psychologist. She has many years of service in KZN in both public and private sectors.

SEATS ARE LIMITED. PLEASE RSVP BY NO LATER  
THAN FRIDAY, 15 AUGUST:

[CLICK HERE TO RSVP](#)