THE INTERNATIONAL CONGRESS ON

CHALLENGES OF WOMEN'S HEALTH

New Dimensions in the 21st Century

December 6-8, 2013

GrandHyatt Mumbai

India

MMC Credit Points available

Jointly organized by

International Menopause Society

Indian Menopause Society
It gives me great pleasure to invite you to attend the Regional Meeting of the International Menopause Society to be held in Mumbai from 06 to 08 Dec. 2013. ‘Challenges in Women's Health’, the theme of the Congress has never been more appropriate than at the present time. Emerging data for prevention and management of several aspects of health of the mature women make it important for us to stay abreast, to enable us to give women the most appropriate care. India is a culturally and geographically diverse country where the problems and needs of our women are dramatically different in various parts of the country. Interaction with International experts and key opinion leaders in the field will go a long way in increasing our knowledge to help our women better.

Jyothi Unni
President –
The Indian Menopause Society
Clinical Practice in women's health was based on the clinical experience of our peers and our teachers. Today, it is based on evidence accumulated from very diligent and precise research. As science rapidly progresses, so does excellence in the art of this science progress. To highlight the various aspects of this very much needed discussion, the International Menopause Society in collaboration with the Indian Menopause Society, has organized this Regional Meeting for the first time in India. During this meeting, we propose to review the evidence which will lead to the best practices, debate the use of various therapies, learn from the experience of colleagues and imbibe the evidence and the latest research, towards a better quality of life for women in India.

A special thanks to both the teams for putting together an excellent scientific programme and for collaborating and participating in this conference. I also thank Tobie Villiers and Jyothi Unni for their patronage to this meeting. A special thanks to Rashmi Shah, Preeti Galvankar, Sonia Malik and my entire team for their time and efforts.

We invite you to share your knowledge at this meeting and to experience the hospitality at one of the most vibrant cities of India. We know that you will enjoy being a part of this brilliant meeting, just as we have enjoyed putting it together.
**Customizing Menopausal Hormone Therapy – (MHT)**

This workshop will discuss the various protocols of hormone therapy, the use of different formulations, different doses and different routes. The efficacy, advantages and side effects of estrogens, progestins and androgens will be discussed to give optimum advantage to our patients – Interesting case discussions will cover the intricacy of how to offer the best of MHT to your patients.

- Indications and contraindications
- Different formulations, routes & protocols
- Case presentations
  - MHT for a symptomatic woman based on symptoms
  - MHT for an asymptomatic woman
  - MHT for women with: Previous hysterectomy Previous endometriosis
- Deciding the therapy of choice
- Trouble shooting during MHT

**New surgical techniques at midlife**

This workshop will demonstrate and discuss the newer surgical techniques, equipments and materials used for midlife issues. Videos will be presented followed by problem solving by experts.

- Office hysteroscopy at midlife
- Hysteroscopic polypectomy
- Leeps for CIN II of cervix
- Robotic hysterectomy
- Aquadissection, barbed suture & morcellation in fibroids
- Preventing vaginal prolapse – Supporting the vault
- Treating of vaginal prolapse – Use of mesh
- MHT for women with pre-existing medical disease
- MHT for women with neurological disorders, autoimmune diseases
- MHT for premature menopause
- When and how to do Le Forte's Colpocleisis

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**PROGRAMME**

Friday 6th December, 2013

**Workshops**

09.00 am - 01.00 pm

Hall A

**Customizing Menopausal Hormone Therapy – (MHT)**

09.00 am - 01.00 pm

Hall B

**New surgical techniques at midlife**

01.00 - 02.00 pm

LUNCH
Workshops
02.00 - 06.00 pm

Breast disease and the Gynaecologist
This workshop highlights the prevention of Breast Cancer. Women seek gynaecologists for their breast problems and it is important for every gynaecologist to know when to get alerted and how to proceed when they face a situation with a breast disorder.

- Benign breast lesions – How can we differentiate between benign and malignant
- Benign breast disease

Interesting case discussions
- Self breast examination
- Evaluating breast discharge
- Indication for Mammography and MRI of the Breast
- Indications for MRI of the breast
- Follow up of breast fibroadenomas and Benign Breast Disease (BBD)
- Interpreting mammography and MRI reports
- FNAC and core biopsy of a breast lesion
- Management of menopausal symptoms in women with BBD, fibroadenoma
- Management of fertility and pregnancy in a woman with a breast lump
- Protocol for follow up of women at high risk of breast cancer

02.00 - 06.00 pm

Fit at fifty, shapely at sixty & strong at seventy
This workshop will be a live demonstration of various exercises which we recommend to our patients. It will also discuss the principles and rationale of various exercises. The value of right nutrition which a woman requires during her midlife years, will also be discussed.

- The right nutrition
- The right supplements for the midlife woman
- The right exercise
- Which health program gives the best results?
- Principles and rationale of various exercises
- Demonstration of various exercises and discussion with experts: Weight loss, Toning, Relaxation, Weight bearing and Yoga

06.00 pm

TEA / COFFEE

Public Forum
07.00 - 08.00 pm

Caring for the Care giver in her changing world – Are we doing enough?

08.00 - 08.30 pm

Opening Ceremony
08.30 pm

Welcome Reception
Saturday 7\textsuperscript{th} December, 2013

\underline{Symposia}  
09.00 - 11.00 am  
Hall A

\textbf{Sexuality at midlife – Does anyone discuss it?}  
- Midlife Sexuality – Indian Perspective  
- Vaginal atrophy  
- Enhancing sexual desire

\textbf{Early detection of genital cancer – Cutting edge technology}  
- Liquid based cytology and HPV DNA testing for cervical cancer  
- Newer biomarkers for ovarian cancer  
- Predictive genetic testing for breast and ovarian cancers

09.00 - 11.00 am  
Hall B

\textbf{Urogenital aging – A social problem}  
- Urogenital risk assessment – Newer diagnostics  
- Urge incontinence – Newer therapies  
- Surgical management of SUI – Newer techniques

\textbf{Bone Health – For quality life}  
- Calcium and vitamin D deficiency – Why and how should we correct it?  
- "FRAX" – Is it a good screening tool?  
- Can estrogens be the first choice for treatment of osteoporosis?

11.00 - 11.30 am  
TEA / COFFEE

\textbf{Plenary – Key Note Lectures}  
11.30 am - 01.30 pm

\textbf{Exciting new developments in the treatment of osteoporosis}

\textbf{Fertility at midlife – The need of the new generation}

\textbf{CVD / CHD – Risks and benefits of MHT in menopause}  
01.30 - 02.30 pm  
LUNCH

02.30 - 03.30 pm  
Debate – Hall A

\textbf{MHT is indicated for the prevention of chronic disease of aging}  
02.30 - 03.30 pm  
Symposium – Hall B

\textbf{Fighting Adiposity – Road map to longevity}  
- Adipose tissue – The newer endocrine organ  
- Dyslipidaemia – How best can it be managed?  
- Bariatric Surgery – Does it reduce the risk of morbidity and mortality?

03.30 - 04.30 pm  
Panel Discussion – Hall A

\textbf{Perimenopausal bleeding: The roller coaster of midlife}
03.30 - 04.30 pm  
**Debate** – Hall B

*Women over 50 years should be given a choice to get pregnant*

04.30 - 05.00 pm  
**TEA / COFFEE**

**Plenary – Key Note Lectures**  
05.00 - 07.00 pm  

**Estrogen and midlife cognition**

**Hot flushes**

**Premature ovarian dysfunction**

07.00 - 08.00 pm  
**POSTERS, WINE & CHEESE**

08.00 pm onwards  
**MUSIC, COCKTAILS & DINNER**

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**Sunday 8th December, 2013**

**Symposium**  
09.00 - 11.00 am  
**Hall A**

**Menopausal symptoms – How best can they be treated**

- Estrogens: The good, the bad and the unpredictable
- Androgens – When & for whom?
- Non-hormonal therapy – Does it really help?

**Prophylactic surgery – Is it justified?**

- Mastectomy in women at high risk of breast cancer
- Oophorectomy to prevent ovarian cancer in women undergoing hysterectomy at perimenopause
- Hysterectomy in perimenopausal women with abnormal uterine bleeding

09.00 - 11.00 am  
**Hall B**

**Other concerns at midlife**

- Sleep disorders
- Sarcopenia and obesity
- Depression – Therapy with estrogen

**SAFOMS Session**

*Impact of menopause in South Asian countries*

Viewpoints from – Sri Lanka, India, Bangladesh, Nepal, Pakistan

11.00 - 11.30 am  
**TEA / COFFEE**

**Plenary – Key Note Lectures**  
11.30 am - 12.50 pm  

**Sex steroids and the brain**

**Menopausal Hormone Therapy in special situations**

12.50 - 01.50 pm  
**LUNCH**
01.50 - 02.50 pm  Panel Discussion – Hall A

**Stump the experts: Interesting case discussions**

- How should the gynaecologist manage metabolic syndrome at midlife?

01.50 - 02.50 pm  Guest Lectures – Hall B

- Choosing the right Estrogen: Does route, dosage and molecule matter?
- Caring for a woman at midlife

**Symposium**

02.50 - 03.50 pm  Hall A

**Stem cells – Are they the future elixir for midlife?**

- The story of stem cells
- The Current applications at midlife
- Ongoing research and the future

02.50 - 03.50 pm  Hall B

**Dilemmas in cancer management – The Indian scenario**

- HPV vaccine – To give or not to give at midlife?
- Screening for breast cancer – When and how?
- Screening for ovarian cancer – Why no consensus?

03.50 - 04.50 pm  Symposium – Hall A

**Vulvar disorders – The difficult ones**

- Persistent vulvar pruritis
- Premalignant lesions of the vulva
- Vulvodynia

03.50 - 04.50 pm  Invited Papers – Hall B

**Therapies at midlife**

- Mirena – The two in one therapy
- GnRh analogs for fibroids and menorrhagia
- Omega 3 fatty aids
- The One Pill Wonder
- Vitamin D oral v/s injectables

04.50 - 5.20 pm  Best 3 posters – Oral presentation

05.20 pm  Valedictory / Distribution of Prizes

05.30 pm  TEA / COFFEE

Programme subject to change

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SAFOMS Speakers

Atul Munshi (India)
Hemantha Perera (Sri Lanka)
Marium Richard (Pakistan)
Pem Gooneratne (Sri Lanka)
Rohana Haththotuwa (Sri Lanka)
Shahla Katun (Bangladesh)
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Rishma Pai
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Rustom Soonawalla
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Sudha Sharma
Suneeta Mittal
Sunila Khandelwal
Surjeet Kaur
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Swati Dave
Tripti Nagaria
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Urvashi Jha
Urvashi Yavalkar
Usha Krishna
Usha Saraiya
Usha Sriram
Vandana Bansal
Vibha Mishra
Vijayalakshmi Seshadri
Vineet Mishra
Y. S. Nandanwar
Yashodhara Pradeep

...and many more eminent speakers
Can you spot Congenital Hypothyroidism in these pictures?

Most infants with Congenital Hypothyroidism appear normal at birth¹*

NELSON TEXT BOOK OF PEDIATRICS states

- Early diagnosis after birth and prompt treatment of Congenital Hypothyroidism can prevent irreversible brain damage³

American Academy of Pediatrics AAP recommends²

- All infants should be screened for Congenital Hypothyroidism within 7 days of birth

¹ Refers to transfer of maternal T4 to fetus

**TREATMENT**

Thyroxine Sodium 25/50/75/100 mcg

- ELTROXIN Tablets

- 25/50/75/100 mcg

**INDICATIONS**

- Thyroid hormone replacement therapy in hypothyroidism

**CONTRAINDICATIONS**

- Hypersensitivity to the active ingredient or any other component

**WARNINGS**

- History of thyroid disease, pregnancy, breastfeeding, or breastfeeding

**PRECAUTIONS**

- Use with caution in patients with cardiovascular disease, hepatic disease, or renal dysfunction

**ADVERSE REACTIONS**

- Bradycardia, arrhythmias, nausea, vomiting, diarrhea, constipation, headache, dizziness, fatigue, malaise, myalgia, arthralgia, abdominal pain, rash, urticaria, flushing, angioedema, urticarial rash, anaphylaxis, contact dermatitis, urticaria, angioneurotic edema, angioedema, Stevens-Johnson syndrome, toxic epidermal necrolysis, eosinophilic fasciitis, interstitial lung disease, pulmonary embolism, myocardial infarction, pericarditis, cardiomyopathy, arrhythmias, myocarditis, pericarditis, arrhythmias, myocarditis, pericarditis, arrhythmias, myocarditis

**DOSE AND ADMINISTRATION**

- For oral administration

**HOW SUPPLIED**

- Tablets: 25/50/75/100 mcg

**PACKAGING**

- Packaging: Blister packs of 10 tablets of 25/50/75/100 mcg

**REFERENCES**

- Nelson Textbook of Pediatrics

**PATIENT INFORMATION**

- Advise patients to consult their healthcare provider if they develop symptoms of thyroid dysfunction, such as fatigue, weight gain, cold intolerance, constipation, dry skin, and weakness

**DISTRIBUTORS**

- GlaxoSmithKline Pharmaceuticals Ltd.

**PHARMACOLOGICAL CATEGORY**

- Thyroid hormone replacement therapy

**PHARMACOLOGICAL GROUP**

- Thyroid hormone replacement therapy

**PRODUCT CODE**

- 25/50/75/100

**MANUFACTURED BY**

- GlaxoSmithKline Pharmaceuticals Ltd.