Indian Menopause Society

Theme 2015: Menopause – Empower, Enrich & Enlighten!
World Menopause Month
October 2015

Dr. H. P. Pattanaik
President IMS, India, 2015 -16

Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Theme: What Comes to Mind: Menopause and the Ageing Brain?

Awareness Poster

English

Hindi

Guajarati

Report on World Menopause Month submitted by Dr. Sunila Khandelwal, Secretary General CAMS & Dr. Jyoti Unni IMS India representative, international Menopause society

Jaipur Chapter
News paper articles published on the theme 2015!
Release of poster at TV Meditalk show state wise Campaign, BMD Camp!

Dr. Anju Soni - Chapter Secretary Jaipur
18th October 2015 – World Menopause Day Celebrations

In our endeavor for making women of midlife strong, this World Menopause Day, we celebrated it with great dedication and enthusiasm and worked very hard to achieve so many successes on one single day –

1. Collect more than 150+ Gynecologists for a Rajasthan Medical Council accredited CME
2. Increase in membership strength of Jaipur by 40% on 18th October, 2015 (WMD) and introduce all the new members to IMS and JOGS members
3. Launch of the International Menopause Poster and pamphlet in Hindi
4. Felicitate a new executive of more than 25 members to boast our local and national presence
5. Coverage of this unique event in all Local and National Dailies (News was even covered in Bhubaneswar for our Jaipur event)
6. Stress on unified action by all of us
7. Successfully organize IMS Quiz with over 30 participation's (Largest in Jaipur for any quiz)
8. Better coordination with doctors and society members

From the positive response generated from this event, we plan to organize free Health Check up camp with Awareness to Menopause, Menopause Awareness Talks and BMD camp and Osteoporosis Awareness in the coming quarter.

I would like to appreciate the special efforts of Dr. Sunila Khandelwal, the Founder Secretary who has pioneered this academic body with mission, vision & action. Also, the members of IMS Jaipur Chapter that have worked tirelessly to implement such a delightful event.
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East Zone Conference of Indian Menopause Society was held on Saturday and Sunday, October 31 and November 1, 2015 at Hotel Stadel, Salt Lake, Kolkata. The Conference started with a live Workshop on Endoscopy which was headed by Dr Kusagradhi Ghosh and Dr Abhinibesh Chatterjee. First case TLH with BSO (Multiple Fibroid uterus about the size of 26 weeks of Pregnant uterus) was done by Dr Abhinibesh Chatterjee. Dr Subhash Chandra Halder, a very famous endocopist did diagnostic Hysterescopy and proceed for removal of submucuss fibroids. Dr M M Samsuzzoha and Dr Dipanwita Banerjee did diagnostics Colposcopies. There were about 60 Gynaecologists who attended the workshop. It ended at about 2.30 pm.

**Conference Registration**: One hundred Ninety delegates attended this Conference. The response to two full days of Scientific Programmes was overwhelming. Six & Half credit hours were granted by the West Bengal Medical Council.

The conference was inaugurated on October 31, 2015 by renowned personality Prof Sukumar Mukherjee. The IMS flag was unfurled by Dr Rama Vaidya, our Founder President and the guest of honor of this Conference. A beautiful Souvenir was released by Prof Sukumar Mukherjee. The inauguration programme was well anchored by Dr Basudeb Mukherjee.
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**Academic:** The Scientific Committee left no stone unturned to make the scientific programme a mix of science and academia related to clinical practice. The discussion during the various sessions highlighted key research in basic science, new treatments and treatment related complications.

National Faculties: Dr H P Pattanaik, Dr Rama Vaidya, Dr Jignesh Shah, Dr Vandana Narula, Dr Sunila Khandelwal, Dr Kusum Gopal Kapoor, Dr Usha Didwania, Dr Amulya Kumar Singh, Dr Shobhana Mohandas, Dr Anjula Sahai, Dr Pushpa Sethi.

Local Faculty including the senior doctors from Medicine, Surgery, Orthopaedics, Psychiatrist, Neorologists, Urologist, Oncologist, Dermatologist, Anesthetist and all senior Gynaecologists of Kolkata.

**Orations:**

**Name:** Dr Sobha Ghosh Memorial Oration
**Orator:** Dr Sudip Chakraborty
**Topic:** “Patient Collaboration is The Key”

**Name:** Dr Tarun Banerjee Memorial Oration
**Orator:** Dr H P Pattanaik
**Topic:** “Don’t Pause for Menopause”

**Club 35 – Public Awareness Program**

It was held on the evening of October 31, 2015. There was a big fashion show (look at me ….. I am.....) and Yoga and exercise demonstration was done by Body Life Gym. More than 50 participants were present. Miss Kaninika Ghosh, a famous film actress was judge for the fashion show. Prizes were given to the 1st and 2nd. Mr Arnab Sengupta spoke regarding the Holistic Approach to Life Management.
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Gurgaon Chapter

Gurgaon chapter celebrated the world menopause day with many activities
Dr. Vandana Narula was a panelist in panel on osteoporosis organised by Chandigarh menopause society on 18th October at PGI.

A BMD camp was organised at Sethi hospital on 18th October - No of patients were screened.
Gurgaon chapter organised a CME on SAVE THE UTERUS on 25th October at South City Club. The topics discussed were ...
It was a very interactive CME. 60 members attended.ula spoke on diabetes in menopause was followed by club35 meet!

DR PUSHPA SETHI chairperson club 35 committee & DR VANDANA NARULA chapter secretary attended the east zone IMS conference at Kolkata. Dr Sethi delivered a talk on life style changes in pain management in menopause.
Dr Vandana Narula spoke on diabetes in menopause. Both the talks were very well appreciated.

Thanks & Regards
Dr. Vandana Narula
Past President GOGS | Secretary, IMS Gurgaon
Proprietor Narula Hospital and Infertility Centre,
Sector 15 part-II Gurgaon
Ph.: 0124-2335311, 0124-2333426, Mob.: 9810065906
email: vandanatidy@yahoo.co.in
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IMS Bhagalpur Chapter
Dr. Pratibha Singh, Chapter Secretary Bhagalpur

Bhagalpur Chapter Conducted interactive session on menopause on 18th October doctors from different specialist which included gynaecologist, orthopaedic an, surgeon, physicians, dental surgeon & cancer specialists. Few social activist also participated. Pap Smear & BMD done.

IMS Bharuch Chapter
Dr. Bhavana Sheth , Chapter Secretary Bharuch

18th October- World Menopause Day was celebrated in a unique way. About 100 volunteers from Bharuch went to Haldarwa and along with about 300 people of the village celebrated the day.

The program was as follows-
1) Surya Namaskar Demonstration and explaining it’s importance- by Dr. Pooja Nathwani.
2) Role of Vit D in daily life- by Orthopaedic surgeon- Dr. Krut
3) Traditional Indian garbas as it was Navratri time.

World menopause day celebrations at Haldarwa village.

25th October- Survey of the de-addiction camp- 2 more villagers totally gave up alcohol.
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All 20 villagers who have given up alcohol were given Vit. B complex tablets for a period of 30 days.

**Happiness in the villager after joining De-addiction camp.**

4th October - **Spoken English Class in Haldwara village** - About 30 Adivasi children have so far learnt to speak, read and write complete alphabets A to Z. They have learnt to identify common objects in English.

11th October - **BMD camp** was arranged - About 100 women took advantage of the camp.

**IMS Surat Chapter**
Dr. C. H. Trivedi, Chapter Secretary, Surat
25th October 2015
Dr. Anita Shah delivered a talk on “Menopause & its problems” along with a Fitness trainer Dr. Raj Shetty on “Fitness at 40” at LADYCON 2015 of Ladies wing of FPA [Family Physician Association] Surat as a part of FPCON 2015.
26th September 2015 - “Harmony 35+” ……. Dance a Unique way of Exercise!

Since last 5 years IMS surat chapter is celebrating World Menopause day in advance usually in the end of September by arranging our annual cultural program. This year also we celebrated our “Harmony 35+” program on 26th September 2015 at Veer Narmad South Gujarat University Auditorium, Surat. The program was graced by a Renowned Weight Loss and Fitness Expert Mrs. Sapna Vyas Patel as a Chief Guest. Our members presented various items with full zeal and enthusiasm. Here are the few glimpses of our program. The winners of Fitness Marathon also presented one item.

In this program total numbers of participant were 150…. The age group between 35 – 65 years. The great rejoicing aspect of the program is that husband of our members also participated with the same enthusiasm.

The main motto our these program is to spread the message that Dance is also a unique way of exercise which can keep you fit.
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Chennai Chapter
Dr. Hephzibah Kirubamani, Chapter Secretary Chennai Chapter

World Menopause Day Celebrations – CME + Quiz

Quiz on Ageing Ovary was Conducted 10-12 Noon
1. Dr. Deep Thangamani - quiz master - Written Test followed by Oral, Visual & Rapid Fire
   Judges are Dr. Jayashree Gajaraj, Dr. Hephzibah & Dr. Tamilarasi
28 participants – Young Gynaecologist attended the quiz, all participants were given participant certificate. For first three winners certificate & cash award were given

   2-230 PM – “Menopause and the ageing brain”
      Dr. E. S. Krishnamurthy – Neuro Physician
   230-250 PM – “Effect of age and menopause on the thyroid”
      Dr. Krishna G. Seshadri
      Prof and HOD, Department of Endocrinology, Diabetes and Metabolism,
      Sri Ramachandra medical College.
   255-310 PM – “Menopause, thyroid and bone – estrogen as the common link”
      Dr. Jayashree Gopal
      Senior Consultant Endocrinologist and Diabetologist, Apollo Sugar, Chennai
      Associate Dean of Teaching and Research, MVDRC, Royapuram
315-345 PM - Panel Discussion on “Managing symptoms of and in the menopause – experts view”
   Moderator: Dr. Jayashree Gopal
   Panelists: Dr. Jaishree Gajaraj, Dr. Krishna G Seshadri, Dr. G.S Geetha, Geriatrician,
   Dr. Tamilselvi

CME was well attended by 75 delegates and well appreciated
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**Lucknow Chapter**
**Dr. Yashodhara Pradeep, Chairperson IMS Exam Committee**

November 2015 in OPD of dept. of obgyn King George Medical University Lucknow on the occasion of World Menopause Month. This is the 8th camp in continuation.

**Nagpur Chapter**
**Dr. Kanchan Sortey, Chapter Secretary Nagpur Chapter**

On the eve of World Menopause Day whole month was Celebrated with Multiple public forums 6-10-2015 Dr. Alka Kumar spoke about Cervical Cancer & Papsmear camp was carried out for women of Lashkari Bag.

9-10-2015 Menopause Awareness & BMD Camp organized at SSC Education Board, Civil Lines Nagpur
Dr. Kanchan Sortey delivered talk on Menopause & Cervical cancer Prevention. On this occasion Documentary on Breast Cancer was shown
46 women attended the camp
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10-10-2015 Breast Cancer awareness program was carried out at RST Cancer Hospital Nagpur

15-10-2015. Dr. Kanchan Sortey, Dr. Nirmala Vaze, Bhagyshree Gandhe carried out awareness program on menopause, breast cancer & Cervical Cancer. At the same time HB% test & BMD Camp was carried out at Telecom Nagar Sakhi Manch.
16-10-2015 Dr. Kanchan Sortey, Dr. Nirmala Vaze, Dr. Sanyukta Gokhale guided the women on Menopause awareness, Breast cancer & Cervical Cancer prevention at Patrakar Sahanivas Mahila Manch Civil Lines. BMD Camp was also carried out.

17-10-2015 Public forum on Menopause Awareness & Cervical Cancer Prevention & Vaccine was carried out at Ramdaspeth Hanuman Mandir for women of slum area. Around 80 women attended the camp. It was carried out in collaboration Rotary club 7 hills, BMD Camp was also carried out.

19-10-2015 Dr. Swati Bhave spoke about Menopause & Dr. Nirmal Vaze delivered talk on Breast Cancer for Bhide Girls High school teachers, Sita Buldi
20-10-2015 public forum was organized at Harne Mahila Samaj Dharampeth
Dr. Kanchan Sortey spoke on menopause awareness & Dr. Nirmala Vaze spoke on Breast Cancer. BMD Camp was also carried out.

26-10-2015 Dr. Sulbha Joshi Guided on Menopause Health at Lata Mangeshkar Hospital for Asha Workers. 80 women attended the camp
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31-10-2015 BMD Camp was organized at Dr. Sortey Hospital

IMS Hyderabad Chapter
Dr. Lakshmi R. Markani, Chapter Secretary Hyderabad
24TH October 2015- World Menopause Day CME

On the Occasion of World Menopause Day, the IMS Hyderabad Chapter organized a CME on "What Comes to Mind: Menopause and the Ageing Brain"? was held on 24th October 2015 at Nice Hospital. The meeting initiated with a prayer and lighting of the Lamp, Dr. Lakhsmi Rathna then presented the Annual Report & Balance Sheet of the Zonal Conference of Hyderabad Chapter. The academic session was highly appreciated for its Scientific Content, we thanked the faculty for sharing their experience and expertise, there was a lot of interaction and the participants were all distributed Awareness Posters and Pamphlets received from Dr. Jyothi Unni, IMS Representative International Menopause Society The programme was:

Welcome by Dr. Lakshmi R. Markani, Chapter Secretary
Lighting of the Lamp & Prayer by Dr. G. Vijayalakshmi
Annual Report – IMS Hyderabad Chapter - Dr. Lakshmi R. Markani, Chapter Secretary
Scientific Programme
Memory Loss? Difficulty In Analysis at Crisis? - Brain Health And Alertness.....
Dr. A. Suvarna, Neuro Physician

Psyche At Perimenopause - Do We Have Any Tricks To BE POSITIVE!
Dr. Prabhakar Korada, Psychiatrist
Ocular Surface Disorders in Perimenopause!
Dr. Venkatachalam, Ophthalmologist
Interaction
Vote of thanks – Dr. G. Bhavani, Jt Secretary

Jodhpur Menopause Society – Dr. Renu Makhwana, Chapter Secretary
Date:- 18 October 2015
World Menopause Day was celebrated with great dedication and enthusiasm by Jodhpur Menopause Society. The activities were conducted at the district level. There was a free gynec surgery camp organized by VHFRC with Rotary Club Pali, wherein Dr Vinod Shailly (Vasundhara Hospital) and the team operated. Fifteen
menopausal women were benefitted out of this camp. This free camp has been conducted after every 2-3 months in Pali District. Umaid Hospital under Dr Ranjana Desai (Head- Oby Gyne) conducted a Public Awareness and Scientific Session for practitioners. Many practitioners of the city took active participation in this program. A free bone density camp was organized for people from all walks of life. More than 100 menopausal women from different government schools, patients and their relatives and nursing staff of various hospitals were profited out of this camp. The camp also witnessed a key note address by Dr. Uma Bissa (Senior Gynaecologist) of the city on ‘Living Happy with Menopause’. The public awareness program was attended by huge gathering in Hospital campus; Dr. Ranjana Desai gave an intellectual insight on ‘Life At 60’. This awareness program created a wave of fervour in the city people. After this public awareness program a scientific session was conducted by the Jodhpur society where in Dr Sanjay Makwana (Director- Vasundhara Hospital) apprised on ‘Perimenopausasl Bleeding’. This topic was discussed with other practitioners. Apart from this scientific session there was quiz organized by the chapter where Dr Monika Arora and Dr Dhanesh Mund were the winners. They would be representing Jodhpur menopause society at National level. The day ended with colourful dandia dance program to mark the navaratri festival. Free dandia and garba program was sponsored by Vasundhara Hospital wherein the menopause group had fun and laughter along with scrumptious food.
Faridabad Chapter  
Dr. Pooja Thukral - Chapter Secretary Faridabad  
24th October 2015 - CME on Midlife Uterine Bleeding - Save The Uterus  
A CME on Midlife Uterine Bleeding - Save The Uterus was organised by Fardidbad Chapter. There was a very informative panel discussion with the delegates on premenopausal and postmenopausal bleeding. Moderators were Dr. Pattanaik and Dr. Jignesh Shah. All those who attended went home wiser with various options discussed and debated. We also took this opportunity to handover the charges of the chapter to the new team. It was an honour to do so in the presence of our esteemed President, secretary general and immediate past president. The new chapter secretary is Dr. Punita Hasija, Joint Secretary Dr. Sangeeta Chopra and Treasurer Dr. Sonal Gupta. I hope this chapter attains further recognition by continuing to work hard.
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Pune Chapter

**Dr. Parag Binniwala – Chapter Secretary Pune**

**15th October 2015- Aging Ovary IMS Quiz**

IMS pune chapter quiz on 15 October 2015, Quizmaster: dr Nina Mansukhani
Timekeeper: dr Anita Bapat, Judges: Dr Parag Biniwale, Dr Shubhada Jathar, Dr Jyotsna Potdar. 23 students participated. Elimination by written round. 4 students qualified for finals.
Dr Charudatta Pawar, Jehangir hospital selected to represent pune chapter. Dr Rohan shah, skn medical college first runner up. Special thanks to Dr Jyothi Unni who always inspires us to do better.
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Chennai Chapter

Dr. N. Hephzibah Kirubamani - Chapter Secretary

20th October 2015 – Aging Ovary – IMS Quiz

Chennai Chapter has conducted the Menopause Quiz on 20/10/15. Dr. Deep Thangamani was the quiz master. The Judges were Arcot Dr. Jayashree Gajaraj, Dr. Hephzibah & Dr. Tamilarasi. Dr. Ragahavi - won the first prize. 28 participants attended the quiz, all participants were given participant certificate. The first three winners given certificate & cash awards.

In connection with World Menopause Day celebration

IMS -Chennai Chapter have conducted, the following activities

- Cancer screening Programme
- CME - Menopause & Aging brain
- Quiz for young Gynaecologist
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Indore Chapter
Dr Anupama Dave – Chapter Secretary
Health Check up Camp by Deptt. Of Obs & Gynaec, MYH & Terapanti Mahila Mandal
Date - 1st October’ 2015 (Sunday)
Time - 10:00 am to 1:30 pm
Venue - Terapanti Bhawan, Jagampura Rajmohalla, Indore
Dr. Laxmi Maru & PGs Students
Suman Kothari & Prabha Ghodawat (Club Office Bearers)
Around 100 women attended the camp, their general & gynecological checkup was done Lectures were given on health awareness & awareness of menopause. They donated 5 Wheelchairs to the Hospital MYH for Patients.
Menopause Awareness Activity

Date - 7th October’ 2015 (Sunday)
Time - 10:00 am to 1:30 pm
Venue - OPD, MYH, Hospital Deptt. Obs & Gynaec

Creating awareness of Menopause & associated Complication by series of presentation & talks by Dr. Anupama Dave, Dr. Poonam Mathur, Dr. Nisha Mandloi & PGs Student.

Emphasis on Mental Health & Menopause was given in these talks.
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World Menopause Day CME on occasion of “World Menopause Day”
Date - 18th October’ 2015 (Sunday)
Time - 10:00 am to 1:30 pm
Venue - Crown Palace, Indore

Chair Person – Dr. Anupama Dave, Dr. Poonam Mathur
Master of Ceremony- Dr. Nisha Mandloi
Topic- Update of International Menopause Society Conference (Maxico) – Dr. Vidhya Pancholia
HRT & Menopause - Dr. Laxmi Maru
    Obesity – Big Fat Lies- Dr. Kumud Bhagwat
    Diagnosis & Prevention of Osteoporosis - Dr. Ratna Thakur
    Physiotherapy Exercise for Pero & Posmenopasual Women- Dr. Ankur Meghwat

Attended by 60 Doctors
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World Osteoporosis Day – 20th October’2015
BMD Camp & awareness for Osteoporosis was conducted on 20th October in OPD of MY Hospital, Deptt. Of Obs & Gynaec. Dr. Prof. Laxmi Maru, Dr. Anupama Dave, Dr. Poonam Mathur, Dr. Monica Verma, Dr. Nisha Mandloi & PGs Students participate in the activity. Talks on Osteoporosis & Menopause were given to women attending OPD & their relatives 110 women had BMD Checkup done out of which 40 were osteoporotic. They were told about calcium & vit. D Supplementation for treatment & prevention.
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