World Menopause Month – October 2016

Academic & Public Awareness Activities

Theme 2016: Riding High On The Waves of Menopause!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

World Menopause Month – Posters, October 2016

Dr. Jyothi Unni, Representative, International Menopause Society

The theme for this year’s World Menopause month which is celebrated in October is “Heart Health Matters”. The International Menopause Society poster has been translated into Hindi and Gujarati and will be on their website for download for Patient awareness activities this year. Also available for download are a Systematic review on Cardiovascular Risk assessment in Women and a patient information leaflet entitled 'Do what makes your heart healthy'.

Indian Menopause Society delegation at 15th World Congress on Menopause 2016

The 15th World Congress on Menopause was held from 28 Sep to 01 Oct 2016 at Prague, Czech Republic. It was attended by a record number of 24 delegates from the Indian Menopause Society. The current President, Dr Jaideep Malhotra and 6 Past
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Presidents: Dr Hara Pattanaik, Dr Maninder Ahuja, Dr Jyothi Unni, Dr Meeta, Dr Duru Shah and Dr Sunila Khandelwal were amongst them.
The General Assembly of the Council of Affiliated Menopause Societies (CAMS) was held on 28 Sep.

Dr Sunila Khandelwal, (Jaipur) Secretary General of CAMS presented the activities of CAMS from 2014 to 2016.
Dr Duru Shah, (Mumbai) Board Member of International Menopause Society and Dr Jyothi Unni, (Pune) Representative of Indian Menopause Society to CAMS attended the meeting.

Later that afternoon, Dr Duru Shah gave a lecture entitled ‘Healthcare for aging women in India- bridging the gap’.

On 29 Sep, Dr Meeta (Hyderabad) presented her Oral Free Communication on Evaluation of Metabolic Health Parameters At Menopause Transition and Dr Yashodhara Pradeep (Lucknow) presented her oral paper on Serum Estrogen as Predictor of Cardiac Risk in Peri and Post Menopausal Women.
The General Body Meeting of the International Menopause Society was held that evening. It was attended by all IMS (India) members who are currently members of International Menopause Society. The new office bearers and board took office. Dr Sunila Khandelwal was one of the newly installed Board members. Dr Duru Shah was inducted as Director of Digital Education.

The Indian Menopause Society conducted a symposium on the 30th, entitled PCOS beyond Menopause: the Indian Scenario. This was moderated by the President, Dr Jaideep Malhotra (Agra) and Dr Jyothi Unni.

The following lectures were given:

- Dr Sarita Bhalerao (Mumbai): Genetic basis for metabolic syndrome in PCOS
- Dr Shobhana Mohandas (Thrissur): Body composition and Obesity
- Dr Hara Pattanaik (Cuttack): Insulin Resistance & Diabetes
- Dr Pushpa Sethi (Gurgaon): Dyslipidaemia
- Dr Hepzibah Kirubamani (Chennai): Hypertension, Microalbuminuria
- Dr Jignesh Shah (Ahmedabad): Cancers

As Dr Pushpa Sethi had to return to India suddenly due to a family emergency, her lecture was given by Dr Jyothi Unni.

The symposium was well attended and very well received.
In the afternoon, Dr Yashodhara Pradeep (Lucknow) presented another oral paper on ‘The diagnosis of atrophic vaginitis by vaginal pH in Postmenopausal women and evaluation of treatment response of vaginal Estrogen vs. Isoflavones’ and Dr Rujuta Fuke (Nagpur) presented her oral paper on ‘Role of SERMs in the management of Abnormal Uterine Bleeding in Perimenopausal Women.’

Dr Sunila Khandelwal gave a lecture on ‘Metabolic syndrome in Asia Pacific countries’ during the session conducted by the Asia Pacific Menopause Federation.
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Dr Duru Shah, Dr Sunila Khandelwal, Dr Meeta and Dr Jyothi Unni also chaired various sessions during the Congress.

Indian Menopause Society was well represented in the Poster session with 18 Posters by 14 authors. They were Dr Maninder Ahuja (Faridabad), Dr Sunila Khandelwal (Jaipur), Dr Bipasa Sen (Kolkata), Dr Hepzibah Kirubamani (Chennai), Dr Shishta Basu (Delhi), Dr Lalithambica (Alappuzha), Dr Chelamma (Calicut), Dr Shobhana Mohandas (Thrissur), Dr Lakshmi Rathna (Hyderabad), Dr Bharati Morey (Mumbai), Dr Jyothi Unni (Pune), Dr Sarita Bhalerao (Mumbai), Dr Rujuta Fuke (Nagpur) and Dr Jignesh Shah (Ahmedabad).

The grand finale was the Quiz, conceptualized by Dr. Duru Shah and held for the first time at a World Congress. It was entitled ‘Women’s Health Olympics’ and keenly contested by candidates from 8 countries. The IMS-India participant Dr Priydarshani Manickam (Kolkata) came second in the Quiz.
It was not only Academics. There were a number of Social activities which were enjoyed by all.
The Gala Dinner at an Indian restaurant was a huge success.

There was a Presidential Dinner at the Zofin Palace on 1st October, where Dr Duru Shah was felicitated for her contribution as a Board Member of International Menopause Society and Dr Sunila Khandelwal was felicitated for her contribution as Secretary General of the Council of Affiliated Menopause Societies.
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Dr. Jaideep Malhotra, Dr Meeta and Dr Jyothi Unni were invited guests at the event.

IMS Udaipur Chapter: Dr. Sanchita Dashora, Chapter Secretary

CME: The World Menopause month celebrations started at Udaipur chapter. A CME on the theme "Heart Health matters" was organised. Dr. Kapil Bhargava HOD Cardiology, R.N.T Medical college Udaipur spoke on "Demystifying cardiology for gynaecologists ". It was attended by about forty delegates.
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Public Awareness - On 8th October 2016. Saturday an awareness talk was arranged at St. Mary's convent school Titardi branch Udaipur for the nuns who are working as nurses in remote areas. Sister Preeti was the organiser and the topic was "Obstetrics Emergencies". Myself was the speaker and it was attended by fifty sisters from all parts of India. Since it was a convent activity no photographs were taken.

Public Awareness - On 9th October 2016. Sunday an awareness camp was organised by Dr. Shalini Bhargava "Time to check your bones". BMD testing, Screening for anaemia, thyroid disorders, diabetes was done apart from general health check up of all females. The camp was attended by about one hundred females and they were counselled regarding post menopausal osteoporosis.
**World Menopause Month – October 2016**

**Academic & Public Awareness Activities**

Theme 2016: **Riding High On The Waves of Menopause!**

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**Quiz – 18th October 2016**: In continuation of our activities for World Menopause month, we celebrated World Menopause day today 18-10-2016 by conducting Quiz competition at chapter level. Twenty postgraduates participated in the quiz organised at R.N.T Medical college, Udaipur. Dr Richi Khandelwal is the winner. Email - richi_kh@yahoo.com Mobile 09785077004, A Menopause awareness and health check up camp was organised at Milap hospital by Dr Asha Jain. Around 110 females and males were screened for Diabetes, Anaemia, Thyroid disorders and osteoporosis (BMD and BMI). A slide show on Menopause facts and preventive aspects was done.
**World Menopause Month – October 2016**

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**IMS Hyderabad Chapter:** Dr. Tripura Sundari, Chapter Secretary

**CME & Dr. C. Ambuja Quiz:** On 14th October 2016, IMS Hyderabad Chapter organised a CME - A Talk on the theme given by International Menopause Society- "Heart Health matters" was delivered Dr. Anupama Hari, it was chaired by Dr. J. Venkateshwar Reddy, Supdt. Gandhi Hospital, Dr Tripura Sundari, Chapter Secretary, IMS Hyderabad & Dr. C. Ambuja, Chairperson Website Committee, IMS India. This was followed by a Quiz on “My Heart My Hormones “at Gandhi Medical College. It was attended by about sixty Postgraduates. Dr. Krupa Patalay, EC Member IMS and Dr. Sunanda conducted the Quiz. There was a preliminary written round followed by a buzzer round and a rapid fire Round. A certificate of participation was given to all and the first three Prize winners were given Books. Dr. Sindhu from Gandhi Medical College stood first in the Quiz and will be representing Hyderabad at the National Finals at Raipur. **First Prize:** Dr. Sindhu, **Second Prize:** Dr. Surbhi , KIMS , **Third Prize:** Dr. Sreevidya.
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Club35+ - Public Awareness - On 19th October Dr Ambuja gave an awareness talk at Malla Reddy Medical college on Osteoporosis and Menopause awareness.

20th October: CME on Osteoporosis On the occasion of World Osteoporosis Day IMS Hyderabad Chapter in association with ISOPARB Hyderabad Chapter organized a CME on Osteoporosis. It was chaired by Dr Tripura Sundari, Chapter Secretary Hyderabad and Dr. Vidya Ranga Rao, Vice President ISOPARB India. The Topics and Speakers were:

10th November 2016 - IMS – ICOG CME on Ovaries

IMS Hyderabad Chapter in association with ICOG organized a CME on Ovaries at Hotel Katriya on 10th November 2016. Initially planned on 28th October this programme was held on 10th November at Hyderabad. It was attended by more than 80 Obstetricians and Gynecologists.

The CME was inaugurated by our esteemed guest Dr. Suvarna Khadilkar and other seniors. The IMS Hyderabad – Dr. C. Ambuja Oration was delivered by Dr. Suvarna Khadilkar, President Elect, IMS India on “Ovarian Preservation – To do or not to do??” Followed by an ICOG – IMS CME on Ovaries. THE Oration was chaired by Dr. D. Pushpalatha, Senior Member IMS Hyderabad, Dr. C. Ambuja, Chairperson Website Committee, IMS, Dr. Tripura Sundari, Chapter Secretary, IMS Hyderabad. The CME on Ovaries was chaired by Dr. P. Balamba, Senior Member, IMS Hyderabad Dr. Lakshmi R. Markani, Chairperson, Quiz Committee, Dr. E. Prabhavathi, Jt. Secretary, IMS Hyderabad, Dr. Jamuna Devi G., Executive Member, IMS Hyderabad.

topics and speakers were:

Overview of “Premature Ovarian Failure” was given by Dr. Shobhana Mohandas, Secretary General, IMS & Dr. Shantha Kumari, Secretary ICOG, Chairperson, IMS Education Committee spoke on “Role of Myoinositol in the management of Premature Ovarian Failure”.
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The CME was accredited with 3 Credit points by ICOG, Certificates of attendance were given to all present.
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IMS Pune Chapter: Dr. Parag Biniwale, Chapter Secretary

**Quiz:** IMS Pune chapter conducted quiz on 12 October 2016 at Jehangir hospital. The topic of the Quiz was My Heart, My Hormones. 17 students participated. Preliminary written round was conducted which followed oral round as per format given. The winner is Dr. Nilesha Gore. She will represent Pune chapter at National Quiz Dr Nina Mansukhani was quizmaster, Dr Sujit was timekeeper and Dr Parag Biniwale was judge for the quiz.

**AUB CME:** Pune chapter organised a CME on AUB in perimenopause on 16 October 2016 at Hotel Pride in association with Pune OB Gyn Society. Dr Shobhana Mohandas was national faculty. Program was attended by 75 delegates.
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IMS Chennai Chapter: Dr. Hepzibha Kirubamani, Chapter Secretary
IMS Chennai chapter proposed to do 2 programmes for world menopause day
I am sending 2 days programme
1. IMS Chennai chapter along with Madras orthopaedic society & Saveetha Medical college
   CME & Workshop & Public awareness programme (exhibition, vit D assessment, BMD assessment) on
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post menopausal osteoporosis at Saveetha Medical college on 18th Oct 9am - 4pm
1. CME on Heart Health Matters at KMC Microsurgery Auditorium will be inaugurated by Dean KMC on 21st Oct at 1.30pm & IMS quiz & Camp for vascular age assessment - with mobiligraphy

Rural Committee Report – WMM
Chairperson Dr. Sonal Bhatla

IMS Raipur Chapter, Dr. Jyoti Jaiswal Chapter Secretary
IMS Raipur chapter conducted chapter quiz on theme “My Heart My Hormones” on 25th October 2016 at Dr. BR Ambedkar hospital, Raipur. 16 candidates were participated in Quiz for written round out of which 4 finalist for Audio Visual round were selected.

Preliminary written round was conducted as first part of quiz which consist of 20 multiple choice questions. Based of these round there were 4 finalists.

The winner after audiovisual round is
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Dr Afshan Quraeshi will represent Raipur chapter at IMSCON-2017. Dr. Pratibha Tiwary, Dr. Arpita Mahapatra and Dr. Polami Burma were Runner ups of Quiz.

- Dr. Shalini Jain, Dr. Veronica Yuel & Dr. Tabassum Dalla were Quiz Masters,
- Dr. Anchala Mahilange was timekeeper, and
- Dr. Jyoti Jaiswal was scorekeeper and coordinator for the quiz.

20th October 2016 On the occasion of World Osteoporosis day, 20th October 2017. Indian Menopause society, Raipur chapter had organized free screening camp for major diseases affecting ladies of Menopausal age like Osteoporosis, Osteopenia, Diabetes, Dyslipidemia, Cancer cervix & Cancer Breast.

On this day, Bone mineral density test was done on about 120 ladies of Menopausal age. During the camps ladies were educated regarding Care of Bones in this age by
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means of life style modification, nutrition, calcium rich diet, sun exposure and addition of Drugs and micro-nutrients as and when required. We had done other screening tests like Pap-smear and Clinical Breast Examination for detection of cancer of women in this age i.e. cervical & breast cancer. Diabetes and lipid disorder was also done by taking blood samples. Results are awaited. Dr. Jyoti Jaiswal, Secretary, IMS Raipur chapter was the moderator and in charge of the program. More than 120 patients were benefited by this camp. Apart from this camp on Osteoporosis day Raipur Chapter also contributed in BMD Camps at few other community programs in the periphery of the city which was carried out by Dr. Kalpana Sukhdeve, Treasurer, IMS, Raipur Chapter.
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23rd October 2017 - live operative workshop minimal invasive cancer surgery & Gyneacological Malignancies

Indian Menopause Society, Raipur Chapter in association with Oncosurgery Dept, Surgeons Club and IMA, Raipur organized a live operative workshop minimal invasive cancer surgery & Gyneacological Malignancies on 23rd October 2017 at Dr. BR Ambedkar Hospital, Raipur.

The Demonstration of Laproscopic Werthiem’s Type-3 radical hysterectomy was done by Dr. Shailesh Puntambekar, an expert of laproscopic extended hysterectomy was guest faculty from Galaxy Hospital, Pune who had demonstrated pelvic anatomy and extended hysterectomy very well.

The session was Chaired by:
Ø Dr. Abha Singh, Dean, Medical College, Raipur
Ø Dr. Tripti Nagaria, HOD, Obs & Gyn, Medical college, Raipur
Ø Dr. Sarita Agrawal, HOD, Obs & Gyn, AIIMS, Raipur

The Program was moderated by:
Ø Dr. Jyoti Jaiswal, Prof, Obs & Gyn Secretary, IMS, Raipur Chapter
Ø Dr. Yusuf Memon, Director, Sanjeevani CBCC Cancer Institute.
Ø Dr. Ashutosh Gupta, Associate Prof, Dept of Oncosurgery.

Whole Audience enjoyed & appreciated the surgery & discussion. The Session was followed by Lunch.
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Public Awareness Programme: We have planned to celebrate menopause month, we have made our calendar for the programs to be organized this month which is attached with this letter. The first program of the schedule was public awareness programme for menopausal & peri-menopausal ladies about common problems of
this age & how to combat them. In this effort we have called specialists faculties from different medical fields to educate people regarding peri & post menopausal matters. Members of Lion’s Club were also invited for this awareness program. Mrs. Chandrakala, President of Lion’s club was also there along with her club team. Dr. Tripti Nagaria, Prof. & HOD, Dept. of Obs & Gynecology was the chief guest of the program and she has given education regarding menopause & associated common gynaecological problems. Dr. Manju Singh, Professor, Sugary Dept. has explained very well regarding self breast examination, clinical breast examination and mammography. She had also demonstrated breast examination to educate the group.

Dr. Vineet Jain, Professor, Dept. of Orthopaedics gave information regarding bone health and gave tips for improvement of bone health. Dr. Manoj Chellani, President, Raipur Obstetrics & Gynaecology society gave information regarding proper nutrition during menopause. Dr. Nidhi Pandey, Professor Eye dept. explained about the eye diseases & its management in elderly ladies. Dr. Hansha Banjara, Professor & HOD, ENT dept. told about rhinitis and hearing problem in this age. Dr. Jyoti Jaiswal, Secretary, IMS, Raipur Chapter told about the need for the preventive aspects & announced free screening camps for BMD, Pap-smear, Colposcopy, Breast lump screening and metabolic disorders & diabetes screening. It was a very successful and interactive program which was attended by about 110 women of Menopausal & Peri-menopausal age.

“Happy World Menopause Day”. Long Live IMS.
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Surat Chapter Dr. Manisha Jhawar, Chapter Secretary

18th October: On occasion of the World Menopause Day IMS, Surat chapter distributed free booklets "Do What makes your heart Healthy" written by Dr. Malti P. Shah, to all the delegates of the State conference, SOGOG 2016, to all the lady doctors of Surat, all the members of club 35+ surat.
25th September - Club 35+ Surat organized the 8th annual Mega Folk Dance Show, "Harmony" on 25 Sep. at the Veer Narmad South Gujarat University auditorium. 150 ladies of 35-67 years age participated in the 13 group dances. All the dances were on folk songs of various states of India & outside India. None of the performance was on bollywood song. It was great to see non professional dancers presenting such show which was of the level of any professional group show.

The another unique feature of the program was its anchoring, which was also a bhavai, giving some healthy message after every dance. The manner of propagating the health message was so entertaining that audience easily carried it home.

The program was successful in improving health status of participants by giving them an opportunity to enjoy with peer group during practice sessions, feeling elated on the stage & of course exercising in the form of dance. ...not just the participants but the 1000+audience also took home health messages.
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IMS Jodhpur Chapter Dr. Renu Makwana, Chapter Secretary

THEME : Heart Health Matters , DATE : 18 October 2016

IMS Jodhpur Chapter conducted CME on 18 October 2016 at Umaid Hospital along with FOGSI Jodhpur chapter. IMS Jodhpur Secretary Dr. Renu Makwana welcomed everyone & appraised about the subject & its importance in this age group. Audience enjoyed interactive sessions with cardiologist Dr. Rohit Mathur, Professor Mahesh Bhati (orthopedician), Professor B. S. Jodha Secretary FOGSI Jodhpur chapter, Professor Ranjana Desai HOD ObyGyn from Dr. S. N. Medical College. 75 delegates participated in interactive CME & all were given IMS booklets about Heart health through Cipla. IMS jodhpur chapter Quiz conducted and the winners of the quiz are First - Dr.Ankita Choudhary , Second - Dr.Richa Garg ,Third - Dr.Giridhar gopal


Cyclothon 2016 – a health and fitness awareness initiative under the agies Rotary Club of Jodhpur Sanskar, IMS Jodhpur Chapter in association with Vasundhara Hospital as medical partner. Almost 700 cyclists from different walks of life i.e. age groups 6 to 68 years participated with Great Spirit. There were also prizes in various categories for the participants. The atmosphere was just electric and looking forward to upscale things in the city in the times to come.
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IMS Jodhpur Chapter
Activity Report

Theme: Heart Health Matters
Date: 18 October 2016

BRIEF:
IMS Jodhpur Chapter conducted CME on 18 October 2016 at Umaid Hospital along with FOGSI Jodhpur chapter. IMS Jodhpur Secretary Dr. Renu Makhana welcomed everyone & appraised about the subject & its importance in this age group. Audience enjoyed interactive sessions with cardiologist Dr. Rohit Mathur, Professor Mahesh Mathur (orthopaedician), Professor B. S. Jodha Secretary FOGSI Jodhpur chapter, Professor Ranjana Desai HOD Obstetrics from Dr. S. N. Medical College. 75 delegates participated in interactive CME & all were given IMS booklets about Heart Health through Gipsy.

IMS Jodhpur chapter Quiz conducted and the winners of the quiz were:
First - Dr. Ankita Choudhary
Second - Dr. Richa Garg
Third - Dr. Gindhar Ghosal

IMS Kolkata Chapter, Dr. Nirmala Pipara, Chapter Secretary
18th October 2016

Indian Menopause Society, Kolkata chapter and Bengal Obstetric and Gynaec society along with Jain conference celebrated World Menopause day on 18.10.16 at Ahimsa Bhavan 66-B Chakraberia North, Kolkata-20, between 1-4pm. Free blood test for anaemia and sugar were done. Thyroid function test were done at Rs 50 only. BMD was done free.

A panel discussion was done on common problems of menopause. About 100 participants were present and a lot of enthusiasm was seen among those present. The programme was attended by our esteemed members- Dr. K. D Bakshi, Dr. (Prof) Sajal Dutta, Dr. Nipur Chakraborty, Dr. Bipasa Sen, Dr. Nirmala Pipara, Dr. Abhijit Ghosh and Dr. Anindya Kundu. The quiz was arranged at the end in which the participants took active interest. Three prizes were given to the winners of the quiz. The programme was a huge success.
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IMS Patna Chapter, Dr. Kusum Gopal Kapoor, Chapter Secretary
16th October 2016- World Menopause Day- CME on AUB
AUB CME was done by IMS PATNA chapter on 16-10-2016
IMS Bharuch Chapter, Dr. Bhavana Sheth Chapter Secretary

October 2016 - IMS-Bharuch chapter celebrated "World Menopause Day", keeping the theme "Heart Health Matters".
1) Dr. D.R. Shah, senior Cardiologist gave a talk on 'How to take care of the heart in daily life?'
2) Dr. Bhavana explained 'Pros & Cons of various edible oils and how to select the oil'
3) 'Heart Friendly Snacks Competition' was held where more than 60 females and 10 males participated and prepared various mouth watering yet healthy snacks.
IMS-Bharuch chapter has decided to compile all these into a booklet in Gujarati and distribute to various organizations free of cost. This in turn would benefit many more in eating healthy food.
4) "Heart, music, dance and meditation" was very well demonstrated Dance master - Sameer Sir.
More than 125 females and 25 males participated in the program. They appreciated both the talks which were very informative and all participants danced to their heart's content shedding all the inhibitions.
Thus IMS-Bharuch celebrated 'World Menopause Day' in true spirit of the theme.
Sending few photographs.
IMS Jaipur Chapter, Dr. Anju Soni Chapter Secretary

18th October 2016- IMS, Jaipur Chapter celebrated world menopause day on 18th October. We conducted a BMD camp along with blood pressure and blood sugar of 189 patients. Counselling was done with diet and lifestyle management by dietitian and yoga acharya. This camp along with counselling sessions was really satisfying experience.
IMS Bangalore Chapter, Dr. Jyotika Desai Chapter Secretary
18th of October – CME on Menopause and Beyond –
IMS Bangalore Chapter. IMS along with BSOG celebrated World Menopause Day by conducting a conference named "Menopause and Beyond" on the 18th of October, 2016. About 90 members attended the programme which had interesting talks on Dementia, Sleep Disorders, Sexual Problems, Exercise, Dyslipidemia and Non-hormonal management in the Menopause by experts in the respective fields. The Quiz on "My Heart and My Hormones" was also conducted on the 18th October. 45 postgraduates participated in the Quiz. The winners are
1. 1st place: Dr Divya Parvathaneni, Final year DNB student from CSI Hospital
2. 2nd place: Dr Manjushree, Final year DNB student from St Philomena's Hospital, +
3. 3rd place: Dr Shwetha, DNB, Registrar in World Sakra Hospital, Bangalore
The winners were awarded books as prizes.
A questionnaire on Survey in Menopausal Transition was distributed to all the delegates to conduct surveys in their hospitals, Clinics, etc and to submit the forms at the next Meeting. The program, Questionnaire and photographs of the event are also attached.
IMS Bhagalpur Chapter, Dr. Pratibha Singh Chapter Secretary

Bhagalpur Chapter celebrated World Menopause Day on 18th October 2016. Health awareness Walk & talk conducted on different aspects of problems related to menopause right from heart, hormone bone to dental & skin care. BMD done for 64 females. Thanks to our members for their full support. Participation of NGOS like SEVA, Rotary, Lioness & Jagriti club were well appreciated.
IMS Lucknow Chapter, Dr. Deepa Kapoor Chapter Secretary
15th October 2016 - World Menopause Society

To celebrate the world menopause month and the theme of heart health matters, we had a CME on 15th of October. It was a well-attended meet. Dr. Saroj Srivastava, ex-national president, gave a talk on pathophysiology of cardiac problems in menopause. Dr. Aditya Kapoor, professor in Cardiology, SGPGI, delivered a talk on primary and secondary cardiac prevention in menopause and its management.
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16th October 2016- World Menopause Society
To commemorate the world menopause month. IMS in collaboration with IMA lucknow Conducted cme on postmenopausal health on 16th October.in hotel Clarks Avadh DR.ManinderAhuja was the chief guest.a yoga session was conducted by her with a help of a yoga teacher. effect of exercise was especially Stressed in relation to cardiac as well as overall health. about 80 -90 members attended the session and everyone participated in this session Talk by Dr. Maninder was highly appreciated and enjoyed by all the members. Newspapers also covered this session.
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IMS Mumbai Chapter, Dr. Sarita Bhalerao Chapter Secretary
15th October – IMS Quiz was conducted on 15th October 2016 at Nowrosjee Wadia Maternity Hospital. Quiz was organized by Dr. Sarita Bhalerao & Dr. Sujata Dalvi & co-ordinated by Dr. Anagha Chhatrapati & Dr. Ketki Kulkarni. Total 60 candidates participated in quiz. The quiz contained 20 Multiple Choice Questions on Menopause & one Long Answer Question on “Heart health in menopause” (the theme of this year).

Dr. Megha Dharam Dasani will represent IMS Mumbai Chapter at National Quiz to be held at Raipur. Scientific books were given in the form of prizes.

IMS Chennai Chapter, Dr. N.Hephzibah Kirubamani, Chapter Secretary

A Six Days Long Programme was Organized by the IMS Chennai Chapter.

18th October World Menopause Day – CME & Workshop – 9 a.m. – 4 p.m. for Ortho-Pediatricians and Gynaecologists on Post-Menopausal Osteoporosis was conducted by IMS Chennai Chapter along with Saveetha University and Madras Orthopedic Society. Prof. G. Mohan, President Madras Orthopaedic Society was our Chief Guest. Secretary, Madras Orthopedic Society gave the felicitation. Dean, Saveetha Medical College inaugurated the CME and the vote of thanks was delivered by Prof. N. Hephzibah Kirubamani. Four stations was dealt by Dietitian Punitha - Nutrition for Bone Health, Physiotherapist, Miss Anitha – Exercise for Prevention of Osteoporosis, Prof. Kalabharathi – Nursing Care for Women with a Fracture. Gynaecologists, Physiotherapists and Ortho-Paeditricians attended the programme. Exhibition for Public: 9 a.m. – 3 p.m. - Was well appreciated. BMD screening, Vit D and Uric Acid were done for nearly 130 postmenopausal women. Almost 50% was having osteoporosis and Vit D deficiency and this condition was corrected.

Exhibition, BMD, Vit D & Uri Acid Assessment.
World Menopause Month – October 2016

Academic & Public Awareness Activities

Theme 2016: Riding High On The Waves of Menopause!

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

Exhibition for Public - Diet, Exercise and Awareness about Sunlight

Vit D & Uric Acid were Assessed

BMD screening was done

10th October 2016 - Two Small Group Discussions were held on 19/10/20 for the staff of Ellen Sharma Institute for perimenopause women regarding “Midlife Changes and Health Education” regarding importance of Pap smear screening, exercise and diet.
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20th October 2016 World Osteoporosis Day: CME on osteoporosis was conducted at the Madras Medical College. BMD screening was done. During my presentation, the role of Oestrogen was highlighted. Sixty five Ortho-Pediatricians attended the programme.

21st October 2016 - CME Programme on “Heart & Health Matters” was conducted and the Dean, Kilpauk Medical College inaugurated the CME.
Vascular age was assessed which is non-invasive technique with Mobilography was done by our senior Gynaecologist. Nearly 22 doctors were screened. The following topic were discussed:

Cardiac Risk factors – Dr. Dharani, Gynaecologist.
Cardiac Risk assessment by imaging – Prof. Seena.

Heart & Hormones in Post Menopause Women – is it helpful or harmful? – Dr. Sadhanandhan, SRMC.

Challenges in Cardiac Surgery in Post-Menopausal Women – Dr. Paul Ramesh – Apollo Hospital.

80 delegates attended the programme. The programme was informative and useful.
IMZ quiz was conducted by Dr. Deepa Thangamani on Heart & Hormones. 45 candidates participated in the quiz. The First prize was awarded to Dr. T.K Madhumitha She will be participating in the All India Quiz.

22nd October 2016 - Rural Programme was conducted at Thiruvallur District. Cardiac risk was assessed by checking BP, BMI, ECG. Blood for sugar and lipid profile were done. They were counselled regarding diet and exercise and referred to a physician. 182 patients were screened.
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23rd October 2016 - **CME – Prevention of Cardiac Risk in PCO by UAE** was conducted for practicing doctors at Pondicherry. About 50 doctors attended. It was a very interactive session.

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**IMS Allahabad Chapter, Dr. Anjula Sahai, Chapter Secretary**

IMS Allahabad Chapter Celebrated World Menopause day on 18th Oct.

An Elaborative talk was given by the Founder Chapter Secretary Dr. Vandana Bansal on “Osteoporosis in Women”. She highlighted on women Bone health & how healthy life style modifications are helpful for graceful ageing.

- CME was a grand success.
- It was attended by proposed IMS members, Rotary Club members.
- The crowd had both male & female participants.
- CME was followed by BMD check up for all the participants.
- A very nice interactive questionnaire was put up at the end of the success.
- The CME was a grand success around 40 participants was present and very enthusiastically got their BMD check up done.
20th October 2016 – Club35+ A Fun filled evening was celebrated on 20.10.2016 at Hotel Grand Continental by IMS Allahabad with Club 35 plus members which was a blend of health tips and traditionalist of Indian culture. Dr. Anjula Sahai Chapter secretary and Dr. Vandana Bansal gave health tip awareness in menopausal age group and how one can stay young at even 40 also. Club 35 members performed dance by making group it a mark of healthy life style.
Dr. Anjula Sahai Chapter secretary performed a classical dance expressing out the various expression of women feeling. It was attended by a large no of Club 35 and ladies club members. Varsha Agarwal Club 35 plus coordinator conducted the programme. The programme was a grand success.
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IMS Ahmedabad Chapter, Dr. Jignesh Shah, Chapter Secretary
Ocotober 2016 - Chairperson Dr. Kala Shah, Mid Age Health Club

Programs done by "Mid Age Health Club"(Chair person Dr Kala Shah) during month of October 2016 as below -- Bhavnagar university & at Shamaldas College of Bhavnagar. Cultural program- quawali, solo dance, short drama & my talk specially for youngster. --- at GTU (Gujarat Technology University)

Talk on Menopause (Humor From Hormones) to post graduate students & University staff . For Raksha Shakti University (handle by Government of Gujarat for educating & training politics) we perform same cultural program with talk ---on Door Darshan Television (Gimar) Live talk on Menopause --- on GTPL GUJRAT Local TV channel Talk on Menopause
Dr. Jaideep Malhotra
President IMS India, 2016 -17

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--- program on Heart & Diabetes by eminent Cardiologist & diabetologist for general public

I will forward you pictures & short summary as well “you tube” link after divali.

For your information we were invited by HONORABLE Gujarat Governor to perform Cultural program with talk for Rajbhavan families in August 2016. He was very much impressed.

On my request he send Circular to all universities of GUJRAT to perform this educational & informative program for college students.

IMS Nagpur Chapter, Dr. Kanchan Sortey, Chapter Secretary
On the eve of world Menopause day
8th Oct. 2016. - Health awareness camp was organized in association with Tukdoji Cancer Hospital. Dr. Nirmala Vaze & Dr. Ujjala Kedare attended the camp. Dr. Nirmala Vaze delivered lecture on breast Cancer.

Health Camp was organized by IMS, Nagpur Chapter


A Health awareness and checkup camp was held in association with the RSS at Chintaman nagar, Hazaripahad, Nagpur, on About 180 - 200 women attended the camp. Health checkup was done by Dr.
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Sheela Jain and Dr. Mangla Harde. Dr. Jain spoke about the common ailments affecting the peri and postmenopausal women. She also briefed them about the importance of balanced nutritious diet and the lifestyle modifications and their role in prevention of common symptoms seen in this age group.

IMS Chandigarh Chapter, Dr. Reeti Mehra, Chapter Secretary
The month of October marks the incoming festivities and is also the month of menopause. We at the Chandigarh chapter celebrated both with great enthusiasm.

We had a Club 35 Meet On 1st October on "healthy diet and weight management " in which a dietician from fortis hospital took a talk on healthy food habits and weight loss. It was attended by about 30-40 women. Dr Navneet Takkar, myself and Dr Ritambra Bhalla reinforced healthy habits and life style changes.

On 15-16th October we had a "Colposcopy Workshop And CME On Riding On The Waves Of Menopause And Preventive Oncology" at PGIMER, chd. There was faculty from Delhi, Himachal Pradesh, Haryana, Punjab and Pune. Dr Shailesh Putambekar from Pune showed his videos on Oncosurgery and Dr Amita Suneja from Delhi showed videos on colposcopy and LEEP. It was attended by about 200 delegates on both the days. It was jointly done by IMS and AGOI Chandigarh chapters. It was very comprehensive and well attended. Myself Dr Reeti Mehra was the organising secretary and Dr Neelam Aggarwal and Dr Navneet Takkar not only were the treasurers but also the guiding lights of the programme. It was very well appreciated and was an academic extravaganza.

On 18th October, we celebrated World menopause day at Govt Medical college chd by having a Talk on "Heart Health matters" by Dr Bali an eminent cardiologist from Fortis chd. It was followed by a talk on "Hormone therapy and heart" by myself, Dr Reeti Mehra and then there was a panel on "multidisciplinary approach in menopause : interesting cases" that was moderated by Dr Navneet Takkar and Dr
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Rimpy. The panellists were the faculty and senior professors of GMCH from Deptt of psychiatry, Orthopaedics, medicine, cardiology and a gynaecologist. It was a programme for all faculty and residents of the medical college and was attended by approx 70 doctors.

It was a well celebrated month with the purpose of raising the awareness of menopausal problems and how to smoothly ride the waves!
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**IMS Jalandhar Chapter, Dr. Surjit Kaur, Chapter Secretary**

**25th October – CME on Menopause:** IMS Jalandhar Chapter organised CME on 25th October at hotel Regent Park Gujral Nagar Jalandher to celebrate Menopause month. Obesity and its effects on health in Menopause and perimenopause years were discussed. Beriatric surgery was explained by Dr Deepak Chawla. Estrogen Therapy in Menopause lecture was given by Dr Ritu Nanda. Nutritionist explained how to rejuvenate yourself by having proper diet.

Meeting was well attended by nearly forty doctors. Sessions were quite interactive. Fat check up and BMI camp was also done. All members got it done and enjoyed the evening.
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IMS Varanasi Chapter, Dr. Vibha Mishra, Chapter Secretary
IMS Varanasi Chapter conducted a public awareness program on the "Heart Health Matters" theme at IMA, Varanasi. Chief Guest CDO Varanasi Mr. Pulkit Khare and Special Guest CMO Varanasi Dr. V.B. Singh made their gracious presence. Posters, leaflets and other informative literatures were distributed. Participating groups consisted of many social welfare organizations, IMA and VOGS in the rally from IMA, Varanasi to Sanskrit University.

T-shirts and Caps with IMS logo and caption “Fit @ 40: Strong @ 60: Independent @ 80” were distributed to all the participants.

Dr. Neelam Ohri, Secretary IMS, Varanasi chapter thanked to all the participants for their contribution.

The awareness initiative and the keen interest in the campaign-rally were profoundly appreciated.
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IMS Navi Mumbai Chapter, Dr. Bharti Morey, Chapter Secretary

The IMS Navi Mumbai chapter conducted a Public Awareness Program, on menopause. This program was conducted at Airoli in coordination with the Inner Wheel Club of Airoli & Senior Citizens Club of Airoli. The program was attended by a 100 delegates. All the ladies appreciated the program and said that more such awareness programs should be conducted as it gave very important insight and knowledge about menopause.
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IMS Public Awareness Program Thane on 20th Oct. 2016
We conducted a public awareness program on Ageing gracefully with menopause. It was conducted at the Talwalkar Gym Ladies Wing.
It was attended by 50 women. Right from the physiological changes in menopause to medical disorders in menopause were discussed in detail.
The ladies appreciated the program & at the end of it asked many questions which were discussed & the myths disproven.

16th October 2016 - The President and the Managing Council of The Mumbai Obstetric and Gynaecological Society, in Co-ordination with Navi Mumbai Obstetrics and Gynaecological Society & Indian Menopause Society NAVI MUMBAI CHAPTER , an Outreach Programme on “Menopause” was organised on Sunday 16th October, 2016, 10.00 am to 2.30 pm at Hotel Royal Orchid, Palm Beach Road, Sector-19, Vashi, Navi Mumbai-400705.

Under the initiative and able guidance of Dr. Nandita Palshetkar, President MOGS, in close association with Dr.Anu Vij, President, NMOGS and Dr Bharati Morey, President, IMS Navi Mumbai CHAPTER, the programme received an excellent response with more than 100 delegates. The topics discussed were very relevant and took all through the entire journey of menopause, right from the physiology and Insight into menopause by Dr. Priti Deshpande, to the Role of Nutrients and Isoflavones by renowned Obstetrician Gynaecologist, Dr. Geetha Balsarkar. Problems associated with Menopause such as Obesity - by Dr. Nitin Patankar, Heart Matters - by Dr. Anuj Sathe (Cardiologist) were discussed. Shedding light on newer advances such as
Frozen egg technology and egg banking and ongoing research into ovarian preservation, by Dr. Nandita Palshetkar were overwhelmingly appreciated by both the Chairpersons and delegates. Experts from the fields of Gynaecology, Endocrinology and Orthopaedics were put to test by the Rapid fire panel discussion, put together very meticulously by Dr. Bindhu K.S. and Dr. Surkha Mude. Overall, it was a very informative and successful programme. Attached along with are a few glimpses of the programme.

Looking Forward to being a part of many many such programmes by the IMS.
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IMS Calicut Chapter, Dr. M. K. Valsan, Chapter Secretary
On 16th October, Sunday from 8.30 AM to 4.30 PM a CME on Metabolic syndrome, Obesity and Menopause was organized by IMS Calicut chapter supported by Calicut O&G Society the venue was at Hotel Asma Tower Calicut. Four national
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Dr. Jaideep Malhotra
President IMS India, 2016 -17

Faculty named Dr. Meetha Singh past IMS past president from Hyderabad, Prof. Dr. Hepzibah Kurumbamani and Prof. Dr. T.K. Shaanthi Gunasingh from Chennai, Dr. M.K. Saha from port Blair, have addressed the delegates.

Session 1. CME was started at 9 AM and the following topics were delivered.

Screening for Metabolic syndrome - a clinical approach by Dr. Bala, consultant in OBG, Calicut, How to deal with dyslipidaemia in menopause by Dr. Jyothi Remesh Adnl. Prof. in OBG, IMCH, Calicut Chandran, How midlife obesity cause an oncological threat in women by Dr. Sheeba T Joseph Consultant in Gynaec. Govt. General Hospital Calicut, Challenges of obesity in laparoscopy. Dr. Ajitha P.N Consultant in Gyn, Laparoscopy MIMS, Calicut. This session was chaired by Dr. N.K. Balan, Senior consultant in OBG, Rajendra Nursing home, Calicut.

Dr. T. Narayanan Prof. & head in OBG, MMC, Calicut

Session 2 was chaired by Dr. M.K. Saha, Consultant gynecologist, G.B. Pant Hospital, Port Blair, Andaman & Nicobar island & Prof. Dr. Rasheeda Beegam, Senior consultant in OBG, MIMS, Calicut.

Clinical approach to Surgical Menopause. Dr. Reshma Sajan, Assist. Prof. in OBG, Govt. MCC, PGT Skin and hair in midlife and beyond - is there any need for worry? Dr. Hepzibah Kurumbamani, Prof & HOD in OBG, Saveetha Medical College, Chennai. What is new in contraception after 40? Dr. Chellamma, Prof. HOD, KMCT-MC, Calicut, Prevalence and risk factors in osteoporosis among adults - how to prevent it – Dr. Sruithi Harish, Asst. Prof. in community medicine, P.K. Das M, college Ottapalam.

Scientific session 3 was chaired by Dr. Santhosh Kuriakose, the gynecocosurgeon IMCH, Calicut & Dr. Hepzibah Kurumbamani, Prof & HOD in OBG, Saveetha Medical College, Chennai.


Scientific Session 4 Dr. T.K. Shaanthi Gunasingh Prof. & HOD OBG Kilpauk MC, Chennai & Dr. Meetha Meetha, Hyderabad

Session 5, 2.30PM-4.30.00 PM: Chairpersons Prof. Dr. P.K.Sekharan Senior consultant PVS hospital Calicut. Dr. Lalithambica Prof.HOD.Govt.T.DMC Allepy.. How to save a limb- from myth to reality-Dr.Asis Kumar,consultant cardiologist MIMS Calicut. The role of fats and oils in perimenopausal transition. Dr.Meetha MeethaHyderabad, Hot flushes –how to tackle the non responders. Dr.Shyjus. consultant gynecologist and fertility specialist.ARMC -Kannur, Retroperitoneal dissection in pelvic surgeries. Dr.Santhosh Kuriyakose. Gynec Oncosurgeon.Govt.M.C.Calicut. Can Metformin prevent metabolic syndrome Prof, valsanM.K.Secretary IMS,Calicut.

Salient features of the CME. Started at sharp 9 am and finished at 4.30 P. 96 delegates attend the meeting and they actively participate in discussion. Interesting aspect of the CME was debates and discussions related to the recent concepts of obesity, metabolic syndrome.
SOCIAL ACTIVITIES.
1. On October 2nd Sunday, the regular rural health checkup camp on monthly basis was organized at the tribal colony of waynad district at Cheeral. The aim of the programme is to identify 4 health problems among the tribal people of waynad district
   1. Nutritional problems
   2. Infectious diseases
   3. Degenerative diseases
   4. Detection of oral, breast and genital cancer
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48 patients were attended the camp. The data analysis will be reported at the end of one year. Next camp will be on Nov.24th Sunday. The rural camp is organized with the help of Vivekananda Mission Trust and headed by Dr.M.K.Valsan.

20 October 22. Saturday Dr. M.K.Valsan involved in taking regular classes for DIPLOMA IN GERIATRIC CARE at “MAHT”. (an institute for community mental health) The topics discussed were common geriatric health issues. Especially osteoporosis related fracture in geriatric age group. 10 students were registered for the course and they completed 1st semester and now and preparing for the 2nd semester exam to be held at November 20.