

December 6 - 8, 2013

Grand Hyatt Mumbai, India

THE INTERNATIONAL CONGRESS ON



CHALLENGES ZWOMEN'S HEALTH

*New Dimensions
in the 21st Century*

FIRST ANNOUNCEMENT



Jointly organized by

International
Menopause Society



Indian Menopause
Society



Tobie Johannes
de Villiers
President –
The International
Menopause Society

Message

Since the International Menopause Society (IMS) was established in 1978 as the world's first Menopause Society we have been dedicated to guiding women and healthcare providers and the media through the journey of menopause. We understand that the world is changing and menopausal services vary around the world. That is why IMS is very proud to work with the Indian Menopause Society, in a joint collaboration, to create this inaugural regional meeting, which we hope will meet the needs of the local physicians and patients alike.

IMS has been working closely with the scientific committee to produce a scientific programme that is based on the most important aspects of menopause. All IMS Board members have been very keen to contribute and share the latest scientific evidence on all aspects of the health of adult women worldwide and hope to contribute to the debate on how to equip physicians to provide women's services in even the most challenging areas of the world.

Mumbai is able to offer great congress facilities, a rich cultural experience and we are providing an exciting programme with great scientific integrity and an environment for debate and learning from each other. A potent mix I'm sure you will agree and we look forward to seeing you in 2013.

Tobie de Villiers



Mita Singh
President –
The Indian
Menopause Society
2012-2013

Message

Dear Colleague,

Welcome to 2013!!!

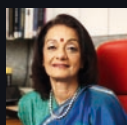
It is a privilege and a pleasure for the Indian Menopause Society to host the Regional Conference of the International Menopause Society at Mumbai in December 2013. Indian Menopause Society, a multidisciplinary body was launched in 1995 with the primary goal of promoting comprehensive health care for the adult woman. To achieve this, the society's efforts have been directed in promoting education and research for professionals by conducting conferences, IMS exam, Quiz, interactive website, Journals etc.

In this first Regional International Conference, the workshops and the scientific programme have been designed to address issues relevant to Indian perspective in menopause health. The conference highlight is in creating clinical roadmaps in menopause management by translating recent research into clinical practice by world leaders in menopause medicine. An opportunity not to be missed!!

Do block your dates and register for an informative and enriching academic meeting.

With Regards,

Meeta Singh



Duru Shah
Organizing
President

*"Challenges in
Women's Health –
New directions in
the 21st Century"*

Message

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 Amos Pines and Sonia Malik for putting together an excellent scientific programme and the team of the International Menopause Society for collaborating and participating in this programme. I also thank Tobie Villiers, Meeta Singh and Jyothi Unni for their patronage to this meeting. A special thanks to Rashmi Shah, Preeti Galvankar 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.

Duru S. Shah



Jyothi Unni
President –
The Indian
Menopause Society
2013-2014

Message

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



Friday 6th December, 2013

Time	Hall A	Hall B	Hall C
09.00-01.00 pm	All Workshops are with video and demo	Workshop Benign breast disease	Workshop Postmenopausal bleeding
01.00 pm			
	LUNCH		
02.00-06.00 pm		Workshop New surgical techniques	Workshop Mid life exercises – Staying healthy
06.00 pm	TEA / COFFEE		
07.00 pm	Opening Ceremony / Opening of Scientific Exhibition		
08.30 pm	WELCOME RECEPTION		

Saturday 7th December, 2013

09.00-10.00 am	Symposium Translating investigations into clinical practice – One step ahead	Symposium Cardiovascular health – Missing the beat and the boat	Symposium Breast cancer and hormone therapy – The eternal dilemma
10.00-11.00 am	Debate Every woman must be given HRT for prevention of chronic disease	Debate HPV vaccination can also be advised at 35-45 yrs.	Debate Women over 50 yrs. should be given a choice to get pregnant
11.00-11.30 am	TEA / COFFEE		
11.30-12.00 noon	Key Note Lecture – Management of female sexual dysfunction		
12.00-12.30 pm	Key Note Lecture – Exciting new developments in the treatment of osteoporosis		
12.30-01.00 pm	Key Note Lecture – Estrogen and midlife cognition		
01.00-01.30 pm	Key Note Lecture – Sex steroids and the brain		
01.30-02.30 pm	LUNCH / Posters & Exhibition		
02.30-03.30 pm	Symposium Bone health	Symposium Calcium and vitamin D deficiency – The tip of the iceberg	Symposium Hormone Replacement Therapy – The swinging pendulum
03.30-4.30 pm	Free Papers	Free Papers	Free Papers
04.30-5.00 pm	TEA / COFFEE / Posters & Exhibition		

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05.00-06.00 pm	Panel Discussion Routine screening at mid-life – A powerful tool for prevention	Panel Discussion Perimenopausal bleeding – The roller coaster of midlife	Panel Discussion Contraceptive options at midlife
06.00-07.00 pm	Country Session	Country Session	Country Session
07.30 pm onwards	CULTURAL PROGRAMME, COCKTAILS & DINNER		

Sunday 8th December, 2013

08.00- 09.00 am	Free Papers	Free Papers	Free Papers
09.00-10.00 am	Symposium Fertility at midlife – Is there a window of opportunity	Symposium Ovarian cancer – The deadly cancer	Symposium Fighting adiposity – Road map to longevity
10.00-11.00 am	Debate Elective LSCS should be done to prevent urinary incontinence and utero vaginal prolapse in older women	Debate Every gynaecologist in India should learn how to manage diabetes	Debate Laparoscopic surgery is the first choice for a pelvic mass at midlife
11.00-11.30 am	TEA / COFFEE / E-Posters & Exhibition		
11.30-12.00 noon	Key Note Lecture – Hot flushes		
12.00-12.30 pm	Key Note Lecture – CVD or CHD – Risks and benefits of HT in menopause		
12.30-01.00 pm	Key Note Lecture – A decade after WHI		
01.00-01.30 pm	Key Note Lecture – Premature menopause		
01.30-02.30 pm	LUNCH		
02.30-03.30 pm	Symposium Prophylactic surgery – Do we have a consensus	Symposium Urogenital aging	Symposium Complementary and alternative therapies – A blessing at midlife
03.30-04.30 pm	Panel Discussion Cosmetic solutions at midlife	Panel Discussion Stem Cells – Are they the future elixir at midlife?	Panel Discussion The battle of the bulge (obesity) at midlife
04.30-05.00 pm	Closing Ceremony		
05.00 pm onwards	TEA / COFFEE		

Programme subject to change ■ The congress has applied for CME credit hours from MMC.

Congress Secretariat:

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Shobhna Mohandas ■ Tripti Nagaria ■ Vandana Bansal ■ Vibha Mishra ■ Yashodhara Pradeep

A mood that is Mumbai...

It's a city that dances to its own beat... Erratic, exciting, electrifying, Mumbai defies all definitions! The venue for the congress this year, Mumbai, is a city that is throbbing with life. Where old and new have blended, bringing out the best in each other...

Revisit the past as you walk amidst the grand, colonial structures, or take a ride in the Victoria... or browse through the various high-end stores and malls, as you shop to your heart's content! Relax on the beautiful beaches and have some refreshing coconut water, or tickle your taste buds with the flavourful street food...

Vibrant and wonderful, Mumbai is also very well connected. It beckons you with the best of big city civilization and true eastern hospitality. The friendly people attest to the cosmopolitan nature of this city.

The venue for the congress is the Grand Hyatt Mumbai – a luxury 5 Star hotel nestled amidst acres and acres of lush, sprawling greenery. Barely 20 minutes from the International Airport, and 10 minutes from the Domestic Airport; it is also centrally located to most parts of the city, as well as minutes away from popular shopping districts and a bevy of local attractions.

The famous hotel, with its grand guest rooms, various wonderful restaurants, bars and lounges, and a host of rejuvenating and recreational facilities provides the perfect setting for the convention. To our residential guests, it will be an experience unlike any other!

We urge you not miss this event, planned as a fusion of scientific, cultural and social activities. Assuring you of a warm welcome in the best Indian tradition, we look forward to meeting you in Mumbai!



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Profiles

- PCOD
- BOH
- Ovarian Reserve
- Infertility
- Antenatal
- Menopausal

Infections

- HPV
- HSV 1 & 2
- Chlamydia
- Gonorrhoea
- TORCH



Maternal Screening

- Dual Marker
- Triple marker
- Quadruple marker

Oncology

- Tumor markers
- Immunohistochemistry
- Liquid Based Cytology



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