

World Menopause Month- October 2013

Theme: **Oncology in Midlife and Beyond**
Indian Menopause Society

Dr. Jyothi Unni

President IMS, India, 2013-14

Dr. Sunila Khandelwal

India Representative, CAMS 2012-14

Report on World Menopause Month submitted by **Dr. Sunila Khandelwal, IMS India** representative to CAMS.

Year 2013 and specifically October 2013 – the World Menopause Month saw excited academic activity at IMS India through IMS Chapter, IMS Committees & IMS Members. The tool kit on the theme “Oncology in Midlife and Beyond” received from International Menopause Society, was circulated to all the chapters by Dr. Duru Shah & Dr. Sunila Khandelwal, were effectively used to organize various programs all over the country.

The activity reports, Photographs and press coverage are reflective of the enthusiastic participation of IMS members. The poster was translated in Hindi, GP Presentation, patient information leaflets and other public awareness materials were distributed widely. The press release in a uniform format was truly appreciated by the members.

The CME module on “Breast Cancer & Hormones” developed and distributed by Dr. Jyothi, President, IMS. The lectures on HRT & Breast, Management of Chemotherapy induced menopause and use of hormones in Breast cancers were delivered by multi specialty faculty consisted of medical oncologist, radiation oncologist, surgical oncologist and gynaecologist. The interactive session in public awareness program with the faculty, generated lot of interest and awareness regarding screening of breast cancer in the women groups. Using another module on “Managing Diabetes confidently”, CMEs were conducted in collaboration of other societies across the country.

Exclusively during world menopause month across India, 66 CMEs were conducted by various chapters. The public awareness program (56 Urban and 19 rural) and camps were conducted, in addition to 4 cultural program of dance, exercise and music. T.V. shows, radio talks were also broadcasted. They were extensively covered by the print and electronic media. Thanks to International Menopause Society for their initiatives for menopause month celebrations in International perspective.

The Message sent by the President to celebrate this month on International Theme was efficiently took over by the each member of the society. The theme 2013 of Indian Menopause Society is “Stabilize and strengthen” and the slogan Fit @ Forty, Strong @ Sixty & Independent @ Eighty.

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Give yourself a fighting chance

Prevent cancer by embracing a healthy lifestyle
After menopause there is an increased risk of cancer; being proactive in managing a healthy lifestyle will significantly reduce your risk.
For further information visit www.imsociety.org

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मौका दीजिए

जिन्दगी के लिए लड़ने
का अवसर ना छोड़िए

कैंसर से बचाव के लिए स्वस्थ जीवन शैली अपनाईए !

रजोनिवृत्ति की उम्र के बाद कैंसर का खतरा बढ़ जाता है; स्वस्थ जीवन शैली के प्रति सजगता इस खतरे को काफी कम कर सकती है।

अधिक जानकारी हेतु संपर्क करें -
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अंतर्राष्ट्रीय मॅनोपॉज सोसायटी

महिला स्वास्थ्य के सभी पहलुओं के प्रति जागृस्कता एवं शोध को बढ़ावा देती हुई



International Menopause Society
promoting education and research on all aspects of adult women's health
www.imsociety.org



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Indian Menopause Society

www.indianmenopausesociety.org
write to indianmenopausesociety@gmail.com
or call 09949621094 Executive Secretary, IMS, India, B210,
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Ahmedabad Chapter

Dr. Jignesh Shah – Chapter Secretary organised on 29th October 2013: CME- Infertility Issues in 35 plus Women -World Menopause Day

Allahabad Chapter

18th October 2013 – CME & Public Awareness programme on Hormones and Breast

IMS CME on Hormone & Breast was organized by Dr Vandana Bansal under IMS Allahabad Chapter on 18/10/2013 in Hotel Regency, Allahabad. Dr. B.K. Mishra Allahabad delivered a Lecture on Topic Chemotherapy & Radiation in Breast Cancer; Dr. Gaurav Agrawal Lucknow gave a talk on Early Detection & Contemporary management of breast cancer. Dr. Madhurima Shrivastav & Dr. A.K Bansal chaired the session. The Chief Guest in the session was Justice (Mrs.) Poonam Shrivastav.



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The Whole session was very interactive and followed by question session from audience, which was answered by guest speakers.

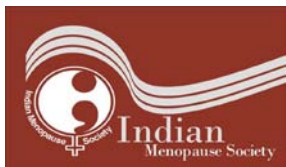


Bharuch Chapter

18th October 2013 – Free Medical Check up Camp on Menopausal Health of Women

Dr. Bhavana Sheth, Chapter Secretary, Bharuch informed about the activities done by IMS-Bharuch Chapter during October 2013.

16th October 2013 - On 16th October a camp was held for women over 40 years where PAP Test was done .80 women took the advantage. A lecture on importance of early diagnosis of cervical and breast cancers was given by Dr. Chellappan and Dr. Parmar.



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18th October 2013 - On 18th October world menopause day was celebrated in a unique way. The theme was "NO RUMOUR, NO TUMOUR ONLY HUMOUR". Each participant was given 3 minutes where she had to make the audience laugh thro' acting and dressing. This program was highly appreciated by all and was very well covered by local channel.

19th October 2013 - On 19th October few members of our association visited the Home for the aged, where they checked their Hb%, blood sugar (R), and serum Uric acid levels. 76 elderly people took the advantage.

20th October 2013 - On 20th October live demonstration of " DAILY EXERCISE A MUST" was demonstrated by Dr. Bhavana and Physiotherapist Dr. Setu. More than 50 women enjoyed the work outs.

21st October 2013 - On 21st October 25 of our members donated blood at the Bharuch blood bank.

23rd October 2013 - On 23rd October a BMD Camp was arranged at Sheth Hospital where 85 women participated in the camp. One month's Calcium tablets were given free of charge to all deserving women by the Pharma company.

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Chandigarh Chapter

Dr. Navneet Takkar , Chapter Secretary organised the following programmes in Chandigarh

12th October- Yoga learning session for Club 35 members

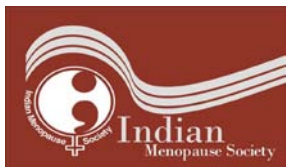
Launch of website for Club 35-Club 35.in

18th October- World Menopause day-Opening of Menopausal Clinic at Max Hospital Mohali under guidance of Dr Seema Sharma. Inauguration of Clinic was followed by

Talk on MHT: Current Status by Dr Navneet Takkar

Panel Discussion: Facts and Myths of MHT

25th October-IMS Quiz at PGIMER.



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Fifteen participants appeared for written test and team of four was selected Dr Rashmi was the winner

26th October-Chandigarh Obst and Gyne society and IMS members joint meet. Talk by Prof Anil Bhansali and Dr Navneet Takkar



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Delhi Chapter

Dr. Sinal Bathla , Chapter secretary Delhi organised under Delhi Chapter two events on eve of World Menopause Day

1. **CME on "Managing Diabetes"** which was attended by 67 delegates. The CME was accredited by DMC for 2hrs 30 minutes. It consisted of 2 panel discussions & 1 Dialogue.

a) Case Scenarios: Update on Management of Diabetic Mother and Infant.

Moderators: Dr Sonal Bathla & Dr Priti Arora Dhamija.

Panelists: Dr A.Sabharwal, Dr K.Singh, Dr A.Moondhra, Dr Surveen ,Dr Vandana

b) Dialogue: Metabolic Syndrome X: Preventive Strategies.

Speakers: Dr Nirmala Agarwal & Dr Sweta Balani.

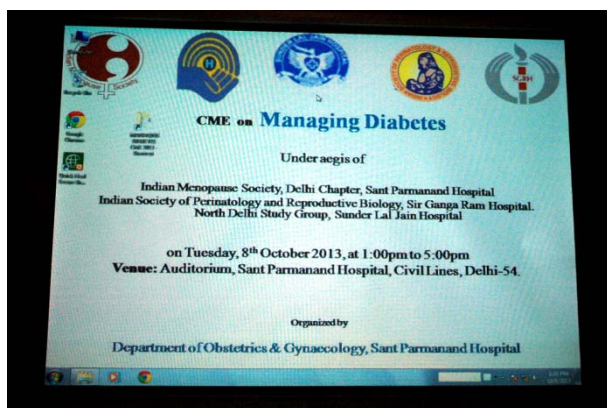
Chairpersons: Dr Harsha Khullar, Dr Vijay Zutshi, Dr Sanjay Gupta, Dr Rashmi

c) Panel Discussion: Challenges in Management of Diabetic Perimenopausal Women.

Moderator: Dr Jyoti Chugh

Panelists: Dr B K Agarwal, Dr Virmani, Dr P Sachdeva, Dr G. Mediratta, Dr A. Dang

All those attending were subjected to waist & BMI measurement. It was found that 80% of those present in the hall suffered from metabolic syndrome. So it was an eye opener.





2. **A Free Surgical Camp for Urogynaecological Problems** was organized in collaboration with Inner wheel Delhi in which 15 poor women were operated free of cost at Sant Parmanand Hospital. The Operating Surgeons were Dr V P Pailly, Dr George Verghese, Dr Nirmala Agarwal, Dr T C Sharma, Dr P K Misra, Dr Ranjana Sharma, Dr Mollinath Mukherjee. The surgeries conducted were

NDVH	2
Vaginal Hysterectomy with TVTO	
VH with TVT Exact	
LAVH with BSO	
VH with Repair for Procidentia	
Introito Plasty	
VH with Sacropinous fixation	
Abdominal Sacrocolpopexy with mesh	
Transvaginal full length Mesh/ Total prolift	
VH + anterior and posterior facial repair	
Vaginal Hysterectomy with full length mesh	
Anterior mesh repair with urethral dilatation	
VVF Repair for obstetric fistula	
Sigmoid Ureterotomy for Ca Cervix stage IV A with malignant fistula	

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Faridabad Chapter

4th October 2013 – CME on Diabetes

Dr. Pooja Thukral – Chapter Secretary Faridabad conducted the first activity in the menopause month at Faridabad on 4th October. A cme was organised on the theme topic diabetes. The speakers were:

1. Dr. Gunjan treasurer IMS chapter of Faridabad. She spoke on new DIPSI guideline for gdm screening
2. Dr. Maneesha Pandey-endocrinologist.Management of gdm and its implications beyond pregnancy.
3. Dr. Shilpa Thakur-senior dietician. Nutrition in diabetics .

The cme was attended by around 20 members. There was interesting discussion after each lecture which was the main highlight of the programme. The cme was sponsored by cipla

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Gurgaon Chapter

Dr. Pushpa Sethi – Chapter Secretary Gurgaon , conducted the CME on "Hormones & Breast Cancer" on **24/10/13**, which was followed by family get together & Dandia Nite. The Topics & speakers were as follows---

- 1) HRT & Breast Cancer ---- Dr Pushpa Sethi (Senior gyneacologist gurgaon)
- 2) Screening for breast Cancer ----- Dr Ragini Agrawal (Senior gneacologist Gurgaon)
- 3) Hormone therapy for breast Cancer ----- Dr K.K.Lall (Oncologist)
- 4) Conservative surgery for Breast Cancer ----- Dr Suresh Vashisht (Onco-Surgeon)

Thirty members attended the CME. It was later followed by family get together and Dandia Nite. Everybody enjoyed the evening, which gave a great sense of fellowship and academic

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enrichment. We celebrated the "World menopause day" on 18/10 at village Mandaver menopause clinic. The report of all other activities will be compiled & sent at the end of this month.



Rural Health Clinic - INAUGURATION OF THE FIRST MENOPAUSAL CLINIC AT VILLAGE MANDAVAR -

The first menopausal clinic at village Mandavar was inaugurated on 1-10-13 in the presence of CMO Gurgaon Dr Pushpa Bishnoi. 80 patients were examined and free TSH was done for 20 pts. Drs who participated - Dr P.Sethi, Dr Ragini Agrawal, Dr Vandana Narula, Dr Kiran Arora, Dr Lata Nagpal, Dr Sushma malik, Dr Anita Sharma.

12th October 2013 - BMD CAMPS ORGANIZED AT SETHI HOSPITAL AND NAULA HOSPITAL ON 12-1--

13. - Two BMD campas at SETHI & Narula Hospitals were organized. 40 pts & 25 pts were seen at both places and Dr A.K.Sethi, gave expert opinion.

17th October 2013 - CME ON 17-10-13, AT SOUTH CITY CLUB - on role of physical fitness in healthy

living. There was no external speaker we all discussed what fitness we follow in our lives & Dr Pushpa Sethi gave expert comments. Meet was sponsored by Lodhi Sports.

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18th October 2013 - THE WORLD MENOPAUSE DAY WAS CELEBRATED AT VILLAGE MANDAVAR WITH THE PATIENTS ON 18-10-13, FRIDAY. We celebrated the world menopausal day at village Mandavar. 40 patients were examined. Sweets & biscuits were distributed & patients explained the significance of this day. Drs Participated - dr P.Sethi, Dr Sharmila & Dr anita Checker



Dr. Roza Olyai – Chapter Secretary Gwalior

3rd October A bone densitometry camp on Vitamin D analysis & Anemia detection camp was organized by the Club 35Plus members at the Olyai hospital on 3rd October.

15th October Special CME talk was organized for Breast self-examination with awareness towards prevention of breast cancer & Eye related problems in Menopause on 15th Oct.at the Central park Hotel Gwalior.

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Hyderabad Chapter

26th October 2013 - World Menopause Day - A CME & Public Forum on Midlife Cancers

Dr Lakshmi R. Markani on the occasion of World Menopause Day organised a CME & Public Forum on Midlife Ovarian Cancers under IMS Hyderabad Chapter on 26th October at Nice Hospital. The CME was attended by more 70 Obstetricians & Gynecologists and was very informative.

Session I - Risk Factors was chaired by Dr. D. Pushpalatha, Senior Gynecologist & Dr. Sasikala Kola, Senior Gynecologist. The Topics covered were:

- "Midlife Gyneac Cancers- Indian Scenario " By Dr. Meeta
- " Ca Breast" By Dr. Kona Lakshmi

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- "Ca Ovary " By Dr. Vidya Ranga Rao
- " Ca Cervix" By Dr. Fahmida Banu
- "Ca Endometrium" By Dr. G. Vijaylakshmi

Session II – Screening Methods & Diagnosis was chaired by Dr. Tripura Sundari , Senior Gynecologist, Dr. A. Padmaja, Senior Gynecologist, Dr. G. Jamuna Devi, Senior Gyneacologist.

The speakers and topics were:

- "Ca Breast" By Dr. D. Leela
- "Ca Ovary " By Dr. Madhavi Nori
- "HE 4 - Is it a useful Biomarker "By Dr. Lakshmi R. Markani
- "Ca Cervix" By Dr. Usha Rani Poli
- "Ca Endometrium" By Dr. G. Bhavani

Session III- Prognosis & Mortality was chaired by Dr. P. Indira Devi, Senior Gynecologist

Dr. K. Satyavathi, Senior Gyneacologist, Dr. D. Vidyadhari, Senior Gynecologist . The talks given were:

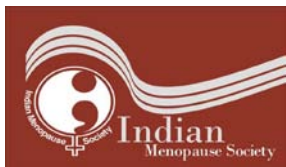
- "Ca Breast" By Sreekanth K. , Surgical Oncologist
- "Ca Ovary " By Dr. Sudha Sinha, Medical Oncologist
- "Ca Cervix" By Dr. C. Chandrashekar Rao
- "Ca Endometrium" By Dr. C. Ambuja

The last session was a Panel Discussion on Scope for Prevention & Take home Message

Moderated by Dr. C. Chandrashekar Rao and the Panelists were Dr. Sreekanth K, Surgical Oncologist, Dr. Sudha Sinha, *Medical Oncologist*, Dr. P. Balamba & Dr. Y. Savitha Devi

The cme concluded with an vote of thanks and National Anthem





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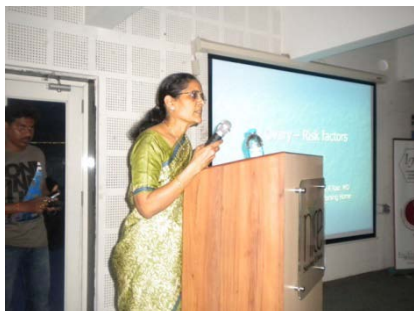
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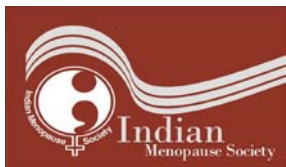
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The CME was followed by a Public Forum inaugurated by Dr. Lakshmi Rathna. The meeting was attended by 35+ Women and Media representatives. . **Dr. Lakshmi R. Markani**, Chapter Secretary, IMS Hyderabad addressed the gathering and gave an overview about the increasing incidence of ovarian cancers. Simultaneously a Press Conference on Midlife Cancers was organised in an adjacent Hall. A Press Note on Midlife Cancers was released.



5th October 2013 – CME on Managing Diabetes Confidently



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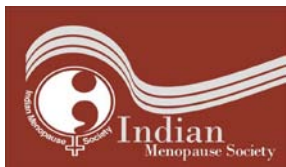
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IMS Hyderabad Chapter organised a CME on Managing Diabetes Confidently on 5th October 2013 at Nice Hospital. The programme was informative and was attended by more than 60 Obstetricians & Gynecologists. The programme initiated with a prayer. Dr. Lakshmi R. Markani Chapter Secretary, Hyderabad Chapter welcomed the gathering. The session was chaired by Dr. C. Ambuja, Senior Gynecologist & Dr. G. Bhavani, Senior Gynecologist. The topics and speakers were:

Epidemiology of D.M in Indian Scenario- By Dr. Lakshmi R. Markani, Consultant Obs & Gyneac, Oral Antidiabetics In The Management of Type 2 Diabetes - By Dr. B. Raman, Endocrinologist, Initiation And Stabilization Of Insulin In Type 2 Diabetes- By Dr. P. Sridevi, Endocrinologist, Common Errors In Insulin Therapy- By Dr. Leela, Consultant Obs & Gyneac, "DM in Menopause Women" - By Dr. Fahmida Banu, Consultant Obs & Gyneac. The vote of thanks was proposed by Dr. Reshma.





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Indore Chapter

Dr. Laxmi Maru , Chapter Secretary Indore organised on 27 October 2013 a CME on Breast and Hormones **CME**

IMS Indore Chapter organised a CME on Breast and Hormones at Hotel Crown Palace.

The speakers were: Dr Rakesh Taran, Dr Kumud Bhagwat, Dr Laxmi Maru.



Jalandhar Chapter

Dr. Surjeet Kaur – Chapter Secretary , Jalandhar organised on 18th October 2013 a Free Medical Check up Camp on Menopausal Health of Women . We the members of Jalandhar chapter celebrate Menopause Day by doing free medical check up of menopausal ladies and briefing them about fitness tips in our clinics few pictures are attached

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Jaipur Chapter

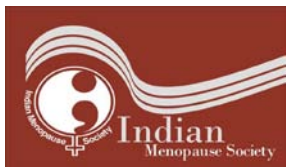
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October 2013 - World Menopause Month – A Report

A multi specialty Camp was organized by Dr. Sunila Khandelwal at Yog Sadhna Ashram where free consultations were given by Gynaecologists, Physiotherapist, Dietician, Yoga Therapist. Free BMD, Whole Body Composition, BMI, Blood Pressure, Hemoglobin, Blood Glucose and Neurological check up was done. About 150 females were benefited. For research purposes protocol base survey of risk score assessment was done. Free education material was distributed along with medicines. IMS documentary was appreciated to spread the message of "Stay Healthy after 40 !" effectively.



On 12th Oct. a CME was conducted at Apex Hospital by the founder member of IMS Dr. S.B. Jhanwar. Dr. Poonam Upadhaya delivered a lecture on Menopause and Osteoporosis. The multi specialty faculty participated in the interactive session.



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Dr. Sunila Khandelwal represented Indian Menopause Society at 5th meeting of Asia Pacific Menopause Federation held at Tokyo, Japan. She participated in the GCM and APMF Collaborative project. On World Menopause Day IMS session was organized and she delivered a talk on Preserving Bone Health – Changing Indian Perspective and highlighted the Indian Menopause Society's efforts in the direction of mature women health.

On 25th Oct. at Inner Wheel Rotary Club a public awareness program was organized on "Menopause - myths and solutions" with the help of Fortis Escort Hospital. An interesting question answer forum generated lot of interest, removed myths of Menopause and simple effective solutions were offered. The educated urban women were very keen to adopt menopausal management & booked for well women screening..

On 31st Oct. a news paper release on Prevention on Cancers was published by Dr. Sunila Khandelwal to mark World Menopause Month on the International theme – "Cancers in Midlife". Preventive measures were highlighted.





Dr Shuchita Meherish, Chapter Secretary , Jaipur organised the following programmes on the occasion of World Menopause Month.

17th October 2013 - A public awareness program on Cancer in midlife and beyond in outpatients department of gynecology of MGH Medical College & Hospital.

18th October 2013 - A public awareness program on Menopause Health issues was held in MGH Medical College and Hospital.

There was a National CME of ISCCP on **20/10/2013**. Though not organised as an IMS activity, we were invited to give a talk on changes in the cervix from adolescence to menopause.

On 26/10/2013, we have organised a CME on Current status of HRT and Current diagnostic approach to ov. cancers at Hotel Fortune Bella Casa.

We have organised a free BMD camp on **28/10/2013**. And to signify that Menopause Awareness does not end in October, we are organising one more BMD camp on 5/11/2013 ..

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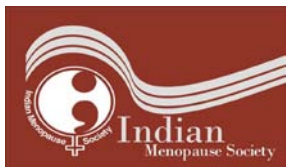
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Jodhpur Chapter

On 18th October 2013, Dr. Renu Makwana, Chapter Secretary Jodhpur organised a CME on Managing Diabetes Confidently



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IMS Jodhpur Chapter organized a CME on Managing Diabetes confidentially on October 18, 2013 at Vasundhara Hospital & Fertility Research Centre, Jodhpur. The program was quite enriching and lucrative to create the awareness amongst the masses. This CME was attended by physician, gynaecologist and others. It was a quite interactive program. The program was initiated by Chapter Secretary Dr. Renu Makwana and Patron Dr. Beena Goel. The senior doctor Dr. Sumitra Bora welcomed and gave her word of wisdom on this crucial topic.

The lectures were followed by interactive session moderated by Dr. B.S Jodha, Dr. Jyoti Meenawat, and Dr. Deepa Balani on 'Consultants role in diabetes management'. Many cases of clinical importance were discussed in this panel. After this thought provoking session an aerobic session was conducted by Dr. Renu Makwana, making all the consultant dance on the tune. The program ended at very positive note with several other activities proposed for coming weeks. Vote of thanks was proposed by Dr. Reena Bhansali.

8th October 2013 – Awareness Camp on Osteoporosis & Vitamin D

A camp on vit D analysis followed by an awareness talk on Osteoporosis, importance of calcium and vitamin D and its various dietary and other sources were discussed at vasundhara Hospital Jodhpur. We are conducted these free for all menopausal ladies from now hence. A day has been dedicated in a week where from now hence menopausal classes on various topics and camps would be organized.

10th October 2013 – Awareness Camp on Breast Cancer

The second activity was conducted by sancheti hospital with inner wheel club wherein menopausal ladies were apprised and Awareness about breast cancer and free screening camp was conducted. Many activities are in pipeline which would be conducted by this month end
Dr Reena Bhansali, Jt.secretary IMS jodhpur chapter

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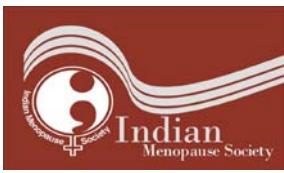
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14th October An anemia camp was conducted with basic health checkup & Hb test. It was observed that most of the women under this stage were having hemoglobin between 8-9gm percent. The camp also witnessed a healthy talk by our nutritionist and disseminated information on healthy & balance diet chart to cope up the deficiency level of iron. Dr. Beena Goyal apprised ladies about the Anemia Management.

Lucknow Chapter

Dr. Yashodhara Pradeep, Chapter Secretary Lucknow Chapter organised **on 4th October**: A Public Awareness Activity on Menopausal Health of Women is organized in Outpatient area of Dept. of OBGYN Queen Mary's Hospital King George Medical College Lucknow UP. Dr Yashodhara Pradeep Secretary IMS Lucknow Chapter, Dr Renu Singh , Dr Pooja told about Prevention of Cancer Cervix. Importance of Screening for Cancer Cervix. To our surprise even the paramedical workers did not had any idea about Screening for cancer cervix.



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The program was attended by 100 patients and 50 accompanying the patient and paramedical workers. The total of 150 people attended the program. 20 women got LBC done.

11th October: A public awareness program on bone health and prevention of Osteoporosis was Organized in the outpatient area of Dept. Of OBGYN Queen Mary's Hospital King George Medical College Lucknow UP. Dr. Yashodhara Pradeep Secretary IMS Lucknow Chapter, Dr Renu singh Dr V. Das, Dr Amita Pandey told about the importance of diet exercise, and foods rich in iron, the importance of sunlight to prevent calcium deficiency At least half hour exposure in sunlight between 10.00 am - 3 .00 pm is sufficient to get the Vit. D. About 175 people attended the program. The BMD by Ultrasound Densitometer was done to detect Osteopenia or Osteoporosis in women more than 40 years. 125 Women underwent BMD Data is yet to be analysed.

BMD was sponsored by SUN PHARMA Blood samples for S. estrogen was collected from Women had menopause five or more than five years and had BMD Tscore between -1 to-2.5 or more. 25 Samples were collected will be analyzed later.

18th October: On world Menopause Day, A Marathan walk is organized by Members of IMS,LOGS,IMA,and Association of Private Practioners for public awareness from Shahid Smark to IMA Bhawan Lucknow at 7.00 am. Followed by tea and BMD check up at IMA.



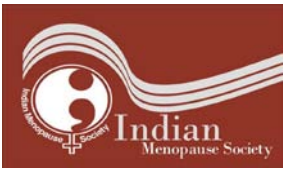
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शरीर दैक कालोनी विगत आईएमए भवन में आयोजित स्वास्थ्य दिवस में 'जांच कराती महिला'



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Dr. Nayna Dastur – Chapter Secretary Mumbai

22nd October 2013: An Osteoporosis Camp was held on 22nd October 2013 at Nowrosjee Wadia Maternity Hospital in the Gynecology OPD under the banner of IMS, Mumbai Chapter. Women above the age of 40 years were encouraged to get their bone density checked. 56 Women participated in the camp. Dr. Anagha Chattrapathi gave an audio-visual presentation on the “Importance of preventing osteoporosis”. Heel ultrasound was performed on all the patients. Those found to be osteopenic were advised further additional testing by DEXA they were also advised Vit D and Calcium testing and were prescribed calcium and Vit D Supplements. The conveners for the programme were Dr. Sarita Bhalerao, Dr. Trupti Nadkarni and Dr. Anagha Chattrapathi. The camp was sponsored by the pharmaceutical company Cipla

20th October 2013 : Dr. Nayna Dastur was invited by Cipla Pharmaceuticals on World Osteoporosis Day, 20th October 2013 for a round table conference at ITC, Maratha Hotel, Parel, Mumbai with Prof. Mone Zaidi from Mount Sainai Hospital, New York, Director, Mount Sainai School Medicine to promote awareness about Osteoporosis & Management globally. Cipla pharmaceuticals have assured us their full cooperation in doing so for IMS. Any further development will be passed on to you.

19th October 2013 An activity of endocrinology Committee of FOGSI, hosted by MOGS in collaboration under the banner of IMS, Mumbai Chapter & AMWI was held on 19th October 2013 at Hotel Classic Club, Behind Infinity Mall, Link Rd., Andheri (W). Mumbai. Dr. Suvarna Khadilkar was the convener. Dr. Nayna Dastur chaired a session in which Dr. Suchitra Pandit spoke on “Hormonal treatment – Basis & Modalities”. As Dr. Arun Nayak informed that he will not be able to attend, so Dr. Suvarna Khadilkar took over the session & spoke on “Conservative Surgical Management”. She also conducted the Panel & Public Forum. Dr. Sujata Mishra from Cuttack was



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our National Faculty. She spoke on "non hormonal treatment of perimenopausal aub". We had a lecture on Hormones and cancer by Dr Yogesh Kulkarni.

18th October 2013: A health check up camp was organized on 18th October 2013 from 9.30 am at Maharashtra Kamgar Kalian Kendra, Naigaon, Mumbai. Physicians, Gynecologists, Ophthalmologists, Dietician And Orthopediacians participated in the camp. 136 perimenopausal patients were screened for hypertension, medical problems, gynecological problems, bone mineral density and ophthalmological problems.

The highlight of the camp was that Free DEXA was done for those women who were found to be osteopenic/ osteoporotic. The camp was organised by AMWI Mumbai Branch, in collaboration with NIRRH Parel, and IMS, Mumbai Chapter. Dr Lalita Savardekar, Dr Pervin meherji were the conveners for the program. Dr. Geeta Balsarkar' unit from wadia hospital offered clinical help. Health talks were given by Dr. Suvarna Khadilkar, President AMWI, mumbai branch, Dr. Geetha Balsarkar, the Dietician and the Orthopedician.

18th October 2013 : On the occasion of World Menopause Day on **18th October 2013**, a CME was organised in Baba Ambedkar Hospital, Central Railway, Mumbai by Dr Beena Kumari, Senior Consultant (Gynec and obst.) under the guidance of IMS, Mumbai Chapter.

The CME was attended by above 100 doctors with their spouses, Senior ANOs, nurses and other para medical staff. In the line of the theme for this year lectures/presentations were made by the senior doctors of BAM Hospital. Dr. Beena Kumari spoke on "Menopause and health risk". Dr. Nayna Dastur concluded the session and appreciated the efforts made by Dr. Beeena Kumari in organising this CME.

3rd October 2013 : On the occasion of Breast Cancer Awareness Week, Thane Vartaman, a TV News Channel interviewed Dr Priya Ganesh Kumar on 3rd October 2013 on Breast Cancer prevalence & its Awareness in general public. The importance of SELF BREAST EXAMINATION was stressed. The correct method of examination was highlighted by pictorial presentation. The BRACA 1 & BRACA 2 genes were discussed as Prophylactic Breast Removal surgery had gained importance after Angenila Jolie undergoing the surgery for the same.



Pune Chapter

Dr. Jyothi Unni, President IMS & Dr. Urvashi Yavalkar, Chapter Secretary, Pune Jointly organised the following programmes during the World Menopause Month

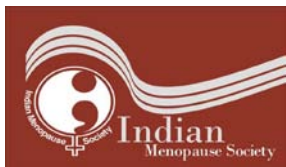
12th and 18th October - Newspaper articles were published written by Dr Urvashi Yavalkar, on Menopause and its impact on health and how to deal with it.

12th October 2013 - Press conference was held at Patrakar Bhavan where reporters were briefed on Menopause and publicity of 18th October public awareness meet was done.

18th October 2013 - World Menopause Day was celebrated at S M Joshi Hall where public awareness meet was organised, Dr Vijanti Khanvilkar had given a talk on menopause, followed Panel discussion with specialists from various fields answered public queries. Also distribution of Discount coupons for routine investigation and for mammography and HPV tests was done.

20th October 2013 - A CME was conducted with POGS and topics like CaCx, Ca Breast, urological problems at menopause as well as issues of sexual dysfunction , dental , eye and psychological problems were discussed.

23rd October 2013 - IMS Quiz was organised and this year too Dr Sasmit Jaiswal was the winner of the Quiz.



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Rural Health Camp - Besides this our Ongoing rural health programme continues with regular visits.

Many of our members have conducted bone density, Ca Cx and Ca Breast camps at there respective clinics during October.





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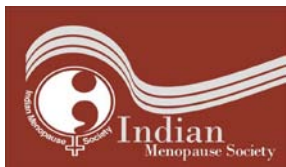
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Patiala Chapter

Dr. Manjit Kaur Mohi – Chapter Secretary Patiala

22nd October 2013 : World Menopause Day was celebrated in the deptt of Ob/Gynae, GMC Patiala. A camp was organised & the perimenopausal women were advised regarding the importance of health, nutrition & exercise. They were distributed free sachets of protein powder.



Surat Chapter

Dr. C.H. Trivedi – Chapter Secretary Surat, organised the following programmes in the month of October :

October 2013 – Public Awareness Camp on Menopausal Health of Women

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In reference to the Month October 2013 especially 18th October 2013 a Menopause day, Surat Chapter organized two Important event for Menopausal awareness, ,

Club 35+ - Josh & Jasba [A dance program having eleven items of varieties of dances for the prevention of "Osteoporosis" & many other symptoms. Dr. Vasantben Shah 87 years was chief guest. This was under the banner of Club 35+. Pictures are attached.



CME on HRT, DUB & Non Hormone therapy

On academic front, two & half hours academic **CME** was arranged were **Dr. Atul Munshi, Dr. Jignesh Shah & Dr. Gadhavi** from Ahmedabad were invited. HRT, DUB & Non-Hormone therapy for prevention of Menopause were discussed. A special talk on awareness of Cervical cancer, prevention and early diagnosis was kept which was delivered by Dr. Atul Munshi. Pictures are attached.

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Udaipur Chapter

Dr. Nazima Saloda, Chapter Secretary Udaipur organised the following programme on 18th October 2013: World Menopause Day

BMD camps were simultaneously held at hospitals of our members:

1. Sanjivani Hospital- Dr Kaushal Chundawat organized it .78 beneficiaries were given free dietary advice and free physiotherapy consultation.
2. Milap Hospital- along with BMD, BMI, hb test, BI sugar were done free of cost. 135 patients were benefitted. Dr Asha Jain organized this camp.
3. Saifee Burhani Hospital - Dr Sangeeta Jain demonstrated self breast examination to 70 beneficiaries.
4. Satellite hospital Ambamata- Asha Sahyoginis were briefed about cancer prevention of cervix and breast. Importance of paps smear &self breast examination was highlighted by Dr. Nazima Saloda.

EVENING OF WORLD MENOPAUSE DAY WAS CELEBRATED BY ORGANISING A CME AT ORIENTAL RESORTS

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Topic: IMS & RCOG guidelines on MANAGEMENT OF OVARIAN CYST IN POSTMENOPAUSAL WOMEN presented by Dr Nazima Saloda

19th October 2013 : Dr Shalini Bhargava organized a free BMD Camp at her clinic.

26th October 2013 : There was an exquisite health education programme organized at BN Girls College Udaipur. This was organized by Dr Shilpa Rathore one of our non medico member. There were 2 presentations:

(a) Breast self examination presented by Dr Nazima Saloda.

(b) STD in adolescents presented by Dr Kaushal Chundawat.

This was followed by an interesting forum. Experts being Dr Kamlesh Punjabi, Dr Kaushal Chundawat, Dr Nazima Saloda & Dr Asha Jain.





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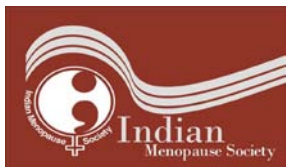
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7th October 2013 : Awareness activity with Rotary Meera Udaipur - Dr Nazima Saloda briefed on importance of Life style management in menopausal symptoms. A presentation on cervical & breast cancer awareness was given by Dr Kaushal. Dr Sanchita demonstrated self breast examination [Dt. 7-10-13].