Celebrating World Menopause Day 2021

Bangladesh menopause society celebrated World Menopause Day 2021 in befitting manner. We organized a few scientific webinars through the month of October. We had several TV shows, which emphasized on bone health, as it was the theme of World Menopause Day 2021. Because of the Covid pandemic we could not arrange an in-person seminar, symposium and Rally. We made leaflets on bone health in Bengali and distributed to our patients to improve their knowledge regarding maintenance of bone health. Some pictures of our celebrations are attached here.

On this occasion, Past President of IMS, Susan Davis, SAOMS’S President, Jaideep Malhotra, AEOFG & SAOM’s President-elect, Prof Rohana Hattatua and our National President, Professor Shahla Khatun, participated in these scientific webinars. We tried to raise awareness for all our mature women about prevention and treatment of Osteoporosis.
Virtual Round Table Seminar On “Bone Health”
Special event on the occasion of World Menopause Day

Date: 14 October 2021 | Time: 8:45 pm

Chairperson
National Prof. Dr. Shaha Khan
President, BMD

Chief Guest
Prof. Dr. T A Chowdhury
Past President, BMD

Special Guest

- Prof. Dr. Sabita Begum
  President, BMD

- Prof. Dr. Selvamma Choudhury
  Past President, BMD

- Prof. Dr. Lakshmi Amma Rama
  Past President, BMD

- Brig. Gen. Dr. Saraju Nath
  Vice President, BMD

- Prof. Dr. Rehmat Ara Begum
  Vice President, BMD

Panellists

- Prof. Dr. Sabita Begum Chowdhury
  President, ECI

- Prof. Dr. Syedam Aye
  Secretary General, BMD

- Prof. Dr. Farzana Dewan
  Joint President, BMD

- Prof. Dr. Shahnaz Zafar
  Vice President, BMD

Moderator
Dr. Tanmoy Debro
Joint Secretary, BMD

World Menopause Day 2021 “Bone Health”
You’re in the show!
Everyone can see and hear you
Published in newspapers - the importance of addressing Osteoporosis

TV Shows
Finally, we published a newsletter, which included the information about how to maintain bone health. What women should do to prevent osteoporosis and sarcopenia. We highlighted the lifestyle changes including optimum food intake, doing regular exercise, getting enough sunlight, and taking Calcium and Vit D supplements.

Newsletter of World Menopause Day 2021 on Bone Health