

**I am saying**

**NEWSLETTER**

**Issue No 4  
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President, Indian Menopause Society (2025–26)

## Menopause: Time to Cultivate Your Life Garden

### Introduction

Menopause, defined retrospectively after 12 consecutive months of amenorrhea, typically occurs between the ages of 45 and 55 years. This physiological event signifies ovarian follicular depletion and a consequent decline in estrogen and progesterone levels. While often perceived as the end of reproductive potential, menopause is also the beginning of a new phase—a time for self-reflection and renewal. The concept of “cultivating one’s life garden” offers a holistic framework: just as a garden requires care, nourishment, and balance, so does a woman’s body and mind during this pivotal stage.

### The Biology of Transition

The menopausal transition, or perimenopause, is characterized by fluctuating gonadotropins and sex hormones. Declining estrogen levels lead to multisystem changes:

- **Vasomotor symptoms:** hot flushes and night sweats, affecting up to 75% of women.
- **Urogenital atrophy:** due to estrogen deficiency, leading to vaginal dryness and urinary symptoms.
- **Metabolic alterations:** redistribution of body fat, dyslipidemia, and insulin resistance.
- **Skeletal effects:** accelerated bone loss, increasing osteoporosis risk.
- **Neuropsychological effects:** mood variability, cognitive changes, and sleep disturbance.



Understanding these changes empowers women to respond proactively—nourishing their “inner garden” with science-based care

### The Life Garden Metaphor: A Holistic Framework

The metaphor of the life garden symbolizes four core dimensions of midlife wellbeing:

Life Garden Domain	Parallel Health Aspect	Cultivation Practice
Soil – Foundation	Physical health, metabolic balance	Nutrition and regular exercise
Water – Flow	Emotional and social wellbeing	Communication, relationships, empathy
Sunlight – Energy	Purpose, spirituality, positivity	Mindfulness, gratitude, self-growth
Seeds – Renewal	Lifelong learning, creativity	Skill development, hobbies, self-expression



## Lifestyle Medicine: Tools to Cultivate the Garden

Lifestyle interventions form the cornerstone of menopausal health.

**1. Nourish the Soil:** Nutrition A balanced, plant-rich diet supports hormonal balance and prevents chronic disease.

- **Phytoestrogens** (soy, flaxseed) mimic weak estrogenic effects.
- **Calcium and Vitamin D** intake protects bone health.
- **Antioxidants** from fruits and vegetables reduce oxidative stress.
- Limit saturated fats, refined sugars, and excess salt.



## 2. Strengthen the Roots: Physical Activity

Regular exercise enhances cardiovascular, skeletal, and mental health.

- **Aerobic exercise** (brisk walking, swimming) improves vasomotor stability.
- **Resistance training** preserves muscle mass and bone density.
- **Yoga and Tai Chi** reduce anxiety and improve flexibility.



## 3. Water the Mind: Sleep and Stress Management

Poor sleep and stress amplify menopausal symptoms.

- **Practice sleep hygiene:** consistent schedule, dark cool room, no screens.
- Incorporate **mindfulness, meditation, and deepbreathing** exercises.
- Cognitive Behavioral Therapy (CBT) is effective for insomnia and hot flashes.



## Sunlight of Mindfulness: Purpose and Meaning

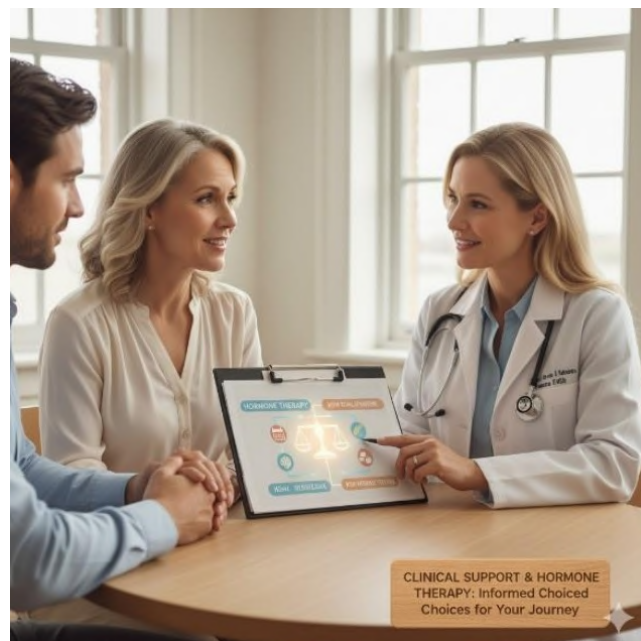
Psychological adaptation is as crucial as physical. Women who engage in purposeful, creative, or social activities report higher life satisfaction. Embracing mindfulness allows acceptance of change and gratitude for one's evolving body.



## Clinical Support and Hormone Therapy

For women with moderate-to-severe vasomotor or urogenital symptoms, menopausal hormone therapy (MHT) remains the most effective intervention when appropriately prescribed. The “window of opportunity” hypothesis suggests cardiovascular and cognitive benefits if MHT is initiated within 10 years of menopause onset or before age 60. Shared decision-making, individual risk assessment, and periodic re-evaluation are essential.

Non-hormonal options—such as SSRIs, SNRIs, gabapentin, or clonidine—can be effective for women with contraindications to hormones.



## Social Support: The Community Garden



Menopause is also a sociocultural experience. Peer support groups, menopause clinics, and community education programs can destigmatize this natural transition. Encouraging open conversations transforms isolation into empowerment—turning the garden into a shared sanctuary.



# The Role of the Microbiome in Menopause Symptoms

## Introduction



Menopause is a universal biological milestone, yet the symptomatic experience varies widely among women. Vasomotor disturbances, urogenital atrophy, mood fluctuations, metabolic changes, and bone loss form the core clinical manifestations. Emerging evidence suggests that the human microbiome—particularly the gut, vaginal, and urinary microbial communities—plays a pivotal role in modulating menopausal symptoms and influencing long-term health outcomes. For OB-GYN specialists, understanding these interactions may open new preventive and therapeutic avenues beyond conventional hormone therapy.

### The Microbiome: An Overlooked Endocrine Partner

The human microbiome, comprising trillions of microorganisms and their genomes, functions as a dynamic endocrine-like organ. It regulates immune homeostasis, nutrient metabolism, and hormone biotransformation. The “estrobolome,” a subset of gut bacteria encoding enzymes capable of metabolizing estrogens, is of particular relevance to menopause. By modulating circulating estrogen levels, the microbiome may directly influence vasomotor symptoms, bone health, and urogenital integrity.

### Gut Microbiome and Menopause Estrogen–Microbiome Crosstalk

Declining ovarian estrogen during menopause reduces microbial diversity, often resulting in a shift toward pro-inflammatory taxa. Conversely, an imbalanced gut microbiome may impair estrogen recycling via reduced  $\beta$ -glucuronidase activity, further aggravating hypoestrogenism. This bidirectional loop highlights the gut microbiota as a determinant of systemic estrogen bioavailability.

### Symptom Links

- Vasomotor Symptoms (Hot Flashes, Night Sweats):** Altered gut microbiota has been correlated with systemic inflammation, a known amplifier of vasomotor instability.
- Mood and Cognition:** Dysbiosis may impair the gut–brain axis through disrupted neurotransmitter synthesis (e.g., serotonin, GABA), linking to depression, anxiety, and cognitive fog commonly reported in perimenopause.
- Metabolic Syndrome:** Postmenopausal women with obesity exhibit reduced butyrate-producing bacteria, favoring insulin resistance and low-grade inflammation.
- Bone Health:** Certain bacterial strains enhance calcium absorption and modulate osteoclast activity, thereby influencing osteoporosis risk.

### Vaginal Microbiome: A Mirror of Estrogen Status Lactobacillus Dominance and Menopause

In reproductive-age women, estrogen maintains a glycogen-rich vaginal epithelium that supports Lactobacillus dominance, ensuring acidic pH and pathogen resistance. With estrogen withdrawal, Lactobacillus species decline, giving way to anaerobes such as Gardnerella, Atopobium, and

Prevotella. This transition not only predisposes to bacterial vaginosis but also underlies many genitourinary syndrome of menopause (GSM) manifestations.

### Clinical Manifestations

- Vaginal Dryness and Dyspareunia: Loss of lactic acid-producing bacteria raises vaginal pH, leading to epithelial thinning and dryness.
- Recurrent Infections: Increased colonization by opportunistic pathogens predisposes to bacterial vaginosis and urinary tract infections.
- Local Inflammation: Dysbiosis triggers mucosal immune activation, compounding GSM symptoms.

### Urinary Microbiome and Menopause

Historically considered sterile, the urinary tract harbors its own distinct microbiome. Postmenopausal estrogen decline reduces Lactobacillus dominance, correlating with higher incidence of recurrent urinary tract infections and lower urinary tract symptoms. Interestingly, urinary microbial diversity has been linked with severity of urgency incontinence, suggesting potential diagnostic biomarkers.

### Microbiome and Menopausal Therapies Hormone Therapy

Estrogen therapy not only alleviates menopausal symptoms but also restores Lactobacillus abundance in the vagina and urinary tract. Oral and transdermal formulations indirectly affect gut microbial composition by modulating systemic estrogen levels.

### Probiotics and Prebiotics

Targeted probiotic supplementation with Lactobacillus strains has shown promise in improving GSM symptoms and reducing infection recurrence. Prebiotics such as dietary fiber enhance short-chain fatty acid production, with downstream effects on metabolism and inflammation.

### Diet and Lifestyle

Mediterranean-style diets, rich in polyphenols and fiber, support microbial diversity and estrogen metabolism. Exercise and weight management further modulate the microbiome-estrogen axis, indirectly influencing menopausal symptom severity.

### Translational and Clinical Implications

The microbiome offers a paradigm shift in understanding menopausal health:

- 1. Personalized Symptom Prediction:** Microbial biomarkers could help stratify women at risk of severe vasomotor or genitourinary symptoms.
- 2. Adjunctive Therapy:** Probiotic or dietary modulation may complement hormone therapy, especially for women with contraindications to systemic estrogen.
- 3. Preventive Potential:** Early microbial interventions in perimenopause might reduce long-term risks of osteoporosis, cardiovascular disease, and cognitive decline.



## Challenges and Future Directions

**Despite promising associations, several challenges remain:**

•**Causality vs. Correlation:** Most current studies are observational, making it difficult to delineate whether dysbiosis drives symptoms or results from estrogen decline.

•**Heterogeneity:** Microbiome composition varies widely by geography, ethnicity, and lifestyle, complicating universal therapeutic recommendations.

•**Clinical Translation:** Standardized probiotic strains, dosages, and delivery routes need validation in large-scale randomized controlled trials.

Emerging technologies such as metagenomic sequencing and metabolomics may soon allow precise mapping of microbial signatures relevant to menopause. Integration with systems biology could enable microbiome-informed therapeutic algorithms in OB-GYN practice.

## Conclusion

The microbiome, once considered a silent bystander, is now recognized as a key player in menopausal symptomatology and long-term women's health. From the gut's estrobolome to vaginal and urinary ecosystems, microbial communities interact intimately with estrogen status, influencing vasomotor, genitourinary, metabolic, and psychological outcomes. For OB-GYN specialists, incorporating microbiome science into clinical reasoning not only expands therapeutic options but also aligns with the emerging paradigm of personalized medicine in midlife women's health.

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# Revolutionizing Menopause Management: Harnessing the Potential of Artificial Intelligence (AI)

## Atul Munshi



“The future of AI is not about replacing humans; it's about augmenting human capabilities.” — Sundar Pichai

### Abstract:

Menopause management increasingly demands personalized, proactive, and data-driven strategies to address the diverse needs of women worldwide. Artificial Intelligence (AI) has emerged as a transformative tool, enabling precise risk prediction, real-time symptom monitoring, optimized treatment pathways, and enhanced mental health support. This chapter explores how AI applications — spanning machine learning, natural language processing, and precision medicine — are reshaping menopause care. It also highlights emerging evidence, key benefits, and practical challenges, emphasizing that AI is not a replacement for clinicians but an empowering ally for both patients and healthcare providers.

### Introduction

Menopause marks a pivotal transition in a woman's life, accompanied by diverse physiological and psychological changes. While some experience mild symptoms, others face significant health challenges, often requiring specialized care. Recent advances in Artificial Intelligence (AI) hold transformative potential to personalize, predict, and optimize menopause management, addressing individual needs more effectively than ever before.

This chapter explores the evolution of AI, its applications in menopause care, evidence from recent research, and the opportunities and challenges in integrating AI into clinical practice.

### Key Points

1. Global Need: By 2050, 1.65 billion women will be of menopausal age.
2. AI Capabilities: Machine Learning, Deep Learning, and NLP enable prediction, monitoring, and personalized care.
3. Evidence-Based Impact: AI models outperform traditional tools in predicting osteoporosis and cardiovascular risks.
4. Symptom Management: Apps and chatbots like MenoBot and MenoLife offer real-time support.
5. Precision Medicine: AI analyzes genomic and clinical data for individualized interventions.
6. Challenges: Data privacy, robust algorithms, and clinical translation remain key barriers.
7. Vision: AI augments human expertise — improving quality of life and empowering menopause care.

### Understanding Artificial Intelligence in Healthcare

AI refers to technologies enabling machines to mimic human intelligence. Its branches include:

- Machine Learning (ML): Systems learn from data to improve performance without explicit programming.
- Deep Learning (DL): Uses deep neural networks to detect complex patterns, often outperforming traditional methods.
- Natural Language Processing (NLP): Enables machines to understand and respond to human language, vital for AI chatbots and virtual assistants.

Historically, AI's medical applications began in the 1970s with tools like INTERNIST-1, and have since evolved to modern AI-powered clinical decision support, risk prediction, and personalized care.



(References: Alowais SA et al., 2023; Hirani R et al., 2024)

## The Need: Menopause as a Global Health Challenge

By 2050, an estimated 1.65 billion women will be in the menopausal age group worldwide (Kirchengast S, 2024). The complexity of menopause — affecting bone health, cardiovascular risk, cognition, mood, and quality of life — challenges clinicians to deliver comprehensive, individualized care. AI, through data-driven insights, offers tools to bridge this gap.

### AI Applications in Menopause Management

#### 1. Risk Prediction and Prevention

AI can process vast data — clinical history, genetics, lifestyle — to identify women at risk for:

- Osteoporosis: ML models outperformed traditional tools (e.g., OSTA) with AUROC ~0.767–0.811, correctly identifying up to 81% of cases (Ou Yang WY et al., 2021).
- Cardiovascular events: Random forest models highlighted key predictors like bone loss and obesity in perimenopausal women, aiding early intervention (Chen A et al., 2025).

#### 2. Symptom Monitoring and Support

AI-driven apps and wearables enable real-time symptom tracking and personalized recommendations:

- Chatbots like MenoBot use NLP to provide individualized guidance (Smith et al., 2021).
  - Apps such as MenoLife and Health & Her support symptom tracking, while studies like the ZOE PREDICT 3 trial found app-based personalized dietary advice reduced symptom severity.
- (References: Garg R, Munshi A, 2024; Zhao X et al., 2025)

#### 3. Treatment Optimization

AI refines hormone therapy by analyzing patient data to suggest:

- Personalized hormone dosages (Johnson et al., 2019).
- Tailored lifestyle and dietary recommendations.

Hybrid decision-support systems help clinicians navigate complex treatment choices, particularly where the fear of complications limits MHT use (Bacak HO et al., 2019).

#### 4. Precision Medicine

AI leverages large genomic and clinical datasets to:

- Identify biomarkers predicting treatment response.
- Enable truly individualized interventions, optimizing outcomes and minimizing risks (Johnson KB et al., 2021).

#### 5. Behavioural and Mental Health Support

AI tools extend support beyond physical symptoms, offering:

- Digital Cognitive Behavioural Therapy (CBT) resources.
- Mindfulness guidance and real-time feedback, addressing anxiety, depression, and cognitive shifts (Vargas-Hernandez VM, 2025).

Application Area	AI Tool/Method	Example	Benefit
Risk Prediction	ML Models	Osteoporosis, MACE prediction models	Early identification of high-risk women
Symptom Monitoring	NLP, Wearables, Mobile Apps	MenoBot, MenoLife, Health & Her	Real-time tracking and personalized guidance
Treatment Optimization	Decision Support Systems	Hybrid HRT recommendation tools	Personalized hormone therapy and interventions
Precision Medicine	Genomics + AI	Biomarker analysis for individualized treatment	Highly targeted care
Mental Health Support	Digital CBT & AI Assistants	CBT tools, mindfulness apps	Addresses anxiety, depression, cognitive shifts

Benefits for Patients and Professionals

- Personalized care pathways enhance effectiveness.
- Efficient resource use and improved clinical decisions.
- Accelerated research from real-world data.
- Enhanced knowledge for both patients and healthcare providers.

Challenges and Ethical Considerations

Despite progress, translating AI into menopause care faces hurdles:

- Limited clinical integration and real-world validation.
- Need for large, representative datasets.
- Ensuring privacy, data security, and ethical use.

A dual approach — advancing mechanistic understanding of menopause and developing robust AI systems — is crucial to unlock AI's full potential.

(References: Roa Diaz ZM et al., 2019; Garg R, Munshi A, 2024)

Conclusion

Women may spend up to three decades in the postmenopausal phase, often navigating complex health challenges. AI offers transformative tools — from risk prediction and symptom monitoring to precision treatment and mental health support. While not a replacement for human expertise, AI serves as a powerful ally, augmenting care quality, empowering patients, and supporting clinicians. With responsible integration and continued research, AI could truly revolutionize menopause management, ushering in an era of personalized, data-driven, and compassionate care.

“AI is neither good nor evil. It's a tool. It's a technology for us to use.” — Oren Etzioni

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# What digital EDUCATION committee says ?

## How Asian women experience menopause:



•When it is menopause ,one size doesn't fit for all. For Asian women , the transition in to midlife comes with a unique set of symptoms, cultural expectations and reporting of , differ in meaningful ways from those of other racial and ethnic groups. Menopause is universal biological process ,the way it is experienced – physically , emotionally and socially –is shaped by culture , diet and healthcare.

•**Common Symptoms** : More Than Just Hot Flashes : Though VMS are the hallmark of menopause but research suggests Asian women may experience less frequently or report them differently compared to other community. A study published in BMC women's health (2023) found that postmenopausal women in China most commonly reported symptoms like fatigue, sleep disturbances , muscle and joint pain and mood swings . VMS were present but not the main symptom . Study of Women's Health Across the Nation (SWAN) a long term multiethnic study in the U.S reported that Chinese and Japanese American women were less likely to report hot flashes than Black ,Hispanic or white women could be because of cultural norms about discussing bodily discomfort.

•**Cultural Perception and Symptom Reporting** : In east and southeast Asian women menopause is natural transition not a medical problem so there is under reporting . And they may try some herbal treatment or acupuncture to manage symptoms .

•**South Asian vs East Asian women's Menopause Experiences** :- Asian includes a wide range of ethnicities and cultures East Asian reports less while South Asian encounter barriers. In 2010 qualitative study of Asian Indian immigrant women in U.S. found that many women were unfamiliar with biological basis of menopause. Influenced by Diet , lifestyle , and socioeconomics .

•**Nuance matters** :- Asian women do experience menopause but their journey through is not dominant like western narrative

•Understanding the menopause transition for Asian women means acknowledging a spectrum of experiences across ethnic subgroups , social conditions & belief systems  
Dr. NITAMISHRA

# Why Hobbies Matter: The Science of Staying Happy, Healthy and Sharp

By Dr. Shalini Jain Agrawal (M.S. OBGY, FICOG, FMAS, CIMP)

In the rush of modern life, we often treat hobbies as optional extras, something to do once the “real work” is done. But growing evidence tells a different story. What we choose to do in our leisure time may be one of the most powerful investments we make in our long-term health and happiness.

## The Evidence

A landmark Harvard study involving more than 93,000 adults across 16 countries found that people who regularly engaged in hobbies consistently reported better health, higher life satisfaction and lower rates of depression. The benefits held true across age, culture and income. In short, hobbies are a global prescription for well-being.

## How Hobbies Shape the Brain

When we learn a new skill, paint, play an instrument or even tend to a garden, the brain forms fresh connections. This ability, known as neuroplasticity, helps the brain stay flexible and strong. Such activities stimulate the hippocampus, the center of memory and learning, and over time help build cognitive reserve which is the brain's buffer against aging and decline.

People who keep their minds active through creative or mentally stimulating hobbies have a significantly lower risk of dementia and cognitive impairment. In simple terms, hobbies keep the brain youthful and resilient.

## How the Body Responds

Hobbies also work through the body's built-in relaxation system, led by the vagus nerve. When we immerse ourselves in enjoyable or calming activities like music, painting, gardening or yoga, the vagus nerve signals the body to slow down and restore balance. This reduces heart rate and blood pressure, lowers inflammation, and supports healthy hormone levels. Regular activation of this pathway strengthens emotional stability and physical resilience.

## The Chemistry of Joy

Pleasurable activities release dopamine and serotonin, the brain's natural mood boosters. These chemicals lift motivation, sharpen focus and counteract cortisol, the

stress hormone. Over time, this biochemical balance improves sleep, stabilizes mood and protects mental health. Many people describe reaching a “flow state” during hobbies. It's that effortless concentration where stress fades and creativity thrives. It is both soothing and deeply restorative.

### The Power of Connection

Hobbies that involve others add another layer of benefit. Joining a group, class or team nurtures connection and belonging, both of which are critical for emotional and physical health. Social engagement has been shown to protect against loneliness, which is now recognized as a serious health risk comparable to smoking or obesity. Shared activities build confidence, empathy and a sense of purpose- all of which are things every mind needs to stay well.

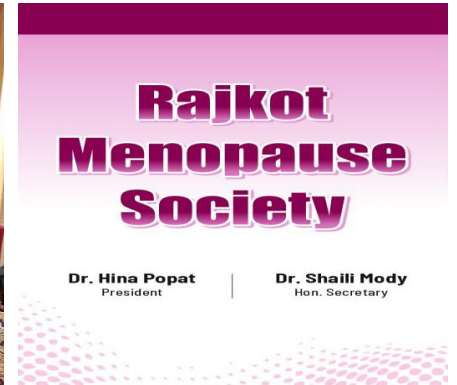
### A Habit Worth Keeping

The most powerful hobby is the one that brings you joy. Choose something that challenges you just enough to stay interesting, and make it a regular part of your life. It is never too late to begin. The human brain remains capable of growth and adaptation at every age.

In Summary

Hobbies are not distractions from life; they are the heartbeat of a healthy one. They sharpen the mind, calm the body and open doors to connection and creativity. Whether through music, movement or mindful creation, a hobby is one of the simplest and most effective ways to invest in your future well-being.





## June Activities:

1. CME on eye care and gut health
2. Round table meet of committee members  
Topic: drugs for menorrhagia
3. Social activity on eve of doctors day .  
Educating women, girls on menstrual hygiene
4. Yoga day celebration for 10 days with LIFE online.  
Winning of national IMS prizes by Rajkot society in yoga competition.

# Quiz Winners:

## IMS weekly quiz winners :

### Quiz 70.

preventive health measures from young to perimenopause .8 participants

### Quiz 69.

Abnormal BMI. Winner **Dr. Deepa Maniyar**

### Quiz 68.

Mixed bag . Total participants 7.

### Quiz 67.

postmenopausal bleeding. Winner **Dr. Foram Tanna**

### Quiz 66.

CVD and menopause. Winner **Dr. Kartikey Shastri**

### Quiz 65.

Breast diseases at menopause . Winner **Dr. Pratik Bhadja.**

Online participation in wellness weekends by

**RAJKOT**

menopause society on 8 june.

A new Gujarat Menopause Society joint venture

**UDAAN**

for club 35 plus launched in June.



## Activity Report of Bhopal Menopause Society for month of JUNE 2025

15th JUNE 2025 Sunday 1 day Yog Samavesh. It was attended by 36 members and all the staff of Manisha hospital under the guidance of Yogacharya Vandana Verma ji. Pranayam and breathing exercises were taught.



20/06/2025 bhopal menopause society participated in 1. Yoga pose contest held by ims won prizes in category below 55 years 1st prize dr. Shraddha verma 2nd prize dr. Rinku bhaskar and special prize in category above 55 years by dr. Shruti shah and won prize for maximum participation of 33 members

2. Yoga slogan competition on yoga & health total 10 participant won 1st prize by president dr. Vijayanti kolekar






### 29/06/2025 PRESIDENTIAL CME WITH IMS PRESIDENT DR. ANITA SHAH & SECRETARY DR. RAGINI AGARWAL & DR. JATIN SHAH

Happy and proud that IMS President Dr Anita Shah mam, Secretary General, Dr Ragini Agarwal, Dr Jignesh Shah and Dr Sulbha Arora were the main Speakers who mesmerized the audience with their informative talks. Panel on Fertility at 40 was Moderated by Dr Jinesh Shsh sir with Dr Madhuri Chandra as Co-Moderator. Anita Shah mam spoke on Estrogen the Molecular Maestro, Dr Ragini spoke on MHT and Co Morbidity, Dr Sulbha on Gonadotophins and Optimising IUI. The Academic Program was followed by Felicitation of winners of Yoga Pose and Slogan contest. We had arranged some fun games which everyone enjoyed. Total participants-55





# BMS QUIZ WINNERS

DATE	TOPIC	TOTAL NO OF PARTICIPENT	WINNERS	PHOTOS
02/06/2025	VULVAL DISORDERS	09	DR. HEMLATA MANDLOI	
08/06/2025	BREAST DISEASES AT MENOPAUSE	13	DR. HEMLATA MANDLOI	
15/06/2025	CVS & MENOPAUSE	08	DR. JAYSHREE BEEDKAR	
22/06/2025	POST BLEEDING (MENOPAUSE)	08	DR. SUSHMA NIGAM	
29/06/2025	MIXED BAG	11	DR. SUPRIYA HAJELA	

## मेनोपॉज: महिलाओं के जीवन में एक महत्वपूर्ण बदलाव

मेनोपॉज महिलाओं के जीवन में एक महत्वपूर्ण बदलाव है, जो उनके शारीरिक और भावनात्मक स्वास्थ्य पर प्रभाव डालता है। यह एक प्राकृतिक प्रक्रिया है, जिसमें महिलाओं के अंडाशय द्वारा एस्ट्रोजन हार्मोन का उत्पादन कम हो जाता है, जिससे मासिक धर्म चक्र बंद हो जाता है।

### मेनोपॉज के लक्षण

मेनोपॉज के दौरान महिलाओं को कई लक्षणों का सामना करना पड़ सकता है, जिनमें से कुछ आम लक्षण हैं:

- गर्मी के दौरे (हॉट फ्लैशेज)
- रात में पसीना आना
- मूड स्विंग
- योनि में सूखापन
- सेक्स की इच्छा में कमी
- नींद की कमी
- वजन बढ़ना

### मेनोपॉज के कारण

मेनोपॉज के कई कारण हो सकते हैं, जिनमें से कुछ प्रमुख कारण हैं:

- उम्र बढ़ना
- अंडाशय की विफलता
- हार्मोनल असंतुलन
- गर्भाशय की सर्जरी
- कैंसर का इलाज

### मेनोपॉज का इलाज

मेनोपॉज के इलाज के लिए कई विकल्प उपलब्ध हैं, जिनमें से कुछ प्रमुख विकल्प हैं:

- हार्मोन रिप्लेसमेंट थेरेपी (एचआरटी)
- जीवनशैली में बदलाव
- योग और ध्यान
- हर्बल सप्लीमेंट्स

### मेनोपॉज के दौरान स्वास्थ्य का ध्यान रखना

मेनोपॉज के दौरान महिलाओं को अपने स्वास्थ्य का विशेष ध्यान रखना चाहिए। कुछ महत्वपूर्ण बातें हैं:

- नियमित व्यायाम करना
- स्वस्थ आहार लेना
- तनाव कम करने के लिए योग और ध्यान करना
- नियमित स्वास्थ्य जांच करवाना

### निष्कर्ष

मेनोपॉज एक प्राकृतिक प्रक्रिया है, जो महिलाओं के जीवन में एक महत्वपूर्ण बदलाव लाती है। इसके लक्षणों को समझना और इलाज के विकल्पों को जानना महत्वपूर्ण है। महिलाओं को अपने स्वास्थ्य का विशेष ध्यान रखना चाहिए और नियमित स्वास्थ्य जांच करवानी चाहिए।

# Activities of Menopause Society, Nagpur in the month of June 25

MSN released a booklet of slogans on World Environment Day , 6th June . Slogans were written and compiled by MSN members

President Dr Pragati Khalatkar won a prize for best yoga pose on the occasion of World Yoga day on 21st June , in an online competition organised by IMS  
Three new members were added to the Society

Members participated actively in the weekly IMS Quiz

Yog pose IMS More than 55yrs of age

1st prize winner



Dr. Minakshi Rakholia Age 58 yrs Rajkot Menopause Society



Dr. Pragati Khalatkar. 55 yrs ( born on Yoga day @21st June) Menopause Society Nagpur

2nd prize winner






**WORLD ENVIRONMENT DAY**  
Small acts, when multiplied by millions, can transform the world.

*Best Slogans*

MENOPAUSE SOCIETY NAGPUR 2025

INDIAN MENOPAUSE SOCIETY



**MENOPAUSE SOCIETY NAGPUR**

Dr. Pragati Khalatkar President  
Dr. Bhakti Gurjar Hon. Secretary  
Dr. Ragini Mandlik Convenor

**Indian Menopause Society**

Dr. Anita Shah President IMS - 2025-28  
Dr. Ragini Agrawal Hon. Secretary IMS - 2025-28

**Menopause Society Nagpur 2025-27**

Quiz no. - 64 Date 01/06/2025  
Total participant. 9



**Dr. Moushami Tadas**

Dr. Pragati Khalatkar President  
Dr. Bhakti Gurjar Hon. Secretary

**Menopause Society Nagpur 2025-27**

Quiz no. - 65 Date 08/06/2025  
Total participant. 6



**Dr. Aashee Pranganiha**

Dr. Pragati Khalatkar President  
Dr. Bhakti Gurjar Hon. Secretary

**Menopause Society Nagpur 2025-27**

Quiz no. - 66 Date 15/06/2025  
Total participant. 6



**Dr. Aashee Pranganiha**

Dr. Pragati Khalatkar President  
Dr. Bhakti Gurjar Hon. Secretary

**Menopause Society Nagpur 2025-27**

Quiz no. - 67 Date 22/06/2025  
Total participant. 5



**Dr. Moushami Tadas**

Dr. Pragati Khalatkar President  
Dr. Bhakti Gurjar Hon. Secretary



# Agra Menopausal Society June 2025

CMEs conducted on a) 7th June on Regenerative Gynecology and + Diet in Menopause

b) 25th June on Hormone replacement therapy

c) Celebrated 10 days of Yoga from June 12th to 21st.



## Quiz winners 64- 68



Quiz 64 & 68 -  
Dr Kakoli Banerjee



Quiz 65  
Dr Itishree



Quiz 66  
Dr Parnita Bansal



Quiz 67  
Dr Kavita Bhatnagar

**RAIPUR MENOPAUSE SOCIETY**

# **ACTIVITY – REPORT**

## **JUNE - 2025**



**Dr. Asha Jain**  
**President RMS**

**Dr. Shalini Jain**  
**Secretary RMS**



Raipur Menopause Society in Association with SMSA Hospital Raipur on 04 th **June-2025** is organizing a Free Checkup camp and public awareness activity at SMSA hospital

**Time- 11am to 2 pm**

Free Test Checkup- Calcium Score Test, Haemoglobin Test, Thyroid Test , Blood Sugar Test Height,Weight and BMI Camp By Dr. Asha Jain Director SMSA Hospital Raipura, Raipur C.G. & President Raipur Menopause Society, Raipur.



We Raipur menopause society team did plantation drive on occasion of world health environment day on 5 th June 2025 at 8 :00 am, with other members of society in Oxyzone, the green zone of Raipur situated in the heart of city .we planted approx 25 big Trees of (Aamla,jamun, moringa ,neem) . Kindly acknowledge

Thanks and regards

**Dr.Asha jain    Dr. Shalini Jain    Team RMS**  
**President RMS    Secretary RMS**



## World Health Environment day on 5 th June 2025

Rajim by director And head office hospital Dr Gurpreet Kaur





**Dear mam/sir**

**CME By Raipur menopause society**

We are pleased to inform you about our CME by RMS \* on June 14th, Saturday, 3.30 AM to 5.30 PM. VENUE- HOTEL Triton was conducted.

This CME was a focused series of academics and activity by Raipur menopause society on topics of everyday relevance delivered by experts.

The \*Detailed program\* is added below for your reference.

**Dear Doctors,**

□ Date & Time: 14th June 2025 (Saturday); 3.30 AM - 5.30 PM followed by high tea

Venue- Hotel Triton Inn

□ Welcome Address by Dr Shalini Jain

□ SCIENTIFIC SESSIONS:

Newsletter Unveiling by Dr Tripti Nagaria

Dr Asha Jain, Dr Shalini Jain, Dr Jyoti Jaiswal

Dr Vinaya Maiskar, Dr Rashmi Vats, Dr Monika Pathak

Topic 1 Management of PCOD

Speaker Dr Asha Jain

**Chairpersons:**

**Dr Monika Pathak, Dr Samita Das, Dr Jyoti Jaiswal, Dr Tripti Nagaria mam**

**MOC**

**Dr Shalini Jain, Dr Rashmi Vats**

Meeting and discussion for upcoming conference and planning was also done

**Vote of thanks was given by  
Dr Shalini Jain**



On Occasion of **International yoga** day,a public awareness activity was organised in Sarvodaya Hospital. It included Important lecture regarding diet counselling in Menopause by Dr Sushma Verma & dietician Pooja Dwivedi.

It also included benefits of yoga & exercise during menopause and post menopause. Live demonstration of Yoga poses was done by Dr monali Jha & Dr Vishakha .The whole programme was successful & attended by 50+ attendies The programme was followed by question answer session, It was a successful & well appreciated programme .Yoga # Health #Healthy Diet #awareness @Sarvodaya Hospital .



# IMS Live Webinar

## International Yoga day

12.06.2025 To 21.06.2025





# INTERNATIONAL YOGA DAY

## Raipur Menopause Society

In collaboration with  
National Institute of Homeopathy, AAYUSH MINISTRY, India

Promotes Holistic Health

YOG SAMAVESH



Yoga for Harmony & Peace



Date:- 21.06.2025, Saturday

IMS Office Bearers

**Dr. Ratnabali Chakraborty**

Patron

**Dr. Anita Shah**

President

**Dr. Ragini Agrawal**

Secretary General

**Dr. Binal Shah**

Convenor

Organizing By Raipur Menopause Society

**Dr. Asha Jain**

President

**Dr. Shalini Jain**

Secretary

**Dr. Gurpreet Kaur**

Co-ordinator

**Venue -: Saubhagya Hospital Shivanand Nagar Sec-1 Raipur**

On occasion of International yog day , some useful yog asanas were taught to the rural patients in association with Raipur menopause society at kaur multi-speciality hospital , Rajim by director And head office hospital Dr Gurpreet Kaur We started with teaching correct posture to sit and simple streches of neck and hands

### **Few asans taught were**

- Sitting Taad asan
- Side oblige stretch
- Yog mudra
- Maal asan
- Jaanu shreesha asan
- Bridge pose
- Anulom vilom
- Four Step breathing
- Omkar chanting
- Gratitude prayers

### **Total patient and relatives were around 50**

Healthy eating habits like eating high fiber ,fruits and vegetables were told to patients

Celebrated yog day by cutting papaya instead of cake

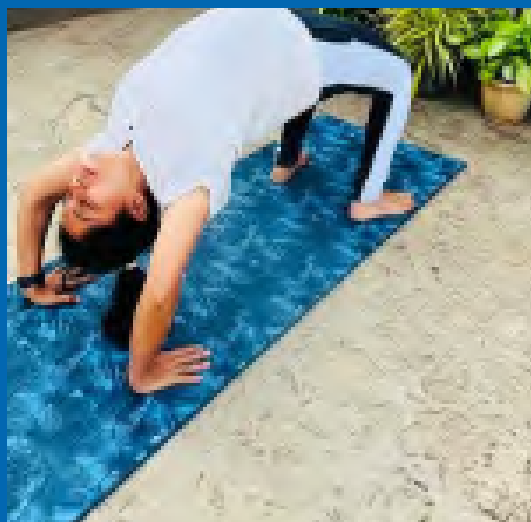
**Yog is not just a model of excercise but it's a style of life that makes humans body mind soul happy.**



# International Yoga day

## 21.06.2025

### by Dr. Reema Dilawri





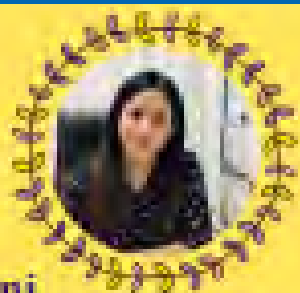
# Winners of IMS weekly quiz held on Sunday in June - 2025

Date- 01.06.2025

Quiz No.- 64

Topic- Vulvar Problems at Menopause

Winner- Dr. Chetna Ramnani



Date- 15.06.2025

Quiz No.- 66

Topic-Cardiovascular ds at Menopause

Winner- Dr. Sushila Khunte



Date- 29.06.2025

Quiz No.- 68

Topic-Mixed Bag

Winner- Dr. Prabhdeep Kaur



Date- 08.06.2025

Quiz No.- 65

Topic-Breast Problems at Menopause

Winner- Dr. Rakhi Sachdev



Date- 22.06.2025

Quiz No.- 67

Topic-Premenopausal Bleeding

Winner- Dr. Veronica Yuel



**01.06.2025 QUIZ**

**TOPIC**

**CASES**

**WINNERS**

**DR SHARDA MISHRA**



**08.06.2025 QUIZ**

**TOPIC**

**BREAST DISEASES AT MENOPAUSE**

**WINNERS**

**Dr Sulekha Dewani**



**15.06.2025 QUIZ**

**TOPIC**

**CVD & MENOPAUSE**

**WINNERS**

**DR SHARDA MISHRA**



**22.06.2025 QUIZ**

**TOPIC**

**POSTMENOPAUSAL BLEEDING**

**WINNERS**

**DR NISHA SAHU**



**22.06.2025 QUIZ**

**TOPIC**

**Mixed Bag**

**WINNERS**

**DR SHARDA MISHRA**





# JABALPUR MENOPAUSE SOCIETY & PA CLUB 35+

Health Camps | Webinar | Tree Plantation | HPV Vaccination |  
10 Days "YOG SAMAVESH" Shivar with CME



## विश्व पर्यावरण दिवस के अवसर रोपे फलदार पौधे



जबलपुर स्त्री रोग विशेषज्ञ संघ, जबलपुर मीनोपॉज सोसाइटी, IMA woman's डॉक्टर विंग, ampogs के सदस्यों द्वारा विश्व पर्यावरण दिवस के अवसर पर Dr अल्का अग्रवाल, संचालक विमल नर्सिंग होम अग्रवाल के प्रांगण में फलदार पौधा रोपण कार्यक्रम का आयोजन किया गया. इस अवसर पर चेरी, सहतूत, आम एवं अमरुद के पौधे रोपित करके पेड़ लगाओ, जीवन बचाओ, आज का पौधा कल की छाँव, हमारा छोटा प्रयास, धरती को हरित एवं स्वस्थ बनाने का संदेश दिया. हर व्यक्ति एक पौधा लगाओ, एवं उसे संतान की तरह पोषित एवं पड़वित करें



# INDIAN MENOPAUSE SOCIETY DIGITAL EDUCATION COMMITTEE

## 2024 TO 2026



THE MOMENT WE HAVE ALL BEEN  
WAITING FOR IS ALMOST HERE.

## GET READY!

*We are going to declared The much-awaited result  
of Virtual dance competition  
On date*

# 26/06/2025



# Mumbai Menopause Society (MMS)

Activity Report presented by

Dr. Priya Vora Thakur

2025 – 2027  
(June – 2025)

# Thursday, 21st June 2025

## International Yoga day

Mumbai Menopause Society celebrated YOGA DAY on the occasion of International yoga on Saturday, 21st June 2025 at K.B. Bhabha Bandra Hospital, Mumbai.

In association with K.B. Bhabha Bandra Hospital, OBGY Department and Midlife Management Committee, FOGSI organized Yoga session and sound therapy by Bindu Zaveri and face yoga by Kavita Shah.

Dr. Vinod Khade (Dy medical superintendent KBBH) gave a talk on What is yoga, vedic and current perspective.

Attend by staff and doctors from K B Bhabha Hospital.

Total -53 attendees. Well appreciated by everyone.





# Friday, 27st June 2025

Mumbai Menopause Society (MMS) held CME on “Tackling of Breast Issues” in association of Breast and Puerperal Health Committee, FOGSI on Friday, 27th June, 2025 at Krishna Palace Hotel, Naka Chowk, Grant Road, Mumbai between 6.30 pm to 9.30 pm

Master of Ceremony - Dr. Rajeshwari Khyade Dr. Rajeshwari Khyade welcomed by all present delegates, chairpersons, speakers and guests.

## Session 1

Chairperson was Dr. Bhumika Kotecha Journal Scan : Benign Breast Conditions by Dr. Sharmeen Vazifdar

## Session 2

Chairpersons were Dr. Ameya Purandare and Dr. Rajeshwari Khyade

Talk 1: Imaging in Breast by Dr. Roma Lala (Radiologist)

Talk 2: Breast Issues in Midlife by Dr. Anjali Patil

Talk 3: Screening in Breast Cancer by Dr. Charulata Bapaye

## Panel Discussion

Case Scenarios : Managing Breast Problems in Midlife was conducted by Moderators Dr. Priya Vora Thakur and Dr. Kinjal Shah

Panelists were Dr. Garvit Chitkara, Dr. Ganpat Sawant, Dr. Geetha Balsarkar, Dr. Reshma Rao, Dr. Priti Vyas, Dr. Vijaya Babre and Dr. Madhuri Joshi

Discussion done on all topics and panel discussion were very interesting with very good take home points and questions & answers.

It was attended by 53 delegates . Vote of thanks given by President Dr. Priya Vora Thakur followed by dinner.

MMS would like to thank you Universal NutriScience as educational partner.







with Best Wishes from **Liveon**

Argilive Realfel Realfel-D Carried Preglive SR 200 SR 300 Ovaplus-L Vgdeo



# THE DAILY TOON

BY MARK LYNCH

