First-ever guidelines for detecting, treating perimenopausal depression
5 September 2018, Source: University of Illinois at Chicago

It is well-recognized that women are at increased risk of depression during postpartum when hormone levels are changing, but the risk of depression associated with perimenopause -- the time right before menopause when female hormones are in decline -- remains under-recognized and clinical recommendations on how to diagnose and treat this kind of depression in women have been lacking until now.

A multi-institutional panel of clinicians and scientists convened by The North American Menopause Society and the National Network on Depression Centers Women and Mood Disorders Task Group, and endorsed by the International Menopause Society, have published the first-ever guidelines for the evaluation and treatment of perimenopausal depression simultaneously in the journal *Menopause* and the *Journal of Women’s Health*.

Depression during the perimenopausal phase can occur along with menopausal symptoms, and these two sets of symptoms are hard to tease apart, which makes it difficult for clinicians to appropriately treat these women. Many women experience a new onset of depressive symptoms in this age. If there is underlying low-level depression to begin with, perimenopause can increase the intensity of depressive symptoms. There has been a need for expert consensus as well as clear clinical guidance regarding how to evaluate and treat depression in women during the perimenopause. These new clinical recommendations address this gap and offer much-needed information and guidance to health care practitioners so that they can provide optimal care and treatment for midlife women.

The task force, reviewed the scientific literature on depressive disorders and symptoms in perimenopausal women and focused on five areas: epidemiology, clinical presentation, therapeutic effects of antidepressants, effects of hormone therapy, and efficacy of other therapies such as psychotherapy, exercise and natural products.

During perimenopause, women often face multiple stressors. They care for their own children, experience children leaving the home, help aging parents, retain primary responsibility for the home, and face increasing job demands at a time when they may be approaching the peak of their career. All of this can be extremely stressful, Maki explained.

Persistent sleep disturbances caused by hot flashes contribute to the development of exacerbation of depressive symptoms. Even low-level depressive symptoms can lower quality of life and strain relationships. The good news is that there are effective treatments.

The root causes of perimenopausal depression can be hard to identify, said Maki. "Are women experiencing low energy because they are having night sweats and losing sleep? If so, treating with hormones may be the best bet," she said. "Alternatively, is a woman with a past history of depression having another depressive episode? In that case, antidepressant therapy might be most effective. Is the issue primarily due to family and job burden? If so, cognitive behavioral therapy with or without an antidepressant might be best."

Some of the findings of the panel include:
Perimenopause is a window of vulnerability for the development of both depressive symptoms and a diagnosis of major depressive disorder.

The risk for depressive symptoms is elevated during perimenopause even in women with no prior history of depression.

Several common symptoms of perimenopause (hot flashes, night sweats, sleep and sexual disturbances, weight/energy changes, cognitive changes) complicate, co-occur and overlap with the presentation of depression during this stage.

Life stressors including caring for children and parents, career and relationship shifts, aging and body changes and family illness can adversely affect mood.

Proven therapeutic options for depression (antidepressants, cognitive behavioral therapy and other psychotherapies) should remain as front-line antidepressive treatments for major depressive episodes during perimenopause.

Clinicians should consider treating co-occurring sleep disturbance and night sweats as part of treatment for menopause-related depression.

Estrogen therapy is ineffective as a treatment for depressive disorders in postmenopausal women.

Hormonal contraceptives may improve depressive symptoms in women approaching menopause.

Evidence is insufficient for the recommendation of botanical or alternative approaches for treating depression related to perimenopause.

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Compilation: Prof. Jyoti Jaiswal, Chairperson Medical Education, IMS India.

EMAS Congress 2019
15 - 17 May 2019 at Berlin
ExpoCenter City, Messe Berlin exhibition grounds
Click to register: https://2019.emas-online.org/registration-hotels/registration/

www.imsmelbourne2020.com
Indian Menopause Society

Newsletter September 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: **Fit @ Forty, Strong @ Sixty & Independent @ Eighty**

National News

<table>
<thead>
<tr>
<th>Summary of National Programmes By Chapters/ Societies August 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Style Modifications – Meditation &amp; YOGA</td>
</tr>
<tr>
<td>Midlife Health Charitable Clinic– MHCC</td>
</tr>
<tr>
<td>CME's</td>
</tr>
<tr>
<td>Public Awareness Club 35+ Activities:</td>
</tr>
<tr>
<td>Health Camps</td>
</tr>
<tr>
<td>44 IMS Chapters - Converted to Societies</td>
</tr>
<tr>
<td>IMS EAST ZONE CONFERENCE</td>
</tr>
<tr>
<td>Reaching The Unreached</td>
</tr>
</tbody>
</table>
Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

Theme 2018: **Menopause ....A New Mindset!**
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Dr. Rama Vaidya, Founder Indian Menopause Society
Dr. Nita Dalal, President Mumbai Menopause Society

25th September 2018 – Symposium on Menopause – A path to Bone and Muscle Health

A very well organised symposium, initiated by Dr Rama Vaidya & Dr Ashok Vaidya... meant for a transdisciplinary dialogue on a path to bone and muscle health in menopausal women.

Senior faculty from various specialities (both basic & clinical) gave wonderful inputs.
Indian Menopause Society

Newsletter September 2018

Academic & Public Awareness Activities

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Dr. Ratnabali Chakravorty, President IMS
7th September 2018: Prescription Writing Workshop

The workshop on Prescription Writing in Menopause. Meeta and Ratnabali conducted extremely successful workshop from 8.30am to 1.15pm at Vijaywada during YUVA FOGSI. The hall was full most of the times.

19-9-2018 – Public Awareness Program

Dr. Ratnabali organized a Public awareness program with teachers and students at anulia school, Howrah, West Bengal. She believes in Educating teachers is like educating whole school. The free health camp will be arranged on 13th October.
Dr. Sharad Kumar, President Lucknow Menopause Society

1 - 9 - 2018 – Teachers Day – Dr. Yashodhara Pradeep, Vice President IMS

College in its infancy Dr. RMLIMS celebrated Teachers day

15 -9-2018 – Health Camp- HPV DNA screening

Lucknow menopause society in conjunction with Dept of molecular biology SGPGI Lucknow did a HPV DNA screening camp for cancer cervix at General Hospital, Sgpgi on 15 sept 2018. Screened 110 ladies in the age group of 38 - 63 years. Most of them are above 40 years.
Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

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East Zone ims conference organized by Bhagalpur Menopause Society on 29th and 30th of September 2018. Thanks Dr. Yashodhra pradeep, Dr. Pushpa Sethi, Dr. Vandana Narula, Dr. Alka ,Dr Rajesh,Dr Ranajit Mandal,Dr Soma, Dr Zareen ,Dr Menie Anand, Dr kavita, Dr Shobhana Mohandas, Dr. Neeta Thakre, Dr. Savannah, Dr. Meena Nayak, Dr. Abhay Pattanaik, Dr. Vikash Kapoor, Dr. Anita Singh, Dr. Poonam Dixit, Dr. k.gopal Kapoor, Dr. kumkum Sinha, Dr. Neelam, Dr. usha Didvania, Dr. Nevadita and others for coming to Bhagalpur and sharing there knowledge with us .It was a great acedemic feast for the delegates of Bihar and Jharkhand . Thanks to Dr. Pushpa Sethi for giving oration on the theme topic. Inauguration of the conference done by Justice Mr. Madhuresh Prasad of Patna high court, Dr. Ajoy Kumar Singh VC Bihar Agriculture University and Dr. Hemant Sinha Principal JLNMC Bhagalpur. Around 125 delegates attended & there was a crowd of 300 in the Banquet. Inspite of so many herdles it was managed so well. Dr.Yashodhara moderated a Panel on Perimenopausal bleeding and delivered talk on Contraception in Midlife
Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

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Dr. Pushpa Sethi delivered the Dr. Rai Oration at Bhagalpur on 'Don't Pause at Menopause'.
Receiving the oration plaque from seniors.

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IMS East Zone conference media coverage
Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

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

Dr. Laxmi Shrikhande - President Nagpur Menopause Society
30th September 2018 – CME on PCOD

Nagpur Menopause Society organized a CME. Dr. Ratnabali C orated Dr. P Baveja oration at Nagpur Narchi, Excellent topic of PCOD covered By Dr. Ratanabali Chakraborty in oration at Nagpur. Topics were appreciated by all present.
Indian Menopause Society

Newsletter September 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ….A New Mindset!
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Dr. Parag Biniwale – President Pune Menopause Society

30th September 2018 - Reaching The Unreached

Dr. P. N. Ajitha - President Calicut Menopause Society

September 2018 – Health Camp

The Calicut Chapter of IMS could not conduct many of its activities during the last 3 months due to the nipah outbreak and the recent floods in kerala.

Our members Dr. Ajitha, P. N, Dr. M. K. Valsan and a team of doctors were actively involved in conducting medical camps and relief work in the flood affected regions of Wyanad & other neighbouring areas.

OUR MEMBERS DONATED A HUMBLE AMOUNT OF Rs. 5 LAKHS ALONG WITH THE CALICUT O&G SOCIETY(COGS) TO THE CHIEF MINISTER’S DISTRESS RELIEF FUND(CMDRF).
WE ARE PROUD TO ANNOUNCE THE SOUTH ZONE CONFERENCE OF IMS TO BE HELD AT CALICUT ON 20TH & 21ST OCTOBER.

Dr. Sanchita Dashora, President, Udaipur Menopause Society

5th & 6th - 9th 2018 – Club 35+, Public Awareness Program

The Nutrition week was celebrated by UMS on 5th and 6th September 2018 at PHC Machala magra, Udaipur. It was organised by Dr. Shalini Bhargava, Joint Secretary, UMS. All the field workers, key health workers of the area and dynamic women of that locality were invited. Dr. Rajesh Bharadia, nodal officer, Mukhyamantri Nishulk dava yojna gave a very informative talk on various aspects of nutrition. All the women present were checked for Hb and RBS and were properly counselled.
Dr. Usha Didwania, President, Patna Menopause Society
1 - 9 - 2018 – CME on Premenopausal Women, Endocrinology And Management

Patna Menopause Society in Collaboration with POGS had organised a CME on Saturday evening 1st of September 2018 at Hotel Lemontree Patna. Dr.Yashodhara Pradeep Vice President IMS spoke on Premenopausal women, Endocrinology and management and Dr.Manisha Singh presented their talks on Screening of malignancy after 40. Session was chaired by Dr. Barun Kala Sinha and Dr.Usha Didwania, President, Patna Menopause Society. CME was well attended with good interaction with both the speakers.
Indian Menopause Society

Newsletter September 2018

Academic & Public Awareness Activities

Theme 2018: **Menopause ....A New Mindset!**
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**Dr. Oby Nagar - President, Jaipur Menopause Society**

16-9-2018 – **CME on Vvi And Fungal Infection**

A CME on *Vvi And Fungal Infection* with Dr. Ram Gulati as the speaker under the auspices of Jaipur Menopause Society was organized today at Park prime ...a very sacred baton handed over to me. Many interesting topics were covered. It was attended by more than 40 delegates.

**Dr. Madhuri Chandra - President Bhopal Menopause Society**

12-9-2018 – **CME on Muscle Cramps and Osteoporosis In Menopause**

Bhopal Menopause Society organized a CME for Muscle cramps Nd Osteoporosis in menopause. The presentations of Dr. Meeta and Dr. Umesh Batra. Good attendance...
Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

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Dr. Sandhya Chhasatia, President, Surat Menopause Society
22-9-2018 – Club 35+ Public Awareness Program

Surat Menopause Society celebrated its 10th year of club 35plus with a program of dance on different moods like romantic mood, patriotic mood religious mood etc. Total 158 members between ages of 35 to 68 yrs enthusiastically participated and rocked the stage. Various dances were performed on the theme of different moods of life....like... Celebration, romantic, cheerful, petriotc etc...The function was graced by Dr. Sonal Parihar,a gynaecologist from Jodhpur who is crowned as Mrs Earth International 2018.
Dr. Manoj Chellani, President, Raipur Menopause Society

29-9-2018 – Health Camp “WORLD HEART DAY”

IMS Raipur Chapter on the occasion of WORLD HEART DAY i.e. on 29th-Sept-2018 has organized a heart checkup camp. This program was organized in SMC HOSPITAL, Raipur. The theme of the camp is to create awareness for heart disease and preventive measures to keep heart healthy. IMS Raipur Chapter every year organizes camp on world heart day as the females have increased risk of coronary heart disease after menopause.

Dr. Satish Suryawanshi- Senior Cardiologist and ex consultant Escorts hospital was the speaker. He informed the audience and patients about importance of walking, daily exercise, eating healthy food, avoidance of smoking etc., for keeping the heart healthy.

Dr. Pragya Suryawashi- Executive Member of IMS Raipur Chapter did free Gynae checkup, BP checkup, BMI measurement. About 45 patients are benefitted by the Camp.

Dr. Manoj chellani, Secretary- IMS Raipur Chapter gave vote of thanks.

Dr. Sushma Verma, Joint secretary- IMS Raipur Chapter actively participated in the program.

28-9-2018 – Club 35+, Public Awareness - Cancer Awareness Camp

Indian Menopause Society Raipur, Chapter had organised cancer awareness camp on 28th Sept-2018 at Jubestha Hospital, Raipur, CG
Dr. Manoj Chellani, Chapter Secretary, IMS Raipur Chapter and Dr. Sushma Verma, Jt. Secretary, IMS Raipur Chapter had given welcome speech and address the gathering. Dr. Tabassum Dalla Secretary, FOGSI, Raipur had given a lecture on Role of pap smear as screening tools for cervical cancer and role of self-breast examination and mamography to all audience present there. Almost 100 Females over the age of 35 years were examined. Pap smear was taken and the mamography was done. Dr. Jyoti Jaiswal, Chairperson Medical Education Committee, IMS India and Dr. Gurpreet Kaur actively participated in the programme.

Programme was supported by SIKH Forum of Chhattisgarh (ladies wing). It was a great awareness programme and almost 100 Females are benefited it. IMS Raipur Chapter got appreciation from CG SIKH Forum.

Please find the attachment enclosed herewith of the Awareness Camp.

25-9-2018 – Club 35+, Public Awareness Program – Planting Trees

Indian menopause Society, Raipur Chapter had organised a plantation programme on 24th Sept 2018 at Abhanpur, Raipur, CG.
Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

We used the soil obtain after Lord Ganesh Visarjan.
Dr Manoj Chellani, Chapter Secretary, IMS Raipur Chapter, Dr Jyoti Jaiswal Prof. OBS& GYN. Pt. JNM Medical College, Raipur and chairperson, Medical Education Committee, IMS India, and Dr Sushma Verma, Jt Secretary, IMS Raipur Chapter Dr Gurpreet Kaur- Executive member of IMS Raipur Chapter and Dr Pragya Suryawanshi- Executive member of IMS Raipur Chapter did the plantation. We did plantation of 30 Plants. It was a great experience, and everyone enjoyed.

Dr. Mahesh Gupta, President, Menopause Society - Ahmedabad
9-9-2018 – CME
Indian Menopause Society

Newsletter September 2018

Academic & Public Awareness Activities

Theme 2018: Menopause …A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Rejuvenating Body
ekindle Soul

Dr. Tripura Sundari, Chapter President, Hyderabad Menopause Society

9-9-2018 – CME Sri Lanka annual meeting - Dr. MEETA SINGH

Dr. Meeta has been invited for a talk at the Sri Lanka annual meeting.

5-8-2018 MHCC by Dr. Hepzibah Kirubamani, Menopause Society - Chennai

MHCC by chennai Menopause Society. 35 women were screened for NCD in two centers on 14h Aug as

IMS Varishta Janaswasthya Yojana - “Midlife Healthcare Charitable Clinic -IMS-MHCC

On 5th of every month - You are requested to establish a “Midlife Healthcare Charitable Clinic (IMS-MHCC)”. Offer Primary and Preventive Health Care for Older Women free of charge. Members are requested to volunteer to provide subsidies and free ships to poor and needy 50+ women organize free - osteoporosis screening, pap smears.

Send the report with a picture to indianmenoapsesociety@gamil.com
Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

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

5-9-18, **Dr. Balwinder Kaur, Patiala Menopause Society**
IMS Varishta Janaswasthya Yojana awareness Camp was organized by Patiala Menopause Society on 5.9.2018, in Dept. of OBGY & Gynae GMC, Patiala. A total of 40 Perimenopausal & Menopausal Peramedical Women were examined. BMD, Pap Smear, Breast examination & Counselling for Health life style were done in all women. Patients were given, Calcium, Vitamin D3, Analgesics & other required medicines. Services of associated specialties Medicine, Orthopedics, Eye & Pathology, Psychiatry were also utilized.

5-9-18, **Dr. Bipasa Sen, Kolkata Menopause Society**
Attended a Health Camp at Sovabazar Rajbari, Kolkata on 5.9.2018 as part of MHCC program. Consulted 30 ladies. There was also arrangements of free check up Of Hb, Uric Acid and BMD for all.
Indian Menopause Society
Newsletter September 2018

Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Academic & Public Awareness Activities
Theme 2018: Menopause ...A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

6th & 7th-9th 2018 Dr. Laxmi Shrikhande, Nagpur Menopause Society
On 6 & 7th September Nagpur Obgy Society organised a diet exhibition. On this occasion BMD Camp and HB% test camp was organized under IMS MHCC. More than 100 women were examined.

5-9-2018 Dr. Tripura Sundari, Hyderabad Menopause Society

IMS Quiz 2019 Finals at IMSCON 2019, from 15th - 17th February, ITC Sonar, Kolkata
Topic: "Menopause Revisited"
Eligibility Criterion: Post Graduates and Young Gynaecologists within 5yrs of passing PG Exam
Presidents/Chapter Secretaries are requested to organise a Quiz along with three Gurukul Progs (CME for Postgraduates) and send us the name of one Candidate for the IMS Quiz Finals representing their Society/Chapter before 30th November 2018. The candidate shall be provided free registration and hospitality at IMSCON 2019, 15th to 17th February 2019, ITC Sonar, Kolkata. For queries please contact:

Quiz Committee: Chairperson
Dr. Shobhana Mohan Das -9447023815  shobhanamohandas@gmail.com
Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

Theme 2018: **Menopause ....A New Mindset!**
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**24th National Conference of Indian Menopause Society**
15th - 17th February, 2019
ITC Sonar, Kolkata

**Conferences Highlights**
- Skill enhancing workshops with ARS
- Master classes
- Well-to-well topic selection
- SCIENTIFIC SESSIONS - Didactic lectures, Symposia, Panel discussion
- Explicit debates, Quiz, Free papers, CIMP exam
- Public awareness programme
- Rejuvenate body & mind - soul - Yoga session and meditation
- Elite national & international speakers, Parallelists

**Registration Tariff**
(All rates are in INR and inclusive of 18% GST)

<table>
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<th>Upto 09.02.19</th>
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<td>12500</td>
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<tr>
<td>Senior Citizen Delegates</td>
<td>5980</td>
<td>7080</td>
<td>12500</td>
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<td>(Above 75 years)</td>
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**Registration Inclusions**
- Conference Kit
- Scientific Sessions Entry
- Trade Exhibition Entry
- Tea/Coffee at venue
- Lunch on 15th, 16th and 17th Feb’19, and Inaugural/Presidential Dinner on 16th Feb’19
- Any One Workshop of Your Choice
CIMP Exam 2019 on 15th February at IMSCON 2019, from 15th -17th February, ITC Sonar, Kolkata

CIMP Exam Aims to provide qualified Menopause experts to the society. The CIMP Examination is conducted annually on the first day of the Annual National Conference of IMS – IMSCON. This year the Exam was held on 16th February 2018 at Gurugram. The next examination is going to be held on February 15th at IMSCON-2019, Kolkata followed by the convocation on February 17 at IMSCON-2019.

IMS Exam Committee: Chairperson, Dr. Chellamma V. K. – 9447155887, chellammavk@yahoo.co.in

Eligibility for Enrolment:
- Those who have completed 5 years of CIMP.
- CIMP passed in Year 2012.
- Attained 70 credit hours in 5 years (i.e. 2012 to 2018).

It is pre-requisite to be an IMS Life Member. IMS Life membership Fee is Rs. 8570/-

Examination Date: 15th February, 2019, Venue: Kolkata (IMSCON-2019): 16th, 17th & 18th February, 2019

Convocation: 17th February, 2019; Last date for submission of form: 30th November, 2018

Fee for Renewal of CIMP Certificate
IMS Life Member: Rs. 3000
IMS non-member - Rs. 5000+3000 Total= Rs. 8000/-

IMS Exam Application Form

Name (in block letters)_________________________Gender: Male ( ) Female ( )

Date of birth______________________________________Pin:_____________________

Address: (In block letters)_________________________Pin:_____________________

Telephone no (add STD code)_________________________Fax:_____________________

Email:_________________________Mobile no:_________________________Qualification:_________________________

Profession:_________________________Current Position:_________________________

Year of Passing CIMP:_________________________

Member IMS Yes [ ] No [ ]

If not then it is mandatory to become life member IMS (To select your chapter visit: www.indianmenopausesociety.org or your membership would be under the IMS Head Office).

A cheque of Rs. 3000/- or 8000/- is to be deposited in any branch of Bank of India in your City in the IMS A/C: Indian Menopause Society- A/C No-001320110000011, IFSC NO: BRID0000013 Bank of India, Cumballa Hill, Mumbai.

Send the soft copy of Exam application form and Bank Pay-in-slip To: examcommitteeims@gmail.com with copy to: indianmenopausesociety@gmail.com and chellammavk@yahoo.co.in. Hard copy should be sent to the address of Chairperson Exam Committee.

Enclosures (mandatory) Put tick mark

- MCI Registration Certificate with Age certificate
- Copy of CIMP Certificate
- Copy of IMS membership certificate
- Copy of Bank pay-in-slip

Signature of the applicant:……………………………..Date:………………………………………..

Dr. Saroj Srivastava
Founder Chairperson 09335188233, 0522-2321848
desarjostivastava@rediffmail.com

*Dr. Chellamma V. K
Chairperson Exam Committee 9447155887
chellammavk@yahoo.co.in

Address
28/550B Sivam Chevayur PO
Kozhikode (Calicut) 673017
Kerala, India
Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

Theme 2018: Menopause …A New Mindset!
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Indian Menopause Practitioner Exam – 2019

Successful candidates will receive a certificate indicating
Credentialed IMS Menopause Practitioner (CIMP)

Eligibility for Enrolment:

- Qualified registered medical practitioner with PG degree or diploma either in gynecology or in Endocrinology or medicine
  & related branches
- MBBS with >5 years clinical practice experience in Obst. & Gyn
- MS/MD/ DNB/PG students,
- It is pre-requisite to be an IMS Life Member. IMS Life membership Fee is Rs. 5900/-

Convocation: 17th February, 2019; Last date for submission of form: 30th November, 2018
Examination Fee: Rs. 6000/-
  IMS non-member: Rs. 5900 + Rs. 6000 Total= Rs. 11900/-
  IMS Members: Rs. 6000/- Course material would be included in the fee.

Application, Membership form & updated Clinical Practice Guidelines can be downloaded from the IMS website.

Member IMS - Yes ☐ No ☐

If yes please mention Membership Number: ____________________________ Chapter name: ____________________________

If not then it is mandatory to become IMS member through IMS. (To select your chapter visit: www.indianmenopausesociety.org)

A cheque of Rs. 11900/- is to be deposited in any branch of Bank of India in your City in the IMS A/C:


IFSC NO: BKID0000013. Send the soft copy of Exam application form and Bank Pay-in-slip
To:examcommitteeims@gmail.com with copy to: indianmenopausesociety@gmail.com and
chellammavk@yahoo.co.in. Hard copy should be sent to the address of Chairperson Exam Committee*.

Enclosures (mandatory) Put tick mark

MCI Registration Certificate with Age certificate
A Copy of MBBS certificate & Copy of PG Certificate
Copy of IMS membership certificate (For members only)
Copy of Bank-Pay-in-slip

IMS Exam Application Form

Name (in block letters)_________________________ Gender: Male ( ) Female ( )

Date of birth_________________________

Address: (in block letters)_________________________ Pin:____________________

Telephone no (add STD code)_________________________ Fax:____________________

Email_________________________ Mobile no_________________________ Qualification:_________________________

Profession:_________________________ Current Position:_________________________

How long you have been practicing Obstetrics & Gynecology:_________________________

Signature of the applicant:_________________________ Date:_________________________

Dr. Saroj Srivastava
Founder Chairperson
09335188233, 0522-2321848

* Dr. Chellamma V. K
Chairperson Exam Committee
9447155887
chellammavk@yahoo.co.in

Address
28/550B Sivam Cheyavur PO
Kozhikode (Calicut) 673017 Kerala, India
Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

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IMS Zonal Conference - South

Indian Menopause Society
South Zone Conference

MENOCON - 2018
A Journey through Menopause

Organised by
IMS Calicut Chapter

Venue: Woodies Bleisure Hotel,
Calicut, Kerala

Block Your Dates
20th & 21st Oct-2018

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Indian Menopause Society
Newsletter September 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Team 2018-19

Dr. Ratnabali Chakravorty
President IMS 2018-19

Dr. Yashodhara Pradeep
Vice President IMS 2018-19

Dr. Pushpa Sethi
Secretary General IMS 2018-19

Dr. Bipasa Sen
Joint Secretary IMS 2018-19

Dr. R. N. Goel
Treasurer IMS 2017-20

Dr. Mrutyunjay Mohapatra
Jt. Treasurer IMS 2018-19

Indian Menopause Society
indianmenopausesociety@gmail.com, www.indianmenopausesociety.org, www.jmidlifehealth.org

We make the difference!

Arshia A. Ghani
Executive Director
Indian Menopause Society
CEO
Cocoon Management Consultants

09989335361, 09246105361
arshiaakheelg@gmail.com
www.cocoonconsultants.com
We make the difference!