Menopausal hormone therapy may protect against Alzheimer's, say scientists

Researchers have examined hormone therapy as a means of protecting and preserving the brain.

- Hormone replacement therapy patches used to reduce symptoms of the menopause may preserve the brain and protect against Alzheimer's, research suggests.
- Over a period of seven years, treatment with the skin patches was associated with less age-related shrinkage of part of the brain involved with memory, thinking and reasoning.
- Women whose brains responded in this way were also less likely to have a key hallmark of Alzheimer's disease, scientists found.
- Their brains contained fewer sticky clumps of beta-amyloid, a toxic protein fragment believed to help trigger the death of neurons.
- But hormone replacement therapy (HRT) had no impact on scores in thinking and memory tests.
- Lead researcher Dr Kejal Kantarci, from the Mayo Clinic in Rochester, US, said: "We found that one form of menopausal hormone therapy taken soon after menopause may preserve brain structure in the portion of the brain responsible for memory and thinking skills.
- "It may also reduce the development of amyloid plaques that can build up and lead to memory loss."
- For the study, the researchers recruited 75 healthy women with an average age of 53 who were between five months to three years past the menopause.

Ref: https://www.mirror.co.uk/science/menopausal-hormone-therapy-protect-against-12231684

Compiled By: Dr Jyoti Jaiswal, Chairperson, Medical Education Committee, IMS India
Indian Menopause Society

Newsletter July 2018

Academic & Public Awareness Activities

Theme 2018: Menopause …A New Mindset!

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

Upcoming International Events

For Registration & More Details please visit http://www.ams2018.org

National News

Summary of National Programmes By Chapters / Societies July 2018

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<th>Category</th>
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IMS Committee Reports

- Advisory Committee
- Website Committee
- IMS Exam Committee
- Club 35+ Public Awareness Committee
- Research Committee
- Quiz Committee
- Journal Committee
- Rural Committee
- Education Committee
- Community & Social Responsibility Committee
- IMS Foundation Committee
- Finance Committee

Dear All,

In addition to the 12 Working Committees of IMS, an IMS Peer Review Task Force has been set up with an objective to review the contents of any SCIENTIFIC statements, publications issued under the banner of Indian menopause Society. The statements have to be in synchrony with the statements / publications currently in circulation.

We are aware of the fact that we are overloaded with information. Menopause is a focused area with lot of lacunae in the management of the mature woman. The aim of forming the task force is to maintain the best evidence and present it to the members.

19th April 2018 - IMS Peer Review Task Force - Tenure 5 years

Chairperson: Dr. Ratnabali Chakravorty, President IMS

Co Chair: Dr. Meeta

Members:
- Dr. Rama Vaidya
- Dr. Sonia Malik
- Dr. Duru Shah
- Dr. Sunila Khandelwal
- Dr. Saroj Srivastava
- Dr Atul Munshi
- Dr. Jyothi Unni
- Dr. Jaideep Malhotra
- Dr. Maninder Ahuja
- Dr Har Prasad Pattanaik
- Dr Rashmi Shah
- Dr. Suvarna Khadilkar
- Dr. Neelam Agarwal
- Dr. Yashodhara Pradeep
Indian Menopause Society

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Dr. Chellamma V. K.
Dr. Sudha Sharma
Dr. C. Ambuja
Dr. Lakshmi Ratna
Dr. Seema Sharma
Dr Ranu Patni
Dr Annil Mahajan

Guidelines for Selection as Member - It is a voluntary work.
1. IMS life Members
2. Involvement in Education Arm of IMS - JMH/ CIMP/ Quiz

AIM: IMS Peer Review Task Force will review the contents of scientific statements, publications issued under the banner of Indian menopause Society.
The statements need to be in synchrony with the statements / publications currently in circulation.

Time Line: Proposals need to be presented at the GCM and GBM before making of the manuscript.
The time for reviewing may vary from 4 -12 weeks or more depending on the content.

Uniform Format: Indian Menopause Society - Publications
A uniform format has to be followed by all IMS India Publications that have been approved by the GCM & GBM.
The scientific content and the following pages needs to be submitted to this Committee before publication.
1. The cover page - Title and the IMS LOGO ; Back cover -- Plain
2. Page 2--Top on either side of the page - IMS logo on one side and IMS flag on the other side
   Title and details of the Editorial Board
3. Page-3 -if publisher is involved-details of the publisher. (Have a signed document that the intellectual rights are with the IMS-- and send a copy to the IMS office for record)
4. Page 4--copyright; disclaimer; disclosure; acknowledgement; IMS website;
5. Members review board/ Reviewed by -names of the Reviewers
6. Executive Council of your term
7. Editorial
   TOC

EXECUTION: The comments from the reviewer need to be backed by evidence if they are discrepancies in the manuscript and the authors are directly involved

Website Committee Report
Committee Chairpersons: Dr Navneet Takkar
March 2018
The Presidential address along with the new IMS Calendar was uploaded.
Indian Menopause Society
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The new IMS MEMBERSHIP and CIMP FORMS were published on homepage.
Governing council Members list was updated.
IMS Newsletter including all activities of various Chapters was displayed on the Website.
IMSCON 2018 PHOTOS and Report of IMSCON 2018 at Gurugram were uploaded.

April 2018
IMS newsletter was displayed on Web homepage.
Updating of mobile data for online voting
Contact US details were changed
All queries received on mail were replied within 24 hours time
Exercise video by Past President Dr Manninder Ahuja uploaded

May 2018
All data of 2017 saved in Yearly Version control
STATEWISE CIMP Practitioners list uploaded
IMS newsletter published on homepage

June and July 2018
FIRST International Newsletter of World Congress at Vancouver uploaded on Website
Yoga day celebrations in June 2018 published in June IMS Newsletter

Journal Committee Report

Committee Chairpersons: Dr Ranu Patni & Dr. Annil Mahajan

Dear friends & colleagues, Greetings!
I, Dr Annil Mahajan and Dr Ranu Patni took over as Chief Editors from Dr. Neelam Aggarwal and Dr. Sudhaa Sharmaa in February 2018 in the IMS annual meet IMSCON-2018 in Gurugram. The first issue of our term has been successfully released online and in print making this as Volume 9 issue 2 (APRIL-JUNE 2018) of Journal of Mid-Life Health. This issue has six original articles, two rare case reports, one review and one editorial. Currently we have nearly 76 articles in the system; out of which 46 are under review. We request our esteemed members to contribute quality articles to further enrich & raise the standard of the journal. Our second issue is under process............
IMS Project on “Standardization of healthcare of Postmenopausal Women in India” through the IMS Foundation.

Dr. Duru Shah, the Chair of the IMS foundation held a one hour meeting beyond the Governing Council Meeting as there was insufficient time for discussion in the GCM. She gave the background of the Foundation and the Project which she has initiated.

- The **IMS Foundation** was created in October 2015 from the profits generated from the Conference entitled “**Challenges in Women’s Health- New directions in the 21st Century**” held in December 2013 in Mumbai organized by me on behalf of the International Menopause Society in collaboration with the Indian Menopause Society.
- The IMS Foundation has been created for the sole purpose of carrying out Social Projects with an amount of Rs. 30 lakhs which has been kept in Fixed Deposit to generate interest at 8% and Rs.1,79,000 lakhs was kept in the current account of IMS for any related expenses.
- An Advisory Board has been created to monitor the IMS Foundation with individuals who were involved during that Conference. The Board has been appointed to overlook this Fund which has been earmarked for Social Projects. This Advisory Board will be in office for a period of 3 years starting from 20th February 2015 till February 2018 as passed in the Annual General Meeting of 21st February 2015 held in Indore.

**The Members of the Advisory Board appointed are:**

**Dr. Rama Vaidya,** - Founder President IMS, Chair of Advocacy Committee 2013,
- Past President IMS

**Dr. Duru Shah,** - Organizing Chair, International IMS Conference 2013
- Founder – IMS Foundation Fund, Past President IMS 2009

**Dr. Jyoti Unni,** - President IMS, 2013

**Dr. Maninder Ahuja,** - President IMS 2014

**Dr. Rashmi Shah,** - Organizing Secretary, International IMS Conference 2013

**Dr. Preeti Galvankar,** - Organizing Secretary IMS Conference 2013

**Office Bearers of the Indian Menopause Society**

- Current President, IMS
- Current Hon. Secretary, IMS
- Current Hon. Treasurer, IMS

- Invitations were initiated for submitting Social Projects to be funded by the Foundation through the interest derived from the Fund.

- The **First Project** the IMS Foundation was submitted by me and my team consisting of Dr. Abhik Sinha National Public Health Expert and Dr. Arvind Mathur International Public Health Expert on “**Standardization of healthcare of Postmenopausal Women in India**”
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This was approved by the Advisory Board at a meeting held in Mumbai in September 2015 and the Project was initiated in October 2015. The First, Second and Third Phase of the Project have been completed and the last phase will soon be initiated as soon as Government of Maharashtra approval comes through.

- The Summary of the Project was published in the previous newsletter attached are the details.

  The first phase included the
  - development of a new screening tool & its language translation and validation in Bengali and Hindi.

  The Second phase included
  - Collection of Data from field validation of about 793 women in Kolkata and Mumbai with Analysis of Data. Validated forms completed.

  The Third phase included
  - This phase has been completed with the preparation of the Training Modules.

  The Fourth phase will include:
  - Members of IMS Governing Council have been invited to become trainers for the project so that they could carry forward the project in their chapters
  - Permission has been sought to carry out the pilot project in a district of Maharashtra.
  - Training of Asha workers, PHC health workers to carry out the documentation of further management as per our Project
  - Project monitoring to be done by Avni Health Foundation.

Community & Social Responsibility Committee
Chairperson: Dr. Kanchan Sortey
IMS MHCC project Report

5th March 2018
Menopause Society Nagpur – did free check for 153 patients. Dr. Kanchan Sortey, Dr. Nirmala Vaze, Dr. Swati Bhave worked hard for the camp. Free Hb% & pap smear were done and awareness program on menopause and breast cancer was carried out

IMS Kolkata - Did free check camp for 18 Forty +women. Dr Bipasa Sen gave free Gynae Consultancy at S.B.Devi Charitable Clinic and later talked about "How to keep Fit at Forty & Beyond" and also talked about General Awareness & steps to prevent common Gynaecological malignancies. Nutritionist Ms Sonali Mazumder talked about Nutrition of women at different ages.

5th April 2018
Menopause Society Nagpur - Dr. Kanchan Sortey and Dr. Ujjwala Kedare did BMD camp and delivered lectures on menopause. More than 50 patients were seen

5th of May 2018
Menopause Society Nagpur - Free BMD Camp by Dr. Kanchan Sortey & Dr. Ujjwala Kedare. 20 patients were checked & Calcium & vit. D supplementation were given.
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Faridabad Menopause Society - around 70 females were examined in OPD and screened for Anaemia, Malnutrition, hypertension and Diabetes
5th June 2018

Chennai Menopause society - Dr. Kirubamani conducted free check up in two centers. NCD screening & Awareness programme was conducted. About 65 women were evaluated.

Kolkata Menopause Society - Dr. Nirmala Pipara conducted camp.

Agra Menopause Society - conducted MHCC programme. More than 50 patient were seen. Dr. Savita Tyagi worked hard for the programme.

Faridabad Menopause Society - MHCC programme conducted. Dr. Punita Hasija & team worked hard for the program
5th July 2018

Nagpur:
20 women examined free at MHCC on 5.7.2018 at Sortey Hospital Dr. Kanchan Sortey
Breast screening camp at Sankalp Hospital. 15 patient screened. Consulted by Dr. Nirmala Vaze

Kolkata
28 women examined free at MHCC on 5.7.2018 at Kolkata by Dr Bipasa Sen
Indian Menopause Society

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Dr. K. D. Bakshi, President, Kolkata Menopause Society

15-7-2018 – Club 35+ - Health Check Up And Public Awareness program
A Health check up and public awareness was arranged on 15th July at Nabajatak School where apart from students, the teachers and other staffs also participated.

10-7-2018 – YOGA & Meditation
Kolkata Menopause Society organised a meditation session in association with Prajapita Brahmakumari on 10th July, 2018
Dr. Manoj Chellani, President, Raipur Menopause Society
15 -7-2018 – CME on Role Vitamin D in Menopause
Indian Menopause society- Raipur Chapter had organized CME on, Role Vitamin D In Menopause and Osteoporosis and Endometrial Thickness
Interpretation and management, on 15th July 2018 at Hotel Vennigton Court, Jail Road, Raipur, CG
Dr. Manoj Chellani, Chapter Secretary, IMS Raipur and Director Ayush Hospital welcomed and addressed the gathering.
We had very eminent speaker Dr. Tripti Nagaria, HOD, Dept. Of Obstetric and Gynecologist, Pt. JNM Medical College, Raipur and Dr. Sushma Verma, Director of Sarvodaya Hospital and Joint Secretary of IMS, Raipur as speaker.

Our guest faculty for the CME was Dr. Ranjana Khanna who is Director Ranjana Hospital, Allahabad, UP. She is also vice president of FOGSI -2017.
First Lecture was given by Dr Sushma Verma on Vitamin D “The Sunshine Hormone” and its role in Menopause. In her lecture she explained how Vitamin D Important for physical and mental health and well-being of Menopausal Women. She discussed about causes of Vitamin D deficiency, Role of Vitamin D in treatment of menopausal symptoms, health risk associated with vitamin D deficiency.
Our second lecture which was on causes, prevention and management of osteoporosis was delivered by Dr. Ranjan Khanna. She told about the age-related bone loss, risk factors, genetic factor and hormonal changes occurring in the menopause, which are the major
factor leading osteoporosis in women. She gave tips on early diagnosis and management of osteoporosis.

3rd lecture was given by Dr. Tripti Nagaria, she explained about interpretation of endometrial lining by TVS in perimenopausal and menopausal women. She also explained about dilemmas in management of thickened endometrium in these women.

At the end of CME there was question answer session with the audience.

General body meeting (GBM) was organized after CME.

There was press conference and public awareness program followed by GBM.

Dr. Sushma Verma - Jt. Secretary IMS, Raipur Chapter gave vote of thanks.

Total attendance for the CME was 50. It was a great learning, experience and everyone enjoyed and benefited by academic feast.

Dr. Savita Tyagi, President, Menopause Society - Agra

1-7-2018 – Workshop on Yoga & Aerobics

Agra chapter organised workshop on yoga and aerobics on 1st of July that’s doctor’s day, in view to stay healthy, happy and fit, around 100 participants were present.
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This was followed by plantation of trees. Well appreciated by media

29-7-2018 – Club 35+ Public Awareness Program
On 29 the July reaching the unreached awareness programme of society was conducted at Village Ladukhera, which is 35 kilometres away from Agra.
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Dr. Priti Niranjan, President, Vadodara Menopause Society

1-7-2018 – Club 35+ -Awareness Program

Vadodara Menopause Society organized a tree plantation drive On 1st July 11, 2018 Dr. Preeti, Dr. Archana, Dr. Binal Shah along with IMS and club 35 members did 50 tree plantations as a part of Go Green Vadodara.

Celebration of doctors day by gifting saplings to guests
15-7-2018 – CME
Jalandhar Menopause society organized a CME on 15th July 2018. Dr. Duru Shah was felicitated.

Dr. Anju Soni, President, Jaipur Menopause Society
15-7-2018 – CME & Felicitation
Jaipur Menopause Society and JOGS organized a CME and Felicitation Dr. Sunila Khandelwal. All the topics were appreciated by all. 60 doctors participated.
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Dr. Jaishree Gajraj, President, Chennai Menopause Society
23-7-2018 – Club 35+ Public Awareness Program

Chennai Menopause society conducted NCD screening and Awareness programme in two centres. About 65 women were evaluated for Hypertension, Blood Sugars and Bone Health. Life style modifications needed in midlife were explained to women.
Dr. P. N. Ajitha, Chapter President, Menopause Society - Calicut
12-7-2018 – Breast cancer awareness programme at club 35 plus meeting

Dr. Anita Kant, Chapter President, Faridabad
12-7-2018 – CME on “Approach To Breast Lump, What A Gynaecologist Should Know”

Faridabad Menopause Society conducted CME On 12.07.18 at Hotel Park Plaza. The topics and the speakers were

Dr. Shivam Vatsal (Oncosurgeon Sarvodaya Hospitals) gave a talk on “Approach To Breast Lump, What A Gynaecologist Should Know”

Dr. Manish Singal (Medicaloncologist, Apollo hospital, New Delhi) spoke on “Why Chemotherapy is indicated after breast surgery”

CME was attended by around 35 delegates. It was a very interactive session and much appreciated.
Breast lump either benign or malignant are always an enigma or we almost always tend to refer every patient to surgeons. All doubts were cleared.

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 indianmenoapsuesociety@gmail.com

5-7-2018 MHCC by Dr. Savita Tyagi, Menopause Society - Agra

On 5th of July under MHCC program 22 menopausal women were examined, free consultations, free Hb, free Blood sugar, thyroid at Rs.50 done
5-7-2018 MHCC by Dr. Kanchan Sortey, Nagpur Menopause Society

Breast screening camp at Sankalp Hospital. 15 patient screened. Consulted by Dr. Nirmala Vaze
5-7-2018 - MHCC By Dr. Bipasa Sen, Kolkata Menopause Society
28 women examined free at MHCC on 5.7.2018 at Kolkata by Dr. Bipasa Sen. 18 patients were seen at Matri Mangal Prathisthan under the IMS Varisht Janaswathya Yojana on June 5th, 2018.

5-7-18, Dr. Balwinder Kaur, Patiala Menopause Society
IMS Varishta Janaswasthya Yojana awareness Camp was organized by Patiala Menopause Society on 5.7.2018 in Dept. of OBGY Gynae GMC, Patiala. A total of 43 Perimenopausal and Menopausal Peramedical Women were examined. BMD, Pap smear, Breast examination and Counselling for Health lifestyle were done in all women. Patients were given, Calcium, Vitamin D3, Analgesics and other required medicines. Services of associated specialties Medicine, Orthopedics, Eye and Pathology, Psychiatry were also utilized.
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5th July 2018 – MHCC Dr. Tripura Sundari, Hyderabad Chapter

5th August Governing Council Meeting along with the IMS Zonal Conference-North FortyPlusCon at Lucknow organized by Vice President IMS & Org. Chairperson Dr. Yashodhara Pradeep Register Now!
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Indian Menopause Society North Zone Conference

FORTYPLUSCON 2018
An Update on FortyPlus Womens' Health

4th - 5th August, 2018 | Hotel Clarks Avadh, Lucknow

Early Bird Registration Ends
31st July 2018

Register Now

www.fortypluscon2018.com

UPMC Credit Point Expected - 8
Indian Menopause Society

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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

Chapter Secretaries are requested to organise a Quiz along with Gurukul Prog and send us the name of one Candidate for the IMS Quiz Finals representing their 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

Quiz Committee: Chairperson
Dr. Shobhana Mohan Das -9447023815 shobhanamohandas@gmail.com

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
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24th National Conference of Indian Menopause Society
15th - 17th February, 2019
ITC Sonar, Kolkata

Conference 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, CDIP exam
- Public awareness programme
- Rejuvenate body render soul - Yoga session and meditation
- Elite national & international speakers, Panels

Registration
Tariff (All rates are in INR and inclusive of I.T.S.GST)

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<th>Category</th>
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<td>Accompanying Persons</td>
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<tr>
<td>Non Members/ Delegates</td>
<td>10030</td>
<td>11210</td>
<td>12590</td>
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<tr>
<td>PGT</td>
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<td>7080</td>
<td>12590</td>
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<tr>
<td>Senior Citizen Delegates</td>
<td>5900</td>
<td>7080</td>
<td>12590</td>
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<tr>
<td>(Above 75 years)</td>
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</table>

Registration Indulcences
- 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
Indian Menopause Society

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IMS Zonal Conference - East

Indian Menopause Society East Zone Conference

SwasthCON-2018

Don't Pause at Menopause

Organized by
Bhagalpur Menopause Society

1st Announcement

29th & 30th
September 2018

Register Now

Venue:
JLN Medical College Grounds, Bhagalpur (Bihar)

ICOG & BCMR
Credit Points Expected
Indian Menopause Society

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Theme 2018: Menopause …..A New Mindset!
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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
Indian Menopause Society

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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