International News Flash

Million Women's Study, since celebrating their 20th anniversary in September 2016, published some latest research reports -

1. Two large UK Studies. - Epic Oxford. and UK Biobank , after studying about 8 lakhs women down the ages, have inferred that there is NO association between Night shift work and Ca Breast (Travis et al 2016).

2. Women with Disabilities may not have equitable access to NHS screening program for breast and bowel cancer. (Floud et al 2017).

3. Women on antidepressants may have 40%increased risk of VTE,( Parkin et al 2017).

4. Risk of hip fracture increases with increasing height of women.50%higher risk with additional 10cm height. (Armstrong et al 2016).

5. Increased risk of CHD in women living in deprived area and having less education (Floud et al 2016).

6. Happiness itself is not directly associated with increased risk of death. (Liu et al 2016).

7. Lung cancer is found to have more association with 3 risk factors - Increased height, Non White, Asthma. It has, however, No link with diet. HRT or second hand smoking. (Pirie et al 2016).

8. Following Tubal Ligation, risk of Ca Ovary decreases or remains unchanged( Gaitskell , Green et al 2016 ). However, Cancer of Fallopian Tube or Peritoneum can occur following Tubal Ligation. (Gaitskell , Coffey et al 2016).

9. Ten (10) years use of oral contraceptive pill reduces risk of later development of Ca Endometrium by 50%. (Collaborative Group on Epidemiological Studies on Endometrial Cancer. 2015).

10. Ca Breast incidence is 15-20% lower in South Asian and Black Women as compared to White Women - probably due to difference in childbearing history, body size, alcohol consumption etc.

11. Eating organic food doesn't affect Cancer risk (Bradbury 2015).

12. Frequent Physical activity may not reduce vascular disease risk as compared to Moderate Activity,(Armstrong et al 2015)
Indian Menopause Society

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

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**National News**

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**Dr. Ratnabali Chakravorty, President IMS India**

Launch of AYUSH – IMS YOGA Program - Kolkata News Paper Clippings

Ananda bazar patrika The leading bengali News paper published a a 5 column news on activities & goals of IMS as ststted by representataives in Ministry of AYUSH, Govt of India regarding plans to incorporate yoga etc for 40+ Womenas proposed by IMS and implement it through Govt. Hospitals and Institutions.

One of the leading vernacular dailies of West Bengal, with largest circulation, Anandabazar Patrika published an interesting news-story on 25th February, 2018 in its Sunday Edition. Under the headline, ‘Health scheme for Women40+’ (in loose translation), the write-up essentially focuses on our organizational appeal to adumbrate a National Health scheme for post menopause women folk much like the existing National schemes available for children and ante natal groups.

It further reports

... The Government is envisaging a new health scheme for this target group where the association of gynecologists, Indian Menopause will be associated at the national level.

Priti Sudan, Health Secretary commented- Medical Screening for women40+ will be introduced at the medical colleges down to district level and primary health centres. Yoga modules as adjuvant amelioration under the aegis of Ayush ministry is also in the offering...

P.N. Ranjit Kumar Joint Secretary, Ayush further reiterated that saying ‘Women 40+ act as a strong bond that holds up the family. In addition to that, their responsible
assignments in various work places make the administration secured and foster the economy of the country. Their ill health is tremendous loss to the family and country as well ... (translated from Bengali)

The report succinctly explains the physiological aspects of menopause and also quotes remedial advice as rendered on behalf of Indian Menopause Society by Dr. Ratnabali Chakravorty. At the end, it makes a note of Dr. Ratnabali Chakravorty’s communication with PMO on 22nd November, 2018 and her meeting with Vandana Gurnani, Joint Secretary, Health on 29th November 2018. And it also mentions that this development at the governmental level as an outcome of Dr. Chakraborty’s representation.

Appreciations for Dr. Nita Dalal

Dear Nita

I am extremely happy that within this short period you could arrange such a big gathering. I congratulate you once again, Thank you for making my dream come true. This is the beginning, It will go a long way.

Long live IMS!

Ratnabali Chakravorty

Dr. Nita Dalal, Chapter President, Mumbai

13-3-2018- AYUSH – IMS : YOGA Prog

IMS Mumbai along with the ministry of ayush conducted Yoga Programme in Kaiwalyadham, Mumbai. The theme of the program was 100 days to yoga day. The aim was to address some of the problems of middle aged women with the help of yoga.

At the inauguration, Mr Subodh Kumar, director of Kaiwalyadham said a few words, followed by Dr Sulochana Bhat from the Ayush ministry. After lighting of the lamp,
Dr. Nita Dalal spoke on Menopause - embracing maturity and elaborated on common perimenopausal concerns and their solutions. Dr. Niti Desai, the dietician spoke on the importance of Diet at midlife, followed by Dr. Ulka Natu, who spoke on yoga for this age 40+ women. The talks were well appreciated, & there was a lot of audience interaction.

This was followed by a practical yoga session for all present - 120 women attended the program.

Very well received. It was wonderful that Kaiwalyadham could tie up with the Indian Navy. Many attendees were wives of Indian navy personnel.

Dr. K.D. Bakshi, Chapter President, Kolkata
8-3-2018, Public Awareness Program Club 35+

On the occasion of International Women's Day on 8th March we celebrated by holding a public awareness program on cancer prevention. Dr. K D Baks, Dr. Subrata Saha and Dr. Ratnabali Chakravorty addressed and answered queries from 39 women of which 21 were Nurses.
15th March 2018- Club35 Plus – Public Awareness & Health Camp

On the occasion of International Women’s Day, an awareness and health camp was organised by IMS Kolkata on 15th March 2018 at Shantiniketan, 165 km from Kolkata to Bolpur, a rural area, at Tagore’s Birth Place. Dr. Srirupa Pal examined 40 plus women. BMI, BMD, and TSH estimation was done for 35 ladies. Members of Urjo, a NGO also volunteered. A public awareness and health camp at a school near Santiniketan, Bolpur (Rabindranath Tagore’s ashram) was also held. Health check-up of 21 women including blood tests of sugar, TSH, lipid profile were done. BMI, body fat composition were measured. BP pulse and other indicators to screen metabolic X syndrome were done. Then menopause and menstrual hygiene were discussed where 85 students, teachers, and mothers participated. Follow-up visit is scheduled next month.

5-3-2018- Midlife Health Charitable Clinic – Dr. Bipasa Sen

MIDLIFE HEALTH CHARITABLE CLINIC activity of IMS Kolkata on 5th March 2018 - Dr. Bipasa Sen gave free Gynaec Consultancy to 18 Forty plus ladies at S.B.Devi Charitable
Clinic, Kolkata and later talked about "How to keep Fit at Forty & Beyond" and also talked about General Awareness and steps to prevent common Gynaecological malignancies. Nutritionist Ms Sonali. Mazumder talked about Nutrition of women at different ages.

Dr Yashodhara Pradeep, Vice President IMS India

International Womens Day at Dept of Ob Gyn Dr RML Institute of medical sciences, Lucknow. We had Free Health camp for NCD 50 women were screened for Anemia, Cervical cancer, Diabetes, Hypertension and Obesity. Two talks on Nutrition and Congenital Malformation, Vaccination in pregnancy. It was well appreciated by women who attended the camp.
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Dr. Deepa Kapoor, Chapter Secretary, Lucknow
8-3-2018- International Women’s Day – CME on Osteoporosis and Free clinics

Lucknow also celebrated international women’s day. Free clinics were conducted by members. Talks were given on osteoporosis and lifestyle management at menopause by Dr. Deepa Kapoor at SGPGI. On this occasion physician Dr. Prema Kapoor gave a talk on Diabetes and hypertension. Around 15 pap smears were done. Approximately 60 women attended the clinics.
Dr. Reeti Mehra, Chapter Secretary, Chandigarh
8-3-2018- CME on HRT Revisited
Chandigarh chapter celebrated the international women’s day by a cme on "HRT - Revisited " Where “How And When To Prescribe HRT “and “Co-morbidities In Menopause “ were discussed . It was attended by 70-80 Gynecologists and an endocrinologist was also invited to clear doubts on thyroid and osteoporosis and fatty liver. Very well appreciated and academically rich session. We also handed over to the new team of the chd chapter now to be the CHANDIGARH menopause society.
Dr. Ratnabali Chakravorty, President IMS India, 2018-19

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Dr. Ragini Agarwal, Chapter Secretary, Gurgaon
11-3-2018 - Public Awareness Programme Club 35+
Gurgaon menopause society and GOGS has organized a health walk today in gurgaon under agies of local administration for women health empowerment initiative.

8-3-2018 - Public Awareness Programme Club 35+
Conducted a Public Awareness Programme under the aegis of Indian menopause society Gurgaon chapter and the public awareness committee of FOGSI .Gave talks on PCOS health screening in the menopause along with talks on nutrition by Dr. Priti Nanda Sibal and Dr. Anil Agarwal renowned dermatologist who gave talk on how to protect your skin from aging. The programme was highly appreciate by all

Dr. Manoj Chellani, Chapter Secretary, Raipur
8-3-2018 - Public Awareness Programme Club 35+
Indian Menopause Society, Raipur Chapter had celebrated International Women’s Day in association with Lions club Shikhar team Raipur on 8th March 2018 at Vrindavan hall, Raipur.

Nurses are the heart and soul of the healthcare system. They are with patients throughout the continuum of life still they themselves not got much attention and appreciation for their work. The role of women has been changing over the years in various fields around the world like advertising, academics, politics, etc. The perverseness the media exerts on our society has an important influence on our attitudes, values and behavior.

On the occasion of International women’s day nurses of Government hospital and women of Press and electronic media were felicitated for providing their services in the field.

Dr. Mahesh Gupta, Chapter President, Ahmedabad
8-3-2018 – Public Awareness activity -Club 35+

On the occasion of WOMEN’S DAY, IMS Ahmedabad chapter organized a Club35+ Programme with the help of Dr. Kanthiben, Dr. Nitaben, Dr. Anjnaben and Dr. Dilip Gadhavi was there as a Guest Speaker. It was attended by more than 50 doctors.
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Dr. Priti Niranjan, Chapter Secretary, Vadodara
8-3-2018 – Public Awareness activity Club 35+

Today’s WOMEN’S DAY CAMP was a grand success. More than 100 ladies participated in the interactive Awareness session and also screening for Non-communicable diseases (Anemia, Diabetes) with Hb, RBS testing. Awareness pamphlets were distributed for Breast cancer awareness, cervical cancer awareness and vaginal hygiene.

Organised by PUBLIC AWARENESS COMMITTEE FOGSI, VADODARA MENOPAUSE SOCIETY, CLUB 35+.+
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Dr. Jaishree Gajaraj, Chapter Secretary, Chennai
27-2-2018 – CME on Menopause -Consequences and Management
Chennai Menopause Society along with IMA kanchepurum conducted panel discussion on menopause consequences and it’s management on 27th February 2018.

Dr. P. N. Ajitha, Chapter Secretary, Calicut
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25-2-2018 Public Awareness Programme -Club 35+
IMS Calicut organized a club35+ program on 25th February 2018. Dr. Shobana Mohandas, Dr. Leelamma, Dr. Sulochana and Dr. Padma were the faculty. Talk on Ovarian Cysts was given by Dr. Shobana. Radha Natarajan and Valsala explaining about Crochet work. Individual counseling for obesity was given.

Dr. Laxmi Shrikhande, President, Nagpur
11-3-2018 – Health Camp at Vani
Dr. Nirmala Vaze and Dr. Swati examined 150 ladies, 70 were peri post menopausal, discussed PM problems, awareness, distributed fe, FA, cal, information booklets, did pap smear recently at vani, 130 km from nagpur
8-3-2018- CME on Menopause – what’s new to Manage?

Menopause Society, Nagpur celebrated Women’s day on 8th March 2018 at Hotel Centre Point. Dr. Laxmi Shrikhande delivered a lecture on “What’s new to manage this difficult phase in women’s life?” Dr. Sumati Ridhorkar & Dr. Rajshree Khot were chairpersons for the session. Dr. Manjula Rohatgi, Dr. Nirmala Vaze, Dr. Laxmi Shrikhande & Dr. Seema Dande felicitated by Society for their contribution for society while also felicitated women Doctors of various Hospitals. Dr. Sumati Ridhorkar was chief guest and Dr. Yamini Alsi guest of honour. Dr. Bhakti Gurjar were master of ceremony, while Dr. Kshama Kedar proposed vote of thanks. Eminent Gynaecologist Dr. Anuradha Ridhorkar, Dr. Alka Kumar, Dr. Rujuta Fuke, Dr. Rasika Darwhekar, Dr. Vaishali Kubde, Dr. Priyanka Kamble, Dr. Vidya Sutaone Dr. Neeta Sapre, and all Gynaecologist in large number present on occasion.

Also Menopause Society Members various awareness programme & Health Camp on eve of Women’s day. Health Check-up camp held at Jaitai Mandir Vani on 4th March 2018. Dr. Nirmala Vaze and Dr. Yamini Alsi were invited at LAD College to talk on breast cancer awareness and elf experience.
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Dr. Kshama Kedar talk on Women’s Health Nation’s Priority at IGGMC college

Dr. Pragati Khalatkar talk on CaCx at WCL Nagpur

Dr. Pragati Khalatkar talk on Women’s Health
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Dr. Manjula Rohatgi talk at Talwarkar Gyme, Ramdaspeth

Cervical Cancer and It’s prevention was organised for BPCL Women Dealers Staff, and Fuel Stations staff and their spouses where Dr. Manjula Rohatgi, held an interactive session.

Today Cancer Awareness Program held at 12.30 noon at Ganeshpeth Nagpur. Inaugurated by Shri Dinanath Padole Ex MLA. and Dr.Yamini Alsi spoke on Cancer Awareness.

25-2-2018 – Public Awareness Programme Club35+
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20-2-2018 Public awareness programme -Club 35+ - Dr. Ujjwala Deshmukh

Dr. Savita Tyagi, Chapter Secretary, Agra
8-3-2018 – Health Camp

On the occasion of international women’s day free health check up camp was organised at my hospital, Total 153 patients were examined, Free haemoglobin blood sugar, and BMD were done, Medicines distributed free for all. TSH at cost of 50rs and all other investigation at 50% rates were offered.

Glenmark pharma, Mankind pharma, radkrish pharma, unique lifescience, Cadila Pharma Walter Bushnell arranged all medicines.
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Dr. Anita Kant, Chapter President, Faridabad
22-3-2018 – CME on Thyroid Disorders

Faridabad Menopause Society organized an interesting CME on “Thyroid Disorders in Adult Females” on 22/03/2018*. Speaker Dr. Arun Kumar Singh (Endocrinologist at Metro Heart Institute and Multispeciality Hospital, Faridabad) explained the topic very well. Interaction with audience was excellent. Free TSH screening was arranged for all attending doctors with help of SRL labs. CME concluded with vote of thanks.
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**8-3-2018 - Health Camp**

On the occasion of INTERNATIONAL WOMEN’S DAY a health checkup and awareness camp was organised by Faridabad Menopause Society and IMA Faridabad In association with Protsahan Women’s Society.

Our eleven, hard working and everenergetic, well known practising gynaecologists rendered their services free of cost. Public awareness talks were given on following topics

Breast Cancer Awareness and importance of self examination, Vaccination for pre ention of Cervical Cancer, Family planning and contraception

Menstrual hygiene, Free medicines and Sanitary Napkins were distributed. More than 100 females of various ages attended the camp.
22-2-2018 CME on PCOS and Midlife
A CME on PCOS and MIDLIFE was organised by the Faridabad Menopause Society on 22.02.2018
Speaker was Dr. Sandeep Kharab (Consultant Endocrinologist)
It was very interactive and well attended.
Our President Dr. Anita Kant adressed the members and presented the IMA calender given by the national President Dr. Ratnabali.
The members who actively took part in MIDLIFE HEALTH CHARITABLE CLINIC programme were also felicitated.
Dr. Tripura Sundari, President, Menopause Society Hyderabad
On 8th March- International Womens Day Dr. C. Ambuja, Ex Officio Secretary, IMS India addressed a gathering of more than 200 Women employees of Union Bank and Bankers association. She gave a talk on Health issues at Menopause.
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Dr. E. Prabhavathi, Vice President Menopause Society Hyderabad addressed the Lady members of IMA, Hyderabad Branch

8-3-2018, Public Awareness Program – Dr.Lakshmi R. Markani

On the Occasion of International Womens Day, Dr. Lakshmi Ratna organised a Public Forum at Nice Hospital. She delivered a lecture on the importance of protein and micro nutrient intake for women and also on physical activity and changing attitudes in life Dr. Ambuja spoke on Nutrition and Exercises Dr.Jamuna Devi, Secretary, HMS gave advice to stop gender disparity in nutrition.

There were 60 women whose BMD test was done as part of health check up on the Eve of women's day at Nice hospital by Dr. Lakshmi Rathna past president Menopause Society Hyderabad. Later all the participants were given a months course if calcium medication.
8th March – Public Awareness Programme - On the occasion of International Womens day  Dr. D. Pushpalatha and Dr. P Balamba, senior stalwarts of the Hyderabad Menopause Society addressed the women staff of Indian Bank and counselled them on Healthy diet and life style changes required during Menopause.

5-3-2018, Midlife Health Charitable Clinic- Dr. Tripura Sundari
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5-3-2018, Midlife Health Charitable Clinic – Dr. Ambuja
On 5th March - MIDLIFE HEALTH CHARITABLE CLINIC Programme was organised by Dr. C. Ambuja at her clinic. She has given free check up to 5 patients of Age 50+. For one of the patient bleeding profusely a D.and C was done free of charge.

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Dr. Balwinder Kaur, Chapter President, Patiala
8-3-2018, International Women’s Day - Karna Hai Yattan Poem
On the occasion of International Womem’s Day Patiala Menopause Society organised a program. The Theme Poem **Karna Hai Yattan** dedicated to women from Birth till life was written by Dr. Ruby Bhatia Secretary Patiala Menopause Society and was sung by Patron (Dr. Manjit Kaur Mohi) President (Dr. Balwinder Kaur), Secretary (Dr. Ruby Bhatia) along with Junior Residents.
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23-2-2018, Public Awareness Prog – Club 35+
Patiala Menopause Society Celebrated Senior Citizen Day on 23.2.18 in Seminar Room of Department of Obstetrics & Gynaecology GMC, Patiala from 12.30pm to 2.30pm. Around 30 accompanying female’s relatives of the patients were enrolled. An Audio – Visual talk regarding Health Care Awareness especially Bone Health and need for Exercise, Yoga, Walking, Diet, Calcium & Vitamins D3 intake and Cancer screening was given. Patients were given 10 tips how to avoid fall and Fractures. They were advised to keep Healthy by involving themselves in social activities.
Dr. Ratnabali Chakravorty
President IMS India, 2018-19

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Dr. Balwinder Kaur, Chapter President, Patiala
5-3-2018, MIDLIFE HEALTH CHARITABLE CLINIC - Dr. Manjit Kaur Mohi (Patron) Patiala

Menopause Society

IMS Varishta Janaswasthya Yojana awareness Camp was organized by Patiala Menopause Society on 5.3.2018, in Dept. of OBGY and Gynae GMC, Patiala. A total of 35 Perimenopausal and Menopausal Peramedical Women were examined. Pap smear, Breast examination & Counselling for Health life style were done in all women. Patients were given, Calcium, Vitamin D3 and other required medicines. Services of associated specialties Medicine, Orthopedics, Eye & Pathology were also utilized.

Dr. Dr. Shubhada Jathar, Chapter Secretary, Pune Chapter
20th March 2018 - CME

Pune Chapter organised a CME on 20th March 2018. The session was chaired by Past President IMS Dr. Jyoti Unni and Past President POGS Dr. Mukta Umarjee. Topics discussed were as follows: Medical Management of Fibroid, Speaker: Dr. Savita Mehendale. Osteoporosis and Calcium. Speaker: Dr. Aashish Bhabhulkar. Each lecture was for 20 min followed by discussion and active participation by audience. CME concluded with Vote of Thanks by Dr. Parag Biniwale.
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CME was very well attended by 60 Doctors. Program was supported by Meyer Organics PVT. Ltd.

Dr. Preeti Niranjan, Chapter Secretary, Vadodara Chapter
8th March 2018 - **International Women’s Day Activity Club35+**

International Women’s Day Activity by Menopause Society, Vadodara. A Health awareness program was arranged for Club 35, members. It was attended by 100 women of different professional & non professionals fields. Topics covered were - Skin care by Dr. Nidhi Patel, Personal Hygiene by Dr. Binal Shah. Breast Awareness by Onco Specialist by Dr. Vibha Nayak. Blood reports done for all members. Our member & Vice President Dr. Archana Dwvedi gave an awareness lecture for Chronic Kidney Diseases. On 16-17th March awareness events organized by Corporation Dr. Binal attended actively.
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**Dr. Anju Soni**, President, Jaipur Menopause Society
30th March 2018 - CME on Women Health in Menopause

Jaipur Menopause Society organised a CME on 30th March 2018 on Women Health in Menopause. The session were chaired by Dr. Padma Nagpal, Dr. Veena Acharya & Dr. Anju Sharma renowned & experienced doctors, Topics discussed were as follows:
- Overactive Bladder: Dilemma In Diagnosis by Dr. Anju Soni, President, JMS
- Overactive Bladder Syndrome Medical Management by Dr. Nachiket Vyas, HOD, Urology, SMS Medical College, Jaipur
- Mid Life Sexuality: Concerns & Care by Dr. Sunila Khandelwal, Patron, JMS

Each lecture was for 25 minutes followed by discussion and active participation by audience. CME concluded with Vote of Thanks by Dr. Shubha Sethia, Treasurer, JMS. CME was very well attended by 45 Doctors.

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25th March 2018 - CME on Menopausal Health
Jaipur Menopause Society organised a CME on 25th March 2018 on Menopausal Health. The session were chaired by Dr. Anju Taly, Dr. Adarsh Bhargava & Malika Swaroop, great, renowned & experienced doctors, Topics discussed were as follows:

- Sarcopenia & Frailty - Speaker: Dr. Anju Soni, President, JMS, Menopause & Mental Health
- Menopause & Mental Health - Speaker: Dr. Pradeep Sharma, HOD, Psychiatry, SMS Medical College, Jaipur

Each lecture was for 25 minutes followed by discussion and active participation by audience. CME concluded with Vote of Thanks by Dr. Oby Nagar, Secretary, JMS. CME was very well attended by 40 Doctors. Program was supported by Glaxo Smith Kline (GSK).
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**Dr. Bipasa Sen**
Joint Secretary
IMS 2018-19

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

**Dr. Mrutyunjay Mohapatra**
Jt. Treasurer
IMS 2018-19