Indian Menopause Society

Newsletter May 2018

Academic & Public Awareness Activities

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

International News Flash

Women who undergo hormone therapy to relieve menopausal symptoms have lesser fat tissue.

According to a study conducted by The Endocrine Society, women who undergo hormone therapy to relieve menopausal symptoms tend to have lesser fat tissue, particularly in the abdomen, than other menopausal women. [MORE LIFESTYLE] Updated: Apr 01, 2018 16:02 IST

Asian News International

- Turns out, treating menopause symptoms can reduce abdominal fat tissues.
- According to a study conducted by The Endocrine Society, women who undergo hormone therapy to relieve menopausal symptoms tend to have lesser fat tissue, particularly in the abdomen, than other menopausal women.
- Menopause is the process a woman goes through when her monthly periods end following the aging of the ovaries and the subsequent reduction of estrogens, the feminine sex hormone.
- Women going through this transition often find they are more susceptible to weight gain, and scientists are still researching how to improve this transition.
- “When we studied a large sample of women to better understand the effect of menopausal hormone therapy on body composition, our research revealed that women were less likely to accumulate abdominal fat tissue while they were undergoing menopausal hormone therapy,” said researcher Georgios E. Papadakis. “However, the protective effect disappeared quickly after the participants stopped receiving menopausal hormone therapy.”
- The researchers examined data from a sub-study of the CoLaus study, an ongoing prospective study to assess factors that affect the outcomes of cardiovascular disease.
- The participants in the sub-study, called the OsteoLaus cohort, were postmenopausal women between the ages of 50 and 80. The 1,086 participants were questioned about their current and past use of menopausal hormone therapy.
- All the women underwent dual-energy x-ray absorptiometry (DXA) scans to measure their body composition.
- The women who were currently on menopausal hormone therapy exhibited significantly lower levels of abdominal fat tissue than women who had never received menopausal hormone therapy. The women going through menopausal hormone therapy also tended to have slightly lower total fat mass levels and body mass index measurements.
- Among women who had previously used menopausal hormone therapy, the analysis found no residual effect on abdominal fat tissue. Regardless of how long women underwent menopausal hormone therapy and how much time had elapsed since they used MHT, the results suggested they experienced a rapid rebound in fat accumulation.
• “Abdominal fat poses a risk for cardiovascular and bone health,” Papadakis said. “When women stop menopausal hormone therapy, they need to be aware of the risk and ideally should increase their physical activity to combat the possibility of weight gain.” The research is published in the Endocrine Society’s Journal of Clinical Endocrinology & Metabolism.

Compiled by - Dr. Jyothi Jaiswal, Chairperson

Medical Education Committee, IMS India
National News

**Summary of National Programmes By Chapters / Societies**

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Dr. Ratnabali Chakravorty, President IMS India

**16th World Congress on Menopause**

6th - 9th June 2018, Vancouver Canada

An Indian delegation of 34 Members is leaving for the 16th World Congress at Vancouver from 6th to 9th June 2018 to hear & share the latest advances in the management of all aspects of midlife women’s health. The Scientific Program has been awarded 30 CME credits for attendance.

We have about 12 senior Indian Faculty in the main Scientific Programme with one Symposium dedicated to India completely.

**20 Posters and 5 Papers** are being Presented from India and Dr. Ratnabali Chakravorty President IMS 2018-19 has planned a fellowship India Evening with the Board Members of International Menopause Society on 6th June 2018 with Vandemataram, Indian Tricolor, Special Badges for the delegation, Flags -Indian & IMS to National Anthem. In our next Newsletter we shall share the short Scientific news about the deliberations of this Congress.
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A Live Webinar was delivered by Dr. Ratnabali Chakravorty to all 44 Chapters of IMS and the information was circulated to 3170 Life Members of IMS.

3rd May 2018
50 Days to YOGA day – 8 YOGA Workshops by IMS Chapters at Ahmedabad, Chennai, Gurgaon, Hyderabad, Kolkata, Pune, Mumbai, Navi Mumbai
As you know Life style modifications is one of the main Presidential AGENDA this year ...... keeping in line with that Indian Menopause Society is organising Public awareness Sessions under Club 35+ for Doctors/Women, Patients, relatives etc. on YOGA & MEDITATION.

IMS in association with Ministry of Ayurveda, YOGA, Naturopathy, Unani, Siddha and Homeopathy - AYUSH, Government of India - will be conducting these sessions throughout India by Menopause Societies/Chapters. Menopause Societies are partnering in this National Health scheme for post menopause women to create awareness and explain the physiological aspects of menopause and also provide remedial advice to the attendees on behalf of Indian Menopause Society.

The first Session under the occasion of - 100 Days to YOGA Day was organised by Dr. Nita Dalal at Mumbai. it was a thumping success. 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.

The second occasion held on 3rd May of - 50 Days to YOGA Day was In association with YOGA Institutes in ten cities by Menopause Societies of Ahmedabad, Bangalore, Chennai, Gurgaon, Jaipur, Hyderabad, Kolkata, Pune, Mumbai, Navi Mumbai. ALL Attendees practised asanas under supervision for 2 1/2 hours with the YOGA instructor and they also answered the questions of attendees. At Kolkata Certificates were also distributed. In all about 2000 Women attended the Workshop through our India. Ahmedabad- 20, Chennai- 255, Gurgaon- 250, Hyderabad- 309, Kolkata- 227, Pune- 224, Mumbai- 450, Navi Mumbai- 200

These Chapters will also participate in the 4th International YOGA Day on 21st June 2018. Every 10th of the month is being celebrated as the mental health day by IMS at various Chapters.
Dr. K.D. Bakshi, Chapter President, Kolkata

3rd May YOGA Workshop by AYUSH & IMS

A Workshop on Yoga and Meditation in 40+ Women was organized by Kolkata Menopause Society on May 3, 2018 at Mohit Manch and Mahabir Sadan, Kolkata. It was supported by Ramakrishna Mission Vivekananda University and sponsored by Ministry of Ayush, Government of India under the able guidance of National President of Indian Menopause Society Dr Ratnabali Chakravorty and Vice Chancellor of Mission Vivekananda University, Swami Atmapriyananda.

Due to long distances, it was conducted at two places at same time in the north and south Kolkata.

In north Kolkata, it was organized at the auditorium of Mohit Moitra Manch, Paikpara, Kolkata.

Chief Guest of the program was Swamiji and the faculties & trainers from Vivekananda University were Dr Soumya Shankar Chakraborty, Mr Prasanta Samanta, Mr Pratap Chandra Ghosh, Mr Sanjay Majhi, Mr Susanta Chatterjee, Mr Supratim Rakshit.

Swamiji delivered the inaugural lecture. He discussed about the importance of the Yoga. Dr. Ratnabali Chakravorty discussed about Menopausal problems and holistic approach to prevent the problems in 40+Women.

In south Kolkata, a similar programe was conducted at the auditorium of Mahavir Sadan, 26 Ramesh Mitra Road, Kolkata. It was attended by President of Kolkata Menopause Society Dr. Kalidas Bakshi, Secretary Dr Nirma Pipara, Treasurer Dr. Nupur Chakraborty and Dr. Putul Roy also actively participated.

Welcome address was given by Dr. Nirmala Pipara. President of Jain Conference Mrs Vimla Bhandari welcomed everybody and Inaugural Song was sang by Mrs Kusum Kankaria.

Dr. Asim Kumar Ghosh gave a lecture on importance of Yoga. Mr Swarup Mukherjee, Neuro Physiotherapist also gave a very interesting talk on the subject.

Yoga instructors were Mr Ranjan Kumar Bajal, Mr Swapan Sarkar, Mr Sumit Das.
Total number of participants was 227. They individually filled up a form describing their health problems. The Yoga instructor enumerated the Asanas that are needed to treat the specific problem. Next the Asanas were taught to them and they practiced those on the floor.

Lunch was served to all. At the end certificate was issued to all participant.

The programme was a grand success.
10th May 2018 - IMA Mission Pink Health – CME on Health Issues
Indian Medical Association and IMS India President Dr. Ratnabali conducted a Mission Pink Health meeting at IMA HQ Delhi. All the important topics related to health and tips on how to make people aware of it were discussed. It was attended by more than 30 Doctors.

25th May 2018 - World Thyroid Day – CME on Thyroid Disorders
Kolkata Menopause Society celebrated World Thyroid day on May 25, 2018 at HHI, Kolkata at 8 pm.
The topic was “Thyroid Disorder and Hyperprolactiminia in Menopause”.

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The Speaker was Dr Rana Bhattacharya, Endocrinologist. He is the associate professor, IPGME&R and SSKM Hospital, Kolkata.

The Chairpersons for the session were Dr Biman Kumar Chakrabarty and Dr Kalidas Bakshi.

20 members attended the programme. The programme was supported by GSK (Primary Care Division). The programme was a grand success.

Dr. Tripura Sundari, President, Menopause Society Hyderabad
3rd May 2018 - by AYUSH & IMS

Club 35+ Public awareness Program on Menopause - Yoga & Mediation

IMS Hyderabad in association with Ministry of Ayurveda, YOGA, Naturopathy, Unani, Siddha and Homeopathy - AYUSH, Government of India conducted a One Day WORKSHOP ON YOGA AND MENOPAUSE PROBLEMS ON 3RD May 2018 at Nature Cure Hospital, Hyderabad. The program initiated with a welcome address by Dr. A. Naveen Jyothis, Lect GNMC followed by Inviting Our Chief Guest Sri B. Venkateshwarlu, MLC, Guest of Honor: Smt N. Sheshu Kumari, Cporator, Ameerpet presided by Dr. A. Rajender Reddy, Director Ayush, Dr. Tripura Sundari, President Hyderabad menopause society, Dr. Ambuja, Immediate Secretary General, IMS India, Dr. Jamuna Devi, Secretary Hyderabad menopause society, Dr. Meeta Singh and all the special invitees on to the dias for lightning of the lamp and prayer song. All the dignitaries addressed the gathering with warm wishes and a take home message. The faculty were thanked with bouquets and mementos. Hyderabad Menopause society also felicitated the executive members of Ayush and Nature Cure Hospital with mementos.

The Speakers and their Topics were:

Dr. Tripura Sundari’s - Importance of Yoga in Menopause
Dr. Ambuja - Yoga Importance And In Peri Menopause
Dr. B. Padmavathi - Menopause Symptoms and investigations required.
Dr. A. Naveen Jyothi – Practical session on Yoga Intervention in menopause phases
Dr. M.V. Mallikarjun – Importance of naturopathy and yoga in present lifestyle
Dr. S. Bhavani – Yogic diet concept in 40+ women
Dr. Rebecca Priyadarshini – Simple home remedies for menopause phases
Dr. M. Naga Lakshmi – Yogic management
and Dr. A. Malathi Syamala - Practical session on simple pranayama and meditation

It was attended by more than 310 people from all over the city, thus making it a grand success. The presence of the audience throughout the program was reflecting their interest in Our program.
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12th May 2018- CME on “MHT -Prescription Writing”
Hyderabad Menopause Society organized a CME on “MHT -Prescription Writing” at Hotel Marigold. The Speakers and their Topics were:
Dr. Meeta Singh spoke on “Understanding Menopause Basics” and Practical Prescribing Guide
Dr. Tripura Sundari gave a wonderful talk on “Screening and Managing Co-Morbidities”. Dr. Lakshmi Ratna spoke on “MHT Today, Evidence to Practice” This talk was followed by Panel Discussion on “Case Discussion” who’s moderator was Dr. Tripura Sundari and Panellists were Dr. Meeta Singh, Dr. Lakshmi Rathna, Dr. Sarojini Devi, Dr. P. Balamba, Dr. Krupa Patalay and Dr.Vasundhara C.H It was attended by more than 60 Obstetricians and Gynecologists. It was sponsored by Pfizer. The faculty were thanked with Mementos. The CME concluded with applause to the organising team for the scientific content which was highly appreciated by the Delegates.
Dr. Ratnabali Chakravorty
President IMS India, 2018-19

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Dr. Bharti Morey, Chapter Secretary, Navi Mumbai
3rd May YOGA Workshop by AYUSH & IMS
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Dr. Nita Dalal, Chapter President, Mumbai
3rd May YOGA Workshop by AYUSH & IMS

IMS Mumbai in association with AYUSH organized a one day work shop. 430 women attended in Mumbai. There was a live telecast in two halls.

Dr. Jaishree Gajraj, Chapter President, Chennai
3rd May YOGA Workshop by AYUSH & IMS
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Dr. Shubhada Jathar, Chapter Secretary, Pune Chapter
Dr. Parag Biniwale & Dr. Jyothi Unni
3rd May YOGA Workshop by AYUSH & IMS
Fight menopause with good lifestyle, eating right and exercise: doctors
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Dr. Anju Soni, Chapter President, Jaipur
29-5-2018 – Club 35+ Public Awareness Program on Menstrual Hygiene
IMS Jaipur organized a awareness program on 29th May 2018 for students on menstrual hygiene. more than 100 students attended it.

Dr. Ragini Agarwal, Chapter Secretary, Gurgaon
3-5-2018 - YOGA Workshop by AYUSH & IMS
Dr. Savita Tyagi, Chapter President, Agra
12-5-2018 – CME on Role Of Nutrients In Perimenopausal Challenges

On 12th May Agra chapter of IMS organised CME. Dr. Savita Tyagi delivered a talk on Role Of Nutrients In Perimenopausal Challenges. This was followed by panel discussion on Metabolic Syndrome At Menopause was very well discussed with all panelist and moderators. Dr. Madhu Rajpal and Dr. Savita Tyagi were the moderators. Meeting was attended by 30 members.
Dr. P.N. Ajitha, President, Calicut Menopause Society
15th May 2018 – Club 35+ Public Awareness Program

International Family Day inaugurated by Dr. Lakshmy.S at Calicut on 15.05.2018. Attended by about 50 people. Awareness class given to youngsters on family values.

20th May 2018 – Health Camp

Medical camp at Kudilpara tribal colony on 20.05.2018 by Dr. Jeena Baburaj.

Dr. Ajitha. P.N, secretary IMS, Calicut Chapter, successfully completed training in Robotic surgery at World Laparoscopy Hospital, Gurgaon.
15th May 2018 - Club 35+ Public Awareness Program

Dr. Jothi Ramesh Chandran (Additional Professor, Dept.of OBG GMC. Kozhikode) and Dr. T. Narayanan (Former Professor, and HOD of OBG, MMC Kozhikode), IMS members, gave a talk on reducing Maternal Mortality in All India Radio (Kozhikode) on 15.05.2018.

Dr. Nirja Chawla, President, Chandigarh Region Menopause Society
17th May 2018 - Club 35 Plus Public Awareness Program

International women's Day was celebrated by IMS Chandigarh by having a talk for women in Western Command headquarters at Chandimandir. Dr Reeti Mehra, past secretary of Chandigarh chapter of IMS, spoke on dealing with midlife crisis. It was attended by approximately 300 women from different cadres, ranging from Officers' wives to Jawans' wives. It was a highly interactive session greatly appreciated by all.

Dr. Usha Didwania, President Patna Menopause Society
27th May 2018 – CME on Complications of Menopause & Inaugural Function
Patna Menopause Society held its inaugural function and induction of office bearers. This was followed by a CME – Late Complications of menopause. The chief guest of the programme was Dr. Ratnabali Chakraborty - National President IMA.

Dr. Ratnabali Chakraborty spoke on Metabolic X Syndrome in 40 plus Women.

Dr. Kumkum Sinha spoke on Cardiovascular Problems in Menopausal Women.

Dr. Renu Rohatagi spoke on Urinary Incontinence after Menopause.

CME was well attended with good interaction.

Dr. Anita Kant, Chapter President, Faridabad

10-5-2018 – CME on ART in Advanced Age

FARIDABAD MENOPAUSE SOCIETY organised a unique CME on 10.05.2018

The Topics and speaker were Dr. Kuldeep Jain, a well known IVF specialist, spoke on "ART in Advanced Age"

"International Meditation Day" was also celebrated. Two brief sessions of meditation and pranic healing were held*. Very learned and well practiced Pranic Healers Mrs. Vinita and Mrs. Gauri Explained and taught various meditation techniques.
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CME was very interactive and well attended
Free BMD Checkup was arranged for all attending doctors.

Dr. Sitarama Devi, President, Vijayawada Menopause Society
27th May 2018- CME on “MHT -Prescription Writing”

Dr. Nidhi Nair, President, Jalandhar Menopause Society
6-5-2018 – CME on Ultra Sound by Dr. Sushma Chawla
Ims Jalandhar conducted a cme on Ultra Sound at Jalandhar on 6th may 2018.

11-5-2018 – CME on Infertility
IMS Jalandhar organized a academic feast on 11th may and a CME on Infertility on Sunday.

15-5-2018 – CME on Abnormal Uterine Bleeding by Dr. Suhsma Chawla
IMS Jalandhar organized a CME on Abnormal uterine bleeding a study group interactive session today 15 th of May at Reagent park. The topics were why ignore if you have heavy period. It can be a sign of disease . Report and dont suffer in silence. Sushma chawla with other renown gynaecologist.
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Dr. Madhuri Chandra, President, Bhopal Menopause Society
27-5-2018 – YOGA Workshop

13-5-2018 – CME on UTI

Bhopal Menopause Society organized a CME discussing UTI.
Dr. Sandhya Chhasatia, President, Surat Menopause Society
19-5-2018 – CME on Hormone Therapy & Inauguration of Surat Menopause Society

Surat Menopause Society was inaugurated on Wednesday, 23rd May, 2018. Past President IMS Dr Atul Munshi sir and IMS vice president Dr Jignesh Shah gave talk on ‘Hormone therapy...Are we on the right path and Overcoming Andropause ’..... Respectively.
Dr. Balwinder Kaur, President, Patiala Menopause Society
19-5-2018 – IMS Gurukul

The Patiala Menopause Society organized IMS Gurukul CME 2018 on 19/5/18 in the Seminar room department of OBGY, GMC Patiala. 63 delegates attended the Gurukul Program. The CME was started with the massage of Dr. Ratnabali Chakravorty President IMS 2018-19.

Dr. Manjit Kaur Mohi, HOD Patron Co-Founder of IMS welcomes the delegates and it was followed by lamp lighting. Dr. Balwinder Kaur, Associate Professor, Gynae delivered a talk on topic of - Goals & Achievements of Menopause Society Dr. Gurdip Kaur, Associate Professor, Gynae delivered a talk on topic of - Basics of Menopause. Dr. Sarabjit Kaur, Assistant Professor, Gynae delivered a lecture on topic of - Clinical Consideration of Menopause. Dr. Sangeeta Aggarwal, Assistant Professor, Gynae delivered a lecture on topic of - Management of Menopause

Vote of Thanks was given by Dr. Satinderpal Kaur, Assistant Professor Gynae.

The Punjab Medical Council credited 2 hours for the Gynae GMC.

18-5-2018 – CME on Stress Urinary Incontinence (SUI)
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IMS Patiala organised a guest lecture on SUI, delivered by Senior Faculty from AIIMS Dr. JB Sharma. About 40 delegates attended the lecture including faculty and Junior residents of OBGY GMC, Patiala. Causes and various treatment Modalities of SUI were discussed in detail.

Dr. Jha, President, Bhagalpur Menopause Society
29-5-2018 – Club 35+ Public Awareness Program on Menstrual Hygiene
This year too yesterday on Menstrual Hygiene Day an Awareness programme and free distribution of sanitary napkins done in slums of Bhagalpur city. The promotional headline for MH Day 2018 is "#NoMoreLimits – Empowering Women and Girls Through Good Menstrual Hygiene." Thanks to Rotary Vikramshila Pink Club for taking this initiative and giving me the opportunity to spread Awareness amongst the most shy but still needy and underprivileged women of our society.
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**Dr. Ratnabali Chakravorty**
President IMS India, 2018-19

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**Dr. Lakshmi Srikande, President Nagpur Menopause Society**

17.05.2018 – Health Camp - Nagpur Menopause Society organized a public awareness camp on cervical & breast cancer. 18 PAP smear done

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**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@gamil.com

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**5th May 2018 – MHCC Dr. Bipasa Sen, Jt. Secretary , IMS**

5-5-2018 – MHCC by Dr. Ujwala Kedare , Nagpur Menopause Society

Free BMD, BMI, and Blood sugar camp conducted at Kedare Nursing Home on 5th May 2018.
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Total 10 female attended the camp. Free consultation was given to them regarding High Blood pressure high sugar and Osteopania by Dr. Ujjwala Kedare.

5-5-2018 – MHCC, Dr. Balwinder Kaur, President, Patiala

IMS Varishta Janaswasthya Yojana awareness Camp was organized by Patiala Menopause Society on 5.5.2018, in Dept. of OBGY and Gynae GMC, Patiala. A total of 43 Perimenopausal and Menopausal Peramedical Women were examined. BMD, Pap smear, Breast examination and Counselling for Health life style 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, and Psychiatry were also utilized.
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5-5-2018 MHCC  by Dr. Hepsibha, Chennai Menopause Society

Chennai Menopause Society done MHCC for 50+ women in two centers for the month of May18 -NCD and free BMD camp. Total 80 women were benefited.
Dr. P.N. Ajitha, Chapter Secretary, Calicut
13th May 2018 - MHCC
Monthly medical camp for tribal population at Kainati village, Wayanad conducted by Dr. M.K. Valsan on 13.05.2018 for cancer detection. Attended by 45 women.

5-5-2018 – MHCC by Dr. Tripura Sundari & Dr. C. Ambuja Menopause Society Hyderaabd

Dr. Punita Hasija, Faridabad Chapter
5th June 2017 – MHCC
Faridabad Menopause Society has been organising free health checkup camps on 5th of every month under MHCC programme of IMS. FMS dedicated doctors are actively participating in same...to name a few

1. Dr. Anita Kant, Dr. Aruna Kundu, Dr. Niti Kautish, Dr. Usha Priyamvada, Dr. Isha, Dr. Ravinder Khurana and Dr. Sonal Gupta

On 05/04/2018, about 40 patients were screened for breast lump and around 70 females were examined in OPD and screened for Anaemia, Malnutrition, Hypertension and Diabetes
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**IMS Zonal Conference North at Lucknow on 4th & 5th August**
Chairperson: Dr. Yashodhara Pradeep, Vice President IMS
9415002736, yashodhara27@gmail.com

**Midterm Governing Council Meeting on 5th August at 9am**
Governing Council may kindly confirm presence @ indianmenopausesociety@gmail.com

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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

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Team 2018-19

Dr. Ratnabali Chakravorty
President
IMS 2018-19

Dr. Yashodhara Pradeep
Vice President
IMS 2018-19

Dr. Bipasa Sen
Joint Secretary
IMS 2018-19

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

Dr. Pushpa Sethi
Secretary General
IMS 2018-19

Dr. Mrutyunjay Mohapatra
Jt. Treasurer
IMS 2018-19