

Our visibility A Report on MENOSOC 2015

MENOSOC 2015 organized in Colombo, the Capital of Sri Lanka in collaboration with Sri Lanka College of Obstetricians & Gynaecologists (SLCOG) and South Asian Federation of Menopause Societies (SAFOMS) at Sri Lanka Foundation Institute on 21st June 2015. It was an outstanding experience to visit the beautiful city, and to be the guest of honor to deliver MENOSOC Oration at this platform.



The meeting's theme was **"New Frontiers in Post Reproductive Health"**. The comprehensive & interesting program on women health – ranging from new aspects of commonly discussed topics such as osteoporosis urogenital ageing, battle of the bulge, vasomotor symptoms and hormone replacement therapy to less talked-about aspects such as pros and cons of prophylactic surgery, sexual life after gynaecological surgery and vulval cosmetics. The quiz was very exciting and generated lot of enthusiasm in young doctors.



I congratulate the Past President SAFOMS Dr. MDP Goonaratne, the President Menopause society of Sri Lanka Dr. Marlene Abeyewardene & the Secretary Dr. Piyusha Atapattu for their kind invitation to deliver MENOSOC Oration on **"Coping with Midlife Blues and Improving Quality of Life"**. It was a gratifying experience to share the experiences and highlighting the landmark multidimensional activities done by Indian Menopause Society in a multidisciplinary way. This received a great applause!



It was indeed an opportunity to chair SAFOMS session in which three eminent speakers **Prof. K. Valsan, Secretary IMS Calicut Chapter** also delivered a lecture on **"Endometrium and ovary at Menopause"**. Dr. MDP Goonaratne lectured on **"HRT - an Update"** and Dr. Hemantha Perera past president delivered an interesting talk on **"Evolution of Post-Menopausal Life"**.



The warm hospitality with great academic feast made the visit memorable and fruitful for



CAMS networking.

By-

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