Indian Menopause Society

World Menopause Month - October 2018

Academic & Public Awareness Activities

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

World Menopause Month

International News

Being positive about sexual wellbeing after menopause

Sexual wellbeing

Sexual health is a state of physical, emotional, mental and social wellbeing related to sexuality.

Sexuality is an integral part of the human psyche. Sexuality is expressed throughout life in all people both consciously and unconsciously in body movements and body language, speech, appearance and in every imaginable way people interact with each other. The way people demonstrate their innate sexuality varies according to their stage of life. Sexuality is not limited by age, relationship status or sexual preference.
Studies across a number of countries have shown that women place high value on sexual intimacy in their relationships and the majority of women continue to be sexually active into their later years. Consequently, a decrease in sexual wellbeing and loss of intimacy can have profoundly negative effects. After menopause 30-50% of women experience sexual difficulties that adversely impact their intimate relationship, psychological wellbeing, health, social functioning and overall quality of life. However, there is a range of treatment options for women to consider.

**Menopause and sexual function**

Menopause is the end a woman’s reproductive years and when the ovaries no longer go through a monthly cycle. The ovaries effectively “run out of eggs” and produce little oestrogen. This depletion in oestrogen can lead to several changes in your body. The most commonly talked about symptoms are hot flushes and night sweats. But in addition, the fall in oestrogen causes vaginal dryness, making sexual intercourse uncomfortable or painful. Women also might experience lowered mood and/or anxiety, difficulty sleeping and a change in their body shape. All of these can contribute to a decrease in sexual wellbeing.

Sexual activity tends to lessen with ageing in terms of frequency, but women do not suddenly stop being sexual when they reach menopause. Older women experience fewer sexual thoughts and fantasies, lessened vaginal lubrication with intercourse, and less sexual satisfaction. For many women these changes are subtle and do not interfere with their overall sexual relationships.

The most commonly reported sexual problems experienced by women after menopause relate to sexual desire and interest, pleasure and overall satisfaction. Vaginal dryness and discomfort with intercourse are also common problems. Sometimes loss of libido and arousal is simply explained by the hormonal changes. But at midlife, as at any life phase, other factors such as poor self-image, family responsibilities, less opportunity for privacy, and partner health affect sexual wellbeing.

75% of women experience hot flushes and night sweats as a result of menopause. You might find that being physically close to your partner triggers a flush or you might feel less sexually attractive having a hot flush. With tremendous social emphasis on youthfulness, it is hard not to be self-conscious of bodily signs of aging such your breasts being less full, or a few more wrinkles. In addition, weight gain is common at midlife. Overall weight gain is not linked to menopause but reflects either decreased activity or increased calorie intake, or both. However, lack of oestrogen causes increased tummy fat, which in turn tends to make women feel less sexually attractive.

Testosterone is often talked about in the context of sexual wellbeing. Testosterone is an important female hormone. Whereas oestrogen levels fall at menopause, testosterone begins to decline when women are in their late 30s-40s, and falls slowly with age. This age-related fall in testosterone can contribute to lessened sexual interest in women at midlife. Nonetheless, the greatest predictor of a satisfying sexual relationship/experiences after menopause is the quality of a women’s sexual life before menopause, with those most satisfied with this aspect of their life just before menopause being least likely to have problems. The availability of an interested partner and the health of the partner are important components of sexual wellbeing for most women.

When a sexual symptom, such as low desire, inability to become aroused or inability to experience an orgasm is both persistent and causes significant personal distress it is classified as a sexual dysfunction. If you are experiencing a sexual symptom that causes you significant worry or distress, then you should speak with your doctor and explore potential causes and treatment options.
Sexual problems experienced by women include:

- Low interest or motivation to engage in sexual activity (low libido),
- Lessened ability to become aroused or experience vaginal lubrication (wetness)
- Difficulty achieving /or absent orgasm, and/or
- Painful intercourse (dyspareunia).

In the context of a sexual relationship these problems are often associated with a decrease in the frequency and pleasure of sexual activity and can become a source of tension and distress for the affected woman and her partner.

**Vaginal discomfort and sexual function**

Vaginal discomfort and/or dryness during intercourse after menopause is primarily a result of oestrogen insufficiency. The inner wall of the vagina becomes thinner and less elastic, and less able to produce secretions that cause lubrication during sexual arousal. Other common symptoms include vaginal itching and irritation. There is a gradual change in the fullness of the labia (lips of the vagina) due to loss of fat tissue. Although the clitoris tends to become smaller with age, the response to stimulation remains intact, but women may find that it takes longer to achieve a sexual plateau. Approximately 50% of postmenopausal women have vaginal symptoms that contribute to lowered sex drive, poor arousal and orgasm, and reduced sexual satisfaction.

The good news is that treatment of vaginal symptoms is usually straightforward.

**What else may cause sexual dysfunction?**

Female sexual dysfunction does not have to be triggered by the menopause. Other causes of sexual dysfunction include poor physical or psychological health, a poor relationship, previous negative sexual experiences, side effects of common medications and negative pressure from cultural and social values.

**Psychological wellbeing**

Feelings and emotions of each partner in a relationship partners are strong predictors of sexual health. Although loss of sexual desire increases with age, partnered postmenopausal women are more likely to experience low desire with associated distress than non-partnered women.

Depression and anxiety and antidepressant/antianxiety medications can cause loss of sexual desire, lack of arousal and inability to achieve orgasm. The depression and/or anxiety may be associated with menopause, and /or other environmental factors such as work or family stress. Past physical, emotional or sexual abuse will affect sexual wellbeing. When psychological influences underpin sexual dysfunction, improvement is unlikely without supportive counselling.

**Physical**

Any cause of poor physical health can impair sexual wellbeing. Two common health conditions that emerge at midlife and affect sexual wellbeing include urinary incontinence and pelvic organ prolapse. You should speak with your doctor if you have symptoms of urinary leakage (incontinence) or a sense of a vaginal bulge.

Physically coitus is about as strenuous as a vigorous walk. For women with heart disease sexual activity is usually safe if there is no difficulty climbing a flight of stairs or walking briskly for 10–15 minutes without any distress.
Diabetes can be a cause of sexual dysfunction due to diabetes causing impaired genital sensation, reduced vaginal blood flow and recurrent urinary tract and vaginal infections, such as thrush. For women with diabetes emptying the bladder before and soon after intercourse is advised to reduce the risk of such infections.

Medications prescribed for various diseases can potentially affect female sexual function, but unfortunately have not been well studied in women, as opposed to the vast literature on drug induced impotence in men. If you suspect your medication is affecting your sexual function, speak to your doctor about this.

Sexual dysfunction after breast, gynaecological and other cancers is common, but fortunately this is an issue that is being more openly discussed. Many national cancer support groups have information available for women after a diagnosis of cancer.

Things to consider if you are experiencing poor sexual wellbeing:

- Is this causing you personal distress and pressure on your relationship?
- How long has this been going on?
- When do you last feel sexual satisfaction?
- Are you having bothersome menopausal symptoms?
- Are you experiencing vaginal dryness /soreness?
- What other things have been happening in your life, your relationship or your health that might be contributing lowered sexual wellbeing?
- Are you experiencing lowered mood/depression?
- Could you be iron deficient and therefore just very tired?

Treatments available

There are various treatments available for women with sexual difficulties, but the effectiveness of treatments varies between women. It is important to seek advice, because without some form of treatment, symptoms are unlikely to diminish or go away on their own. Addressing your sexual difficulties and striving for positive sexual wellbeing can enhance the quality of your relationship, improve your psychological wellbeing and enhances your overall quality of life.

Sexual counselling

It is important to include your partner. Not discussing sexual problems or the emotional impact it is having on you, can result in shutting your partner out and could potentially cause relationship break down. Attending sexual counselling with your partner can allow you both to become aware of each other’s needs and discover sexual options which may be more comfortable (psychologically and physically). Discussing the problem is the first step towards gaining answers to develop a healthier relationship. Most couples who have used sexual counselling together have found that it improved their sex life.

Depending on the sexual problem, psychotherapy may be used alone or in conjunction with medical treatments. Even when the cause of a sexual problem is medical, cognitive behavioral therapy (CBT) can help improve symptoms.

Psychotherapy may be sufficient for some but not for others. Mindfulness-based cognitive behavioral sex therapy (MBCST) has demonstrated to be effective for improving desire.

Combining medical treatments and psychotherapy when treating a sexual problem is often considered, since more than one factor may be contributing to it.
Managing vaginal discomfort
Vaginal oestrogen, as a cream or small tablet inserted into the vaginal 2-3 times a week, is highly effective for the treatment of vaginal symptoms, as well as inexpensive and safe. Other options in some countries include daily vaginal DHEA cream and a tablet called ospemifene. Discuss these treatment options with your doctor. For women who cannot use vaginal oestrogen, for example after a diagnosis of breast cancer, vaginal moisturisers can relieve symptoms when used regularly. Vaginal lubricants bought over the counter provide moisturisation during sexual activity. Vaginal lubricants need to be used at or near the time of sexual activity because they have a temporary effect.

Vaginal laser therapy is being increasingly offered. Although vaginal laser therapy has been reported to be effective, more studies are needed to establish effectiveness and long-term safety of this treatment.

Managing menopausal symptoms
Speak to your doctor about what you can do about bothersome menopausal symptoms, particularly flushes and sweats causing sleep deprivation, and recent onset anxiety and low mood. These symptoms affect overall wellbeing and interest in sex. Menopausal hormone therapy (MHT) is available in a number of different doses and formulations (such as patches, tablets, creams and gels) and for many women the benefits outweigh the risks. §7.|

Testosterone, at a dose appropriate for women, can improve sexual well-being in postmenopausal women with low sexual desire associated with distress §21, 22.] It can be used together with oestrogen, with or without a progestogen, or alone. Testosterone for women is not available in all countries. When used, testosterone levels need to be carefully monitored.

Non-hormonal therapy
Flibanserin has been shown to improve low sexual desire associated with distress in premenopausal women and is presently only available on prescription in the only United States. Any other nonhormonal medications for female sexual dysfunction are off-label. In some specific circumstances medications used to treat male erectile dysfunction might improve sexual arousal in women experiencing poor arousal §23.].

Top 5 tips for achieving sexual wellbeing after menopause
1. Talk about your concerns
   Addressing issues and causes, and talking about them can help people develop healthier attitudes towards sex. Improving the communication between yourself and your partner can be an effective self-help treatment.
2. Address/rule out any other health conditions
   It is important to visit a healthcare professional if you are experiencing sexual problems. They can conduct an examination and order tests to rule out other health issues that can be causing fatigue, lowered wellbeing and poor health.
3. Speak to your healthcare professional about treatment options suitable for you
   It is important to openly discuss your sexual and medical history, and highlighting current problems with your healthcare provider so they can suggest an effective treatment plan for you.
4. Keep healthy by maintaining an active lifestyle and weight management
Being active and maintaining healthy eating patterns, and a healthy body weight and getting quality sleep will contribute to your overall physical and mental wellbeing, and your self-esteem and body image.

5. If you have any concerns about any of the information discussed in this leaflet, please visit your healthcare professional.

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International News
by Dr. Jyothi Jaiswal, Chairpersons Education Committee

Drug Cocktail May Treat Postmenopausal PCOS Complications

Source: American Physiological Society

Summary:
A combination of a diabetes drug and a high blood pressure medication may effectively treat all symptoms of postmenopausal polycystic ovary syndrome (PCOS).

PCOS is a condition in which a woman has higher-than-normal androgen (male sex hormone) levels. This hormonal imbalance leads to the development of ovarian cysts, as well as a collection of symptoms, including obesity, insulin resistance, high blood pressure and high cholesterol. These characteristics together are commonly referred to as metabolic syndrome. PCOS can contribute to fertility problems during the reproductive years, and the symptoms of metabolic syndrome often linger throughout a woman's life, even after menopause.

Previous research has shown that liraglutide -- a medication used to treat type 2 diabetes -- lowers blood pressure in women without PCOS. Whether or not liraglutide lowers blood pressure in postmenopausal women with PCOS is still unknown. However, the drug promotes significant weight loss in childbearing-age women with PCOS. Liraglutide has also been found to reduce insulin resistance and blood pressure in rat models of reproductive-age PCOS.

Researchers from the University of Mississippi Medical Center studied a rat model of postmenopausal PCOS. The animals received liraglutide alone for three weeks, followed by separate one-week regimens of the renin angiotensin system (RAS) blocker enalapril and a drug cocktail of liraglutide combined with enalapril. Enalapril treats high blood pressure by blocking activation of the RAS, a group of hormones that acts as a main regulator of blood pressure. The research team found that liraglutide by itself reduced body weight, appetite and cholesterol levels but did not lower blood pressure in the postmenopausal PCOS rats compared to an age-matched control group. Enalapril alone, however, normalized blood pressure in the PCOS group when compared with the controls. The most comprehensive improvement was seen with the liraglutide and enalapril drug cocktail, which effectively addressed all symptoms. “Our results suggest that RAS blockage in combination with liraglutide could be an effective therapeutic tool to treat all components of [metabolic syndrome] in [postmenopausal PCOS], including hypertension,” the researchers wrote.

Edgar D. Torres Fernandez, MD, of the University of Mississippi Medical Center.
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National News

Summary of National Programmes

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World Menopause Day Poster – India

English

Hindi

Marathi

By Dr. Kanchan Sortey, Chair, CSR Committee
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18th October - World Menopause Day by Dr. Sunila Khandelwal, EC, International Menopause Society: On the Eve of World Menopause Day on International Theme “Poster “ was released. A live TV Chit-Chat show for public awareness program was broadcast on State Television News Channel. The importance of world menopause month celebrations was made aware and myths and solutions were discussed. Women were encouraged take services of chapters working across the country.

Clipping on Importance of Menopause health care management was aired on Fortis Escorts hospital website for mature women health screening. Awareness raising articles were published in Hindi, by Dr Sunila (Rajasthan Patrika), also on World Osteoporosis Day (Dainik bhaskar.) The world menopause month International theme based activities were highlighted in leading news papers of the state.
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Organised a Comprehensive Multidisciplinary Free Health Screening Camp & Public Awareness – Benefitted more than 400 women!
IMS Zonal Conference—South

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

The South Zone Conference, of the Indian Menopause Society, MENOCON 2018 was organized by the Calicut Menopause Society and supported by the Calicut O & G Society. The Conference was held on October 20th & 21st 2018 at Woodies Bleisure Hotel, Calicut. It was a two day programme.

The meeting was attended by about 100 delegates with National as well as local faculty. The Conference was inaugurated by National President Dr. Ratnabali Chakravorty. On the same day the National President also inaugurated the Calicut Menopause Society which was earlier the Calicut Chapter of the IMS. Dr. PN Ajitha is the President and Dr. Lakshmy S, the Secretary of the newly formed Calicut Menopause Society.

On the first day there was a Videocolposcopy Workshop which started at 2:00pm. It was coordinated by Dr. P. Rema from Regional Cancer Centre, Thiruvananthapuram. The topics covered were Cervical Cancer Screening, Interpretation of Cytopathology, HPV DNA testing as a screening for cervical cancer and all about Colposcopy and its procedures.

The second Workshop was on Prescribing in Menopause. Topics covered were Menopause basics, Phytoestrogens, Lifestyle modifications and SERMS. This was coordinated by Dr. Ratnabali Chakravorty.

The other topics covered were Cardiovascular problems in Menopause and Bone Health, Pelvic imaging in Menopause, Hysteroscopy in Menopause, Contraception, Depression, Travelling in Menopause and Ovarian Cancer Screening (Debate). There was a panel discussion on Genitourinary Syndrome of Menopause followed by a quiz for postgraduates.

The National faculty were the President IMS, Dr. Ratnabali Chakravorty, The Joint Secretary Dr. Bipasa Sen, Dr. A Jaishree Gajaraj, Dr. Lata Maheshwari and Dr. Vijayalakshmi Sheshadri from Chennai, Dr. Jyothika Desai from Bangalore, Dr. Ambuja C and Dr. Lakshmi Ratna from Hyderabad and Dr. Revathy Janaki Ram from Madurai. The other faculty were Dr. Rema P, Dr. Amrutha, Dr. Sabeena, Dr. Reena, Dr. Shobhana Mohandas, Dr. V.K. Chellamma, Dr. Ajitha PN, Dr. Lakshmy S, Dr. Jyothi Chandran, Dr. Sajala Vimalraj, Dr. NS Sreedevi, Dr. Hema Warrier,
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Dr. Vinaya Chandran, Dr. T. Narayanan, Dr. Jayalakshmi Suraj, Dr. Roy Chandran, Dr. Krishna Kiran, Dr. Vinod and Dr. Shafeeqe.

Dr. Revati Janakiram, President IMS Madurai delivering lecture on 'Perimenopause-Challenges And Solutions. Dr. Vijayalakshmi Seshadari talking on “Bone Health at Menopause “at south zone conf Indian Menopause Society.

Dr. Ratnabali C October 2018:  
Dr. Ratnabali delivered excellent oration topic "PCOD Womb To Tomb" during NARCHICON conf recently at Nagpur.
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Dr. K. D. Bakshi, President Kolkata Menopause Society
28 -10- 2018 – Health Camp

A Health Check up Camp was organized by Kolkata Menopause Society and The Bengal Obstetric & Gynaecological Society on October 28, 2018 at Mahabir Sadan, 26/1, Ramesh Mitra Road, Kolkata.

The following examinations and tests were done in this camp at free of cost: Height, Weight, BMI, BP, Haemoglobin Estimation, Random Blood Sugar, TSH, Vitamin D3 & B12 done at subsidized rate and Bone density assessment.

Dr. Kalidas Bakshi, Dr. Bipasa Sen and Dr. Nirmala Pipara attended the programme.

It was attended by more than 60 participants. It was a grand success.
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13-10-2018 – Health Camp
Kolkata Menopause Society celebrated INTERNATIONAL MENOPAUSE DAY at Okakura Bhawan on 13 10 .2018. The programme started by a health check up camp. All the patients had hemoglobin estimation and BMD done.

13-10-2018 – Club 35+ Public Awareness Program
The Health Camp was followed by a public awareness programme on BREAST CANCER. The guest speaker was Dr. Sanjay Sen, a renowned oncologist from AMRI hospital, Kolkata. The programme was attended by many senior members of society Dr. Kalpana Sarkar, Dr. K D Bakshi, Dr. Ratnabali Chakroborty; Dr. Bipasa Sen. The programme was highly informative and interactive. This was followed by a cultural programme by all 40 plus women organised by URJO.

URJO is a social organisation which looks after the welfare of elderly woman.
There was art and painting competition, dance competition solo song competition. Prizes were given. It was attended by more than 60 participants. It was a grand success.
Dr. Seema Pasricha, Jalandhar Menopause Society

28-10-2018 – CME on Infertility

On account of World Menopause Day, Dr. Sushma gave a talk about endoscopy in infertility in Jammu.

20-10-2018 – Health Camp – Dr. Sushma

On the occasion of International Osteoporosis Day, a free bone density camp was organised by Rotary Club West in Jalandhar. Be aware osteoporosis is a silent killer and silent thief.
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18-10-2018 – CME on Menopause
Dr. Deepali Luthra talked about "Menopause" on international menopause day at Jalandhar Rotary club west

Dr. Geeta Mediratta - President Delhi Menopause Society
18 – 10- 2018 – CME on Menopause
Delhi Chapter of Indian Menopause Society celebrated World Menopause Day at Auditorium, Sir Ganga Ram Hospital on 18/10/2018.

It was a thumbing success and 120 delegates attended the celebration. There was a lecture on Healthy Diet in Menopause and on Exercises to keep fit during menopausal year. This was followed by a lively panel discussion on Hormone Therapy in menopause in various situations.
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18 – 10- 2018 – Dr. Sonal Bathla – Health Camp

On the eve of World Menopause day and Naomi, on behalf of the Rural Committee of IMS operated on 15 poor women with UV prolapse in a remote area of Bihar. Dr. TC Sharma, my husband operated on 15 male patients with urinary retention, be it TURP or stone disease. This venture was financially supported by Shree Cement.

Women here get married at 16, have 4 to 10 children on an average, hysterectomy is the mode of contraception at around 30. A combo surgery is offered which includes hysterectomy, cholecystectomy and appendectomy through right paramedian incision by general surgeon. High incidence of vault prolapse since surgery for UV prolapse is also done abdominally.

Dr. Laxmi Shrikhande - President Nagpur Menopause Society
19-10-2018 - International Menopause day celebrations - CME
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20-10-2018 – Workshop
Nagpur Menopause Society, conducted workshop on pelvic anatomy, hands on, foll by lectures at Rio, Brazil, tremendous response, more than 200 delegates.

Dr. Anita Kant - President Faridabad Menopause Society
26th October 2018 – CME on Breast Lump
Faridabad Menopause Society celebrated World Menopause Day and Breast Cancer Awareness month with a CME on Breast Lump on 26th October in association with Asian Institute of Medical Sciences Faridabad. CME was well attended and very interactive.
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18th October 2018 – CME on MHT
Felt Happy today and accomplished giving a talk on International Menopause Day in MENOCON IN Sharda Medical College in Noida on MHT yesterday, today and tomorrow! talk well appreciated and requests to guide on Mid life Clinics.
9th October 2018 – CME on “Medical Aesthetics: Why Be Afraid To Look How You Feel”
A CME was successfully conducted by Faridabad Menopause Society on 9th October 2018. Topic were 1. *Medical Aesthetics: Why be afraid to look how you feel* taken by Dr. Biplav Aggarwal, a young dynamic Dermatologist from Gurgaon. 2. *Pruritus Vulvae: Benign lesions* very well spoken by another vivacious personality Dr. Pooja Thukral, consultant OBG from AIMS Faridabad. CME was well attended and very interactive. Full blown plants were given as token of thanks to the speakers and chairpersons which were much appreciated.

Dr. Tripura Sundari, President, Menopause Society Hyderabad
29th October 2018 - IMS QUIZ on “Menopause Revisited”
IMS – Dr. C. Ambuja QUIZ 2018 was organized by Hyderabad Menopause Society, 2.00 pm to 4.00 pm at Auditorium, Gyneac Department Gandhi Hospital. The Topic of Quiz this year was “Menopause Revisited”.

The Quiz initiated with a welcome by Dr. Jamuna Devi, Secretary, HMS. It was attended by more than 30 Postgraduates from all over the city. It was initiated with a written round where
Dr. Ratnabali Chakravorty  
President IMS India, 2018-19

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the four highest scoring students were selected. Dr. Jamuna and Dr. Sandhya, Jt. Secretary, 
HMS conducted remaining four rounds. It comprised of Oral and Audio visual evaluation. Dr. 
Tripura Sundari, President, Hyderabad, Dr. Bhavani, Dr. E. Prabhavathi and Dr. Ambuja, were 
the judges.

Group details are as follows:

Group A – Dr. Susmitha, 9492562695, GMH
Group B - Dr. Srividya, 9849094731, KMC, Warangal
Group C– Dr. Madhuri K, 9010655689, Gandhi Hospital
Group D- Dr. Madhavi, 9441381986, KIMS

The first prize winner is Team D, – Dr. Madhavi.

Menopause Society Hyderabad has contributed four Books for the prize winners. The winners 
of the quiz were given certificates and Books.

The first Prize winner shall represent Hyderabad Menopause Society at the National Finals to be 
held during IMSCON 2019 on 15TH, 16TH & 17TH February 2019 at Kolkata.
20th October 2018 - CME on “Walk The Talk- Treasure Your Health!”

Hyderabad Menopause Society organized a CME on “Walk The Talk- Treasure Your Health!” at Yashoda Hospital, Secbad. The program was initiated with a welcome by Dr. Jamuna Devi, Secretary, Hyderabad Menopause Society. She then announced about the forthcoming programs of HMS.

The Program had two sessions. Session I was didactic lectures chaired by Dr. P. V. Saraschandrika and Dr. Anuradha Koduri. The Speakers and their Topics were:

- Dr. Nitin Rao, Orthopaedic Surgeon, Spl. Sports Medicine spoke on “Maintaining Healthy Joints After 50”
- Dr. Aditya, Consultant Cardiologist gave a wonderful talk on “Tips for Healthy Heart after 50”.

These talks were followed by a Session on Yoga & Dance by Dr. Lalitha, Physiotherapist and Trained YOGA Expert.

A snack of fresh cut fruits was served to all.

It was attended by more than 30 Obstetricians and Gynaeacologists. The faculty were thanked with Mementos. The CME concluded with a vote of thanks to the faculty and delegates it was appreciated for its scientific content.

Dr. Nirja Chawla - President Chandigarh Menopause Society

13-10-2018 – CME on “Calcium and Osteoporosis”
Chandigarh Region Menopause Society (CRMS) organised a CME on October 13th, 2018 on the occasion of ‘World Menopause Day’ at Hotel Park View, Sector 24, Chandigarh.

Dr. Nirja Chawla, President CRMS, welcomed the chairperson and speakers.

Introduction of speakers and topics was given by Dr. Lavleen Sodhi, Secretary CRMS.

There were two sessions, both chaired by Dr. Sanjay Bhadada, Prof, Deptt of Endocrinology, PGIMER Chandigarh and Joint Secretary CRMS.

The first session was a "MASTER CLASS on Osteoporosis and Calcium" by Dr. R.Murlidharan, Senior Consultant Endocrinologist, Fortis Hospital Mohali.

The second session was an introduction to Meditation by Ms. Usha Chengappa, Yoga teacher, artist and designer. Both the sessions were highly appreciated by the audience.

The meeting saw a participation of more than 80 gynaecologists and specialists from various fields, including dignitaries such as Dr. Vanita Suri, HOD, Deptt of Obs & Gynae, PGIMER Chandigarh and Vice President CRMS, Dr. Lakhbir Dhaliwal, Ex HOD Obs & Gynae, PGIMER Chandigarh, Dr. Neelam Aggarwal, President elect, Indian Menopause Society, Prof Yogesh Chawla, Ex Director PGIMER Chandigarh, Prof Rajwanshi, Ex HOD, Deptt of Pathology, PGIMER Chandigarh. Vote of thanks was given by Dr. Lavleen Sodhi, Secretary CRMS.

Mementos were presented to the chairpersons and speakers.
29th September 2018 – Public Awareness Program- Club35+

Chandigarh Region Menopause Society (CRMS) organised a Club 35 event on 29th September 2018 under the guidance of Dr. Nirja Chawla, President, CRMS, who also chaired the session with Dr. Navneet Takkar, Chairperson, Website Committee, IMS. Dr. Ritambhra Bhalla, Co-Convener Club 35, spoke on ‘How To Approach Menopause’, and Dr. Ritinder Sandhu, a psychologist, spoke on ‘Stress Management’. Both the lectures were well received by a lively audience. This was followed by some fun time. Dr. Navneet rendered a lovely song; Ms. Gurleen Kaur, a Club 35 member, recited a poem and there was a Bollywood themed game. The meeting ended with some breathing exercises for the participants by Ms. Neeru Verma. The meeting was also attended by Dr. Shanujeet Kaur, treasurer CRMS. Vote of thanks was given by Dr. Seema Sharma, Co-convener, Club 35. This was followed by a delicious high tea.

Dr. Parag Biniwale – President Pune Menopause Society

31st October 2018 – IMS Quiz

Menopause Society Pune conducted IMS Quiz on 31st October 2018. 40 students participated from medical colleges and teaching hospitals.
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Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Dr. Eshna Singh, student of Dr. Jyothi Unni was winner.

23rd October 2018 – IMS Gurukul

Menopause Society Pune conducted Gurukul program at Dr. DY Patil Medical College Pimpri. It was organized by Dr. Shubhada Jathar and Dr. Parag B

14th October 2018 – First annual conference of Menopause Society

First annual conference of Menopause Society, Pune. Patron Dr. Jyothi Unni moderating a panel
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

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

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**2nd October 2018 – Public Awareness Program**

Pune Menopause Society organized public awareness program on 2 October 2018 at Nisargopachar ashram at Urulikanchan, 32 km away from Pune attended by 60 women, conducted by Dr. SS Mehendale, Dr. Sushruta Mokadam.

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

**22-10-2018 –IMS Quiz**

Calicut Menopause Society Conducted IMS Quiz in Medical college to celebrate World Menopause Month.
Indian Menopause Society

World Menopause Month-October 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

Indian Menopause Society

Dr. Nita Dalal - President Mumbai Menopause Society

6-10-2018 – IMS Gurukul

Mumbai Menopause Society organized IMS Gurukul Program for students at wadia hospital on Saturday 6/October.

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Dr. Nita Dalal - President Mumbai Menopause Society

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Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

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

Dr. Sanchita Dashora, President, Udaipur Menopause Society

14th- 10- 2018 – Health Camp

A BMD, BMI, Anaemia detection, diabetes and breast cancer screening camp was organised on 14th October 2018 at Milap hospital, Udaipur by Dr Asha Jain in collaboration with Rotary Meera Udaipur. We organised two awareness talks for lay public 1) diet after menopause by a dietitian Dr. Khushbu Sharda and 2) Urinary problems in elderly females by Dr. Kaushal Chundawat

Free Haemoglobin, blood sugar and cervical cancer screening was done .It was sponsored by Sanjivani foundation!
11th- 10- 2018 – Club 35+ Public Awareness Program

A cervical cancer awareness and colposcopy camp was also done by Dr. Asha Jain on 11th October 2018.

8th.- 10- 2018 – CME on Sexual Well Being After Menopause

UMS conducted a CME on 8th October. The topics were quite apt for the IMS theme for the year “Sexual Well Being After Menopause”

1) Urinary incontinence in female by Dr. Jini Gupta
2) Vaginal rejuvenation by Dr Navneet Magon

It was attended by 35 members and was greatly appreciated and was sponsored by Sanjivani foundation....a registered public charitable trust and Emcure pharma.

The other activity on same day was conducted by Dr. Shalini wherein free BMD ,BMI and blood sugar testing done for elderly women at her work place!!
Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

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

8th-10-2018 – Health Camp
A free BMD camp was organised at Machala magra PHC Udaipur on 8-10-2018 where 100 women were screened and counselled. Another BMD and cancer awareness camp was done on same day in association with Lions club Neelanjana, and Ryan International School where around 50 women were screened FO BMD and Blood sugar. Both the camps were done by Dr. Shalini Bhargava, Joint Secretary UMS, who also delivered a talk on cancer awareness, bone health and diabetes in menopausal women.

Dr. Usha Didwania, President, Patna Menopause Society
23-10-2018 – Club 35+ Public Awareness Program
Pink walk for Breast Cancer Awareness by PATNA Menopause society
Indian Menopause Society
World Menopause Month-October 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. Priti Niranjan, President, Vadodara Menopause Society
18 -10 -2018 – CME

Vadodara Menopause Society conducted Cme for IMA women's wing, Ims members, club 35 Member’s. Vadodara society made files with points having awareness about menopause and our members examined five each pts with concession on world menopause day. WORLD MENOPAUSE DAY was celebrated by Menopause Society Vadodara, Club35+ & Womn Doctor Wing, IMA. Holistic health in Midlife and Beyond, Osteoporosis prevention, Diet quiz . Free BMD CHECKUP. Free 3D Mammography. It was well attended.
18-10-2018 – Club 35+ Public Awareness Program

VLCC offer for all members of "Club 35" on the occasion of World Menopause Day on 18th October’ 2018 at Sterling Hospital. VLCC cash voucher of Rs. 250/-. Where in members can avail a discount of Rs. 250/- against any services worth Rs. 500+ at VLCC center Baroda First Floor Trident Complex.

Dr. L. R. Gohil - President, Menopause Society – Bharuch

18-10-2018 – Club 35+ Public Awareness program & Health Camp

On the occasion of World Menopause Day, IMS Bharuch celebrated the day with the following activities-

1) Public Awareness program "Menopause and Sexuality". Talk by Dr. Bhavana Sheth. More than 100 women and 25 males attended the talk. 

2) "Unity in Diversity". Cultural program depicting every state of India where the information about each state was shared thro’ talk, dance and exhibiting special items. More than 65 women and 20 males participated. Most of them appeared on the stage for the first time.

3) All 40+ women who were present as audience along with participants were given coupon for free Mammography by Rotary Club of Bharuch.
Indian Menopause Society
World Menopause Month-October 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

Dr. Balvinder Kaur - President, Patiala Menopause Society
17-10-2018 – IMS Quiz
Patiala Menopause Society Conducted IMS Quiz 2018 on 17/10/18 in the seminar room of deptt. Of OBGY. Dr. Ritika secured first, Dr. Vishakha second, Dr. Navdeep third position.

Dr. Oby Nagar - President, Jaipur Menopause Society
18-10-2018 – Public Awareness Program
A Public Awareness Program and academic session for awareness of women health care was conducted on 18th October 2018 from 9.00 am to 3.00 pm at Library Seminar Hall, SMS Medical College, Jaipur.

On this occasion a total of 100 teachers of different faculties were examined and investigated free of cost for Serum Calcium, Vitamin – D, BMD and BMI were performed. It is found after investigation that 75% of the doctors diagnosed with bone deficiencies problem and 35% diagnosed problem of overweight.

An interactive session was conducted from 2-3 pm, in this session Dr. Sunila Khandalwal, Dr. Anju Soni and Dr. Oby Nagar gave their contribution in form of respective lecture for
awareness of Sexual well being after Menopause, Sarcopenia - Diagnosis, Management and Cancer Screening in Menopausal Women. A poster on sexual health at Menopause released. All the topics were well appreciated and request was made to have more such activities in future.

18-10-2018 – Club 35+, Public Awareness Program

On the same day another Program “Club 35” was conducted in Maharani Gayatri Devi School (MGD) from 8.30 am to 10.00 am, more than 100 participants, school teachers and staff participated actively. An interactive session Dr. Anju Soni contributed in her lecture about the awareness of women health issues, preventive and management. In this program free health coupons for BMD, Vitamin-D and Serum Calcium were distributed by Joy Centre of Excellence for Women Care (Unit Soni Hospital) which could be availed within 15 days validity of period. The program was well appreciated.
Dr. Renu Makwana - President IMS Jodhpur

18-10-2018 – CME on Osteoporosis

World menopause day celebration under the aegis of menopause society Jodhpur chapter

interactive sessions on:

1. Take care of your bones - Osteoporosis
2. Self-Breast Examination followed by Zumba Session
3. Learn to lose menopausal Weight
4. BMD test, Vitamin D Doses

Venue: Vasundhara Hospital, Jodhpur
Indian Menopause Society
World Menopause Month-October 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

Dr. Swaraj Naik - President Jabalpur Menopause Society
31st-10- 2018 – Public Awareness Program Club 35+

JABALPUR Menopause society celebrated Diwali get-together on 31st Oct, which had a very lively interaction with eachother.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

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

18-10- 2018 – Public Awareness Program Club 35+
Awareness camp organized at Lizzat papad complex on the occasion of world menopause day. Similar programs were organized by other members, at their respective clinics, those who could not join us.

18-10- 2018 – Public Awareness Program Club 35+
Jabalpur menopause society conducted various informative programs at various hospitals on this date. Majority of the menopause problems go undetected, unless the pt is aware or you.
Indian Menopause Society

World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: **Menopause ....A New Mindset!**
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**Dr. Ratnabali Chakravorty**
President IMS India, 2018-19

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**Dr. Poonam Mathur - President Indore Menopause Society**

24-10-2018 – **CME on Bone Heath In Elderly Women**

Indian menopause society Indore organised a talk on **Bone Heath In Elderly Women**, What's new? On the occasion of world menopause day and osteoporosis day.

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**Dr. Jaishree Gajraj - President Chennai Menopause Society**

26-10-2018 – **IMS QUIZ**

We have conducted the quiz on Menopause on 26th October 2018 and have selected a postgraduate, from Railways Hospital -Chennai, to represent the Society at IMSCON, Kolkata.
Academic & Public Awareness Activities

**Theme 2018:** Menopause ....A New Mindset!

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

We had a preliminary written part and the top 4 top scorers, had a gruelling quiz session over 40 mins and the first three winners were:

1. Dr. Divya R DNB PG
2. Dr. Hajira Fathima S DNB PG
3. Dr. V Anandhi DNB PG

Dr. Divya R. will represent the Chennai Menopause Society at National Quiz, IMSCON 2019

**Dr. Alka Mathur – President IMS - Gurgaon**

**21th & 25th -10 -2018 – CME on Thyroid Disorders**

Celebrated world Osteoporosis day and cme on Thyroid Disorders, on 21st and 25th October, under IMS chapter Gurgaon, 70 members participant and we had excellent cultural and dress code. As it’s festivity week, Karvachauth.

**Dr. Reena Srivastava - President Gorakhpur Menopause Society**

**28-10-2018 – CME on MHT**

Menopause Day and Osteoporosis Day celebration of Gorakhpur menopause society on 28th October. Case discussion on MHT by vise president IMS Dr. Yashodhra and Dr. Asna Ashraf Jt. sec Lucknow menopause society. Preventing the first fracture a lecture delivered by Dr. Jamal Ashraf.
Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

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

Dr. Madhuri Chandra - President Bhopal Menopause Society
12-10-2018 – IMS Quiz

Bhopal Menopause Society celebrated world Menopause day in Shree Vatika hotel. Winner of menopause quiz awarded with prizes. Lastly all enjoyed with games and academic feast.
Indian Menopause Society
World Menopause Month-October 2018

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

Dr. Manoj Chellani - President IMS – Raipur
20-10-2018 –Health Camp

Indian Menopause Society, Raipur Chapter had organised a camp on the occasion of world osteoporosis day dated 20-10-2018 at Shri Sankalp Hospital, Sarona, Raipur.

Dr. Manoj Chellani, Chapter Secretary, IMS Raipur and Director of Ayush Hospital, Dr. Sushma Verma Jt. Secretary, IMS Raipur and Director of Sarodaya Hospital, Raipur, Dr. Gurpeet Kaur - Executive Member of IMS Raipur Chapter and Director of Soni Hospital Inaugurated the Camp.

Dr. Shailendra Upadhyay, Sr. Orthopediciation Consultant of Sankalp Hospital examines 45 Patients of Perimenopausal and menopausal age group. Serum vitamin D level and bone minerals density (BMD) checkup was done. Dr. Pooja Upadhyay, Consultant OBS & GYNAE Shri Sankalp hospital, actively participated in the camp. Dr. Manoj Chellani informed the patients about the role of life style modification, daily exercise, calcium and vitamin D on the bone health. Around 50 patients are benefited by this orthopedic check up and BMD camp.

It was great awareness and learning program.
Indian Menopause Society
World Menopause Month-October 2018

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

18-10-2018 –CME on Management Of Endometriosis In Midlife

Indian menopause society, Raipur Chapter had organised CME on Management Of Endometriosis In Midlife on the occasion of world menopause day dated 18-10-18 at Hotel Babylon Inn, Jail Road, Raipur.

Dr. Jyoti Jaiswal, Professor Dept. of Obs & Gynaec Pt. JNM Medical College Raipur and chairperson of Education Committee, IMS India gave the welcome speech.

Dr. Sushma Verma was the mentor of discussion of management of endometriosis in midlife.

Dr. Shalini Jain, Treasurer of IMS Raipur Chapter, actively participated in discussion.

The discussion was attended by 15 renowned gynaecologists.

It was great learning and experience and interactive session.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

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

**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

5-10-18, Dr. Balwinder Kaur, Patiala Menopause Society
IMS Varishta Janaswasthya Yojana awareness Camp was organized by Patiala Menopause Society on 5.10.2018, in Dept. of OBGY & Gynae GMC, Patiala. A total of 47 Perimenopausal and 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 and other required medicines. Services of associated specialties Medicine, Orthopedics, Eye & Pathology, Psychiatry were also utilized.

5-10-18, Dr. Bipasa Sen, Kolkata Menopause Society
Consulted 22 patients for MHCC at Kolkata on 5.10. 2018
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

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

5-10-2018 Dr. Laxmi Shrikhande, Nagpur Menopause Society
BMD Camp and HB% test at Marathe Hospital

Breast cancer awareness camp by Dr. Nirmala Vaze at sankalp hospital, 35 ladies attended
SBE and scan done

BMD Camp by Dr. Alka Kumar at Untkhana
Indian Menopause Society

World Menopause Month-October 2018

Academic & Public Awareness Activities

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5-10-2018 Dr. Tripura Sundari, Hyderabad Menopause Society

5-10-2018 Dr. Sushma, Jalandhar 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

World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!

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

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
Indian Menopause Society

World Menopause Month - October 2018

Academic & Public Awareness Activities

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

Indian Menopause Society

Application for Renewal of CIMP Certificate

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

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. 5750/-
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. 5900 + 3000 Total: Rs. 8900/-

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:_________________________
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 8900/- 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-001 3201 100000011, IFSC NO: BKID0000013 Bank of India, Cumbala 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
dr.sarojsrivastava@rediffmail.com

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

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Kozhikode (Calicut) 673017
Kerala, India
Indian Menopause Society

World Menopause Month - October 2018

Academic & Public Awareness Activities

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Indian Menopause Society

IMS 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/-

Examination Date: 15th February, 2018,
Convocation: 17th February, 2019;
Venue: Kolkata (IMSCON-2019): 15th, 16th & 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.indianmenopause society.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: indianmenopause society@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
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Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

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

IMS Zonal Conference- North

Menopause …A New Mindset!

West Zone Conference
22-23 December 2018
Hyatt Regency, Vadodara, Ahmedabad

Hosted by Indian Menopause Society, Ahmedabad Chapter
Supported by Ahmedabad Obstetrics and Gynaecological Society

Mellitus Health - Fight Fat and Build Bone
Indian Menopause Society
World Menopause Month - October 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

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Arshia A. Ghani
Executive Director
Indian Menopause Society
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We make the difference!