Indian Menopause Society
Newsletter November 2018

Academic & Public Awareness Activities

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

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

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**International News**

**Menopause Live – International Menopause Society**

Consensus statement on urogenital atrophy  

The British Menopause Society (BMS) has recently released an updated consensus statement on Urogenital atrophy [1]. The statement highlights the prevalence of this distressing condition amongst the postmenopausal population and draws attention to the fact that symptoms often present many years after the menopause and consequently are not always recognized as estrogen-deficient in origin, either by women or their practitioners. The statement also reviews the prevalence and patho-etiology of urogenital atrophy, including the impact this has on the bladder, urethra, uterosacral ligaments and other supporting structures. This often results in a variety of urinary symptoms, in particular symptoms of ‘pseudo-cystitis’ and recurrent urinary tract infections. The key to successful management of these conditions is recognizing the role estrogen has in maintaining the integrity of these structures, and a course of vaginal estrogens will often lead to a dramatic improvement in symptoms. The impact that urogenital atrophy or vulvovaginal atrophy (VVA) can have on sexual function and a woman’s sense of sexual well-being is well established [2]. Equally, we also know that, in general, health professionals are very poor at enquiring about symptoms of urogenital atrophy [3], and this statement highlights the importance of specifically enquiring about symptoms of urogenital atrophy and sexual function as part of the routine consultation. The relationship between urogenital atrophy and sexual dysfunction is explored in more detail in the recent IMS White Paper [4]. It is well established that vaginal estrogens are the principal treatment for VVA, but this statement reminds us that being on systemic HRT is not in itself a guarantee that symptoms will improve and sometimes topical estrogens are required as well. It is quite safe to use standard vaginal and systemic estrogens together as the overall systemic absorption of vaginally administered estradiol and estriol is low. As well as a review of the current data on vaginal estrogens, the statement also has helpful sections on vaginal moisturizers and lubricants and reviews recent evidence for ospemifene, vaginal laser therapy and DHEA. The statement concludes with helpful practice points for clinicians and a comprehensive list of 44 references.

**Comment**

This is part of a series of consensus statements produced by the BMS and available on their website, www.thebms.org.uk, and published in their journal, Post Reproductive Health. This statement replaces the previous one from 2013.
Hormone-blocking injections reduce early menopause from breast cancer treatment

Date: October 29, 2018  Source: SWOG

Summary:

Final results of SWOG Cancer Research Network's groundbreaking international Prevention of Early Menopause Study (POEMS) clinical trial are in, and they show continued evidence that women who get injections of the hormone drug goserelin along with standard breast cancer chemotherapy are more likely to become pregnant -- without developing negative side effects or shortening their lives.

"These five-year follow-up results confirm the initial findings," said SWOG investigator Halle Moore, MD, lead researcher on the POEMS study and associate professor of medicine at Cleveland Clinic. "Goserelin protects the ovaries from the effects of chemotherapy, reducing the risk for early menopause. By getting these injections, more women became pregnant without negatively affecting their health or their chances of surviving their cancer."

The results are published in the current issue of the Journal of the National Cancer Institute. POEMS team announced initial study results at the 2014 American Society for Clinical Oncology (ASCO) annual meeting. POEMS is a unique collaboration, managed by SWOG, one of five groups in the National Cancer Institute's National Clinical Trials Network (NCTN).

The randomized, phase III trial also got attention for focusing not on the effectiveness of a cancer treatment, but the impact that treatment has on the lives of cancer survivors. Hormone-receptor negative breast cancer is a less common type, which doesn't feed on estrogen or progesterone, and doesn't typically respond to drugs that target these hormones.

Ovarian failure is one side effect of chemotherapy, one that carries a heavy burden for women, including infertility, sexual dysfunction, and unpleasant symptoms. To determine if ovarian failure could be prevented, the POEMS team launched their trial. Between 2004 and 2011, investigators randomized 218 premenopausal women with hormone-receptor negative breast cancer, placing them into two study groups. One group received standard chemotherapy treatment, and the other received standard chemotherapy plus goserelin.

Initial results showed that 22 percent of patients on standard therapy experienced ovarian failure while only 8 percent who received goserelin did. In addition, those 2014 results also showed that 12 percent of patients on the standard arm got pregnant, while 22 percent who received goserelin did.

The new results, which include five years of follow-up, show similar effects. On average, 23 percent of women who took goserelin became pregnant compared with 12 percent on the standard therapy. Importantly, women who took goserelin experienced similar, or even better, survival rates compared
with women who received standard chemo. Five years after treatment, 88 percent of women who took goserelin were alive and disease-free compared with 79 percent of women who got standard chemo. While differences in survival were not statistically significant, 92 percent of women who took goserelin were alive at five years compared to 83 percent of control patients.

The National Comprehensive Cancer Network Clinical Practice Guidelines for Oncology and the St. Gallen Consensus Conference guidelines already reflect the use of goserelin for younger women who hope to protect ovarian function during chemotherapy for breast cancer.

"Cancer researchers set out to change the standard of care in order to improve, or lengthen, people's lives."

Compilation: Prof. Jyoti Jaiswal, Chairperson Medical Education, IMS India.
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EMAS Congress 2019
15 - 17 May 2019 at Berlin
ExpoCenter City, Messe Berlin exhibition grounds
Click to register: https://2019.emas-online.org/registration-hotels/registration/

National News

Summary of National Programmes

<table>
<thead>
<tr>
<th>Event</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOGA &amp; Meditation</td>
<td></td>
</tr>
<tr>
<td>Midlife Health Charitable Clinic – MHCC</td>
<td>2</td>
</tr>
<tr>
<td>CME's &amp; Gurukuls</td>
<td>2</td>
</tr>
<tr>
<td>Public Awareness Club 35+ Activities:</td>
<td>8</td>
</tr>
<tr>
<td>Health Camps</td>
<td>2</td>
</tr>
<tr>
<td>From 44 IMS Chapters - Converted to Societies</td>
<td>22</td>
</tr>
<tr>
<td>IMS QUIZ</td>
<td>6</td>
</tr>
</tbody>
</table>

Annual General Body Meeting of Indian Menopause Society
All IMS Members are invited to the Annual General Body Meeting of IMS to be held at 5pm on 15th February 2019 at ITC Sonar, Kolkata during its 24th National Conference - IMSCON.

3rd Governing Council Meeting chaired by Dr. Ratnabali C. will be held at 2pm sharp on 15th February 2019 - Lunch at 1pm

Installation Ceremony on 16th February 2019 at 6pm during Inauguration of IMSCON 2019

1st Governing Council Meeting chaired by Dr. Neelam Agarwal from 8.30am to 9.30am on Sunday the 17th February 2019
Dr. Ratnabali Chakravorty, President IMS
Dr. K. D. Bakshi, President Kolkata Menopause Society
16-11-2018: IMS Quiz
Annual Quiz contest 2018 by KMS at SSKM and IPGMER hospital. 16 participants from different medical colleges participated. The winner was Dr Akansha from IPGMER.

Dr. Alka Mathur - President IMS Gurgaon
2-11-2018 – CME - Workshop on RCOG
IMS Gurgaon’s Dr. Ragini Agarwal attended a workshop on RCOG at Delhi in Delhi and was a Panelist in a panel on contraception in perimenopause women
Dr. Seema Pasricha, Jalandhar Menopause Society

4-11-2018 – Eye Health Camp

The Best Gift a Doctor can give preDiwali is VISION after surgery to a blind patient. A eye surgery camp arranged to day 4th November at Bilga. Felt so satisfied as a president of Rotary club west, Narchi And IMA Women wing. Addressed about total health care for family. Mr Brar M.P. honoured the team

24-11-2018 – Club35+, Public Awareness Program

Dr. Sushma Life style modification, stay always smiling and happy participated in event in model town, represented team Parindey, rotary west, Narchi.
28-11-2018 – Club35+, Public Awareness Program

Jalandhar Menopause Society conducted an Awareness Program. Members of this society addressed adolescents, donated Incinerator, talked about menstrual hygiene, Anemia diet and Women empowerment represented Rotary club west Narchi, and Innerwheel.

Children can tell how many mothers and grandmothers are having problems told them about Free Check up of Senior Citizens in 5th of every month. Let’s see what young ambassadors convey to them.

Dr. Savita Tyagi, Menopause Society - Agra

14-11-2018 – World Diabetic Day - Health Camp

World Diabetic Day was celebrated on 14th of November, free blood sugar levels were done and pts with high blood sugar levels were counceled.
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Newsletter November 2018

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22- 11- 2018 – IMS Quiz

Agra society conducted quiz and panel discussion on 22nd of November; Dr. Priyanka Bansal was the winner of quiz,

Panel discussion on menopause--multidisciplinary approach case based discussions, 37 members attended the meeting, it was a interactive session, Ortho Dr. I. A Khan, Dr. ms Agarwal, urologist, Dr. Mukesh Goyal cardiologist were among the panelists
Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Rejuvenating Body
Ekindle Soul

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Dr. Balwinder Kaur, Patiala Menopause Society
21- 11- 2018 – Club35+, Public Awareness Program, Reaching The Unreach

Patiala Menopause Society organised a public awareness talk on role of exercise in prevention of osteoporosis and fractures in perimenopausal and menopausal women in the Seminar room of deptt of OBGY, GMC Patiala on 21.11.2018. About 30 women attended the talk and were given tab calcium and vitamin D.
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Newsletter November 2018

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Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Dr. Swaraj Naik, Jabalpur Menopause Society
11-11-2018 - CME

Dr. Jyothika Desai, Bangalore Menopause Society
11-11-2018 – IMS Quiz

Bangalore Menopause Society conducted the annual Quiz on the 11th of November, 2018 at API Bhavana. 30 Postgraduates and others attended the Quiz. Dr Noor Fathima from MVJMedical College scored the highest marks.

Dr. Sandhya Chhasatia, Menopause Society Surat
24-11-2018 – Club 35+, Public Awareness Program

Menopause Society Surat had organised a talk on “Diet and Menopause” by a renouned dietitian Dr. Nirja Parekh.

Menopause and Aayurveda by Dr. Devangi Jugal on Saturday, 24th November 2018 and was attended by about 60 members.
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President IMS India, 2018-19

Indian Menopause Society
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Dr. Nita Dalal, Mumbai Menopause Society
12-11-2018 – Club 35+, Public Awareness Program

Mumbai Menopause Society organized a program for general public on 12/November/18 from 1 30 pm to 4 30 pm. It was attended by 60 women.

Dr. P. N. Ajitha, Calicut Menopause Society
26-11-2018 – Club 35+, Public Awareness Program

Calicut Menopause Society conducted an eye check up camp and awareness of eye diseases at club 35+ meeting in association with ima at thrissur. Dr. Rani menon gave a talk on common eye problems.
Dr. Usha Didwania, Patna Menopause Society
17-11-2018 – IMS QUIZ

Patna Menopause Society conducted a Quiz for PG students in gracious presence of senior faculty members ‘Senior Residents and PG students at Seminar room Obs Gynae dept PMCH Patna On 17th November 2018.

There were 6 participants--three PGs from PMCH two from NMCH and One from Kurji holi family hospital, Patna. Dr. Afreen from PMCH was winner. So she will represent PMS in quiz contest during IMSCON 2019, Kolkata.

Dr. Laxmi Shrikhande, Nagpur Menopause Society
27-11-2018 – Club35+ Public Awareness Program

Nagpur Menopause Society conducted a awareness BMD Hb detection camp.
Dr. Kaushal Chundawat, Udaipur Menopause Society
28 - 11 - 2018 – IMS Quiz

Udaipur Menopause Society organised a quiz on Menopause revisited at Zannana hospital, RNT Medical college, Udaipur on 28th November 2018. There were 24 participants from RNT medical college and Geetanjali medical college. Dr. Nitisha Vijayvargia is the winner.

Dr. Nirja Chawla, Chandigarh Menopause Society
26 - 11 - 2018 – IMS Quiz

The quiz on Menopause was conducted by Chandigarh Region Menopause Society on 26th November, 2018 at Government Medical College & Hospital Sector-32 (GMCH-32) Chandigarh. 25 Post Graduate students from GMCH-32 & PGIMER Chandigarh participated. Dr. Krishma Thakur, second Year PG Student from GMCH-32 was the winner. The programme was conducted by Dr. Sunita Dubey, Assistant Prof. GMCH-32, Chandigarh with the help of Dr. Reeti Mehra, Associate Professor and Dr. Navneet Takkar, Associate Professor of Obstetrics & Gynae department. Professor Poonam Goel presented over the event.
Dr. Reena Srivastava, Gorakhpur Menopause Society
29 - 11 - 2018 – CME on

Gorakhpur Menopause Society chapter organised a CME on 29/11/2018 at Hotel THE CLARKS near City mall, Gorakhpur. A session on the topic “Prevention of Cardiovascular diseases with special reference to midlife” was organised and the speaker was Dr. Navneet Jaipuriar MD, DM (cardiology) and chairpersons were Dr. Radha Jina, Dr. S. Kareem and Dr. M. Gulati.

Cardiologist Dr. Navneet Jaipuriar gave an excellent talk. CME was well attended and well appreciated.

Dr. Jaishree Gajraj, Chennai Menopause Society
29 - 11 - 2018 – Dr. Hepzibah K – Club35+ Public Awareness Program

Dr. Hepzibah received felicitation on founder’s day of Saveetha University
Indian Menopause Society
Newsletter November 2018

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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

5-11-18, Dr. Balwinder Kaur, Patiala Menopause Society
Patiala Menopause Society organised and conducted Varisht Mahila Swasthya yojna camp on 5/11/18 in the OPD of deptt of OBG GMC Patiala. About 29 women were examined. BP, pulse, wt, HT, BMI ,Gynaecology and breast check was done. Specialists of orthopaedics, ophthalmology, Medicine and psychiatry dept examined them. PAP smear and BMD and other inv was done. Health awareness talk was given. Women were given calcium, vit D3 , anthelminthic ,iron ,analgesics.

5-11-18, Dr. Savita Tyagi, Menopause Society- Agra
Varishtha mahila check up camp at my hospital on 5th of November. Around 24 patients were examined.
Indian Menopause Society
Newsletter November 2018

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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

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

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

Conference Highlights
- Skill enhancing workshops with ARS
- Master classes
- Well-attended topic selection
- SCIENTIFIC SESSIONS - Didactic lectures, Symposia, Panel discussion
- Explicit debates, Quiz, Free papers, CME exam
- Public awareness programme
- Rejuvenate body, mind and soul - Yoga session and meditation
- Elite national & international speakers, Parallels

Registration
Tariff (All rates are in INR and exclusive of 18% GST)

<table>
<thead>
<tr>
<th>Category</th>
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<th>Upto 09.02.19</th>
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<td>7080</td>
<td>12590</td>
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<tr>
<td>Senior Citizens Delegates (Above 75 years)</td>
<td>5960</td>
<td>7080</td>
<td>12590</td>
</tr>
</tbody>
</table>

Registration Inclusions
- Conference Kit
- Scientific Sessions Entry
- Trade Exhibition Entry
- Tea/Coffee at venue
- Lunch on 15th, 16th and 17th Feb'19, and Triennial Presidential Dinner on 16th Feb'19
- Any One Workshop of Your Choice
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

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. 8570/-

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)________ Mobile no ________ Fax ________
Email ____________________________ 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 in your City in the IMS A/C: Indian Menopause Society A/C No-001 320110000011, IFSC NO: BKID0000013 Bank of India, Cumballa Hill, Mumbai.
Send the soft copy of Exam application form and Bank Pay-in-slip to examcommitteeimss@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
09935188233, 0522-2321848
desarjosrivastava@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
Newsletter November 2018

Academic & Public Awareness Activities

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Indian Menopause Practitioner Exam–2019

Successful candidates will receive a certificate indicating
Credentialled 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. & Gyne
- 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, 16th & 17th February, 2019
Convocation: 17th February, 2019;

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.indianmenopauseassociation.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: Indian Menopause Society- A/C No-001320110000011, Bank of India, Cumbala Hill, Mumbai.

IFSC NO: BKID0000013. Send the soft copy of Exam application form and Bank Pay-in-slip To: examcommitteeims@gmail.com with copy to: indianmenopauseassociation@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
chellammavk@yahoo.co.in

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28/550B Sivam Cheyur PO
Kozhikode (Calicut) 673017 Kerala, India
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IMS Zonal Conference-North

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

Medlite Health - fight fat and build bone
Indian Menopause Society
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Team 2018-19

Dr. Ratnabali Chakravorty
President IMS, 2018-19

Dr. Yashodhara Pradeep
Vice President IMS 2018-19

Dr. Pushpa Sethi
Secretary General IMS 2018-19

Dr. Bipasa Sen
Joint Secretary IMS 2018-19

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

Dr. Mrutyunjay Mohapatra
Jt. Treasurer IMS 2018-19

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We make the difference!