International News

Hysterectomy linked to memory deficit in an animal model

**Date:** December 6, 2018  **Source:** Arizona State University

**Summary:**
The non-pregnant uterus is commonly assumed to be an unimportant organ. One third of American women have a hysterectomy by age 60, often before natural menopause. Researchers have found an animal model of hysterectomy resulted in decreased memory capacity and an altered hormonal profile within two months after surgery. The study suggests an important role for the uterus that could impact cognitive aging.

Though hysterectomy is a prevalent and routine surgery, the removal of the uterus before natural menopause might actually be problematic for cognitive processes like memory.

Researchers in the Arizona State University Department of Psychology have found rats that underwent the surgical removal of the uterus with ovaries left intact had a memory deficit, suggesting the uterus might have functions beyond reproduction.

A dormant and useless organ?

Endocrinology textbooks used in medical and graduate schools describe the uterus as having the sole function of accommodating and supporting a fetus or as a useless organ outside of reproduction. But, there is mounting evidence from research in animals and people suggesting otherwise.

The uterus and ovaries communicate for reproductive functions, but there are also direct connections between the uterus and the brain through the body’s autonomic nervous system. The autonomic nervous system coordinates unconscious functions like breathing and digestion. The lesser understood uterine-brain connections could affect cognitive functions and impact how females age.

"There is some research showing that women who underwent hysterectomy but maintained their ovaries had an increased risk for dementia if the surgery occurred before natural menopause. This finding is striking," said Heather Bimonte-Nelson, professor of psychology and senior author on the paper. "We wanted to investigate and understand whether the uterus itself could impact brain function."

The research team used female rats to systematically test the role of the uterus and ovaries in learning and memory. The rats were divided into four groups based on the type of menopause surgical intervention. The three experimental groups were: removal of the uterus...
with ovaries left intact, removal of the ovaries with uterus left intact and removal of both the uterus and ovaries. The fourth group underwent a sham surgery in which no reproductive organs were removed.

Six weeks after surgery, the researchers taught the four groups of rats how to navigate a maze. Once all the rats had learned this task, the researchers tested the memory capacity of the rats. The team also looked at the reproductive organs and hormones.

“This experiment tests the role of the uterus in cognitive changes that accompany menopause. The researchers use several surgical approaches that are actually used for women who undergo oophorectomy, hysterectomy, or both. This alone is laudable,” said Donna Korol, an associate professor of biology at Syracuse University who was not part of the study. "One of the beauties of this experimental design was the sampling of different measures from the same rat, allowing for within-animal comparisons across multiple systems."

A rodent version of the card game ”concentration"

During the memory testing, the rats navigated a water maze that looked like a sunburst, with eight arms radiating out from a circular center. There were submerged platforms at the end of some of the arms, and the rats had to swim to locate a hidden platform. In the beginning of the experiment, the researchers placed four platforms for the rats to find. After a rat found a platform, the researcher removed it for the rest of the day. The rat then restarted the maze, searching for the remaining platforms while having to remember both where previous platforms had been and which arms had always been empty.

With two platforms down and two to go, the research team found the rats that had only the uterus removed could not handle the increased memory load. These rats kept returning to places where there had never been a platform, indicating they were unable to remember which arms of the maze led to platforms.

The other kinds of surgery did not affect how many mistakes the rats made in the maze. The rats that underwent the removal of just the ovaries or the removal of the ovaries plus the uterus navigated similar to the group that had the sham surgery.

"The surgical removal of just the uterus had a unique and negative effect on working memory, or how much information the rats were able to manage simultaneously, an effect we saw after the rats learned the rules of the maze" said Stephanie Koebele, ASU psychology graduate student and first author on the paper.

A hormonal jigsaw puzzle

At the end of the study, the researchers looked at the size, shape and structure of the ovaries in all the groups. The ovaries of the hysterectomy-only group were indistinguishable from the ovaries of the sham surgery group, which maintained their ovaries and uterus.
The research team also measured the amounts of different hormones in the blood, like progesterone, follicle-stimulating hormone and luteinizing hormone. Hormones are chemicals made by the body that regulate organs and body systems and send information. The hormone levels in the hysterectomy-only group were different from the sham surgery group, even though both of these groups still had ovaries.

"Even though the ovaries were structurally similar across all the groups, the hormones that were produced in the group that received hysterectomy alone resulted in a different hormone profile," said Koebele, who has a fellowship from the National Institute on Aging for her doctoral research. "Hormones affect both brain and other body systems, and having an altered hormonal profile could impact the trajectory of cognitive aging and could create different health risks."

Exactly how the altered hormone profile affects cognitive aging or creates health risks is complicated but is nonetheless very important to study and understand.

"Complicated does not mean impossible," said Bimonte-Nelson, who directs ASU's Behavioral Neuroscience of Memory and Aging lab. Her lab is currently testing whether the memory deficit after hysterectomy is reversible with time or is the beginning of a more global memory impairment.

Compilation: Prof. Jyoti Jaiswal, Chairperson Medical Education, IMS India.

Date of release: 17 December, 2018

Dr. Atul Munshi, CAMS Representative

Fractional Vaginal Laser for management of GSM– Review of recent published data and FDA warning

Symptoms of vaginal dryness and discomfort during sexual activity are common in postmenopausal women. The current gold standard treatment is vaginal estrogen which reduces vaginal dryness in most cases and may be more effective than systemic estrogen for vaginal symptoms [1]. Despite progress in the development and evaluation of non-hormonal treatment for vasomotor symptoms [2], there has been relatively little progress in non-hormonal treatments for vaginal symptoms. Ospemifene, a selective estrogen receptor modulator is available in some countries but carries the same restrictions for use as vaginal estrogen and has not been shown to be superior to vaginal estrogen in comparative studies. For women who wish to avoid exogenous estrogen there is an unmet need for safe and effective non-hormonal treatments for the genitourinary symptoms of menopause (GSM). Laser therapies have long been used in cosmetic surgery to provide skin resurfacing,
improve tone, texture and pigmentation. More recently, fractional laser to the vaginal mucosa via a purpose-designed probe has been promoted as a novel therapy for a wide range of gynaecological symptoms including vaginal dryness, pain during sexual activity, orgasm, stress incontinence, pelvic floor dysfunction, and other GMSs [3]. Exactly how vaginal lasers might achieve these outcomes is uncertain, but purported mechanisms are through activation of heat shock proteins and tissue growth factors as well as stimulation of epithelial remodelling and collagen synthesis. Currently, evidence to support the safety and efficacy of vaginal laser is lacking. The safety of fractional CO2 laser has been investigated in a small number of observational studies and case series [4]. All of these studies had small sample sizes and short durations of follow up. Efficacy is implied but not demonstrated in small studies using objective and subjective scales of GSM symptoms compared to pre-treatment, but without a placebo or sham control group. In January 2018, Cruz et al. [5] published a three-armed randomised trial of fractional CO2 laser compared to vaginal estrogen, or vaginal laser plus vaginal estrogen in symptomatic postmenopausal women. There were only 15 women in each arm and the study was not powered for multiple comparisons (including non-inferiority). Whilst the authors concluded that vaginal laser appeared to be effective, this conclusion was not supported by the data as presented. This trial had significant methodological concerns raised in commentary by other authors [6,7]. Namely, that the placebo effect required to truly determine clinical efficacy was not appropriately investigated. Although the authors used sham laser in the estrogen arm and sham estrogen in the laser arm, estimating the placebo effect required a sham estrogen and sham laser treatment arm which was not included. Randomised clinical trials of the treatment effect on GSM symptoms have previously reported placebo effects of up to 20%. Furthermore, the baseline characteristics of the patients entered into the study were significantly different, with less bothersome burning and sexual complaints in the vaginal estriol arm compared to the other two arms. Although their findings included a reduction in the Vaginal Health Index (VHI) in the laser arm compared to the other two arms at 20 weeks, the authors do not discuss this finding or speculate the mechanism underlying this observation. Alarmingly, they reported an increase in pain associated with vaginal penetration following vaginal laser treatment compared to estrogen treatment. Given the recent disastrous outcomes following vaginal mesh insertion for prolapse without adequate evidence addressing long-term adverse outcomes such as pain, it would be very disappointing if gynaecologists promoted another vaginal treatment without first investigating the potential short and long-term adverse events. Comment Concerns about the widespread promotion of vaginal laser without adequate supporting literature and the considerable costs to patients in the absence of high-quality data lead the FDA, in July 2018, to issue a warning to several firms to state that their marketing was “deceptive” and that using these devices may have serious risks without adequate evidence to support their use [5]. The manufacturers were requested to alter their marketing to reflect this and that the devices are yet to be approved for management of GSM, pending the publication of high-quality safety and efficacy data [6]. Eight other randomized controlled trials,
internationally, are currently evaluating the efficacy and safety of vaginal laser [9, 10]. Only one of these is a phase 3 clinical trial and recruitment has been currently suspended. It will not be long before high quality evidence indicating the risks and benefits of vaginal laser is available. In the meanwhile, clinicians and women should be very wary of claims that the procedure is either safe or effective. Vaginal estrogen therapy remains the gold standard for the management of GSM.

Anthony Richards
Gynaecological Oncologist, Royal Women’s Hospital, Parkville, Victoria, Australia and The University of Melbourne, Australia and Martha Hickey
Head of Menopause Unit, Royal Women’s Hospital, Parkville, Victoria, Australia and Professor of Obstetrics and Gynaecology, The University of Melbourne, Australia

References
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Indian Menopause Society

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

IMS Clinical Practice Guidelines on osteoporosis featured in the article, Author- Dr. Meeta

Screening for osteoporosis: A systematic assessment of the quality and content of clinical practice guidelines, using the AGREE II instrument and the IOM Standards for Trustworthy Guidelines

A total of 5,818 records were identified from our electronic systematic search of databases, of which 3,143 were excluded as duplicates, and 2,448 were found to be irrelevant after screening the titles and abstracts. We found an additional 17 records from national guideline websites and hand searching references of identified guidelines. Thus, a total of 224 records were screened as full text, and 211 were excluded for a variety of reasons. Finally, 33 final guidelines were eligible for assessment --INDIAN MENOPAUSE SOCIETY GUIDELINES IS ONE OF THEM

CPGs are intended to transfer evidence into practice, decrease variability in clinical practice and decrease costly and avoidable harms or mistakes. For that purpose; with the AGREE II, guidelines were considered of high quality, if they scored 60% in 4 or more domains including domain 3 for rigor of development, since we consider this domain as an important part of guideline quality.

INDIAN MENOPAUSE SOCIETY GUIDELINES

Domain 1: Scope and purpose. This domain assesses the overall aim and objectives of the guidelines, the health questions and the target population. The mean score with (SD) for this domain was 64.33% IMS-72%

Domain 2: Stakeholder involvement. This domain focuses on the participation of the professional experts, preferences of target population in the guideline development and whether target users are clearly defined. The mean score with (SD) was 54.57% IMS--50%

Domain 3: Rigour of development. This domain includes eight items that assess the systematic methods used for gathering and synthesizing of the evidence, and formulating the recommendations, the external peer review process and the procedure for updating the guideline. The mean score for this domain with (SD) was 63% IMS 84% CONSIDERED MOST IMPORTANT DOMAIN

Domain 4: Clarity of presentation. This domain covers the language, structure and format of the guideline, and emphasizes on the clarity of the recommendations. The mean score with (SD) was 71.30% IMS 78%

Domain 5: Applicability. This domain considers the barriers and facilitators to implementation of the guideline, approaches to increase uptake, resource implications of applying the guideline, and monitoring of the uptake or adherence to the guideline. Consistently across all the CPGs, this was the lowest scored domain with means score and (SD) of 43.00% IMS-58%

Domain 6: Editorial independence. This domain relates to the formation of recommendations under unbiased influence of the funding body, and with no competing interests of the developers. The mean score with (SD) was 53.57% IMS 33%
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### Summary of National Programmes

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**Annual General Body Meeting of Indian Menopause Society**

All IMS Members are invited to the **Annual General Body Meeting of IMS** to be held from 5.30pm to 6.30pm on 16th February 2019 at ITC Sonar, Kolkata during its 24th National Conference - IMSCON.

**3rd Governing Council Meeting 2018-19** Chaired by Dr. Ratnabali C., President, IMS 2018-19 will be held at 1.30pm sharp on 15th February 2019 - Lunch at 1pm

**Installation Ceremony** on 15th February 2019 at 4.30pm during Inauguration of IMSCON 2019 on Fiday.

**1st Governing Council Meeting 2019-20** Chaired by Dr. Neelam Agarwal, President 2019 -2020 from 12 Noon -1pm on Saturday the 16th February 2019.

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**Dr. K. D. Bakshi, President, Kolkata Menopause Society**

10th December 2018 - Meditation Session

Rekindle soul session with Prajapita Brahmakumaris Meditation on 10th December organised at Kolkata by members of Urjo with IMS.

**Dr. Manoj Chellani, President, Raipur Menopause Society:**

8th & 9th December 2018 - **1st Annual State Conference of the Indian Raipur Chapter MENOPAUSECON -2018**

Greetings from Indian Menopause Society, Raipur Chapter....!

It is a matter of proud and privilege for Indian Menopause Society, Raipur Chapter to organize 1st Annual State Conference of Menopause-MENOPAUSECON 2018, held on 8th & 9th December 2018 at Hotel Babylon International, Raipur.
Conference was blessed and guided by founder of the chapter and patron Dr Abha Singh. It was headed by Dr Manoj Chellani (Chapter Secretary-IMS Raipur) & Dr Tripti Nagaria (Past Chapter Secretary-IMS Raipur & HOD, Dep’t. Of OBS & GYN) as chairperson of conference. Dr Jyoti Jaiswal (Imm. Past Chapter Secretary & Chairperson- Medical Education Committee-IMS India) and Dr Nalini Mishra (Prof. OBS & GYN) were scientific chairperson. Dr Sushma Verma (Jt. Secretary IMS Raipur) had executed the work as secretary of conference. Dr Meena Naik- As. Prof CCM Medical College, Bhilai, CG had also given her scientific inputs.

Dr Ratnabali Chakravorty the current president of IMS India blessed the occasion as guest of honour. Dr Abha Singh who is current Vice Chancellor of Ayush University, Raipur blessed this conference as Chief Guest.

Conference was focused on Gynecological malignancies and other issues related to peri & post menopause. It was a great academic feast for whole of Chhattisgarh. Conference was completely based on recent issues including the burning topic of present scenario addressed by reputed National faculties. It was attended by nearly 200 delegates.

1st Day- 8th December-2018

Sessions were scheduled from morning 9:30 am till 5:00 pm. On Day 1

Pre-Lunch Session:

1) There was a details Session on cervical cancer screening and management at peri and post menopause.
2) An interesting debate on ovarian conservation was there.
3) Breast tissues at perimenopause concerns and solutions were discussed.
4) Cosmetic Gynecology her unspoken problems were also addressed.

Faculties from Mumbai, Dr. Archana Shetty- Breast onco-surgeon, Dr Meena Nayak From Bhilai and the stars from the Raipur Chapter enlighten the audience in details about the subject.

Post-Lunch Session:

The post lunch session was started with star faculties including Patron Dr Abha Singh who delivered her keynote address Depression at Perimenopause, Dr Ratnabali Chakravorty - President IMS, India who gave insight about cardio-vascular risk during menopause. Dr Tripti Nagaria and conducted an interesting panel discussion on Endometrial Hyperplasia at Peri-Menopause. Dr Manoj Chellani talked about PCOD in midlife and Dr Neeta Kanwar shown the video of Hysteroscopy in Peri-Menopause.
Inauguration:

This very first annual state conference of IMS Raipur was inaugurated on 8th December 2018 by none-other than founder of this chapter, our beloved Patron Prof. Dr Abha Singh - Vice Chancellor, Ayush University as Chief Guest.

We were lucky to have IMS President, Dr Ratnabali Chaktavorty with us as special guest for the ceremony, who was a constant support for us.

The ceremony was started with lamp lighting. Dr Manoj Chellani and Dr Tripti Nagaria welcomed all the delegates. Dr Jyoti Jaiswal briefed about the scientific content. Dr Ratnabali addressed the audience about taking care of our own mothers in their second half of life and Dr Abha Singh briefed about the growth and journey of IMS Raipur Chapter till date. Dr Sushma Verma gave vote of Thanks.

Cultural Program: grand cultural event with lot of fun was presented by doctors which added a charm to the conference.

2nd Day-9th December 2018
Sessions were scheduled from morning 9:30am till 5:00pm. On Day 2

**Paper/ Poster Presentation & Quiz Session:** Various papers and posters presented by post graduates. Dr Aparna Verma was the winner of poster presentation & Dr Ankita Goyal was the winner of paper presentation. The IMS quiz was conducted by Dr Shalini Jain & Dr Anuradha Tibrewal. The four finalists were selected after a written round and then audio-visual quiz was conducted. There were audience round also which was well participated. Dr Shilpa Pawar was the winner of quiz.

After Paper and Poster Presentation, Scientific deliberations regarding various issues at peri & post menopause including vulvo-vaginal dystrophies, urinary issues fibroid management and prediction of menopause done from the specialist of the field.

**PUBLIC FORUM:** Very interactive public forum with the women of different clubs was conducted.
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It was well appreciated by the general audience because they were not aware about many important issues if perimenopause and menopause for which they should seek medical help. Dr Manoj Chellani and all other dignitaries offered them regular help and public awareness in forms of camps and educative lectures as a part of club 35 plus.

VALIDICTION & PRICE DISTRIBUTION

All winners of paper poster and quiz competition were declared before valedictory program. Dr Shilpa Pawar declared as winner of quiz who will represent Raipur Chapter in national quiz at Kolkata during IMSCON 2019.

Media Coverage

1-12-2018 –IMS Gurukul

IMS Raipur Chapter along with Department Of Obstetrics and gynecology AIIMS, Raipur had organized comprehensive learning program (GURUKUL PROGRAM) on menopause for the post graduates on 1st Dec 2018 at AllIMS, Raipur. Post graduate students of various departments of AllIMS including gynecology, medicine and orthopedics were included. DNB
students from JLN Hospital Bhilai and Shree Balaji Hospital, Raipur also took part in the program.
Prof. and HOD, Obstetrics & Gynaecology- Dr. Sarita Agrawal welcomed all the guests, speakers and the students.
Program was blessed by esteemed faculties as below.
1) Menopause- Clinical consideration by Dr. Sunita Agrawal, Consultant & DNB coordinator- Sector 9 Hospital, Bhilai
2) Post-menopausal osteoporosis by Dr. Alok Chandra Agrawal, Prof. & HOD Dept. of Orthopedics AIIMS, Raipur
3) Managing menopause and HRT by Prof. Dr. Jyoti Jaiswal, Chairperson Medical Education Committee, IMS India.
4) Case discussion by Dr. Sushma Verma-Jt. Secretary, IMS Raipur Chapter & Dr. Jyoti Jaiswal.
64 Students attended the CME. Few glimpses of the program are attached herewith.
The program ended with certificate distribution and vote of thanks. Everyone appreciated the initiation of IMS for PG education.

Dr. Sandhya Chhasatia, Menopause Society Surat
2- 12- 2018- IMS Quiz
Surat IMS society had arranged an IMS quiz program on 2nd December 2018. 17 PG students took part in theory exam in elimination round. 4 students were selected for quiz.
Dr. Dinal Gandhi was the winner of the quiz selected for national conference.
2-12-2018 – CME
Menopause Society Surat Conducted a CME and Dr. Ratnabali Chakravarti graced the event with a talk on “Metabolic Syndrome In A 40+Women” followed by a talk on “Myths And Facts On Calcium And Vit D In Peri Menopausal And Menopausal Women” by an endocrinologist Dr. Bharat Sharma at Surat.
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Dr. Ratnabali Chakravorty
President IMS India, 2018-19

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**Dr. Tripura Sundari, Hyderabad Menopause Society**
22-12-2018 – **Club35+ Public Awareness Program**

Hyderabad Menopause Society in association with Stree Himsa Mukti Bharat Abhiyan along with Family planning association of India Conducted awareness programme - at the Ameerpet Metro station. Signature campaign is conducted. Nearly 60 members participated.

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**Dr. Usha Didwania, Patna Menopause Society**
9-12-2018 – **CME on Calcium and pregnancy, Lactation & Menopause**

Patna Menopause Society organized a CME. It was attended by 60 members.
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19-12-2018 – IMS Gurukul

Patna Menopause Society organised Gurukul program at Patna Medical College and Hospital. The module of Gurukul program was covered. It was very much appreciated.

Dr. Jyothika A. Desai, Bangalore Menopause Society

16-12-2018 – Health Camp

Bangalore Menopause Society conducted a bone mineral density camp in my clinic and screened around 110 people for osteoporosis on 16th December.
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Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Osteoporosis
The Silent Killer
When your bones snap like a dry twig........
Check for Osteoporosis with a
Bone Densitometry Test
on Sunday 16-12-2018
at Women Health Care
241/24, 53rd Cross, 10th Main Road,
Opp. Pammalanda, Mysore Nagar, Bangalore-560011.
Tel: 23492658 Mobile: 9001017444

TIME: 10.00 a.m. to 03.00 p.m.
1 in 3 women and at least
1 in 12 men will develop
Osteoporosis during their life time.
Every 3 minutes some one has a Fracture
as a result of Osteoporosis
Dr. Pushkar R,
Senior Surgeon-OrthoProfessor

Dr. Mahesh Gupta, IMS Ahmedabad
16-12-2018 – CME on Vaginal Laser in GSM

Dr. Ragini Agarwal Speaking in urogyne conference on vaginal Laser in GSM. Dr. Sonal Batla deliberated an interesting talk on HRT in Incontinence!

Dr. Balwinder Kaur, Patiala Menopause Society
5-12-2018 – Club35+, Public Awareness Program
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
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seminar room of deptt of OBGY GMC Patiala. About 30 women (Relatives of indoor pts) attended the talk and were given tab calcium and vitamin D.

Dr. Savita Tyagi, Menopause Society - Agra
1-12-2018 - Club35+ Public Awareness Program

Agra menopause society did awareness programme for cervical and breast cancer for perimenopausal and menopausal women at hotel Amar on 1st of December, Dr. Sandhya Aggarwal spoke on how to go for cervical cancer screening and stressed for cervical cancer vaccination of young girls. Dr. Juhi Singhal explained about self breast examination and other methods of breast cancer screening.
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23- 12- 2018 – CME on Mental Health At Menopause And Graceful Aging
Agra menopause society organised CME on mental health at menopause and graceful Aging, Dr. Vishal Sinha and Dr. Sandhya Agarwal were the speakers, it was an interactive session.

22nd November – IMS Quiz - Agra society conducted ims quiz on 22,nd of November,Dr Priyanka Bansal was the winner of the quiz and will reperesent Agra at the Quiz finals at Kolkatta.

Dr. Seema Pasricha, Jalandhar Menopause Society

5- 12- 2018 – CME on “Role Of Vitamin D And Magnesium”
Club 35, Co ordinator, Dr. Deepali, Indian menopause society, Jalandhar organised a CME on 1st December.
The role of Vitamin D and Magnesium was discussed. There was a workshop on Pranic healing as well. The meeting was widely attended and much appreciated.

3-12-2018 – Health Camp

10-12-2018 – Club35+ Public Awareness Program
World Human right day celebration at Khalsa College, Mr. Ajit Saini was praised and remembered by all for his dedication towards country. Principal Dr. Navjot, Mr. Seth, Mr. Saini, shared the stage with Dr. Sushma chawla. I spoke about women empowerment and Ribbon moment.
Rejuvenating Body, Ekindle Soul

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13-12-2018 – CME on Bone Health

Take care of your bones and joints stay fit all the best for coming years, talk about Arthritis.

16-12-2018 – Health Camp
Jalandhar Menopause Society Conducted a health awareness camp in modern jail at Kapurthala. Women session judge himself stayed and took interest in improving the health care system.

22-12-2018 – CME
Dr. Sushma gave a talk on Live life and stay happiest at a conference at Ahemdabad.
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Dr. Alka Mathur, President, IMS Gurgaon
1-12-2018 – CME on Breast Ailments And Modalities Of Early Diagnosis
IMS Gurgaon Conducted very informative CME on breast ailments and modalities of early diagnosis, in association with the GOGS members and W hospital. Dr Rohit khadelwal delivered excellent lecture, around 100 members attended the cme.

Dr. Oby Nagar, President, Jaipur Menopause Society
17-12-2018 –CME
With the great team work of Jogs and Rajasthan State We have been able to achieve success
Four Workshops , Oration on15th and 16th,6 Panels, plenty of Guest Lectures,Key note Address, Debates, papers,Posters,Teen Talks, Packed hall, presence of seniors like Dr. Sudha Garg, Dr. P.NagpalDr. Taly, Dr. Adarsh Bhargava, Dr. Mridul, Dr. Veena Acharya, Dr. Shashi Gupta, Dr. Vijayshri and many more marked the success of RAGOG CON2018

Midlife session was very well appreciated, thanks to all my IMS Family.
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**Dr. Reena Srivastava, President, Gorakhpur Menopause Society**

**16-12-2018 - Health Camp**

A rural woman health Camp was organized on 16th December 2013 at our adopted Village, GAHIRA GORAKHPUR. It was under the ages of Gorakhpur Menopause society and Navjyoti Akhil mahila samiti. Dr. Reena Srivasatava (President GMS), Dr Amrita Jaipuriar (Treasurer GMS), Dr. Rajesh Kumar physician, Dr. Mahendra Agarwal orthopedic surgeon, Dr. Savita Agarwal, Dr. Madhubala consultant Obs & Gynae, Dr. Rajnikant Orthopaedic surgeon and 17 residents Obs & Gynae BRD Medical College participated.

A total number of 250 patients were examined bone density of 80 patients was done and 50% were found to be Osteoporosis this Endeavour with calcium distribution was supported by emcure Pharma Mr Abhay Kant MR conducted it HP of 150 patients were done and iron distribution . 80% were found to be anaemic .This endeavour were supported by Emcure Pharma by Mr Vivek. All the medicines required were distributed free of cost. All medicines distributed by Kumar Upachar Kendra . A KAP survey was also done on various menopausal reproductive issues.
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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@gmail.com

5-12-18, Dr. Balwinder Kaur, Patiala Menopause Society

IMS Varishta Janaswasthya Yojana awareness Camp was organized by Patiala Menopause Society on 5.12.2018, in Dept. of OBGY & Gynae GMC, Patiala. About 32 Perimenopausal & Menopausal Peramedical Women were examined. BP, Pulse, Wt, BMI, Breast examination & Counselling for Health life style were done in all women. Patients were given, Calcium, Vitamin D3, Analgesics & other required medicines. Services of associated specialties Medicine, Orthopedics, opthalmogy & Pathology, Psychiatry were also utilized.
5-12-18, Dr. N.Hephzibah, Chennai Menopause Society
Chennai Menopause Society organized MHCC program where 35 women were screened for NCD in two centers.

5-12-18, Dr. Kanchan Sortey, Nagpur Menopause Society
Free body check camp Hb% suge, r BP BMD. Breast cancer checkup was carried out by Dr. Kanchan Sortey and UMMEDEE organization. It was attended more than 80 Females. Dr. Kanchan Sortey delivered talk on Menopause management, prevention & Detection of breast cancer, Cervical Cancer. Women were given calcium, Vit D, iron, and antheminthic medication.
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Academic & Public Awareness Activities

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

5-12-18, Patiala Menopause Society
Patiala Menopause Society organized and conducted Varisht Mahila Swasthya yojna camp on 5/11/18 in the OPD of dept. of OBG GMC Patiala. About 29 women were examined. BP, pulse, wt,HT, BMI, Gynecology and breast check was done. Specialists of orthopedics, ophthalmology, Medicine and psychiatry dept examined them. PAP smear and BMD and other inv were done. Health awareness talk was given. Women were given calcium, vit D3, anthelminthic, iron, analgesics.

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 December 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

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
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Registration Form

Please fill the form in BLOCK LETTERS only

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**TARIFF**

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<th>Upto 09.02.2019</th>
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*Above rates are inclusive of all taxes

Accompanying Person(s)
1. Name
2. Name
3. Name
4. Name

**Conference Registration Includes:**
- Master Class - IMPAKT
- Workshop on Cosmology in 40+ Women
- All Conference Lunches and President's Dinner on 16th February 2019
- Welcome Bag with Swag
- Conference Kit
- Tea Snacks every morning
- Tea / coffee at venue

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

Global Days to be marked with a CME or Public awareness program or free service

5th of Every month - Midlife Healthcare Charitable Clinic - IMS-MHCC
IMS Varishta Janaswasthya Yojana On every 5th of the month we can establish “Midlife Healthcare Charitable Clinic (IMS-MHCC)"
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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 etc. Send your Reports to indianmenoapsuesociety@gamil.com

10th of Every month - YOGA & Meditation Day

January Cervical Cancer Awareness Month & Thyroid Awareness Month(AACE)
January 26th - Republic Day
February 4th – World Cancer Day
March 8th – World Women’s Day
April 7th - WHO Day
May 28th - International Women’s Health Day, Thyroid Awareness Day
May 31st - World No Tobacco Day
June 21st - YOGA DAY
July 1st-Doctor’s Day
August 5th - Friendship Day
August 15th - Independence Day
September 1st To 7th- Nutrition Week
September 21st- World Alzheimer's Day
September 29th- World Heart Day
October World Menopause Month
October 1st - International Day Of Elderly
October 10th- International Mental Health Day: Every 10th of the Month - IMS Meditation Day
October 18th- World Menopause Day
October 20th- World Osteoporosis Day
October 25th- World Obesity Day
October 29th- World Stroke Day
November 14th- World Diabetes Day
December 1st- World AIDS Day

**IMSCON 2019 - Revised Meetings schedule**

**15th February** - 1.30pm sharp - 4pm - GCM 3, Chaired by Dr. Ratnabali Chakravorty, President 2018 – 19. Lunch at 1pm
**Inauguration** - 15th February : 4.30pm- 5.30pm
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**CIMP Exam** - 15th February: 2pm-4pm
16th February - 12 Noon – 1 pm - GCM 1, Chaired by Dr. Neelam Agarwal, President 2019
16th February - 5.30pm -6.30pm: Annual General Body Meeting of IMS
   Quiz preliminary: 11am – 12 Noon
17th February - 1.30pm - Convocation & Valedictory
   Quiz finals - 17th February 10.20am -11am

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

Indian Menopause Society
indianmenopausesociety@gmail.com, www.indianmenopausesociety.org, www.jmidlifehealth.org

Arshia A. Ghani
Executive Director
Indian Menopause Society
CEO

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arshiaakheel@gmail.com
www.cocoonconsultants.com
We make the difference!
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Cocoon Management Consultants