Indian Menopause Society

Newsletter January 2019

Academic & Public Awareness Activities

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

Winners of the Web Quiz
On December Newsletter

1st Prize- Dr Richa Arora from Patiala.
2nd Prize- Dr Uma Bharathy from Chennai
3rd Prize- Dr Savita Tyagi from Agra.

The winners can avail a 10% reduction in the Registration fee of IMSCON 2019
Contact: 9007275922, 9246105361

International News

Long-lasting menopause symptoms may be tied to slightly higher breast cancer risk

Tamara Mathias

(Reuters Health) - Women who experience symptoms of menopause, like hot flashes or night sweats, for many years may be slightly more likely to develop breast cancer than women who never had these symptoms, a U.S. study suggests. But they are not more likely to die from the disease, the study found.

Based on the results, such women should get regular mammograms, but they don’t need to take different precautions than what’s currently recommended for breast cancer screening.

Presently, the American College of Obstetricians and Gynecologists (ACOG) recommends mammograms every 1-2 years for women who face an average risk of developing breast cancer, starting no later than age 50.

According to ACOG, so called vasomotor symptoms - such as hot flashes and night sweats - are the most commonly reported menopausal symptoms, occurring in up to 82 percent of women after natural menopause. Usually, these symptoms peak about a year after the final menstrual period and are not associated with any extra risk for breast cancer.

In a small proportion of women, however, the symptoms persist for many years. The new study focused on nearly 10,000 women with long-standing menopausal symptoms, half of whom had persistent symptoms for more than a decade. Researchers compared these women to nearly 16,000 women who went through menopause without any such symptoms.

During 18 years of follow-up, 1,399 women developed breast cancer - and the risk was 13 percent higher in the women with persistent vasomotor symptoms than in women who didn’t have these symptoms at all. About 70 percent of women in the study were Caucasian, “so the results might not apply to everyone.”
Professor Susan Davis, President of the International Menopause Society and Chair of the Women’s Health Research Program at Monash University in Australia, who was not involved in the study, worry that the findings “will simply frighten people unnecessarily.” Because the new study excluded women who had vasomotor symptoms for brief periods, its participants “are not at all representative” of the average population of women. They also pointed out that obesity, alcohol use, breast density and having never been pregnant are all associated with well documented and far more substantial risks of breast cancer.


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

More details please visit: https://waset.org/conference/2019/05/london/ICM
Took up my position of India Representative to CAMS, in January 2017.

An appeal was sent to all IMS members to become member of International Menopause Society. The advantages were explained including subscription of quarterly journal “Climacteric” where lots of information about international scenario on adult Women’s health and medicine are discussed.

The message of International Menopause Society on World Menopause Day (WMD) including the poster was translated in Hindi language, which was well appreciated by Editorial Board of International Menopause Society. All activities of various chapters of Indian Menopause Society were tabulated and was sent to CAMS office for their record, circulation and later on putting up on the web. Again, this was well appreciated in a special reply email was received from the office of CAMS.

16th World Congress of International Menopause Society at Vancouver from 6th to 9th June 2018. It was a unique experience to attend International Menopause Conference with record number of delegates from our country representing Indian Menopause Society.

Indian participants included speakers, chairpersons, delegates presenting posters and interested delegates from breadth and width of India. Few Indian origin delegates from other countries were also attending this mega event.

All the days of conference were well balanced as far as scientific topics, speakers and discussion was concerned.

Time management was excellent. Inauguration, Valedictory and all other official sessions were simple and to the point.

Overall the 16 World Congress on Menopause provided a unique balance between clinical and basic research papers on Women’s health from midlife and beyond.
A word about Indian participation at this congress:

**On 6th June** – the CAMS governing council meeting was attended by Dr. Duru Shah, Dr. Sunila Khandelwal and Dr. Atul Munshi.
- Dr. Sunila Khandelwal was declared elected as treasurer of CAMS.
- At 7:30 pm on same day India Nite was celebrated at Salaam Bombay. Almost all Indian delegates and invited guests from CAMS executive board were participants. Fun filled night in presence of our Indian national flag and delicious Indian cuisine were appreciated by one and all. Dr. Ratnabali and her team managed the show meticulously.

**On 7th June** – the CAMS dinner was attended by Dr. Duru Shah, Dr. Sunila Khandelwal, Dr. Ratnabali Chakravorty and Dr. Atul Munshi.

**On 8th June** – The Indian Session

- **Topic:** Bone Health – The Indian Scenario (IMS)
  - **Chairperson/s:** Dr. Jignesh Shah, Dr. Jyothi Unni
  - **Speakers:**
    - Dr. Parag Biniwale “Epidemiology in Indian subcontinent”
    - Dr. Atul Munshi “Association with Sarcopenia”
    - Dr. Reeti Mehra “Preventive Strategies”
    - Dr. Ratnabali Chakravorty “Current Management Options”
    - Dr. Bipasa Sen “Future Prospects”

The session was well attended and quite interactive.

- The Presidents dinner on 8th at roof top was very impressive. Office bearers with past presidents of IMS attended on behalf of India.
- Presentation of special awards to Dr. Duru Shah and Dr. Sunila Khandelwal were star attractions.

**9th June** was the last day and the valedictory session was attended by Dr. Duru Shah, Dr. Sunila Khandelwal, Dr. Ratnabali Chakravorty and Dr. Atul Munshi.

It was a pleasing and satisfying experience for all delegates attending CAMS annual conference in the beautiful city of Vancouver.

Even after the conference the link between CAMS and Indian Menopause Society is alive. We regularly get correspondence from time to time from CAMS Head office.

All mailers from International Menopause Society (CAMS) was periodically circulated to all the members of Indian Menopause Society through our Executive Secretary – Ms. Arshia after approval of President IMS.

Wishing “All The Best” to Dr. Maninder Ahuja who is taking over as India Representative to CAMS from 2019.

Dr. Atul Munshi
(India Representative to CAMS 2017-2018)
16th World Congress of International Menopause Society at Vancouver from 6th to 9th June 2018.
Report of APMF - Dr. Maninder Ahuja

ASIA PACIFIC MENOPAUSE FEDERATION, Council Meeting was held on June 8, 2018, at Cortes Island Room, Vancouver, attended by 13 representatives.

1. Dr. Zaida Gamilla
2. Dr. Chua Yang
3. Dr. Ang Seng Bin
4. Dr. Rubina Hussain
5. Dr. Enkhee Sodnomdorj
6. Dr. Fidel Ganis Siregar
7. Dr. Khunying Kobchitt Limpaphayom
8. Dr. Byung-Koo Yoon
9. Dr. Yu Qi
10. Dr. Elizabeth Farrell
11. Dr. Maninder Ahuja
12. Dr. Ko-En Huang
13. Dr. Shaikh Zinnat Ara Nasreen - On observer from Bangladesh Menopause Society.

Meeting was conducted by Dr. Chua Yand Secretary APMF and MA Corazon Zaida Ngamilla MD President APMF.

The letter that was received by Dr. Zaida Gamilla from Philippine Society of Climacteric Medicine was read by Dr. Chua Yang for consideration and voted upon by council members. The Philippine Society of Climacteric Medicine is requesting that the monetary share of APMF from the 7th Scientific meeting be 10% of the registration fees. This was passed by majority VOTE.

The Projects that were suggested during the council meeting were:

- To update the consensus statements
- Sharing of collaborative reports and possibly national clinical practice guidelines among member countries.
- Undertake APMF or subsets of members in menopause related research
- Leadership in advocacies in Women’s Health concerns of the seniors.
- Increase public awareness by campaigns and CME programs.

Next council meeting is announced in May 28, 2019, Tuesday after lunch at the Edsa Shangri-la Hotel in Manila.
Indian Menopause Society

Newsletter January 2019

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National News

Summary of National Programmes

<table>
<thead>
<tr>
<th>Activity</th>
<th>Count</th>
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<tbody>
<tr>
<td>YOGA &amp; Meditation</td>
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<tr>
<td>Midlife Health Charitable Clinic – MHCC</td>
<td>6</td>
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<tr>
<td>CME’s &amp; Gurukuls</td>
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<tr>
<td>Public Awareness Club 35+ Activities:</td>
<td>7+2</td>
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<tr>
<td>Health Camps + Surgical Camps</td>
<td>1+7</td>
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<td>From 44 IMS Chapters - Converted to Societies</td>
<td>22</td>
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<tr>
<td>IMS QUIZ</td>
<td>2</td>
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<tr>
<td>Committee Reports</td>
<td>4</td>
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</tbody>
</table>

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 Friday.

1st Governing Council Meeting 2019-20 Chaired by Dr. Neelam Agarwal, President 2019 -2020 from 8am-9am on Saturday the 16th February 2019.
Rejuvenating Body ekindle Soul
Indian Menopause Society
Newsletter January 2019

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President Award by IMA presented to Dr. Ratnabali at NATCON,
Bangalore on 28th December 2018.

Committee Reports
Indian Menopause Society - Peer Review Task Force – Dr. Meeta

Menopausal medicine is a focused specialty with grey areas in the management of the mature woman. At this juncture, we are faced with unfamiliar areas of the associated co-morbidities and problems of ageing. Sex steroid hormones use for quality of life issues is a debatable area.

Is there a need for Peer Review Task Force? The proposals for publications under the banner of IMS are on the rise, and it is appropriate to have a common body to peer review the scientific content before publication to prevent ambiguity in statements.

The aim of formation of the Peer Review Task Force was to ensure that the scientific statements and publications issued under the banner of the Indian menopause Society are based on evidence and in synchrony with the statements/publications currently in circulation.

The eligibility and functioning of the Peer Review Task Force members is clearly defined. It is a voluntary work. The basic rules for formatting, presentation, copyright and publications are in place.

IMS Project on “Standardization of healthcare of Postmenopausal Women in India” through the IMS Foundation
By Dr. Duru Shah

There is extensive work on menopause and its related symptoms done across the world especially in western countries, however not much has been done in the developing countries. A review of the India scenario shows that RMNCH+A program, National programme for the healthcare of the elderly, National Rural Health Mission, National Health Mission, and the modules on the role of ASHA’s in non-communicable diseases do not refer to the issues of post-menopausal women. There have been studies documenting the age at which Indian women attain menopause and the factors that influence the phenomenon. The estimated mean age of menopause is 46 years in India.¹
In 1998, there were approximately over 477 million postmenopausal women (PMW) in the world and the number is projected to rise to 1.1 billion by the year 2025. There were about 65 million Indian women over the age of 45 years in the year 2006, and approximately 130 million Indian women are expected to live beyond menopause by 2015; hence menopausal health demands a higher priority in the Indian scenario.

Spontaneous Premature menopause or premature ovarian failure (POF) or primary ovarian insufficiency (POI) occurs in 1% of women whilst iatrogenic POI occurs following medical or surgical therapy which is commonly seen in our country where young women undergo hysterectomy with Bilateral oophorectomy.

POI affects quality of life, has significant psychosocial sequelae and major health implications, such as increased risk of osteoporosis, cardiovascular disease and dementia, thus increasing morbidity and mortality in women at an early age.

As the issues surrounding postmenopausal women are many and need specific psychological and medical management, the Indian Menopause Society through this project is leading the work related to IMW and is focusing its attention on the policy framework, definition, identification, and providing management health services to postmenopausal women residing both in the urban and rural India.

This will give a readymade plan and way forward for the Ministry of Health and Family welfare, who can then use the materials created and tested for firming up the Indian policy for menopausal women and training for health care providers delivering menopausal services.

Who benefits from the Project:
The data developed through the Project will be useful for sensitization of ASHAs, ANMs, LHV’s, medical officers, district Health Officers, DPM, SPM, OBGYNs at DH and Medical colleges and programme managers who are routinely engaged in delivery of health interventions. Policy makers may be sensitized toward the health of the ageing woman and thus promote the concept of menopausal medicine and design programmes to foster positive healthcare utilization amongst ageing or menopausal women. Private sector providers may also find this useful in instituting menopause specific interventions or clinics and referral of MWs to relevant specialists.

The Project has been divided into 4 phases:
The first phase included:
- The development of a new screening tool & its language translation and validation in Bengali and Hindi. - Completed

The Second phase included
- Collection of Data from the field and validation of about 793 women in Kolkata and Mumbai with an analysis of data and Validation of forms - Completed.

The Third phase included
- The creation of Training Modules. - Completed

The Fourth phase includes:
- Members of IMS Governing Council have been invited to become trainers for the project so that they could carry forward the project in their chapters once the Pilot Project is completed - Done.
Permission has been sought to carry out the Pilot project in Latur district of Maharashtra. Dr Rashmi Shah and Dr. Jyoti Unni have agreed to participate in the training of the Pilot project.

Training of Asha workers, PHC health workers to carry out the documentation of further management as per our Project ............... to be done.

Project monitoring to be done by Avni Health Foundation.

To start in Latur District of Maharashtra as soon as the MOU is signed with the Government of Maharashtra. The MOU is in its final steps.

Details of Phase 4 of the Project are attached as charts,

Chart 1 : Setting up a Menopause Program
Chart 2 : Implementation – Process Flow Chart
Chart 3: Details of Training Program
Indian Menopause Society

Newsletter January 2019

Theme 2018: **Menopause ....A New Mindset!**
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**Chart III**  
**Details of Training Program**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training of trainers – Medical officers at DH and CHC, DHO</td>
<td>1 day training</td>
</tr>
<tr>
<td>Training of the ASHA, ANM and LHV</td>
<td>1 day training</td>
</tr>
<tr>
<td>Interview of Menopausal women and collection of data of all women in the SC/PHC/CHC</td>
<td>3 months</td>
</tr>
<tr>
<td>Referral of the PMW to the CHC/District Hospital/ Medical College</td>
<td>Simultaneous to interview</td>
</tr>
<tr>
<td>Investigation, counseling, treatment and follow up</td>
<td>2 months/six monthly/ annual</td>
</tr>
</tbody>
</table>

Once the MOU is signed, phase 4 will be completed in a period of 4-6 months.

**References:**
4. New Delhi: Indian Menopause Society; Making Menopause Easier. Available from: [http://www.indiatogether.org/2006/0ct/were-menopause.htm](http://www.indiatogether.org/2006/0ct/were-menopause.htm)
Indian Menopause Society

Newsletter January 2019

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Website Committee Report : 2018-19

Chairperson Website Committee : Dr Navneet Takkar

The Presidential address along with the new IMS Calendar was uploaded. The new IMS MEMBERSHIP and CIMP FORMS were published on homepage.

Governing council Members list was updated on Quarterly basis.


IMSCON 2018 PHOTOS and Report of IMSCON 2018 at Gurugram were uploaded.

Exercise video by Past President Dr Manninder Ahuja uploaded

Updating of mobile data for online voting

All queries received on mail were replied within 24 hours time

All data of 2017 saved in Yearly Version control

STATEWISE CIMP Practioners list uploaded

FIRST International Newsletter of World Congress at Vancouver uploaded on Website

Yoga day celebrations in June 2018 published in June IMS Newsletter

NEW WEBSITE DESIGN OF IMS WEBSITE: Became operational from November 2018.

INTERACTIVE IMS Quiz: New Website Activity suggested by President Dr Ratnabali, where all IMS members could participate and win a prize was started in January 2019.
Midlife health charitable clinic activities were carried out all over India in different chapters on 5th of every month for 50+women free of cost. In this activity various public awareness programs regarding menopause were taken. General examination, breast examination and gynaec examination were carried out, HB% estimation, Blood sugar estimation; Bone density & Pap smear were carried out. In some patients hypertension and diabetes was detected and they were referred to specialists. Patients were given advice regarding lifestyle modification, diet and exercise. Calcium,Vitamin D3,painkiller & other required medicine were provided. Agra, Chennai, Faridabad, Jaipur, Kolkata, Nagpur, Mumbai, Patiala, Surat chapters contributed prominently for this activity. More than 2000 patients were benefited in this project. Doctors who immensely contributed to this activity are –

Nagpur - Dr. Kanchan Sortey, Dr. Neelam Puniyani, Dr. Vidya Sutaone, Dr. Nirmala Vaze, Dr. Alka Kumar, Vadehi Marathe, Dr. Ujjawala Kedare, Dr. Swati Bhave, Dr. Sutapa Roy
Kolkata - Dr Bipasa sen, Dr. Nupur Chakroborty, Dr. K.D. Bakshi, Dr. Nirmala Pipara, Dr. Ratnabali Chakraborty
Agra - Dr. Savita Tyagi, Dr. Manisha Agrawal, Dr. Arti Sharma
Jaipur - Dr. Anju Soni
Mumbai - Dr. Suvarna Khadilkar, Dr. Shubhda Gupta, Dr. Anup Gupta
Faridabad - Dr. Punita Hasija, Dr. Anita Kant, Dr. Aruna Kundu, Dr. Sonal Gupta
Chennai - Dr. Hepzbha Kirubamani, Tamil Selvi
Patiala - Dr. Balwinder Kaur, Dr. Manjit Kaur Mohi
Surat - Dr. Malti Shah, Dr. Anita Shah, Dr. Asha Bhatt, Dr. Sandhya Chhasatia, Dr. Pragna Pathak, Dr. Manisha Jhawar, Dr. Kokila Deasi me Dr Manisha Agarwal
Hyderabad - Dr. Meeta, Dr. Trippura Sundari, Dr. Ambuja C
Jalandhar - Dr. Sushma Chawla
Patiala - Dr. Balwinder Kaur, Dr. Manjit Kaur Mohi, Dr. Ruby Bhatia
Calicut - Dr. P.N. Ajitha
Bhagalpur - Dr. Pratibha Singh

Research Committee- Report – Dr Vijayalakshmi Seshadri

Research Study Title
IMPACT OF ENDOCRINAL MANIPULATION, IN PATIENTS OF BREAST CARCINOMA, ON THE MENOPAUSAL HEALTH

The Research proposal was put forward at the Midterm GCM chaired by President Dr Ratnabali Chakravorthy, at Lucknow, on 4th – 5th August 2018, and was approved.

On 19th September 2018, at Chennai, the proposal was placed at the Ethics Committee meeting comprising of 7 members headed by Dr PM Gopinath, and after scrutiny, the
approval to proceed was given on 7th November 2018. It was planned to conduct the pilot study at the Chennai Breast Centre.

The study is based on the fact that Hormone Receptor Positive Breast Cancers form about 70% of all breast cancers and that now it is established that the Endocrine Therapy to these Estrogen Receptor positive (ER+VE) and Progesterone Receptor Positive (PR +VE) tumors for 5-7 yrs following surgery / chemotherapy / Radiotherapy, helps to improve the survival outcome, the ipsilateral tumor recurrence and contralateral breast events.

Selective Estrogen Receptor Modulator (SERM) like Tamoxifen is preferred for Premenopausal women and Aromatase Inhibitor (AI) like Letrozole is preferred for Postmenopausal women with or without Tamoxifen.

With detailed counseling and informed consent, detailed proforma is filled up which includes the history, treatment, menopausal events and symptoms at the initiation of therapy and periodically at every 1 year of endocrine therapy with assessment of Quality of Life and patient compliance. Follow up also includes assessment of bone health by h/o fractures, DEXA SCAN, Vit. D and Serum Calcium levels, and assessment of endometrium by h/o discharge or bleeding per vaginum, ultrasound scan, hysteroscopy.

Till now 15 patients have been studied and it is a continuum with an expected no of 250-300 in 1 year of study.

SIGNIFICANCE OF THE STUDY – would give an insight into how these women would cope up with the menopausal symptoms and health status with the endocrine therapy.
Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Indian Menopause Society
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Dr Rechal Philip, Dr Naru, Dr Prabhu, Dr Mandeep, Dr Viju John, Dr Bhawna, Dr Sonal, Dr Chingmak, Dr Tina & Mr Harish. These ventures were financially supported by Oil & Natural Gas Corporation, Shree Cement Ltd and many friends of Okti Foundation.

1. Surgical Ventures
1. Civil Hospital, Joginder Nagar, Mandi, Himachal Pradesh in April 2018 in which 25 patients were operated free of cost.
2. Sahayak Surgical Centre, Manali, Himachal Pradesh in June 2018 in which 35 patients were operated.
3. Dr Prabhu’s Hospital, Totu, Shimla in August 2018, in which 25 patients were operated.
4. Duncun Hospital, Raxaul, Bihar in Oct 2018 in which 34 patients were operated.
5. Civil Hospital, Joginder Nagar, Mandi, Himachal Pradesh in November 2018 in which 17 patients were operated.
6. Lehmon Hospital Herburtpur, Uttrakhand in September 2018, in which 33 patients were operated.
7. Sant Parmanand Hospital, Delhi in 2018 in which 18 patients from remote locations were brought to Delhi for surgery.
2. Awareness & Screening Camps

1. A General Medical Camp was organized on 15th September 2018 at Coolie Camp Slums in Vasant Kunj Delhi with ONGC, inaugurated by Minister of Petroleum & Natural Gas and Skill Development & Entrepreneurship, Sh Dharmendra Pradhan in which a large number of patients got benefitted.

2. Awareness camp on Cervical Cancer Screening, Vaccination and sanitation at Swami Dayanand Kanya Vidyalaya, Delhi in October 2018. A group of 200 girls around 14 years of age, were sensitized.

3. Awareness camp on Cervical Cancer Screening & Vaccination at Govt Model School Manali H.P. on 7th October 2018 where about 200 girls from 10th standard were sensitized.
Awards

1. “Compassion Extraordinaire” Award to Dr Sonal Bathla, on 1st June 2018 by FOGSI President Dr Jaideep Malhotra and Sh J P Nadda, honourable Health Minister of India for the free surgical ventures conducted in remote villages pan India by the dedicated Team of Doctors.

2. The Okti Foundation represented by Dr George Verghese (Surgeon), Dr Vinod Kalla (Anaesthetist), Dr T.C Sharma (Urologist), Dr Sonal Bathla (Gynaecologist) was adjudged Runners up in South East Asia BMJ Awards in “Best Surgical Team Category 2018” amongst nine countries and 1595 entries for contribution towards the Surgical Services and Capacity Building in Rural India.

3. “Woman of the Year Award - 2019 ” was awarded to Dr Sonal Bathla by the Delhi Gynaecologist Forum and Wow India on 4th Jan 2019 in Delhi for her contributions to the Health Sector.
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Medical Education Committee
Prof. Dr Jyoti Jaiswal, Chairperson- Medical Education Committee, (2017-2019)

It’s my proud to be a part of IMS core committee and working as chairperson, IMS education committee. There were various medical education programs which were conducted by different chapters throughout the year. Various chapters had done multiple CME’s on different medical education programs.

Below is the list of chapters who had conducted these CME’s. Long live IMS!
## CME REPORT FOR MEDICAL EDUCATION COMMITTEE

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Month</th>
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<th>CME Topic</th>
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<tr>
<td>1</td>
<td>FEB</td>
<td>22/02/2018</td>
<td>Faridabad</td>
<td>PCOS and Midlife</td>
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<tr>
<td>2</td>
<td>FEB</td>
<td>27/2/2018</td>
<td>Chennai</td>
<td>Menopause consequences and it’s management</td>
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<td>3</td>
<td>MARCH</td>
<td>08/03/18</td>
<td>Lucknow</td>
<td>International Women’s Day – CME on Osteoporosis and Free clinics</td>
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<td>Chandigarh</td>
<td>HRT - Revisited “Where “How And When To Prescribe HRT “and “Co-morbidities In Menopause</td>
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<td>08/03/18</td>
<td>Nagpur</td>
<td>Menopause – what’s new to Manage</td>
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<td>Sarcopenia, Frailty and Menopause &amp; Mental Health</td>
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<td>Jalandhar</td>
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<td>Ultra Sound</td>
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</table>
### Academic & Public Awareness Activities

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

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Month</th>
<th>Event Details</th>
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<tr>
<td>10/05/18</td>
<td>MAY</td>
<td>Thyroid Disorders, Kolkata</td>
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<td>10/05/18</td>
<td>MAY</td>
<td>ART in Advanced Age, Faridabad</td>
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<td>12/05/18</td>
<td>MAY</td>
<td>MHT -Prescription Writing, Hyderabad</td>
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<td>Role of Nutrients In Perimenopausal Challenges, Agra</td>
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<td>Abnormal Uterine Bleeding, Jalandhar</td>
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<td>15/06/18</td>
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<td>Surgical Approach To Management Of VVF, Faridabad</td>
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<td>MAY</td>
<td>Stress Urinary Incontinence (SUI), Patiala</td>
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<td>Hormone Therapy, Surat</td>
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<td>MHT, Raipur</td>
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</tbody>
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Dr. Ratnabali Chakravorty, President IMS

5th January 2019 - Guwahati Society Inauguration and CME on CV problems in 40 Plus

Guwahati chapter has been registered as a Society. On 5th January they had a CME. New Office Bearers were installed. They have 78 members. Also want to make more. I went to deliver a presentation on IMS and CV problems in 40 PLUS.

10th January 2019 Meditation Programme at Kolkata
Rejuvenating Body
ekindle Soul

Indian Menopause Society
Newsletter January 2019

Academic & Public Awareness Activities

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

Dr. Usha Didwania, President Patna Menopause Society
27th January 2019- CME on Thyroid
Patna Menopause Society organised a CME today on 27-01-19 at hotel Maurya, Patna.
Program was started with Lighting the lamp and welcome address by Dr Usha Didwania, President Patna Menopause Society. After that Dr K G Kapoor, Patron of PMS, President POGS and Secretary POGS addressed the gathering. Vote of thanks was proposed by Dr Nibha Mohan. Scientific Sessions were chaired by Dr Kusum Gopal Kapoor & Dr Usha Didwania.

1. Thyroid disorder in pregnancy and in menopause (ATA Guidelines 2017) by Dr Manjugita Mishra
2. Co morbidities at Menopause (5th module) by Dr Sushma Pandey
3. Case based Panel Discussion (module)

Moderators - Dr Alka Pandey, Dr Nibha Mohan
Panelists - 1. Dr Kumkum Sinha, 2. Dr Saroj Singh, Dr Reeta Kumari Jha, Dr Abharani Sinha, Dr Neelam

It was well attended by 58 obstetrician and gynaecologists. There was very good interaction in all scientific papers. The program was conducted by Dr Minie Anand.
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Newsletter January 2019

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2-1-2019 – Public Awareness - Beto Bachao Beto Padhao Walkathon And Human Chain
Dr. Oby Nagar, President Jaipur Menopause Society
24th January 2019 - Quiz on Menopause Revisted

Jaipur Menopause Society (JMS) conducted the JMS Quiz 2019 on 24.01.2019 in Zenana Hospital, Jaipur. The eligibility criteria was young Gynecologists (within 5 years of passing), Senior Residents and Post Graduate Residents.

There were 2 round of Quiz. First was the written round. Out of these 8 doctors qualified for the oral round. 4 teams A, B, C and D were formed. Team D won. The doctors were Dr. Usha Poonia and Dr. Ankita Gahlot. Since we had to select 1 winner, both the doctors were made to face select questions. Again there was a tie. But the overall score of Dr. Ankita Gahlot was more and she was declared the winner. The Judges were Dr. Neelam Jain, Secretary, Jaipur Menopause Society. Dr. Ranu Patni, Past President, JMS & Dr. Jaya Choudhary, Joint Secretary, JMS. The quiz co-ordinator was Dr. Reshma Gera and her Senior Residents. Prize Distribution to the winners was done by Dr. Ranu Patni- Editor in Chief of Midlife Crisis Journal and Dr. Oby Nagar President, Jaipur Menopause Society.

Dr. Ankita Gahlot (1st) and Dr. Usha Poonia (2nd), The winner would be send for IMS Quiz Kolkata to be held in February, 2019.
Indian Menopause Society

Newsletter January 2019

Academic & Public Awareness Activities

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2-1-2019 Beti bachao Beti padhao walkathon and human chain
All for a good cause 250 people assembled at Amar Jawan Jyoti for Save n educate the girl child Tx to all enthusiastic Jogs members n young students who could make it early .....nothing could be more commendable than youth taking up this value
Dr. Archana M. Dwivedi, President, Vadodara Menopause Chapter
26th January 2019 – Republic Day Celebrations – Club35+ Awareness Programme

6/1/2019 marathon NGO partners for cervical n breast cancer awareness

For jan 2019 as cervical cancer awareness month by team vadodara menopause society

1. Cervical cancer awareness talk with emphasis on role of pap smear and regular perineal hygiene care on 2/1/2019 by Dr. Archana M Dwivedi at railway colony with 300 attendee and 70 doctors.

2. Times of India article by Dr. Preeti Nirajnan on 5/1/2019. We are doing NGO participation on 6/1/2019 Vadodara Marathon 2019 for breast and cervical cancer awareness, rangoli and slogan competition with flag hoisting as 26/1 2019 celebrations lined up.
Dr. Madhuri, President, Bhopal Menopause Society
2nd January 2019 - Beti Bachao Beti Padhao Walk

Dr. Sandhya Chastia, President, Surat Menopause Society
13th January 2019 – Club 35+ – Public awareness Programme
IMS Surat society had a club 35+ members meet in collaboration with lady wing of SGCC Surat on 13th Jan 2019. A speech was on dermatology and cosmetology by a dermatologist of celebrities - Dr. Shreelata Trasi from Mumbai. Attended by around 50 members
Indian Menopause Society

Newsletter January 2019

Academic & Public Awareness Activities

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IMS Surat society had a club 35+members meet in collaboration with lady wing of SGCC Surat on 13th Jan 2019. A speech was on dermatology and cosmetology by a dermatologist of celebrities - Dr Shreelata Trasi from Mumbai. Attended by around 50 members.

Dr. Kaushal Chundawat, President, Udaipur Menopause Society

22 January 2019 - Health Camp at Nai village adopted by UMS

The health camp was conducted at a Government CHC in village Nai, near Udaipur. The CHC was chosen because it caters to a good number of tribal patients from nearby villages. In all almost 45 patients were collected but we could only screen 20 as others were not fulfilling the criteria for VIA. Out of 20, 2 were VIA positive with acetowhite areas and one patient was grade 3 cancer cervix and was referred to Radiotherapy department of government medical college. The other two screen positive patients were advised LBC/COLPOSCOPY.

The camp was sponsored by SANJIVANI FOUNDATION, a registered charitable trust.

Looking into the pathetic condition of tribal women of that area UMS has adopted that village and will be doing this activity on regular basis.
Dr. Tripura Sundari, President  Hyderabad Menopause Society

24th January 2019 – CME on “Tips to Pause – Menopause”

24th January 2019, A CME on “Tips to Pause - Menopause" was organised by Hyderabad Menopause Society at KIMS Auditorium. It was attended by more then 50 obstetricians and postgraduates.

The meeting initiated with Dr. Tripura Sundari, President, HMS, welcoming all present and requesting Dr. Jamuna Suri, Secretary HMS, to introduce some of the senior stalwarts of the Society while the seniors were being felicitated:
Dr. Hemalatha Rangachary, Dr. Sarojini Devi, Dr. Pushpalatha D., Dr. P. Balamba, Dr. Sultana Khan & Dr. Shailaja G. were felicitated.

The scientific session was Chaired by Dr. Savtha Devi, Dr. G. Lakshmi, Dr. Anupama Hari & Dr. Roya Rosseti. Dr. Meeta spoke on "Preserve your Skeleton Beyond Medicine", Dr. Ambuja spoke on "Tips to Pause - Menopause and Antibiotics" & Dr. Prasun Deb, Endocrinologist spoke on "Dodge the .....Aging Endocrines"
The Session was appreciated by all present. Dr. Tripura Sundari thanked the Faculty and gave away the mementoes. She thanked all the participants for their presence at such short notice.
Dr. Reena Srivastava, President, Gorakhpur Menopause Society

16-12-2018 – CME on Preventive Oncology & A WS on Colposcopy

Gorakhpur Menopause Society organised a CME on “PREVENTIVE ONCOLOGY” & Live Workshop on Colposcopy under aegis of Gorakhpur Menopause Society, UPSC AGOI and Department of Obstetrics & Gynaecology held at BRD Medical College on 20/01/2019.

CME INCLUDED:
- Screening of carcinoma cervix-Dr Sudhir Gupta
- HPV Vaccination –Dr Amrita Jaipuriar / Dr Priyanka Singh
- Colposcopic practical Tips –Dr Sudha Nigam
- Management of Pre malignant lesions of cervix-Dr Vani Aditya
- Approach to Adenaxal mass –Prof. Dr. Nisha Singh
- Surgical Prophylaxis of Ovarian Cancer –Dr Aradhana Singh
- Live Colposcopic Workshop- Dr Sudha Nigam
- Prof. Dr. Nisha Singh(KGMU, Lucknow)
Indian Menopause Society

Newsletter January 2019

Academic & Public Awareness Activities

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

Dr. Ajitha P. N., President Calicut Menopause Society
January 2019 - Activities Of Calicut Menopause Society

MEDICAL CAMP FOR TRIBALS CONDUCTED BY DR. JEENA BABURAJ AT WAYANAD

MEDICAL CAMP AND HEALTH EDUCATION FOR WOMEN GIVEN BY DR. JEENA BABURAJ AT VADAGARA
Indian Menopause Society

Newsletter January 2019

Academic & Public Awareness Activities

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TALK BY DR. JEENA BABURAJ ON PREVENTIVE ONCOLOGY AT THRISSUR

DR. AJITHA PN INAUGURATING THE STATE LEVEL MEET ON INTERNATIONAL YOUTH DAY
Indian Menopause Society

Newsletter January 2019

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**DR. LAKSHMY .S GAVE A TALK ON PSYCHOLOGICAL IMPACT OF MENOPAUSE IN THE SESSION ON MENOPAUSE MATTERS AT AICOG**

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**DR. MUMTAZ MODERATED A PANEL ON BREAST LUMP AT AICOG 2019**

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**DR. MUMTAZ ATTENDED THE NATIONAL CONFERENCE ON BREAST DISORDERS**
Indian Menopause Society

Newsletter January 2019

Academic & Public Awareness Activities

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DR. MK VALSAN WAS AWARDED THE FIRST PRIZE FOR VIDEO PRESENTATION AT AICOG 2019, BENGALURU

MEDICAL CAMP CONDUCTED BY DR. MK VALSAN IN A TRIBAL COLONY AT WAYANAD

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Indian Menopause Society

Newsletter January 2019

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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 freeships to poor and needy 50+ women organize free - osteoporosis screening, pap smears. Send the report with a picture to Indianmenoapsuesociety@gmail.com

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5-1-2019 Dr. Bipasa Sen, Kolkata Menopause Society examined 15 Gynae patients free of cost.

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5-1-2019 Dr. Meeta Singh, Hyderabad Menopause Society

Initiated the MHCC this year at Tanvir hospital. 5 Patients were treated free of charge.
Indian Menopause Society
Newsletter January 2019

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5-1-19, Dr. Balwinder Kaur & Dr. Manjit Kaur Mohi, Patiala Menopause Society
Patiala Menopause Society organised A Varisht Janswasthya yojna camp on 5/01/2019 in
the IMS Varishta Janaswasthya Yojana awareness Camp was organized by Patiala
Menopause Society on 5.1.2019, in Dept. of OBGY & Gynae GMC, Patiala. About
31 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, ophthalmology & Pathology, Psychiatry were also utilized. A
Health awareness talk was given.

5-1-19, Dr. N.Hephzibah, Chennai Menopause Society
Chennai Menopause Society organized MHCC program where 35 women were screened for
NCD in two centers.

5-1-19, 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 UMMEDE organization. It was attended more than 80 l 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.
Indian Menopause Society

Newsletter January 2019

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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 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

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
Indian Menopause Society

Newsletter January 2019

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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)”.
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 indianmenopausesociety@gmail.com

10th of Every month - YOGA & Meditation Day
January Cervical Cancer Awareness Month & Thyroid Awareness Month(AACE)
January 24th – Girl Child Day
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
Indian Menopause Society

Newsletter January 2019

Academic & Public Awareness Activities

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

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

Arshia A. Ghani
Executive Director
Indian Menopause Society
CEO
Cocoon Management Consultants

09989335361, 09246105361
arshiaakheelg@gmail.com
www.cocoonconsultants.com
We make the difference!