Dear IMS family members,

Greetings from IMS Office bearers.

Please accept our sincere best wishes in this difficult pandemic situation.

Stay Safe, Stay Healthy and while practicing, take all the necessary preventive care for the safety of your patients, your staff members and for yourself.

We have completed first 100 days of our silver jubilee year tenure. In this difficult situation because of Lockdown, we are facing many more challenges in performing our activities at administration level as well as academic level.

But as it is said,

“A CHALLENGE ONLY BECOMES AN OBSTACLE WHEN YOU BOW TO IT”

Our sincere and efficient Office CEO Ms. Arshia has resigned from 1st April 2020. We have also changed our auditors as it was decided in last GCM.

You all know very well....

“TO BE THE BEST,

YOU MUST BE ABLE TO HANDLE THE WORST!!!”

We were planning for many academic feasts, but due to Corona Pandemic, we were forced to remain quiet & so we grabbed the opportunity of digitalization.

As we couldn't plan various CMEs, we started webinars. We have organized 12 webinars so far which were very well appreciated and we observed good number of participation. Series of Webinars with cross talk- Circle of Ease, Menopause Master Classes, E-master classes etc. We are planning for video recording of these webinars on our website.

All of you must have enjoyed these webinars covering various topics related to Midlife Health. We are thankful to Pfizer & Lupin Pharmaceuticals.

To maintain the academic interest of our members & to keep them a little busier, we started “Lock down Sunday Quiz. Thanks a lot to Dr. Jyoti Jaiswal, Chairperson of Quiz Committee for her active, enthusiastic involvement. A very big thank to all the participants too...Our “Lock Down Sunday Quiz is very popular and very unique and we want to continue it as our permanent activity.

Of course all of us have faced a very difficult situation,
But to some extent, this lockdown has proved "Blessings in Disguise "...
We are really proud of the creativity of our members in each & every corner...it may be...cooking or dressing or music or dancing, painting or exercising....!

You all will agree with us....

"Entrepreneurial leadership requires the ability to move quickly when opportunity presents."

In our future planning we are planning Series of webinars – Kavach, Preventing Genital malignancies in Midlife women by series of Gynaec Onco webinars.

Suggestions for any innovative activity are always welcome.

Regarding Zonal Conferences and Midterm GCM, we will decide by end of July.

Finally,.....

We are not sure,

When this lock down will be released......

What will b the future strategy of our work plan..

Till then....Stay safe...stay positive...stay fit....stay healthy...stay happy....stay blessed....& take care of yourself & your patients....

Dr. Jignesh Shah
President
IMS India, 2020 – 2021

Dr. Anita Shah
Secretary General
IMS India, 2020 – 2021
International News

From the desk of Prof. Sunila Khandelwal, Chairman International Advocacy Committee

Dear Friends,

Firstly, this past month we have held the elections for the next IMS Board. I thank all my friends those who encouraged me to work in the board consequently in my third term. The nominees for International Board were all accomplished experts in the field of menopause which meant that election to the Board was highly competitive. My heartfelt gratitude to my dear IMS family for keeping faith in me and for the kind support to win the elections!

Secondly, unfortunately, due to the ongoing impact of the corona virus pandemic, the publishers of International Menopause Society's Journal: Climacteric has had to temporarily put a hold on the printing of this and other journals. Online access to new editions of the journal will be uninterrupted and, once printing resumes, you will receive print copies that would have been dispatched during this time.

Thirdly, 17th World Congress on Menopause, Melbourne, Australia, 4th–7th February 2021 has been rescheduled without changing the structure or program. The program has been updated on the Congress website with the new dates: https://www.imsmelbourne2020.com/scientific-program/

- The Congress will be on the same days of the week as originally planned so we are simply lifting the entire schedule into the new dates.
- All travel bursaries and awards will be as awarded for the 2020 dates.
- Abstracts may be updated and new abstracts submitted.

We, the board Members and organizers, look forward to see those of you who can join us in Melbourne in February 2021. If you have any queries about the Congress, please refer to the FAQ page on the website https://www.imsmelbourne2020.com/postponement-faq/ or contact Rebecca Cheshire.

Finally, many of our members are at the front line of providing patient care in the present COVID-19 pandemic while others, although not directly at the front line, are having to deal with changed mechanisms for health-care delivery which makes providing the standard of care we aspire to a challenge. We are all at risk of psychological stress and fatigue during this difficult time. My thoughts are with all the members of the IMS family and again I hope you and your families stay well and safe in the present climate.

Forthcoming Activity: International Menopause Society is going to start soon series of monthly Interactive webinars from June 2020 from the desk of EXPERTS! First one is on 23rd JUNE So BLOCK YOUR Calendar!

If not yet renewed the membership, please do. Also seek support for New memberships.

I look forward to the day we can all be together again and greet each other in the conventional manner.

Till then, keep healthy and strong!

My warmest wishes to you all with Cyber hugs,

Sunila Khandelwal
Advocacy Committee
International
Indian Menopause Society International Affiliations

Council of Affiliated Menopause Societies (CAMS)

The International Society of Gynecological Endocrinology (ISGE)

International Academic Exchange

IMS
BMS
European Menopause and Andropause Society
APMF
SAFOMS
IMSI
British Menopause Society
Asian Pacific Menopause Federation

Indian Menopause Society
**IMS WhatsApp Quiz**

**Date: 5th April 2020**

**Topic – Osteoporosis and Menopause**

<table>
<thead>
<tr>
<th>Question</th>
<th>Option A</th>
<th>Option B</th>
<th>Option C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1: Must check before starting bisphosphonates for mgmt of Osteoporosis</td>
<td>A) Creatinine levels</td>
<td>B) Osteonecrosis of jaw screening</td>
<td>C) Atypical fracture screening</td>
</tr>
<tr>
<td>Q2: Maximum BMD response in spine seen after treatment of osteoporosis with</td>
<td>A) Zolendronic acid</td>
<td>B) Raloxifene</td>
<td>C) Teriparatide</td>
</tr>
<tr>
<td>Q3: Which statement is wrong regarding Denosumab for osteoporosis</td>
<td>A) It decreases vertebral fractures by nearly 70%, hip fractures by 40% and nonverbal fractures by 20%</td>
<td>B) Dose is 60 mg twice a year i/m</td>
<td>C) Well tolerated even in pts with creatine clearance less than 30 ml/ min</td>
</tr>
<tr>
<td>Q4: Monitoring of serum calcium and serum uric acid levels is important during Teriparatide therapy. What should be monitoring schedule</td>
<td>A) at 1, 3 and 12 month</td>
<td>B) at 1, 6 and 12 month</td>
<td>C) at 1, 9 and 18 month</td>
</tr>
<tr>
<td>Q5: Daily requirement of calcium in a lady over 50 years is</td>
<td>A) 800 mg</td>
<td>B) 1000 mg</td>
<td>C) 1200 mg</td>
</tr>
</tbody>
</table>

**ANSWER SHEET**

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1</td>
<td>A) Creatinine levels</td>
</tr>
<tr>
<td>Q2</td>
<td>C) Teriparatide</td>
</tr>
<tr>
<td>Q3</td>
<td>B) Dose is 60 mg twice a year i/m</td>
</tr>
<tr>
<td>Q4</td>
<td>B) at 1, 6 and 12 month</td>
</tr>
<tr>
<td>Q5</td>
<td>C) 1200 mg</td>
</tr>
</tbody>
</table>

**Winners of WhatsApp quiz of 5/4/2020 on osteoporosis and menopause.**

- Dr. Namita Saxena, Agra
- Dr. Bharavi Joshi, Ahmedabad
- Dr. Bhavna Sheth, Bharuch
- Dr. Amrita Sarkari, Gorakhpur
- Dr. Taru Chhaya, Jaipur
- Dr. Neha Mahajan, Jammu
- Dr. Kinjal, Mumbai
- Dr. Seema Dande, Nagpur
- Dr. Bharathi, Patiala
- Dr. Monika Pathak, Raipur
- Dr. Ajay Jain, Surat
- Dr. Alka Patel, Vadodara
Date: 9th April 2020
Topic – Menopause and Cancer

Compiled by Dr. Sarita Bhalerao

Q1: E6/E7 mRNA test is used for
a. Diagnosis of cervical cancer
b. Diagnosis of HPV infection
c. Cure of cervical cancer
d. Risk of malignant transformation in CIN

Q2: What is most common cause of death in Ca Cervix?
a. Haemorrhage
b. Uraemia
c. Cachexia
d. Intracranial bleed

Q3. In endometrial carcinoma, which histologic type is most malignant?
a. Clear cell
b. Large cell
c. Squamous subtype
d. Small cell

Q4: Which is commonest site of Ca breast?
a. Upper outer quadrant
b. Lower outer quadrant
c. Upper inner quadrant
d. Lower inner quadrant

Q5: Regarding vulvar cancer which of the following statements is correct
a. Squamous cell carcinomas are most common followed by adenocarcinomas
b. Squamous cell cancers are most common with melanomas being next most common
c. Squamous cell cancer and basal cell carcinoma are the two most common types
d. Pagets disease of vulva is the commonest type of vulval cancer

ANSWER SHEET
Q1: d. Risk of malignant transformation in CIN
Q2: b. Uraemia
Q3: a. Clear cell
Q4: a. Upper outer quadrant
Q5: b. Squamous cell cancers are most common with melanomas being next most common


Dr Neelam Banara
Agra

Dr Kinjal Shah
Mumbai

Dr Rajni Asthana
Ahmedabad

Dr Anupama Anand
Nagpur

Dr Bhavana Sheth
Bharuch

Dr Sangeeta Agarwal
Patna

Dr Dipti Chaturvedi
Gorakhpur

Dr Meera Jha
Patna

Dr Shailesh Jain
Jaipur

Dr Sumi Agarwal
Raipur

Dr Charu
Jammu

Dr Maltiben Dalal
Surat

Dr Seema
Lucknow

Dr Nilam Desai
Vadodara
### Date: 12th April 2020
### Topic - Benign ovarian cysts

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1: Benign ovarian cysts during menopause found more often in women on MHT</td>
<td>False</td>
</tr>
<tr>
<td>Q2: MRI scores over other modalities in Primary diagnosis of benign cysts</td>
<td>False</td>
</tr>
<tr>
<td>Q3: Relative risk of developing ovarian malignancies with benign ovarian cysts is not different from ovaries without cysts.</td>
<td>True</td>
</tr>
<tr>
<td>Q4: History of hysterectomy has no association with benign simple ovarian cysts</td>
<td>False</td>
</tr>
<tr>
<td>Q5: Benign simple cysts are more often found much later after menopause</td>
<td>False</td>
</tr>
</tbody>
</table>

**ANSWER SHEET**

- Q1: False
- Q2: False
- Q3: True
- Q4: False
- Q5: False

**Winners of WhatsApp quiz of 12/4/2020- on Benign Ovarian Cysts.**

- **Dr Sharmila Panjwani**
  - Agra
- **Dr Sujata Dalwi**
  - Mumbai
- **Dr Rajni Asthana**
  - Ahmedabad
- **Dr Sheela Jain**
  - Nagpur
- **Dr Bhavana Sheth**
  - Bharuch
- **Dr Sangeeta Agarwal Patiala**
- **Dr Sunaina Goyal**
  - Gurgaon
- **Dr Maltiben Dalal**
  - Surat
- **Dr Yasmin Sayeed**
  - Jaipur
- **Dr Preeti Shah**
  - Vadodara
- **Dr Priyanka**
  - Jammu
- **Dr Shanu Jeet Sodhi**
  - Chandigarh
- **Dr Nutan Narayan**
  - Patna
- **Dr Reeta Singh**
  - Gorakhpur
- **Dr Chetna Ramani**
  - Raipur
**Date: 19th April 2020**  
**Topic – AUB & Perimenopause**

Q1: For Atypical complex endometrial hyperplasia in a 50 yr old women, Treatment of choice is  
A – MPA  B – LNG- IUS  
C – Hysterectomy  D – Ormiloxiphe

Q2: Intermenstrual bleeding at 45 yrs need  
A – Hysteroscopic evaluation  B – Colposcopy  
C – USG  D – All the above

Q3: If the cause of perimenopausal bleeding is atrophic endometrium,  
A – Estrogen therapy is given followed by progestogen  
B – Only progestogen can be used  
C – Only Estrogen therapy is given  
D – LNG - IUS can be used

Q4: Myometrial hypertrophy and arterio-venous malformations can be cause of  
A – AUB-C  B – AUB-E  
C – AUB-N  D – AUB-O

**ANSWER SHEET**  
Q1: C – Hysterectomy  Q2: D – All the above  
Q3: A – Estrogen therapy is given followed by progestogen  
Q4: C – AUB-N

**Winners of WhatsApp quiz of 19/4/2020- on AUB & Perimenopause.**

- Dr Vidya Chouhan  
  Ahmedabad  
- Dr Bhavna Khera  
  Lucknow

- Dr Emrana Rahman  
  Bhagalpur  
- Dr Trupti Nadkarni  
  Mumbai

- Dr Bhavna Sheth  
  Bharuch  
- Dr Dipti Kiratkar  
  Nagpur

- Dr Monika Aggarwal  
  Chandigarh  
- Dr Ruby Bhatia  
  Patiala

- Dr Meera Raghavan  
  Chennai  
- Dr Abha Rani & Dr Reeta Jha  
  Patna

- Dr Pratyusha  
  Hyderabad  
- Dr Sandhya Chhasatia  
  Surat

- Dr Jaya Choudhary  
  Jaipur  
- Dr Binal Shah  
  Vadodara

- Dr Santosh Singhal  
  Agra  
- Dr Anil Mehta  
  Jammu

- Dr Amrita Jaipuriar  
  Gorakhpur  
- Dr Arpana Verma  
  Raipur

- Dr Awantika Sharma  
  Gurugram  
- Dr Lata Jethwani  
  Rajkot

- 20 societies so far counted who participated.  
- Raipur society has 43 participants this time.
Q1: If required, change over from OCP to HT can be carried out
A – arbitrary age of 45-50 years
B – Serum FSH:LH is >1
C – FSH more than 30 IU / L
D – All the above

Q2: Which statement is wrong regarding late reproductive stage (STRAW-3b)
A – Menstrual cycles are relatively unchanged
B – Early follicular FSH increases
C – AMH is low
D – AFC is low

Q3: STATE TRUE / FALSE
If OCPs are continued before major surgery, heparin prophylaxis should be considered

Q4: STATE TRUE / FALSE
Long term use of DMPA in healthy women should be considered as an indication to assess BMD

Q5: STATE TRUE / FALSE
Women more than 40 years, who do not conceive within two cycles of controlled ovarian hyper stimulation, IVF should be considered.

ANSWER SHEET
Q1: D – All the above
Q2: B – Early follicular FSH increases
Q3: True
Q4: False
Q5: True


Dr Ila Jha
Agra

Dr Bhavna Khera
Lucknow

Dr Sunaina Goyal
Gurugram

Dr Lata Jethwani
Rajkot

Dr Praveen Parmar
Bharuch

Dr Dipti Kiratkar
Nagpur

Dr Vishakha Gupta
Chandigarh

Dr Ritika
Patiala

Dr Manju Goyal
Faridabad

Dr Reeta Jha
Patna

Dr Pawan Kumar
Gorakhpur

Dr Arpana Verma
Raipur

Dr Jaya Choudhary
Jaipur

Dr Sushma Baxi
Vadodara

Dr Neha Mahajan
Jammu
### Date: 3rd May 2020

#### Topic – Vasomotor symptoms in menopause

<table>
<thead>
<tr>
<th>Question</th>
<th>Statement</th>
<th>Correct Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1: All are correct statements regarding VMS except-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A – Prevalence is upto 75%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B – Do not appear before menopause</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C – Maximum intensity is during first 2 years postmenopause</td>
<td></td>
<td></td>
</tr>
<tr>
<td>D – Some may experience for 10 years or longer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q2: Physiological mechanism of hot flashes are appear to involve</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A – Thermoregulatory disruption</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B – Neurochemical disruption</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C – Both A and B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>D – None of the above</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q3: Lowest prevalence of VMS is found in</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A – Chinese</td>
<td>B – Japanese</td>
<td></td>
</tr>
<tr>
<td>C – Hispanic</td>
<td>D – African American</td>
<td></td>
</tr>
<tr>
<td>Q4: Which is FDA approved non hormonal medication for treatment of VMS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A – Clonidine</td>
<td>B – Gabapentin</td>
<td></td>
</tr>
<tr>
<td>C – Fluoxetine</td>
<td>D – Paroxetine</td>
<td></td>
</tr>
<tr>
<td>Q5: Side effects of ospemifene are all EXCEPT-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A – Hot flashes</td>
<td>B – Vaginal atrophy</td>
<td></td>
</tr>
<tr>
<td>C – Vaginal discharge</td>
<td>D – Muscle spasm</td>
<td></td>
</tr>
</tbody>
</table>

#### ANSWER SHEET

<table>
<thead>
<tr>
<th>Question</th>
<th>Correct Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1:</td>
<td>B – Do not appear before menopause</td>
</tr>
<tr>
<td>Q2:</td>
<td>C – Both A and B</td>
</tr>
<tr>
<td>Q3:</td>
<td>B – Japanese</td>
</tr>
<tr>
<td>Q4:</td>
<td>D – Paroxetine</td>
</tr>
<tr>
<td>Q5:</td>
<td>B – Vaginal atrophy</td>
</tr>
</tbody>
</table>

#### Winners of WhatsApp quiz of 03/05/2020- on Vasomotor symptoms in menopause

- **Dr Arti Gupta**
  - Agra
- **Dr Neha Mahajan**
  - Jammu
- **Dr Divya Ravikumar**
  - Chennai
- **Dr Rita Jha**
  - Patna
- **Dr Manju Goyal**
  - Faridabad
- **Dr Akanksha Mishra**
  - Raipur
- **Dr Madhu Gulati**
  - Gorakhpur
- **Dr Ami Mehta**
  - Rajkot
- **Dr Umaben Doshi**
  - Ahmedabad
- **Dr Bhavna khera**
  - Lucknow
- **Dr Pratibha Singh**
  - Bhagalpur
- **Dr Kinjal Shah**
  - Mumbai
- **Dr Bhavna Sheth**
  - Bharuch
- **Dr Meghna Agrawal**
  - Nagpur
- **Dr Gaurika Agrawal**
  - Chandigarh
- **Dr Anu Sadana**
  - Gurugram
- **Dr Sandhya Chhasatia**
  - Surat
- **Dr Santusht Mathur**
  - Jaipur
- **Dr Varsha Prapanna**
  - Vadodara
- **Dr Ruchi Bhargava**
  - Jalandhar

- **21 societies participated**
- **Patiala society has max 32 participants with 20 fully correct answers followed by Raipur menopause society with 31 participants with 14 fully correct answers**
**Date: 10th May 2020**

**Topic – Genito urinary syndrome of menopause**

Q1: New terminology for vulvo-vaginal atrophy and atrophic vaginitis is Genito-urinary Syndrome of Menopause.
Following are the symptoms of GSM Except-
A – Genital dryness
B – Loss of Vaginal rugae
C – Decreased arousal/ orgasm
D – Urinary frequency and urgency

Q2: Which is most common urogenital symptoms in menopause
A – Urinary urgency
B – Pruritus vulva
C – Vaginal dryness
D – Dysuria

Q3: Best option for 52 yr nonhysterectomized postmenopausal woman with vasomotor symptoms, vulvo-vaginal symptoms and osteopenia
A – TSEC  
B – BZA
C – CEE  
D – Estriol creme

Q4: Management option for acquired sexual disorder in post menopausal women
A – Testosterone preparation meant for males can be used
B – Conjugated Estrogen
C – Tibolone
D – 17 b estradiol

Q5: Treatment of menopausal women with vulvo Vaginal symptoms related to sexual activity can be all Except-
A – long acting Vaginal moisturizer
B – Systemic MHT
C – low dose Vaginal Estrogen therapy
D – phytoestrogen black cohosh

**ANSWER SHEET**

Q1: B – Loss of Vaginal rugae
Q2: C – Vaginal dryness  
Q3: A – TSEC
Q4: C – Tibolone  
Q5: D – phytoestrogen black cohosh

**Winners of WhatsApp quiz of 10/05/2020- on Genito urinary syndrome of menopause**

Dr Sanjana Maheshwari  
Agra
Dr Bhavna khera  
Lucknow

Dr Parul Gadhiya  
Ahmedabad
Dr Madhuri V Joshi  
Mumbai

Dr Mithilesh bansal  
Faridabad
Dr Chetna Ramani  
Raipur

Dr Kiran Arora  
Gurugram
Dr Ami Mehta  
Rajkot

Dr Rajni  
Hyderabad
Dr Chetna shah  
Surat
Date: 17th May 2020

Topic – Post Menopausal Bleeding

Q1: Most common cause of post menopausal bleeding is
A – Atrophy and inflammation of vagina and endometrium
B – Endometrial polyp
C – Endometrial hyperplasia
D – Bleeding related to use of HRT

Q2: How much endometrial thickness on TVS is indication for endometrial biopsy in a menopausal lady without post menopausal bleeding
A - > 4 mm
B - > 5 mm
C - < 8 mm with tamoxifen
D - > 11 mm

Q3: Post menopausal bleeding needs endometrial biopsy in all cases EXCEPT
A – focal increased echogenicity of endometrial in cases of thin endometrium
B - > 4 mm ET in cases with more then 5 years of menopause
C - >7 mm ET in sequential Hormone therapy
D - <5.5 mm on continuous combined hormone therapy

Q4: Women with Lynch Syndrome have risk of endometrial cancer
A – 50%  B – 60%  C – 70%  D – 80%

Q5: Incidence of endometrial carcinoma in cases of post menopausal bleeding is approximately
A – 5%  B – 10%  C – 15%  D – 18%

ANSWER SHEET
Q1: A – Atrophy and inflammation of vagina and endometrium
Q2: D - > 11 mm
Q3: D - < 5.5 mm on continuous combined hormone therapy
Q4: B – 60%  Q5: B – 10%

Winners of WhatsApp quiz of 17/05/2020- on Post Menopausal Bleeding
Dr Pratibha Singh  Dr Amita Sinha
Bhagalpur  Patna
Dr Pushpa Bishnoi  Dr Kripali Bhayani
Gurugram  Rajkot
Dr Rajani  Dr Chetna shah
Hyderabad  Surat
**Date: 24th May 2020**

**Topic – Ovarian Malignancy**

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1: Most cancers of ovary are epithelial. Which histological subtype is most common?</td>
<td>B – Serous</td>
</tr>
<tr>
<td>Q2: If RMI is &gt;250 risk of ovarian cancer is</td>
<td>D – 75%</td>
</tr>
<tr>
<td>Q3: Choose the correct answer</td>
<td>C – Laparotomy is preferred to manage ovarian malignancies</td>
</tr>
<tr>
<td>Q4: State TRUE/FALSE- If a lady aged 54yrs comes with symptoms of irritable bowel syndrome for less than 12 months , we should suspect Ovarian malignancy</td>
<td>True</td>
</tr>
<tr>
<td>Q5: State TRUE/ FALSE- If someone is only BRCA-1 mutation carrier after due counselling and after conclusion of childbearing, risk reducing BSO is performed between 35-40yrs of age and if only BRCA-2 mutation carrier then it may be delayed to 45 yrs of age</td>
<td>True</td>
</tr>
</tbody>
</table>
Date: 31st May 2020

Topic – Cardiovascular Health and Menopause

Choose only 1 best suitable answer

Q1: All statement regarding Menopausal Hormone Therapy are true EXCEPT
A – Timing of MHT initiation is a critical factor for cardiovascular risk
B – Healthy symptomatic women who initiated MHT when aged younger than 60 yrs have demonstrated increase of coronary heart disease and stroke.
C – MHT within 10 years of menopause demonstrates reduction in all cause mortality.
D – Early MHT is associated with improvements of sub clinical signs of atherosclerosis

Q2: Transdermal estrogen is preferable in comparison to oral estrogen for use in women with all EXCEPT
A – Low BMI
B – Hypertriglyceridemia
C – high risk for DVT
D – Smoking

Q3: Oral MHT undergo first pass metabolism. First pass effect can produce all EXCEPT
A – Reduction in LDL
B – Decrease in HDL
C – Increased triglycerides
D – Coagulation activation

Q4: TRUE / FALSE
Hormone Therapy is FDA indicated for primary cardio protection.

Q5: TRUE/ FALSE
For women with moderate risk of CVD, if required transdermal estriol should be offered.

ANSWER SHEET

Q1: B
Q2: A
Q3: B
Q4: False
Q5: True

Winners of WhatsApp quiz of 31/05/2020 on Cardiovascular Health and Menopause

Dr Bhanumati Sharma
Faridabad

Dr Amrita Jaipuriar
Gorakhpur

Dr Avantika Sharma
Gurugram

Dr Ritu Rajput
Patna

Dr Yashaswi Pandey
Raipur

Dr Kripali Bhayani
Rajkot
<table>
<thead>
<tr>
<th>Name</th>
<th>City</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Santosh Singhal</td>
<td>Agra</td>
</tr>
<tr>
<td>Dr Bhavna Khera</td>
<td>Lucknow</td>
</tr>
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<td>Dr Janki Desai</td>
<td>Ahmedabad</td>
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<td>Dr Divya Ravikumar</td>
<td>Chennai</td>
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<td>Dr Sushma</td>
<td>Hyderabad</td>
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<td>Dr Darpana trivedi</td>
<td>Surat</td>
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<td>Dr Leena Nair Lall</td>
<td>Bhagalpur</td>
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<tr>
<td>Dr Sujata Dalvi</td>
<td>Mumbai</td>
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<td>Dr Bhavna Sheth</td>
<td>Bharuch</td>
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<td>Dr Shantala Bhole</td>
<td>Nagpur</td>
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<tr>
<td>Dr Shikha Gupta</td>
<td>Chandigarh</td>
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<tr>
<td>Dr Neha Mahajan</td>
<td>Jammu</td>
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<td>Dr Subashini</td>
<td>Madurai</td>
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</table>

- Raipur society has max 45 participants and Patiala menopause society has 21 participants.
# Website Quiz Winners

## April – 2020

1. Dr Reeta Singh  
   Gorakhpur

2. Dr Bharti Abhyankar  
   Pune

3. Dr Nilam Desai  
   Vadodara

## May – 2020

1. Dr Madhuri V Joshi  
   Mumbai

2. Dr Chitra Gupta  
   Jalandhar

3. Dr Chetna  
   Raipur
Webinars

1. **Consequences of PCOS in Elderly Women**
   - **Speaker:** Dr. Ratanbala Chakravarty
   - **Time:** 6 PM to 9 PM
   - **Registration Link:** [Join Us](#)

2. **Management of Genitourinary Syndrome**
   - **Speaker:** Dr. Hara Pattanakkal
   - **Topic:** Management of Genitourinary Syndrome
   - **Date & Time:** May 4, 2020, 2:00 PM to 5:00 PM
   - **Registation:** [CLICK HERE](#)

3. **Menopause Management in Indian Women: Case Based Discussion**
   - **Speakers:**
     - Dr. Sanjay Gupta
     - Dr. Shanta Kumari
     - Dr. Jignesh Shah
   - **Date & Time:** May 13, 2020, 10:00 AM to 5:00 PM
   - **Register Here:** [here](#)

4. **Menopause Hormone Therapy: The Right Estrogen**
   - **Speaker:** Dr. Meeta Singh
   - **Date & Time:** April 27, 2020, 3:00 PM to 5:00 PM
   - **Registation:** [here](#)

5. **Cardiac Health Perspective in Menopausal Women**
   - **Speakers:**
     - Dr. Mita Bhatta
     - Dr. Ashwini Bhaduri–Gandhi
   - **Date & Time:** May 13, 2020, 10:00 AM to 5:00 PM
   - **Register to Program:** [new IESG paint on attendance](#)
A Few Glimpses of Various Society and Chapter Activities during LOCKDOWN

Team Vadodara efforts under guidance of Dr Reshmi Banerjee and team

Providing food to 10 needy families since lockdown declared who have not received any help from government or any other NGO. Becoz of Lockdown I did not personally go there but provided them with groceries n one of them cooked in a community kitchen. On April 12

| Menopause society Vadodara conducted a unique lockdown cooking competition for our doctors and club 35 members enthusiastic participants and our judges dr uma n Tasneem declared the winners |
| Menopause society of Vadodara created a positive motivational video for public motivation and how to keep happy and positive during lockdown while doing daily chores |

| Team Vadodara at its creative best April 1/4 to 10/4 |
| A round of applause for all rocking talented ladies and their family members who participated so actively. Here we have considered only lockdown activity and art work done by club 35+ members only. It was very difficult for us to choose from the participants. With the mutual decision of judges. Dr. Uma Solanki and Mrs. Tasnim Manaf...we have selected winners in different categories. |

| International dance day celebration team Vadodara 29/4/20 |
| Rabindra jayanti celebration by Vadodara Menopause Society, presented by Dr indrani.. Annapurna & Abhishek (camera man) special lockdown activity club 35 member |
Vadodara Menopause Society took live session, Dr Archana Dwivedi more than 1000 views and live interactive session on various problems of menopause on 31/5

Members of Raipur Menopause Society participated in videos spreading different messages like spiritual, the real warriors showing courage and spreading health and the happiness through the lockdown diaries. Collage of Events.

Members of Club 35+, Surat boarded the “Bullet Train” to fight the Covid-19 lockdown, with the message of Happiness, Positivity, love & Creativity.

Lockdown activities of Club 35+, Surat

- Virtual live celebration of “International Dance Day” on 29/4/2020, with unique banzaar of music, dances & songs with live competing, by 100 members only.
- We conducted two Quiz related to Menopause for non-members; members of Club 35+ on 27/4/2020 & 5/5/2020; Sharmila Vaidyanath, Rashmi Rajagopal won the winners.
- IMS Quiz for doctors from National Quiz Committee is ongoing regularly, every Sunday.
- First virtual meeting was organized in form of Facebook live interactive session on 9/5/2020. Dr Darshana Thakkar from Ahmedabad was the invited guest speaker. She passed message of positivity, calmness in her own style. Dr Manisha Marani conducted the program equally nicely.
- Letter to P.M. Shri Narendra Modi by Dr Jinping Shah.
- Virtual visit to Laurel Museum – Art museum.
- "Mishaps or Letter by Dr. Hema Shah on 23/4/2020 & Dr Mehra Shah on 9/5/2020 with the message to take lockdown easy & remain calm.
- Various activities in form of solo dance, group dance, dance of mother & daughter to celebrate Mother’s Day, fight against corona, singing & art display by members are posted on Club 35+ group & MSS group.
Menopause Society Surat and Club 35+ is celebrating Lockdown special “World Dance Day, 2020”

Members of Club 35+ and Menopause Society, Surat, 2020 are eagerly waiting to have you to boost our mood “Online” in the Facebook live interactive session on 9th May, Saturday at 5.30 PM on this page, Dear Darshna Thakker

Dear Friends, We have reached to Louvre Museum, Paris. Get ready for an exciting art sightseeing. See again, visit again, All artistic pictures and creatives are made by our own artist members of Club 35 plus, Surat

Surat Menopause Society
Dr Anita Shah gave a talk on Menopausal problems & solutions.
ON EXOTIC WEB MEDIA DIGITAL CHANNEL WORLD WIDE AWARENESS SHOW

The Gorakhpur Menopause Society, organized webinar on, “Obesity in Midlife “, on 29th May 2020. It was a zoom meeting attended by approximately 85 attendees.
Speaker : Dr. Amrita Sarkari Jaipuriar
Chairpersons: Dr. Madhu Gulati
Dr. Anita Chandra
Activities of Patiala Menopause Society

Lockdown yoga by Agra menopause society

Mother's day celebration by Agra menopause societies

Activities of Ahmedabad Menopause Society
Activities of Ahmedabad Menopause Society

Public Awareness Programs by Jaipur Menopause Society

International Women’s Day Celebrations by Jaipur Menopause Society
Launch of ‘Me-no-pause’ ribbon, Fitness with placards
The pledge for equality of womanhood

Public awareness video was released by Menopause Society Nagpur on 22 May 2020
The concept, theme and direction of the video was by Dr. Ujjwala Kedare, president, Menopause Society Nagpur
The video was in Hindi language. The intention was to familiarize women with common problems of menopause and explain the preventive measures and treatment modalities available
Announcements
Governing Council Members of IMS (2020-21)

Executive Council Members

Dr. Jignesh Shah  
President

Dr. Shobhana Mohandas  
Vice President

Dr. Anita J. Shah  
Secretary General

Dr. Dilip Gadhavi  
Joint Secretary

Dr. Jyoti M. Shah  
Treasurer

Dr. Bipasa Sen  
Joint Treasurer

Dr. C. Ambuja  
President Elect

Dr. Neelam Aggarwal  
Immediate Past President

Dr. Seema Sharma  
Ex. Officio Secretary

Past Presidents

Dr. Rama Vaidya  
1995 - 2004

Dr. Urvashi Jha  
2004 - 2005

Dr. Asha Kapadia  
2005-2006
Late Dr. Behram S. Anklesaria  
2006-2007

Dr. Sonia Malik  
2007-2008

Dr. Duru Shah  
2008-2009

Dr. Sunila Khandelwal  
2009-2010

Dr. Atul Munshi  
2010-2011

Dr. Saroj Srivastava  
2011-2012

Dr. Meeta Singh  
2012-2013

Dr. Jyothi Unni  
2013-2014

Dr. Maninder Ahja  
2014-2015

Dr. Hara Pattnaik  
2015-2016

Dr. Jaideep Malhotra  
2016-2017

Dr. Suvarna Khadilkar  
2017-2018

Dr. Ratnabali Chakravorty  
2018-2019

Dr. Neelam Agarwal  
2019-2020

Dr. Rashmi Shah  
Executive Committee Member
<table>
<thead>
<tr>
<th>2015-2016</th>
<th>2016 - 2017</th>
<th>2017-2018</th>
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<tr>
<td><strong>President</strong></td>
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<td>Dr. H. P. Pattanaik</td>
<td>Dr. Jaideep Malhotra</td>
<td>Dr. Suvarna Khadilkar</td>
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<td>Dr. Suvarna Khadilkar</td>
<td>Dr. Nirmala Vaze</td>
<td>Dr. Jignesh Shah</td>
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<td><strong>Secretary General</strong></td>
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<td>Dr. Jignesh Shah</td>
<td>Dr Shobhana Mohan Das</td>
<td>Dr. C. Ambuja</td>
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<td>Dr. Jyoti M. Shah</td>
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<td>Dr. R. N. Goel</td>
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<td><strong>Jt. Treasurer</strong></td>
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<td>Dr. Anu Vij</td>
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<td>Dr. Mrutyunjay Mohapatra</td>
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<th>2018-2019</th>
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<tr>
<td><strong>President</strong></td>
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<tr>
<td>Dr. Ratnabali Chakravorty</td>
<td>Dr. Neelam Agarwal</td>
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<td><strong>Vice President</strong></td>
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<td>Dr. Yashodhara Pradeep</td>
<td>Dr. C. Ambuja</td>
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<td><strong>Secretary General</strong></td>
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<td>Dr. Pushpa Sethi</td>
<td>Dr. Seema Sharma</td>
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<tr>
<td><strong>Jt. Secretary</strong></td>
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<tr>
<td>Dr. Bipasa Sen</td>
<td>Dr. Reeti Mehra</td>
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<td><strong>Jt. Treasurer</strong></td>
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<td>Dr. Mrutyunjay Mohapatra</td>
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**IMS International Representatives**
**2019 & 2020 (Election in August 2020)**

- **Dr. Maninder Ahuja**
  International Menopause Society – CAMS

- **Dr. Jyothi Unni**
  Asia Pacific Menopause Federation – APMF

- **Dr. Ratnabali Chakravorty**
  South Asian Federation of Menopause Societies – SAFOMS
IMS Committees – Chairpersons

**Advisory Board**
- Dr. Jyothi Unni

**Finance Committee**
- Dr. Jyoti M. Shah

**Exam Committee**
- Dr. Sheela Mane

**Research Committee**
- Dr. Reeti Mehra

**Education Committee**
- Dr. N. Hepzibha Kirubamani

**Website Committee**
- Dr. Navneet Takkar

**Quiz Committee**
- Dr. Jyoti Jaiswal

**Rural Committee**
- Dr. K. D. Bakshi

**Club 35 + Public Awareness Committee**
- Dr. Aarti Gupta

**JMH, Chief Editors**
- Dr. Meeta Singh & Dr. Vishal Tandon
<table>
<thead>
<tr>
<th>Community Social Responsibility Committee</th>
<th>Peer Review Task Force</th>
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<tr>
<td>Dr. Nirmala Pipara</td>
<td>Dr. Jignesh Shah &amp; Dr. Ranu Patni</td>
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<th>Advocacy Committee</th>
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<td>Dr. Duru S. Shah</td>
<td>International</td>
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<td>National</td>
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<td>Dr. Sunila Khandelwal</td>
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<th>Aesthetic Health Committee</th>
<th>Uro Gynaec Committee</th>
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<td>Dr. Ragini Agrawal</td>
<td>Dr. Hara Patnaik</td>
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# Updated Team of Local Society and Chapter

## Surat Menopause Society

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Patron</td>
<td>Dr. Anita Shah</td>
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<tr>
<td>President</td>
<td>Dr. Asha Bhatt</td>
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<tr>
<td>Vice President</td>
<td>Dr. Darpana Trivedi</td>
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<tr>
<td>Secretary</td>
<td>Dr. Rupal Shah</td>
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<tr>
<td>Treasurer</td>
<td>Dr. Malti Dalal</td>
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## Jaipur Menopause Society

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<thead>
<tr>
<th>Role</th>
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<tbody>
<tr>
<td>Patron</td>
<td>Dr. Sunila Khandelwal</td>
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<tr>
<td>President</td>
<td>Dr. Neelam Jain</td>
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<tr>
<td>Vice President</td>
<td>Dr. Anju Mathur</td>
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<tr>
<td>Secretary</td>
<td>Dr. Shubha Sethia</td>
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<td>Treasurer</td>
<td>Dr. Madhulika Agarwal</td>
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## Bhopal Menopause Society

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<th>Role</th>
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<tbody>
<tr>
<td>Patron</td>
<td>Dr. B. Bhardwaj</td>
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<tr>
<td>President</td>
<td>Dr. Sarla Jain</td>
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<tr>
<td>Vice President</td>
<td>Dr. Jyoti Nath Modi</td>
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<tr>
<td>Secretary</td>
<td>Dr. Vaijayanti Kolekar</td>
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<td>Treasurer</td>
<td>Dr. Anita Shrivastav</td>
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## Varanasi Menopause Society

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<thead>
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<th>Role</th>
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<tbody>
<tr>
<td>President</td>
<td>Dr. Anuradha Khanna</td>
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<tr>
<td>Vice President</td>
<td>Dr. Vibha Mishra</td>
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<tr>
<td>Secretary</td>
<td>Dr. Neelam Ohri</td>
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<td>Dr. Divya Agrawal</td>
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## Indore Menopause Society

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<th>Role</th>
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<tbody>
<tr>
<td>Patron</td>
<td>Dr. Kumud Bhagwat</td>
</tr>
<tr>
<td>President</td>
<td>Dr. Kawita Bapat</td>
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<tr>
<td>Vice President</td>
<td>Dr. Brijbala Tiwari</td>
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<tr>
<td>Secretary</td>
<td>Dr. Shubhangi Nirkhiwale</td>
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<tr>
<td>Treasurer</td>
<td>Dr. Asha Baxi</td>
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</table>
Society Presidents / Chapter Secretaries

Dr. Savita Tyagi  
Agra

Dr. Nita V. Mishra  
Ahmedabad

Dr. Sheela Mane  
Bangaluru

Dr. L. R. Gohil  
Bharuch

Dr. Lavleen Kaur Sodhi  
Chandigarh

Dr. Abhayakumar Pattanaik  
Cuttak

Dr. Jaishree Gajraj  
Chennai

Dr. Kiran Aggrawal  
Delhi

Dr. Anita Kant  
Faridabad

Dr. Alka Mathur  
Gurugram

Dr. Tripura Sundari  
Hyderabad

Dr. Kawita Bapat  
Indore

Dr. Seema Pasricha  
Jalandhar

Dr. Neelam Jain  
Jaipur

Dr. Sudha Sharma  
Jammu
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<tr>
<th>Dr. Sudeep Chakraborty</th>
<th>Dr. Sharad Kumar</th>
<th>Dr. Ashwini Bhalerao Gandhi</th>
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<td>Kolkata</td>
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<tr>
<th>Dr. Ujjawala Kedare</th>
<th>Dr. Parag Biniwale</th>
<th>Dr. Manoj Chellani</th>
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<td>Nagpur</td>
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<td>Raipur</td>
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<th>Dr. Asha Bhatt</th>
<th>Dr. Anuradha Khanna</th>
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<td>Rajkot</td>
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<td>Varanasi</td>
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<tr>
<th>Dr. Khozema Saify</th>
<th>Dr. Iqbal Ahuja</th>
<th>Dr. Renu Makwana</th>
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<td>Gwalior</td>
<td>Ludhiana</td>
<td>Jodhpur</td>
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<th>Dr. P. N. Ajitha</th>
<th>Dr. Balwinder Kaur</th>
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<td>Udaipur</td>
<td>Calicut</td>
<td>Patiala</td>
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Dr. Nirmala Gupta  
Ajmer

Dr. Anjula Sahai  
Allahabad

Dr. Swaraj Naik  
Jabalpur

Dr. Nilakshi Phukan Kumar  
Guwahati

Dr. Sarla Jain  
Bhopal

Dr. Reena Ahmed  
Dibrugarh

Dr. Archana Dwiwedi  
Vadodara

Dr. Usha Didwania  
Patna

Dr. Revathy Janakiran  
Madurai

Dr. Anil Kumar  
Bhagalpur

Dr. Reena Shrivastav  
Gorakhpur

Dr. Sitarama Devi  
Vijaywada
Request to all Presidents & Chapter Secretaries to encourage your Members to visit: IMS on Facebook -
https://www.facebook.com/528297621017070/posts/560214827825349/ Check out
@IndianMenopause’s Tweet:
https://twitter.com/IndianMenopause/status/1106536459035648001?s=08

Download White Coats Application: wcts.in/IMS to receive academic updates from IMS

Visit the IMS website: www.indianmenopausesociety.org

Please send brief report of your activities with 3-4 good Pics to activityims@gmail.com

Please send Membership Form and Message regarding Membership to following MAIL ID imsmemberships@gmail.com

Mail ID for General Communication and Messages to IMS indianmenopausesociety2020@gmail.com

Mail ID for Any Financial Communication and Messages to IMS Finance Committee indianmenopausesocietyfinances@gmail.com

Paresh Patel
Office Assistant
Indian Menopause Society

Mobile: 92284 63105 / 88491 58739
E-Mail Id: patelpm2006@gmail.com