

Activity Report

Raipur Menopause Society

March' 24 Onwards....

Dr. Sushma Verma- President

Dr. Ritu Jain- Secretary

Team RMS 2022-24

Total = 16 activities (5 months)

- ▶ 4 Webinars
- ▶ 3 Cme
- ▶ 1 Awareness Programme
- ▶ 1 National Presidential Conference- UDAAN'24
- ▶ 1 Prize Distribution
- ▶ 2 GCM, 2 GBM
- ▶ 2 Elections- 1 For New Team, 1 Society Decisions

Dancercise , 7.4.2024

- ▶ Live Seminar: Dancercise on **7.4.24, between 7 to 8 AM.**
- ▶ This was **6th episode** of Presidential Dancercise: season-2.
- ▶ It consisted of **live demonstration of Zumba & Yoga poses.**
- ▶ **Welcome address** was given by **Dr. Sushma Verma** (President RMS), Dr. Archana Dwivedi (Chairperson Webinar Committee) & Dr. Reenu Meena (Convener Dancercise) followed by series of 2 sessions.
- ▶ **1st Session: Zumba.** This was conducted by **Dr. Nisha Jethani**. She demonstrated zumba starting from warm up steps upto full fledged hip hop and Bollywood style zumba . It was a energetic session of 25 minutes, enjoyed by all delegates.
- ▶ **Session 2- Yoga.** This was conducted by **Dr. Alka Jowhary**. She started out with simple poses like dhyan pose, sitting poses, simple twist etc upto vrukshasana, virbhadrasan, dhanurasana, natrajanasaanaa and many more on various parody of soulful songs like adiyogi etc.
- ▶ The webinar concluded with **vote of thanks by Dr. Ritu Jain** Secretary Raipur Menopause Society.
- ▶ It was a interactive Webinar, attended by **60+ delegate**

DANCERCISE (S2)-EP 6

IN ASSOCIATION WITH RAIPUR MENOPAUSE SOCIETY

DATE : SUNDAY, 7th APRIL'2024

TIME : 7:00 AM- 8:00 AM

CONVENOR



DR. ANJU SONI
PRESIDENT
IMS 2024-25



DR. BIPASA SEN
HON. SECRETARY
IMS 2024-25



DR. ARCHANA DWIVEDI
IMS CHAIRPERSON



DR. RENU MEENA
YOGA EXPERT
O&G SMS



DR. ALKA JOWHARY



DR. NISHA JETHANI



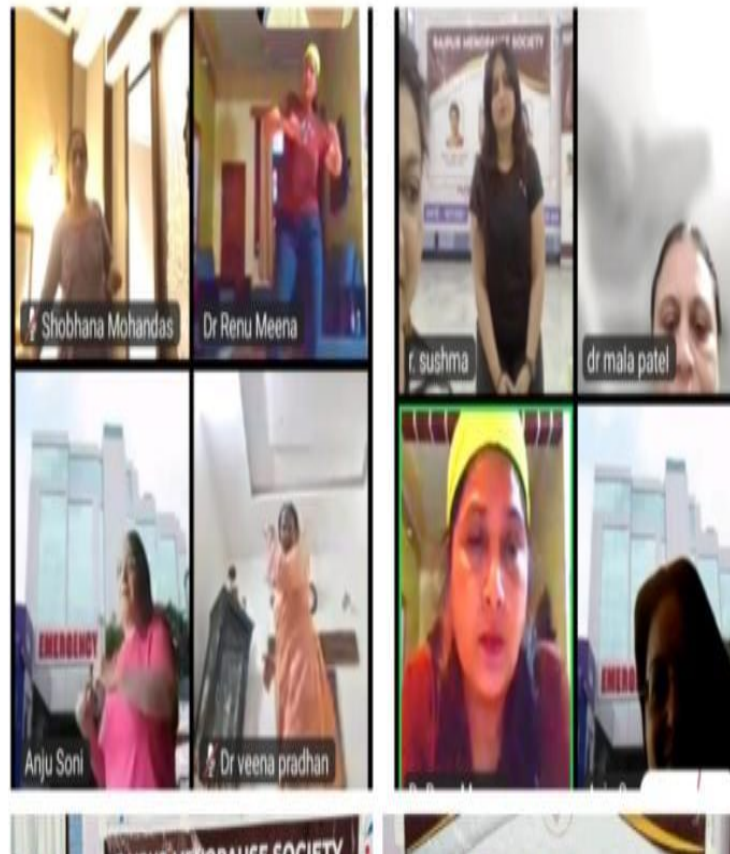
DR. SUSHMA VERMA
PRESIDENT
RMS



DR. RITU JAIN
SECRETARY
RMS

Fight the blues with fitness Clues

Join through- Zoom ID: 940 9619 1919 & Passcode: VALEST





Webinar- Aberrant Menopause, 25.4.2024

- ▶ With Jaipur menopause society
- ▶ **1st lecture- Approach to Surgical Menopause** ; Speaker- Dr. Binal Shah
- ▶ Expert Chairperson- Dr. Sunila Khandelwal, Dr. Sheela Mane
- ▶ **2nd lecture- Delayed Menopause: Health Implications and Preventive Health Care!!**
- ▶ Speaker- Dr. Laxmi Shrikhande, Expert Chairperson- Dr. Jignesh Shah, Dr. Bipasha Sen
- ▶ **Panel Discussion on Premature Ovarian Insufficiency**
- ▶ Moderator- Dr. Shubha Sethia ; Co-moderator- Dr. Ritu Jain ; Expert - Dr. C Ambuja
- ▶ Panellists- Dr. Madhulika Agrawal, Dr. Namita Kotia, Dr. Yasmin Syed, Dr. Asha Jain, Dr. Rajni Sao, Dr. Shalini Agrawal
- ▶ **vote of thanks** by Dr. Ritu Jain, Secretary Raipur Menopause Society.
- ▶ **MOC-** Dr. Sanjita Pal (Member RMS)
- ▶ **attended by 60+ delegates.**



IMS DIGITAL EDUCATION COMMITTEE

IN ASSOCIATION WITH
**RAIPUR MENOPAUSE SOCIETY &
JAIPUR MENOPAUSE SOCIETY**

PRESENTS A WEBINAR ON

ABERRANT MENOPAUSE !!

Date : 25th April 2024, Thursday | Time : 04:00 PM - 06:00 PM

IMS TEAM

Chief Guest



Dr. Anju Soni
President
IMS

Guest of Honour



Dr. Bipasha Sen
Secretary General
IMS

Special Guest



Dr. Jignesh Shah
IMS Representative
to Asia-Pacific
Menopause Federation
(APMF),
Past President, IMS

Special Guest



Dr. Sheela Mane
Past President
BMS



Dr. Sudha Sharma
Vice President
IMS

SOCIETY ORGANISING TEAM



Dr. Abha Singh
Patron,
RMS



Dr. Sushma Verma
President, RMS
Chief Organiser,
Chairperson, IMS Digital
Education Committee



Dr. Shubha Sethia
Immediate
Past President
JMS



Dr. Madhulika Agrawal
President
JMS



Dr. Ritu Jain
Secretary, RMS
Convenor

Welcome & Introduction

Time : 04:00 - 04:15 PM

Session 1 : Approach in Surgical Menopause patient!!

Time : 04:15 - 04:35 PM

Speaker



Dr. Binal Shah
Past President
Vadodara Menopause Society
Chairperson IMS Club 35+
PAC (2022-24)

Expert Chairperson



Dr. Sunila Khandelwal
Chairperson
International Advocacy
Committee,
Past President IMS



Dr. Sheela Mane
Past President
BMS

REC



Introduction

- Menopause, the natural cessation of menstrual cycles marking the end of a woman's reproductive years, typically occurs around the age of 51 in most women.
- However, a subset of women experience menopause later in life, termed delayed menopause.
- This delayed transition poses unique challenges and considerations that are crucial for us, as gynaecologists, to understand and address effectively.
- Throughout this presentation, we will uncover the factors contributing to delayed menopause, its clinical presentation, associated health risks, diagnostic nuances, management strategies, and the importance of personalized care in this context.

REC



SURGICAL MENOPAUSE & ITS EFFECTS DR BINAL SHAH

Session 2 : Delayed Menopause: Health Implications & Preventive health care!!

Time : 04:40 - 05:00 PM

Speaker



Dr. Laxmi Shrikhande
Joint Secretary
IMS

Expert Chairperson



Dr. Jignesh Shah
IMS Representative
to Asia-Pacific
Menopause Federation
(APMF),
Past President, IMS



Dr. Bipasha Sen
Secretary General
IMS

Session 3 : Case based Panel on Premature Ovarian Insufficiency.

Time : 05:05 - 05:45 PM

Expert



Dr. C Ambuja
IMS Representative to
South Asian Federation
of Menopause Societies
(SAFOMS),
Past President IMS

Moderators



Dr. Shubha Sethia
Immediate Past President
JMS



Dr. Ritu Jain
Secretary
RMS

Panelists



Dr. Madhulika Agrawal
President
JMS



Dr. Namita Kotia
Treasurer
JMS



Dr. Yasmin Syed
Executive
JMS



Dr. Asha Jain
Ex- President
ROGS



Dr. Rajni Sao
Ex- President
ROGS



Dr. Shalini Agrawal
Ex Treasurer
RMS

Concluding Remarks

Time : 05:45 - 05:55 PM

Vote of Thanks

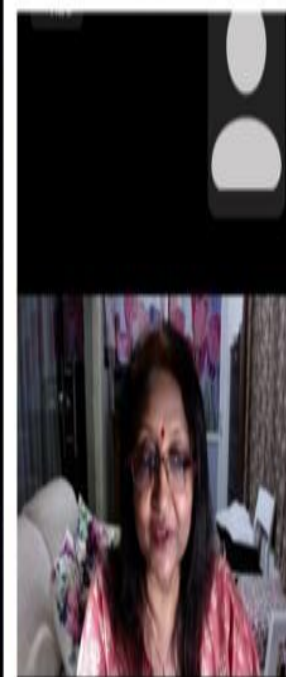
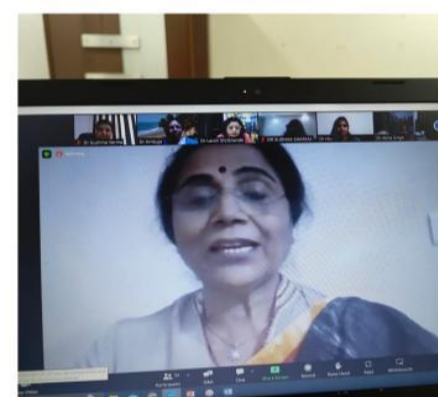
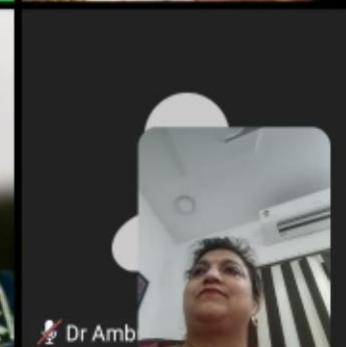
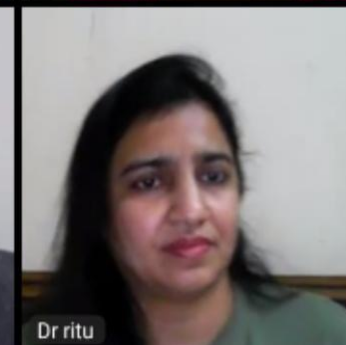
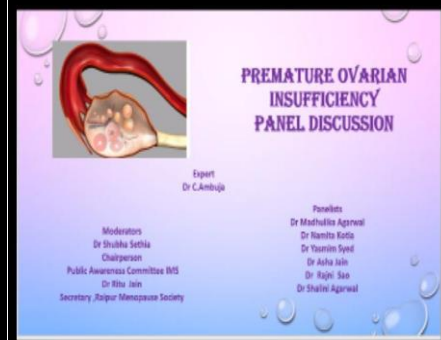
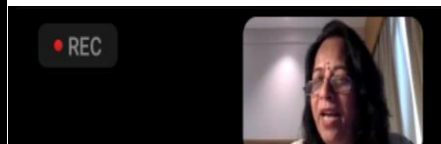
Master of Ceremony



Dr. Ritu Jain
Secretary, RMS



Dr. Sanjita Pal
RMS Member



Online GCM – 1ST; 7/5/2024

- 1. Biennial prize distribution announcement**
- 2. Selection & declaration of election officer for upcoming rms elections**
- 3. Declaration of dates of upcoming elections- 17.6.24 onwards till 13.7.24**
- 4. Proposed Udaan team organizing team**
- 5. Oration & prize money discussion and finalisation**
- 6. Quiz conduction- timing**
- 7. Public forum activities to be revived**
- 8. Rms website renewal**
- 9. Suggestions , from members if any.**
- 10. Upcoming GBM & conference working committee be held on 11.5.2024**

ATTENDANCE- 10 EXECUTIVE MEMBERS. (SV,RJ,JJ,PA,TD,MP,SN,RS,NT,SP)

11.5.2024 , Cme- Women's Health, GBM, Biennial Prize Distribution & Conference Committee Meeting

- ▶ **Speaker-** Dr Sanjeeta Pal Lecture- Hyperhomocystenemia and Women's Health
- ▶ **General Body Meeting & Conference Working Committee Meeting.**
- ▶ **Prize Distribution** Ceremony for all the Winners of IMS competitions was organised.
- ▶ **Yoga- Dr. Alka Jowhary (1st), Dr. Sanjana Khemka (2nd), Dr. Anshu gupta(3rd)**
- ▶ **Slogan- dr. Sushma verma(1st), dr. sumeeta Mishra (2nd)**
- ▶ **Recepie- Dr. Sarla Nihlani (2nd calcium rich, non dairy)**
- ▶ **Awariness video- dr. Gurpreet kaur (yoga)**
- ▶ **Cimp topper 2024- dr. Anshu gupta**
- ▶ **Dr Tripti nagaria, Dr Jyoti Jaiswal & Dr Priti Agrawal** were the guest for Prize Distribution function,
- ▶ CME & Prize distribution was well **attended by 25+ Members**. All the agendas of were discussed in length

RAIPUR MENOPAUSE SOCIETY

Invites you



Date : 11th May 2024

Time
02.30 - 04:30 PM

Venue
Hotel Mayura,
G.E. Road, Near Raj Talkies, Raipur (C.G.)

Lunch : 02.00 - 02:30 PM

Time	Topic	Speaker
02:30 PM - 02:50 PM	Hyperhomocystenemia and Women's Health	Dr Suma Ekka

02:50 PM Onwards...

- Annual General Body Meeting.
- Prize Distribution of Winners IMS National Competitions.
- Declaration of Dates of RMS Election & eligibility criteria.



Prof. Abha Singh
Patron, RMS
Ex. Vice Chancellor



Dr. Tripti Nagaria
Past President, RMS
Dean, Pt. JNMMC, Raipur



Dr. Jyoti Jaiswal
Treasurer, IMS
Past President, RMS



Dr. Sushma Verma
President, RMS



Dr. Preeti Agrawal
Vice President, RMS



Dr. Ritu Jain
Secretary, RMS



Calcium - The vital link

- B12-intrinsic factor (IF) complex binds with ileal cell surface receptor in the ileum mucosa
- Intrinsic factor is split off and vitamin B12 is released in portal blood
- This process does not require energy but it is calcium dependent
- Vitamin D3 is essential for adequate calcium absorption
- Insufficiency or deficiency of serum 25(OH)D may adversely affect calcium dependent processes





CME- ANAEMIA IN MIDLIFE

1.6.2024, TIME 4 TO 6PM

- ▶ **TALK-** ANAEMIA IN MIDLIFE
- ▶ **SPEAKER-** DR. ALKA JOWHARY, **CHAIRPERSONS-** DR. JYOTI JAISWAL, DR. PRITI AGRAWAL
- ▶ CME F/B **CONFERENCE COMMITTEE MEETING** ON WORK PROGRESS
- ▶ MEETING F/B **PRE CONFERENCE PHOTO SHOOT**



IMS PRESIDENTIAL CONFERENCE

UDAAN, 15-16TH JUNE 2024

- ▶ first IMS PRESIDENTIAL CONFERENCE BY IMS DEC & RAIPUR MENOPAUSE SOCIETY, **THEME- WELLNESS OF WOMEN 360* REJUVENATE & REVERSE**
- ▶ **2 WORKSHOPS-** HYSTEROSCOPY & ASTHETICS, FUNCTIONAL, REGENERATIVE GYNAECOLOGY
- ▶ **2 ORATIONS, 5 PANEL DISCUSSIONS, 6 KEY NOTES, 2 DEBATES, 20+ TALKS**
- ▶ **Paper, poster session , rms annual quiz**
- ▶ **VIBRANT CULTURAL, THEME FASHION WALK & GALA DINNER**
- ▶ **11 INVITED NATIONAL FACULTIES**
- ▶ **ATTENDED BY 160+ DELEGATES & FACULTIES**











🌈 Udaan Final winners 🌟

Paper-

🥇 Dr. Ipsita Priyadarshini

🥈 Dr. Akriti Yadav

Poster-

🥇 Dr. Ritu Jain

(40+ category)

🥈 Dr. Roohi Jain

🥉 Dr. Neha Jaiswal

Quiz-

🥇 Dr. Rakhi Sachdev

🥈 Dr. G Padmavati



Poster Winners



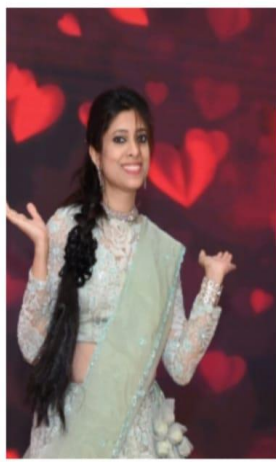
DSC_0514.JPG



DSC_0515.JPG







YOGA WEBINAR IN MENOPAUSE CAFÉ WITH IMS PAC, 20.6.2024

- ▶ **IMS PAC Menopause Cafe Series** on occasion on International Yoga Day on 20th June 2024, between 3 to 4.30Pm.
- ▶ **welcome address** by IMS PAC Chairperson Dr. Subha Sethia & President Dr. Sushma Verma,
- ▶ **blessings** of Dr. Anju Soni mam (IMS President), Dr. Sudha Sharma (IMS Vice President), Dr. Bipasa Sen (Secretary General).
- ▶ **Pearls Of Wisdom** by Dr. Ratnabali Chakraborty Mam, regarding Importance of Yoga and Tackling Menopause.
- ▶ Demonstration of Back & Spine related Yoga poses by **Yoga Guru Mr. Pushkal Choubey** from Raipur. The scientific reasoning and ease of demonstration of all Back muscles, hip joints and related poses of Yoga kept the audiences glued to their screens.
- ▶ declaration of **results of Surya namaskar Video Competition** which was conducted. Results attached herewith.
- ▶ The Webinar was **relayed live on Doctube** and well received by the attendees.

Welcome to Menopause Café

PUBLIC AWARENESS COMMITTEE INDIAN MENOPAUSE SOCIETY
In association with Raipur and Rajkot Menopause Society

20th
JUN

3:00PM- 4:30PM

doctube

Webisode 4

Yoga Gurus

Pearls of Wisdom

Convener



Dr. Anju Soni
President IMS



Dr. Ratnabali
Chakraborty
Past President IMS



Dr. Shubha
Sethia
Committee Chairperson
Public Awareness, IMS

- डायबिटीज में योग
- थायरॉइड और योग
- रीढ़ की हड्डी के लिए योग
- घुटनों के लिए योग
- प्राणायाम
- ओम मंत्र जाप

Today's
Menu



Sri Pushkal
Choubey



Sri Rajyogi
Avinash Vankar Ji



Dr. Renu
Meena



Nisha
Bhingiyani



Dr. Gurpreet
Kaur



Ekta Jain



Dr. Ami
Mehta



Dr. Sushma
Verma



Dr. Lata
Jethwani



Dr. Nila
Ragani



Dr. Minakshi
Rokhola



Dr. Ritu
Jain



Vaitalya
Dhruvi

International
Yoga Day

Committee Members: Dr. Sweety Soni, Dr. Naini Tandon, Dr. Shubhra Singh, Dr. Meenakshi Gaur





LIVE





Dr. Ratnabali Chakravorty
M.D.; D.G.D.; F.I.C.M.C.H.
F.I.M.S.
Consultant- Obs. & Gynae.
Infertility Specialist

Dr Ratnabali Chakravorty director of **MAGS Medical & Research Center Pvt Ltd & IVF & Infertility Clinic Mags & Morpheus**. She was former Professor, Dept of Obs & Gynae, MG&M Medical College, Kalyanpur. She is currently a **Consultant - Obstetrics & Gynaecology** **Municipal Hospital, ILS Hospital, Bhagwati Naatile Women and Child Care Centre, Kolaba** for Delivery and Gynae surgery including Laparoscopic surgeries.

Her special interest areas are:
Reproductive endocrinology thus, she is running special clinics of :
INFERTILITY, PCOS, MENOPAUSE, CONTRACEPTIVE
Other diseases of special interest are - Recurrent pregnancy loss, Bad obstetric history, endometriosis, gynaecological laparoscopies.

From the extensive work experience and participating in various phase III and phase IV trials she has presented numerous research papers in National and International congresses. She has delivered numerous lectures and orations in National and International congresses.

- IOG Dr. Satya Paul Awards in 2017.
- IMA National President's Special Appreciation Award in 2017-18.
- The Economic Times Inspiring Gynaecologist of India 2018.

Dr Ratnabali Chakravorty is:

- President - Indian Menopause Society 2018 - 19
- Vice Chairperson - All India Women's Cell, IMA.
- Chairperson - Women's Cell Indian Medical Association, Bengal State Chapter.
- State Coordinator (MR) of Mission Risk Health Project, IMA (BQ).
- Founder Secretary - URIO
- NDO - Work group for uplifting women 40+



LIVE



Dr Shubha Sethia



किसान अर्चना सोनी



Pushkal Chaubey



Bipasa Sen



dr sushma verma



LIVE



Dr Shubha Sethia



किसान अर्चना सोनी



DR SUDHAA SHARMA JAMMU



Dr Aml



Pushkal Chaubey



Bipasa Sen

RAJYOG SESSION ON IYD, 21.6.2024

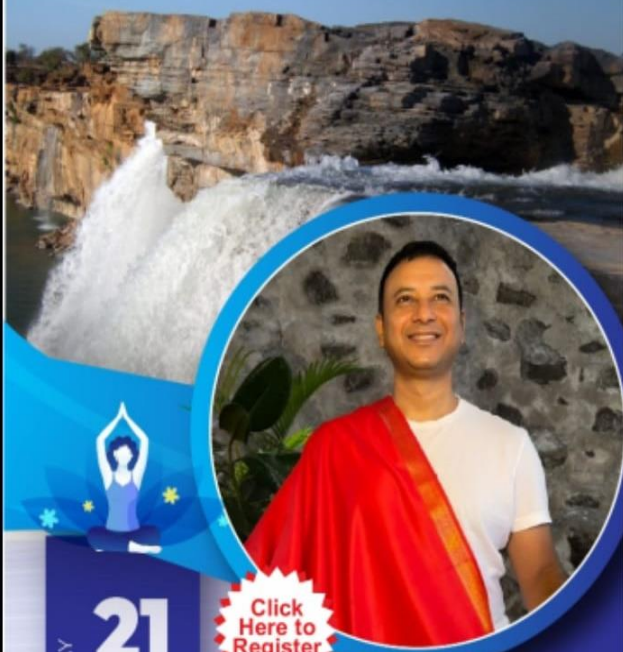
- ▶ On occasion of International Yoga Day, we had organised a Raj Yog Session in presence of World renowned **Raj Yog Guru Mr. Avinash Vankar Guruji.**
- ▶ He enthralled the audience by **his deliberation about connection between Yog, yoga and spirituality.**
- ▶ Also **explained and demonstrated** simple Yog asanas, and the way we should perform them and importance of each step of aasana.
- ▶ The session was attended by **50+ enthusiastic participants** on site
- ▶ as well as **100+ online.** It was truly a enriching experience for all the attendees



JCI NOBLE RAIPUR
IN ASSOCIATION WITH
RAIPUR MENOPAUSE SOCIETY
RAIPUR OBSTETRICS & GYNAECOLOGICAL SOCIETY
MARUTI LIFESTYLE
PRESENTS

RAJYOG SESSION

: INTERNATIONAL YOG DAY 2024 :
WOMEN EMPOWERMENT



Click
Here to
Register

FRIDAY
21
JUNE
07 TO 09 A.M.

BY RAJYOGI
SHRI AVINASH VANKAR
GLOBALLY RENOWNED YOG GURU

Rajyogi Avinash Vankar
rajyogiavinash 98235 97773

: Contact :

Gaurav Agrawal 9131902566	Dr. Sushma Verma 9826156667	Dr. Tabassum Dalia 7987846419	Dr. Sunita Kanoi 7987846419
Asha Gopalan Tiwari 9755047111	Dr. Ritu Jain 96696 73000	Dr. Monika Pathak 98271 79079	Dr. Gurpreet Kaur 8770311035





Elections conducted as per bye laws , 17th Jun- 14th July 24

- ▶ **GCM- 2nd - 5/7/2024**, Online Zoom Platform Conducted.
(Election, Installation, Non Cooperation)
- ▶ **GBM- 2nd -20/7/2024**, Online Zoom Platform (New Team Declared, Installation On 27.7.24, Online Poll For Non Cooperation Decision)
- ▶ **On Line Poll Declaration-** 24.7.24, 9pm (95.8% yes for expulsion)
- ▶ **CME & Installation Ceremony** New Team 27/7/2024.

27th July 24 - CME & Installation Ceremony (Handing of "Handing over Document").

- ▶ Talks - **1) Obesity at Menopause: Myth or Reality?!!** by Dr. Tripti Nagaria
- ▶ **2) AI at Menopause** by Dr. Sarita Agrawal
- ▶ Activity Report of Tenure 2022-24, by Dr. Sushma Verma & Dr. Ritu Jain.
- ▶ Team 2022-24 was felicitated by Chief Guests & Seniors.
- ▶ New Team 2024-26 installed and given charge.
- ▶ **Club 35+ committee for public awareness activities** announced 2024-26- Dr Sushma Verma, Dr Ritu Jain, Dr Sunita Kanoi, Dr Pooja Kadhi, Dr Vinita Singh, Dr. Shalini Agrawal, Dr Nisha Jethani, Dr Manisha Sharma, Dr Alka Jowhary, Dr Sanjana Khemka, Dr Anshu Gupta, Dr. Anamika Singh.
- ▶ The New incoming President Dr. Asha Jain, announced her vision for coming 2 years.
- ▶ Vote of Thanks by Secretary RMS, Dr. Ritu Jain.
- ▶ Handing over documents were duly signed by present & upcoming team and handed over to Dr. Asha Jain.
- ▶ CME was attended by **60+ gynecologists**. It was a very interactive, successful CME & a Great learning experience.

RMS Team 2024-26

- **PRESIDENT: DR. ASHA JAIN**
- **VICE PRESIDENT: DR. TABASSUM DALLA**
- **SECRETARY: DR. SHALINI AGRAWAL**
- **JOINT SECRETARY: DR. RASHMI SOOD**
- **TREASURER: DR. MONIKA PATHAK**
- **CO-TREASURER: DR. SARLA NIHLANI**

Executives:

- ▶ **1. Dr. Rajni Sao**
- ▶ **2. Dr. Vinaya Maiskar**
- ▶ **3. Dr. Neerja Agrawal**
- ▶ **4. Dr. Saurabh Birthare**
- ▶ **5. Dr. Ritu Verma**



RAIPUR MENOPAUSE SOCIETY
PRESENTS **CME &**
Installation Ceremony

DATE
27TH JULY 2024
SATURDAY

TIME
01.30 PM - 04.00 PM

VENUE
HOTEL MAYURA,
G.E. ROAD, RAIPUR



CHIEF GUEST
DR. ABHA SINGH
Patron, RMS
Ex. Vice Chancellor



CHIEF GUEST
DR. TRIPTI NAGARIA
Past President, RMS
Dean, Pt. JNMMC, Raipur



DR. SUSHMA VERMA
President
RMS



GUEST OF HONOUR
DR. SARITA AGRAWAL
IIOB, Dept of Obs. & Gynae
Dean, Research
AIIMS, Raipur



GUEST OF HONOUR
DR. JYOTI JAISWAL
Treasurer, IMS
Past President, RMS



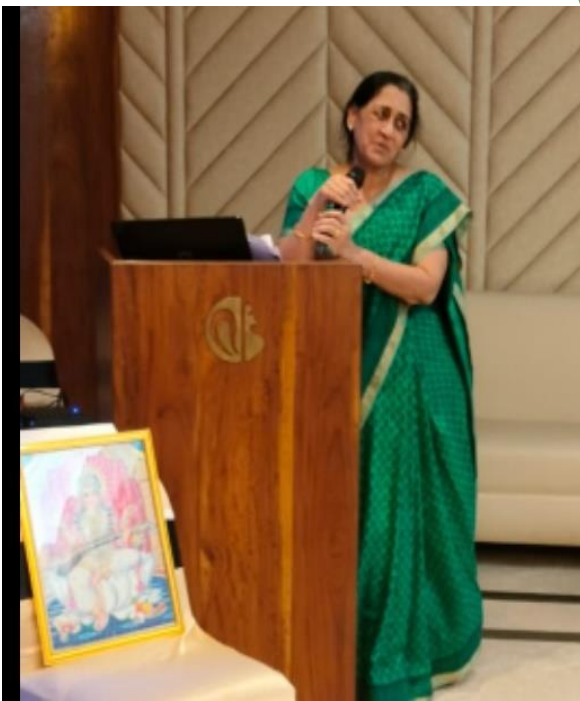
DR. RITU JAIN
Secretary
RMS

Lunch : 01:30 - 02:00 PM

Time	Topic	Speaker	Chairperson
02:15 PM - 02:35 PM	Weight Gain in Menopause. Myth or Reality?	Dr. Tripti Nagaria	Dr. Aasha Pandey Dr. Kiran Malhotra
02:40 PM - 03:00 PM	Role of AI in Midlife	Dr. Sarita Agrawal	Dr. Kanchan Ahluwalia Dr. Sumita Mishra

Installation Ceremony
03:00 - 04:00 PM

MOC : Dr. Suma Ekka









TWILIGHT - RMS Webinar, 8.8.2024, 3 TO 5PM

- ▶ RMS conducted webinar on Breast & Menopause, on 8.8.24
- ▶ Talk 1- **Breast Examination**, Dr. Rajni Sao
- ▶ Talk2- **Breast Lump found- What Next?!!**, Dr. Veronica Yeul
- ▶ **Panel- Genetics & Breast Disease**, Dr. Yashwant Kashyap, Oncologist
- ▶ **Panelists**- Dr. Chetna Ramani, Dr. Preeti Singh, Dr. Rashmi Sood, Dr. Reema Dilawari, Dr. Sanjita Pal, Dr. Ritu Verma, Dr. Kritika Verma
- ▶ Attended By 40+ Delegates



Twilight by RMS Webinar #01 RAIPUR MENOPAUSE SOCIETY In association with DIGITAL EDUCATION COMMITTEE IMS

Breast and Menopause

Cordially invite you to
Live WEBINAR

CLICK
HERE

To Join
<https://iyyo.in/twilight01>

Date :- 08 Aug,2024, Thursday | Time:- 03:00 PM - 05:00 PM

SOCIETY ORGANISING TEAM



Dr. Asha Jain
President RMS



Dr. Shalini Jain
Secretary RMS



Dr. Monika Pathak
Treasurer RMS



Dr. Sushma Verma
Chairperson RMS Digital
Education Committee

Session 01 : Breast Examination

SPEAKER



Dr. Rajni Sao
President of Raipur Obs & Gyn
Society (2008-2010)

CHAIRPERSONS



Dr. Vinaya Maiskar
Consult. Obst & Gynaec, Shree Narayana
Hospital Auni Clinic, Raipur (CG)

Session 02 : Breast Lump Found - What next ?

SPEAKER



Dr. Veronica Yuel
Joint Treasurer - Chhattisgarh (SAR)

CHAIRPERSONS



Dr. Joffi Chacko
Consultant Obstetrician & Gynaecologist
at Dr. Joffi's Clinic, Raipur

Panel Discussion : Genetics and Breast Disease

MODERATOR



Dr. Yashwant Kashyap
Senior Consultant Medical
Oncology Balco Medical center Naya Raipur

PANELISTS



Dr. Preeti Singh
Practising Gynecology for 23 years,
Devk women and child hospital Raipur



Dr. Rashmi Sood Vats
Joint Secretary RMS



Dr. Reema Dilawari
Consultant Gyna. Devi Clinic
Devendra Nagar Raipur



Dr. Sanjita Pal
MBBS, MS (Obs & Gyna)
(P. J. N. Medical College Raipur)



Dr. Ritu Shilp Verma
Executive Member of
RMS(2024-2026)



Dr. Kritika Verma
MBBS, MS Obs and Gyna
(GMC, Raipur)



Dr. Chetna Ramani
Consultant OBG Ramakrishna Care Hospital
& THE NDO Mothers Clinic, Raipur



Session 01 : Breast Examination

SPEAKER


Dr. Rajni Sao
President of Raipur Obs & Gyn
Society (2008-2010)

CHAIRPERSONS


Dr. Vinaya Maiskar
Consult. Obst & Gynaec, Shree Narayana
Hospital Auni Clinic, Raipur (CG)

Breast examination



DR. RAJNI SAO
MD, FICOG, FMAS, CIMP

Session 02 : Breast Lump Found - What next ?

SPEAKER

Dr. Monika Yuel
Joint Treasurer - Chhattisgarh ISAR

CHAIRPERSONS

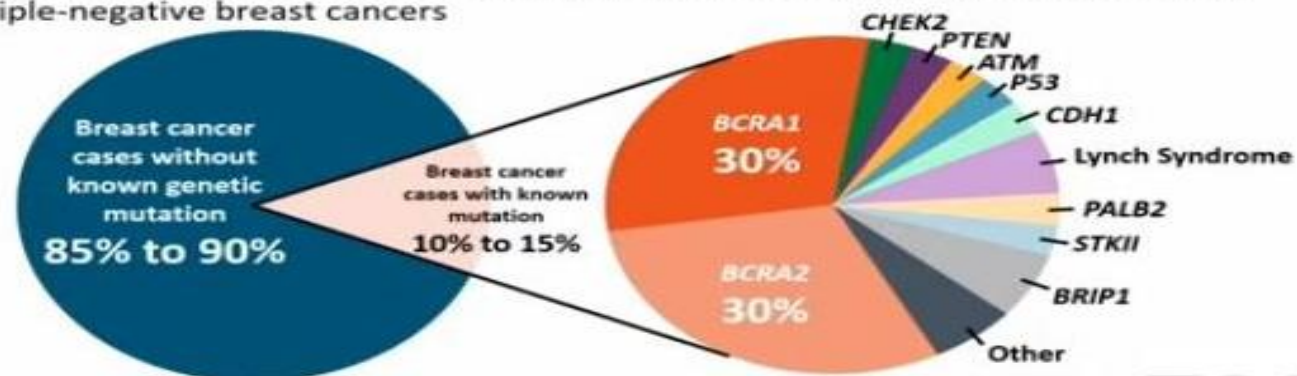
Dr Joffi Chacko
Consultant Obstetrician & Gynaecologist
at Dr Joffi's Clinic, Raipur

Asha Jain

zoom

Overview of *BRCA* Mutation

- ~5% of all breast cancers have mutation in *BRCA1/2*
- BRCA* mutations occur in ~10% of HR+/HER2- breast cancers and 10% to 20% of triple-negative breast cancers



sources: Pharmacogenomics Pers Med. 2020;13:227. Tutt. NEJM. 2021;384:2394. NCCN. clinical practice guidelines in oncology: breast cancer. v.2.2023. nccn.org. O'Shaughnessy. Breast Cancer Res. 2020;22:114. Atchley. JCO. 2008;26:4282. Hartman. Cancer. 2012;118:2787.

Slide credit: [ProCT.com](https://www.proct.com) and [clinicalguidelines.com](https://www.clinicalguidelines.com)

LIVE

Asha Jain

Zoom meeting grid showing participants:

- Asha Jain
- Ritu
- Dr Kritika
- Dr Sanjita
- Dr. Shalini Jain
- rashmi sood vats
- iPhone
- Preeti Singh
- joffi's iPhone

Veronica Yuel's screen

BREAST LUMP: ASSESSING PATIENT HISTORY

Consider the following when assessing the patient:

RED FLAG SYMPTOMS	EXPOSURE TO ESTROGEN	FAMILY HISTORY
- Breast or axillary lump - Skin changes - Unilateral bloody or clear discharge - Nipple inversion	- Age - Menarche/menopause - Parity and breastfeeding - HRT/OCP - Obesity - Alcohol excess	- Take 1st and 2nd degree FHs - Breast cancer <50 year - Bilateral breast cancer - Male breast cancer - Breast and ovarian cancer in the family - Jewish ancestry

Meet our team



DR. ABHA SINGH
PATRON



DR. TRIPTI NAGARIA
ADVISOR



DR. SUSHMA VERMA
PRESIDENT



DR. RITU JAIN
SECRETARY



Meet our extended team





Thank you



raipurmenopausesociety2022@gmail.com