



28TH NATIONAL CONFERENCE OF INDIAN MENOPAUSE SOCIETY

ORGANIZED BY



CALICUT MENOPAUSE
SOCIETY

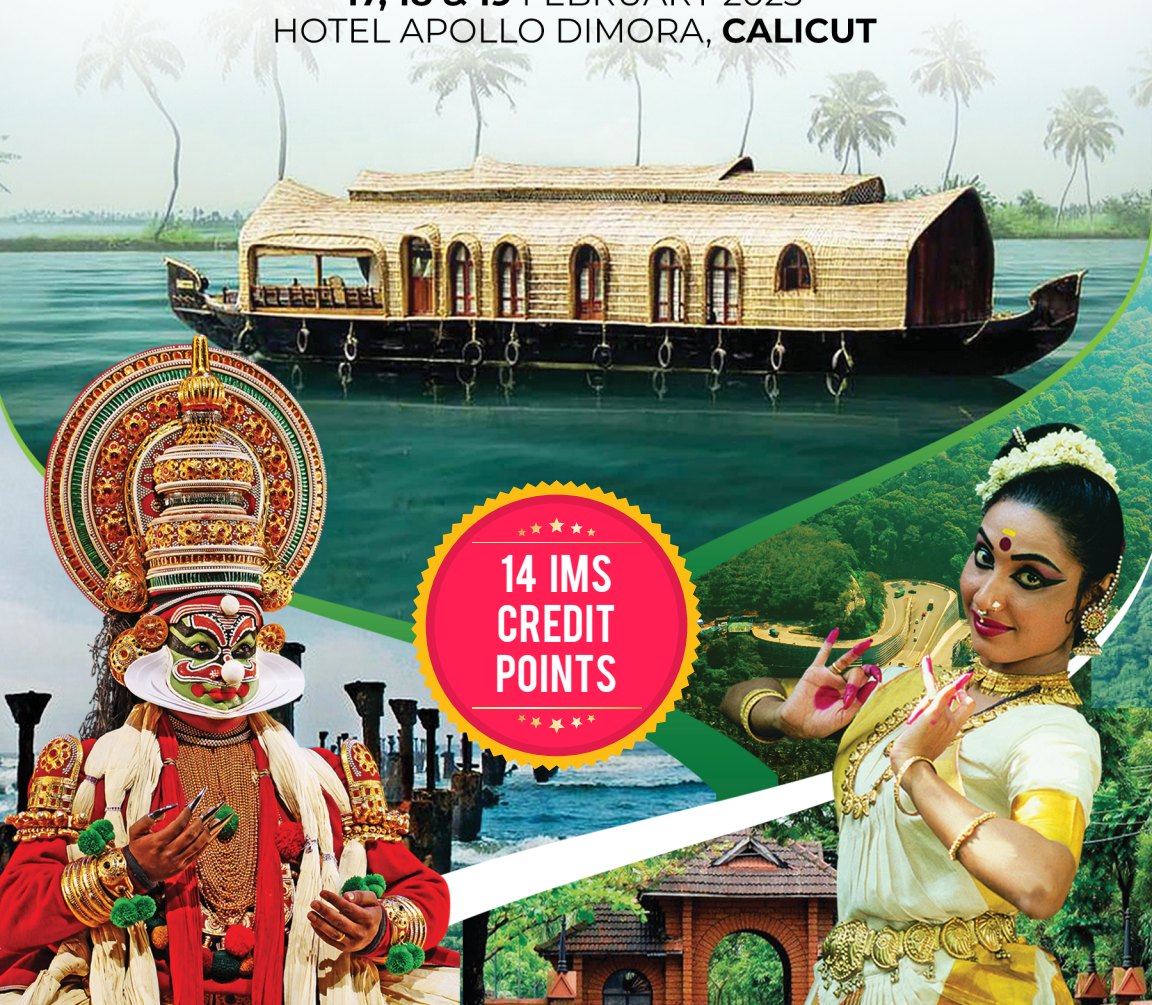
UNDER THE AEGIS OF



INDIAN MENOPAUSE
SOCIETY

THEME : ENJOY MENOPAUSE WITH DIGNITY

17, 18 & 19 FEBRUARY 2023
HOTEL APOLLO DIMORA, CALICUT



14 IMS
CREDIT
POINTS

From the Desk of **IMS PRESIDENT (2022-23)**

Dear Friends & Colleagues,

It is indeed a proud moment for me to host the 28th National Conference of IMS, in my own state of Kerala – God's Own Country. This prestigious conference organized by Calicut Menopause Society is a three day event jam packed with academic activities and cultural extravaganza. I am sure this will truly be a memorable event for all of us, as Kerala is known for its hospitality.

I wish the organizing team all the very best for the great success of this mega event.



Dr Shobhana Mohandas

Dear All,

GREETINGS FROM TEAM IMSCON 2023

We take great pride & pleasure in welcoming you to the Land of Zamorins, Kozhikode for the prestigious **IMSCON 2023**, the 28th National Conference of IMS organized by the Calicut Menopause Society under the aegis of IMS on 17th, 18th & 19th February 2023 at Hotel Apollo Dimora.

An Academic feast awaits you at **IMSCON 2023** with speakers of National & International repute. Highlights of the event being Workshops, Oration, Panel discussions, Debates, Free papers, Posters & Quiz.

We have also arranged a tour to Wayanad on the 16th, one of the most spectacular hill stations of Kerala.

A hearty welcome to one & all to God's Own Country, Kerala.

EDUCATE, ENJOY & ENLIVEN AT IMSCON 2023

Organizing Chairpersons

DR V K CHELLAMMA

☎ 9447155887

DR AJITHA P N

☎ 9847262510

Organizing Secretary

DR LAKSHMY S

☎ 7736969408

Joint Organizing Secretary

DR MUMTAZ P

☎ 9847180613



NATIONAL TEAM 2022-23



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DR SEEMA SHARMA

Vice President



DR ANJU SONI

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DR BIPASA SEN

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Prof. P K SEKCHARAN

PATRON



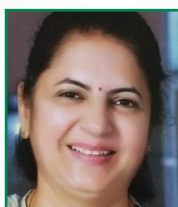
Dr V K Chellamma

Organizing Chairperson



Dr Ajitha P N

Organizing Chairperson



Dr Lakshmy S

Organizing Secretary



Dr Mumtaz P

Joint Organizing Secretary



Dr Subhash Mallya

Treasurer

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- ▶ Dr Ajith S
- ▶ Dr Jyoti Ramesh Chandran
- ▶ Dr M K Valsan
- ▶ Dr V P Radha Devi
- ▶ Dr Lalithambica K

WORK SHOP

- ▶ Dr Jeena Baburaj
- ▶ Dr Shyjus P
- ▶ Dr Santhosh Kuriakose
- ▶ Dr Hema Warriier

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- ▶ Dr Amrutha R
- ▶ Dr Jayasree S
- ▶ Dr Rajani M
- ▶ Dr Reshma Sajan
- ▶ Dr Fathima Thasneem

FREE PAPER & POSTER

- ▶ Dr Sajala Vimal Raj
- ▶ Dr Bindu V K
- ▶ Dr Suneela M S
- ▶ Dr Chandramathy K

QUIZ

- ▶ Dr Simi Kurian
- ▶ Dr Usha Menon
- ▶ Dr Elizabeth Jacob
- ▶ Dr Darshana K

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- ▶ Dr Rajina E P
- ▶ Dr Reshma Rasheed
- ▶ Dr Heera Shenoy T
- ▶ Dr Elizabeth Jacob
- ▶ Dr Viswan V

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- ▶ Dr T Nazer
- ▶ Dr Sooraj S

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- ▶ Dr Bala Guhan
- ▶ Dr Jitha Vineeth

MENTO

- ▶ Dr Balan N K
- ▶ Dr Shameema P
- ▶ Dr Dhanalekshmi P
- ▶ Dr Chandni S

SOUVENIR

- ▶ Dr Reshma Sajan
- ▶ Dr Simi Kurian
- ▶ Dr Fathima Thasneem

INTERNATIONAL FACULTY



BRIG GEN DR SURAIYA RAHMAN

Senior Consultant, Lake View Clinic
Ex Head of Dept ObGyn Combined Military Hospital Dhaka
Vice President Bangladesh Menopause Society
Vice President SAFOMS
Founder President Midlife Club
Chairperson Palliative Care



DR. SANATH AKMEEMANA

Consultant Obstetrician & Gynaecologists, Colombo South Teaching Hospital. Immediate Past President, Menopause Society of Sri Lanka. Chairman Continuing Professional Development, Sri Lanka College of Obstetricians & Gynaecologists



DR. DARSHANA ABEGUNAWARDANA

Consultant Obstetrician & Gynaecologist, Base Hospital Homagama. Secretary, Menopause Society of Sri Lanka
Treasurer, Sri Lanka College of Obstetricians & Gynaecologists



NATIONAL FACULTY

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- ▶ Dr Binal Shah
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- ▶ Dr Bipasa Sen
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- ▶ Dr Chandramathy
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- ▶ Dr Deepa Thangamani
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- ▶ Dr Elizabeth Joseph
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- ▶ Dr Gopika
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- ▶ Dr Hema Warriar
- ▶ Dr Hephzibah Kirubamani
- ▶ Dr Jamuna Devi
- ▶ Dr Jaya Chaudhari

- ▶ Dr Jayalakshmi Suraj
- ▶ Dr Jayant Shah
- ▶ Dr Jayashree Gajaraj
- ▶ Dr Jayasree S
- ▶ Dr Jeena Baburaj
- ▶ Dr Jignesh Shah
- ▶ Dr Jyothi Unni
- ▶ Dr Jyothika Desai
- ▶ Dr Jyoti Chandran
- ▶ Dr Jyoti Jaiswal
- ▶ Dr Kamappa
- ▶ Dr Kanchan Sortey
- ▶ Dr Kaushal Chundawat
- ▶ Dr Kiran Aggarwal
- ▶ Dr Kshama Kedar
- ▶ Dr Kunhumoideen
- ▶ Dr Lakshmi Rathna
- ▶ Dr Lakshmy S
- ▶ Dr Lalithambica K
- ▶ Dr Laxmy Rajmohan
- ▶ Dr Madhulika Agarwal
- ▶ Dr Madhavi M
- ▶ Dr Mamta Sharma
- ▶ Dr Manjima Baishya
- ▶ Dr Manju Tandon
- ▶ Dr Manoj Chellani
- ▶ Dr Meenakshi Ahuja
- ▶ Dr Meenakshy
- ▶ Dr Meenambal
- ▶ Dr Meeta Singh
- ▶ Dr Meetu Babel
- ▶ Dr Megha Jayaprakash
- ▶ Dr Mili Moni
- ▶ Dr Mini Balakrishnan
- ▶ Dr Mumtaz P
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- ▶ Dr Naini Tandon

- ▶ Dr Nalini Kurve
- ▶ Dr Nalini Menon
- ▶ Dr Nalini Sharma
- ▶ Dr Narumalar
- ▶ Dr Nazer T
- ▶ Dr Neelam Jain
- ▶ Dr Nilakshi Phukan
- ▶ Dr Nirmala Pipara
- ▶ Dr Nirmala Vaze
- ▶ Dr Nirupama Aliganj
- ▶ Dr Nirupama Singh
- ▶ Dr Nishi Roshni
- ▶ Dr Omana Madhusudanan
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- ▶ Dr Payal Bhargava
- ▶ Dr Pragati Khalatkar
- ▶ Dr Prajakta Barde
- ▶ Dr Pratibha Singh
- ▶ Dr Preetha George
- ▶ Dr Prejisha
- ▶ Dr Priti Sharma
- ▶ Dr Priya N
- ▶ Dr Pushpa Sethi
- ▶ Dr R K Baxi
- ▶ Dr R Premalatha
- ▶ Dr Rabiya
- ▶ Dr Radhadevi V P
- ▶ Dr Ragini Agarwal
- ▶ Dr Rajalakshmi A
- ▶ Dr Rajani M
- ▶ Dr Rasheeda Begum
- ▶ Dr Rashmi Shah
- ▶ Dr Ratna Sharma
- ▶ Dr Reeta Agarwal
- ▶ Dr E. P. Rajina

- ▶ Dr Rajeesh S Ravi
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- ▶ Dr Sajala Vimalraj
- ▶ Dr Sam Abraham
- ▶ Dr Sandhia V. K.
- ▶ Dr Sandhya Dixit
- ▶ Dr Sangeetha Mehrotra
- ▶ Dr Sarala Nihalani
- ▶ Dr Saroja
- ▶ Dr Savita Tyagi
- ▶ Dr Seema Sharma
- ▶ Dr Shailesh Jain
- ▶ Dr Shantala Bhole
- ▶ Dr Shashi Srivastava
- ▶ Dr Sheeba T Joseph
- ▶ Dr Sheela Mane
- ▶ Dr Shilpi Sud
- ▶ Dr Shobha Gudi
- ▶ Dr Shobhana Mohandas
- ▶ Dr Shyjus Nair
- ▶ Dr Simi Kurien
- ▶ Dr Sindhu P. C.
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- ▶ Dr Smitha D Couth
- ▶ Dr Sonia Malik
- ▶ Dr Somalatha
- ▶ Dr Sruthy A G
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- ▶ Dr Ujjwala Kedare
- ▶ Dr Uma Radhesh
- ▶ Dr Uma Randheer
- ▶ Dr Uma Rani Swain
- ▶ Dr Usha Menon
- ▶ Dr Vandana Narula
- ▶ Dr Vandana Bansal
- ▶ Dr Varsha Jain
- ▶ Dr Varsha Prapanna
- ▶ Dr Vasudeva Panikkar
- ▶ Dr Vidya Sutaone
- ▶ Dr Vijayalakshmi Seshadri
- ▶ Dr Vinayachandran S
- ▶ Dr Vishal Tandon
- ▶ Dr Winny Vijay

28TH NATIONAL CONFERENCE OF INDIAN MENOPAUSE SOCIETY

DAY 1 : 17th February, 2023 (Friday)

WORKSHOP

Time	MANANCHIRA HALL	BEYPORE HALL	KAPPAD HALL
09:00 AM to 01:00 PM	VAGINAL SURGERIES (17+3) Chairpersons Dr V. P. Radhadevi, Dr Sulochana K, Dr Beena Guhan, Dr Rashmi Shah	PREVENTIVE ONCOLOGY (17+3) Chairpersons Dr N.S.Sreedevi, Dr Sheeba T Joseph, Dr Omara Madhusudan, Dr Varsha Papanna	PELVIC ANATOMY REVISITED (9AM– 12PM) Chairpersons Convener : Dr Nirmala Vaze Dr. Chellamma V K, Dr Jyoti R Chandran, Dr Jaya Chaudhary, Dr. Meenambal
09:00 AM to 09:20 AM	NDVH IN PREVIOUS LSCS Dr Ambarish Bandiwad	HPV TESTING Dr Preetha George	INTRODUCTION Dr. Nirmala Vaze
09:20 AM to 09:40 AM	PERINEAL TEAR REPAIR IN ELDERLY Dr Jyoti Jaiswal	DIFFERENT TYPE OF COLPOSCOPE Dr Remya A	VULVA & CLITORIS Dr Nirmala Vaze
09:40 AM to 10:00 AM	LE FORTES COLPOCLEISIS Dr Uma Rani Swain	NORMAL COLPOSCOPY PROCEDURE AND FINDINGS Dr Jeena Baburaj	VAGINA Dr Pragati Khalatkar
10:00 AM to 10:20 AM	HIGH UTEROSACRAL LIGAMENT FIXATION Dr Hara Patnaik	ABNORMAL COLPOSCOPY Dr Rema P	PELVIC FLOOR Dr Kshama Kedar
10:20 AM to 10:40 AM	SUTURELESS VAGINAL HYSTERECTOMY Dr Vasudeva Panicker	ABLATIVE PROCEDURES FOR CIN Dr Jyoti R Chandran	LAPAROSCOPIC VIEW Dr Shilpi Sud
10:40 AM to 11:00 AM	SACROSPINOUS LIGAMENT FIXATION Dr Sudha Gandhi	EXCISION PROCEDURES FOR PREMALIGNANT LESIONS Dr. Amrutha R	UTERUS Dr Pragati Khalatkar
	BREAST (17+3) Chairpersons Dr Sajala Vimalraj, Dr Rajani M, Dr Sandhya V.K	HYSTEROSCOPY (12+3) (11:00 -12.15PM) Chairpersons Dr Subash Malliya, Dr Ajitha P N, Dr Madhulika Agarwal	ADNEXA – Dr. Shilpi Sud, URETER – Dr Nirmala Vaze BLADDER – Dr Kshama Kedar, HANDS ON – Dr Kshama Kedar BLADDER REPAIR, PELVIC SACROSPINOPEXY, CANCER SCREENING & BREAST LUMP
11:00 AM to 11:25 AM	BREAST CANCER IN THE POSTMENOPAUSAL WOMAN – ROLE OF IMAGING Speaker : Dr Teena Sreeba	SUBMUCOUS FIBROID Dr Kunhumodeen	VAGINAL REJUVENATION (12:15 -1PM) Chairpersons Dr Vinayachandran S, Dr Usha Menon Dr Beena B
11:25AM to 11:30 AM	DISCUSSION	ENDOMETRIAL POLYP - BENIGN VS MALIGNANT Dr Nazer.T	TIGHTENING OF VAGINA Dr Sruthy A.G.(12+3 min)
11:50 AM to 12:00 PM	INFERTILITY (12+3) Chairpersons Dr Priya.N, Dr Regina.E.P	OFFICE HYSTEROSCOPY Dr Amrita Sarkari Jaipuria	PRP AND RADIOFREQUENCY Dr Sangeetha Mehrotra (12+3min)
11:30 PM to 11:45PM	OVARIAN STIMULATION Dr Sushma Baxi	DISCUSSION Dr Subash Malliya	LASERS IN GSM Dr Riddhi Shukla (12+3min)
11:45 PM to 12:00 PM	OVUM DONATION LAWS Dr Vijayalakshmi Seshadri	QUIZ PRELIMINARY ROUND 12.15 - 01.00 PM	
12:00 PM to 12:30 PM	JMH - BEST RESEARCH PAPER Dr Archana Kumari, Dr Piyush Ranjan		

Lunch

Time	MANANCHIRA HALL	BEYPORE HALL	KAPPAD HALL
02:00 PM to 02:20PM	COMPLICATIONS IN LAPAROSCOPY Dr. Ashwath Kumar	QUIZ FINAL ROUND (2-3PM) Convener : Dr Neelam Jain	
	Expert Speak (17+3) Chairpersons Dr Dilip Gadhavi, Dr P K Sekharan, Dr Lakshmy S	MOOT COURT (3-5PM) Chairpersons Dr Subhash Malliya, Adv. Shyam Padman, Dr Ujjwala Kedare (Team Leader) Dr Nalini Kurve, Dr Shantala Bhole Dr Vidya Sutaone, Dr Prajakta Barde	
02:20 PM to 02:40 PM	EVOLVING TRENDS IN MHT Dr Ambuja Choranur (Sponsored by: Abbott)		
02:40 PM to 03:00 PM	JOINT PAINS IN PERIMENOPAUSE Dr Annii Mahajan		
03:00 PM to 03:20 PM	HEART IN MENOPAUSE Dr Asishkumar M		
03:20 PM to 03:40PM	MEDICAL MANAGEMENT OF ADENOMYOSIS Dr Atul Munshi		
03:40 PM to 04:40 PM	HEALTH MELA & PUBLIC AWARENESS PROGRAMME CANCER AWARENESS IN MENOPAUSE: Dr Mili Moni MOTIVATIONAL SPEAKER: Mrs. Aswathi Dina		
05:00 PM to 05:30 PM	FIMS PRESENTATION		GCM 3 (02.00pm - 05.00pm)
05:30 PM to 07:30 PM	INAUGURATION		
07:30 Onwards	ENTERTAINMENT & GALA DINNER		



28TH NATIONAL CONFERENCE OF INDIAN MENOPAUSE SOCIETY

DAY 2 : 18th February, 2023 (Saturday)

Time	MANANCHIRA HALL	BEYPORE HALL	KAPPAD HALL
08:00 AM to 09:00 AM	AUB- Less Trodden Areas(12+3) Chairpersons Dr Amrit Gupta, Dr Sheeba T Joseph Dr Smitha D Couth	FREE PAPERS Away from MHT-Some Thoughts Chairpersons Dr Asha Agarwal, Dr Kiran Aggarwal, Dr Deepa Thangamani	Menopause: Consequences and Solutions) Chairpersons Dr Smita Barya, Dr. Rashmi Shah, Dr Laxmy Rajmohan
09:00 AM to 09:15 AM	POST HYSTERECTOMY OVARIAN CYST Dr Archana Dwivedi	WHAT MEN WANT? Dr Hara Patnaik	PREMATURE OVARIAN FAILURE Dr Pratibha Singh
09:15 AM to 09:30 AM	LNG IUS Dr Nilakshi Phukan	MENOPAUSE AND FEMALE SEXUAL DISORDER Dr Ragini Agarwal	LIFE STYLE MODIFICATIONS IN MENOPAUSE Dr Aloke Sharma
09:30 AM to 09:45 AM	AUB IN WOMEN WITH CLOTTING DISORDERS Dr Shobha Gudi	YOGA IN MENOPAUSE Dr Bhavna Sheth	SARCOPENIA Dr Naini Tandon
09:45 AM to 10:00 AM	PREGNANCY AFTER 40 Dr Jignesh Shah	MIND BODY MEDICINE IN MIDLIFE Dr Sunila Khandelwal	NON HORMONAL MEDICATIONS FOR HOT FLASHES Dr Ashwini Bhalerao Gandhi

- Tea Break -

10:30 AM to 11:30 AM	Panel : Drug Therapy of Osteoporosis Moderators Dr Jyothika Desai, Dr Asna Ashraf Panelists Dr Varsha Jain, Dr Kshama Kedar Dr Ratna Sharma, Dr Madhulika, Dr Sarala Nihalani, Dr Ruchika Garg	Panel : Benign Vulval Lesions Moderators Dr Binal Shah, Dr Savitha Tyagi Panelists Dr Payal Bhargava, Dr Taru Chhaya Dr Anju Gupta, Dr Prejisha B Dr Elizabeth Joseph, Dr T K Shanthi Gunasingh	Panel : Benign Ovarian Masses Moderators Dr Anjana Chauhan, Dr Prabhavathi Panelists Dr Reshmi Banerjee, Dr Elizabeth Jacob, Dr Sindhu P.C, Dr Somalatha Dr Manjima Baishya, Dr Mamta Sharma
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MANANCHIRA			
11:30 AM to 12:45 PM	Key Note Addresses Chairpersons Dr Sonia Malik, Dr Rashmi Shah, Dr R K Baxi	MICROBIOMES AND MENOPAUSE Dr Shobhana Mohandas METABOLIC SYNDROME Dr Pushpa Sethi SCIENCE OF SPIRITUALITY Dr Anju Soni	
12:45 PM – 01:15 PM	DR. DURU SHAH ORATION Chairpersons Dr P K Sekharan, Dr Pushpa Sethi, Dr Meeta Singh BREAST AND THE MENOPAUSAL WOMAN Dr Suvarna Khadiikar		

Lunch

MANANCHIRA HALL	BEYPORE HALL	KAPPAD HALL
OVARY & Menopause (17+3) Chairpersons Dr Anju Soni, Dr Bipasa Sen, Dr Rasheeda Begum	Panel : Case Scenarios in MHT (2 - 3PM) Moderators Dr Anita Shah, Dr Tripura Sundari Expert Dr. Atul Munshi Panelists Dr Priti Sharma, Dr Deepa Kapoor, Dr Asha Agarwal, Dr Beena Tandon, Dr Manju Tandon, Dr Rajeeesh S Ravi	Vulva (12+3) Chairpersons Dr Archana Jha, Dr Nalini Menon, Dr Kaushal Chundawat
PRESERVING OVARIAN FUNCTION : WHY AND HOW Brig Gen Dr Suraiya Rahman		VULVODYNIA Dr Nirmala Pipara
ENVIRONMENTAL EFFECTS ON OVARY Dr Sanath Akmeemana		WHITE LESIONS OF VULVA Dr Tripti Nagaria
CHEMOTHERAPY INDUCED OSTEOPOROSIS Dr Darshana Abeygunawardana		CHRONIC FUNGAL INFECTIONS Dr Sushama Varma
PNEUMOCOCCAL VACCINE Dr Rajalakshmi A Sponsored by: PFIZER	Panel - AUB (03:00 - 04:00 PM) Moderators Dr Shashi Srivastava, Dr Arti Gupta Panelists Dr Anju Singh, Dr R Premalatha, Dr Nirupama Aliganj, Dr Bhavani, Dr Madhavi M, Dr Jamuna Devi	VULVAR CANCER DIAGNOSIS Dr Reeta Agarwal
Chairpersons Dr Jayanth Shah, Dr Sonia Malik Dr Sunila Khandelwal, Dr Meeta Singh		Chairpersons Dr Sudha Gandhi, Dr Dipti Patel Sponsored by: PFIZER
TRANSDERMAL ESTRADIOL SPRAY - A NOVEL MHT (LENZETTO) Dr Peter Greenhouse Sponsored by: Themis Medicare Limited	(04:00 - 04:15 PM) Chairpersons Dr Priya N, Dr Sandhya Krishnan HAPPINESS AND HEALTH IN MIDLIFE HOW TO PLAN? Dr Shyjus Nair	GENITOURINARY SYNDROME OF MENOPAUSE (17+3) Dr Jyothi Unni
BRITISH MENOPAUSE SOCIETY SESSION Dr. Nick Panay (President, International Menopause Society) TESTOSTERONE FOR WOMEN WITH HYPOACTIVE SEXUAL DISORDER 20 Min		GCM 1 (03.30pm - 04.30pm)
Dr. Paula Briggs (Chair, British Menopause Society) UROGENITAL ATROPHY 20 Min		GBM (04.30pm - 05.00pm)
Q & A 20 Min		

05:30 PM to 06:30PM	DANCERCISE - Dr Renu Meena
06:30 PM	ENTERTAINMENT & BANQUET

28TH NATIONAL CONFERENCE OF INDIAN MENOPAUSE SOCIETY

DAY 3 : 19th February, 2023 (Sunday)

Time	MANANCHIRA HALL	BEYPORE HALL	KAPPAD HALL
08:00 AM to 09:00 AM	Special Situations In Menopause (12+3) Chairpersons Dr Chandan Kachru, Dr Ambuja Mohan	FREE PAPERS Mind And Menopause Chairpersons Dr Sabitha Nithyanandan, Dr Jayant Shah	MIXED BAG Chairpersons Dr Nirupama Singh, Dr Apeksha Thakre
09:00 AM to 09:15 AM	HEART DISEASE AND MHT Dr Jaishree Gajaraj	BRAIN FOG Dr V.K.Chellamma	SGLT2 INHIBITORS: NOVEL DRUGS FOR POSTMENOPAUSAL DIABETES AND OBESITY Dr Vishal Tandon
09:15 AM to 09:30 AM	THYROID IN MENOPAUSE Dr Sheela Mane	NEUROLOGY AND MENOPAUSE Dr Vidya Sutaone	OBESITY IN MENOPAUSE Dr N.S Sreedevi
09:30 AM to 09:45 AM	VASOMOTOR SYMPTOMS Dr Sandhya Dixit	INSOMNIA Dr Bipasa Sen	MICRONISED PROGESTERONE IN MHT Dr Meetu Babel
09:45 AM to 10:00 AM	Cynanchum wilfordii An Alternate Menopause Therapy Dr Sobhana Mohandas (Sponsored by SHIELD)		HOT FLASHES IN CANCER SURVIVORS Dr Nishi Roshni
	The Leaking Bladder (12+3) Chairpersons Dr Ridhi Shukla, Dr Archana Shah	When & What to Test (12+3) Chairpersons Dr Suchitra Sudhir, Dr Saroja	Tough Problems in Menopause (12+3) Chairpersons Dr Chandramathy, Dr Suneela M S
10:00 AM to 10:15 AM	STRESS INCONTINENCE - MEDICAL MANAGEMENT Dr Nalini Sharma	USG IN PERIMENOPAUSAL BLEEDING Dr Lalithambica K	RESTLESS LEG SYNDROME Dr Revathy Janakiram
10:15 AM to 10:30 AM	STRESS INCONTINENCE - SURGICAL MANAGEMENT Dr Manoj Chellani	SCREENING IN OSTEOPOROSIS Dr Sudhaa Sharma	PELVIC VENOUS CONGESTION Dr Varsha Prapanna
10:30 AM to 10:45 AM	RECURRENT UTI Dr Seema Sharma	EVALUATION OF OVARIAN TUMORS Dr Ajith S	UTERUS SPARING IN ENDOMETRIAL CANCER IN SELECTIVE CASES Dr Lakshmi Rathna
10:45 AM to 11:00 AM	URGENCY INCONTINENCE Dr Kanchan Sortey	RISK ASSESSMENT IN MIDDLE AGE : BASICS Dr Hema Warriar	OSTEOPOROSIS IN BEDRIDDEN PATIENTS Dr Suma Vishnu
11:00 AM to 11:15 AM	OVERFLOW INCONTINENCE Dr Anjala Sahai	Fibroids (12+3) Chairpersons Dr Rabiya, Dr Gissy Kurian, Dr Sugesh Devu	
11:15 AM to 11:30 PM	IMAGING IN OSTEOPOROSIS Dr Vandana Bansal	MEDICAL MANAGEMENT OF FIBROID Dr Vandana Narula	11:00 AM to 12:00 PM
	PANEL : COMPLICATIONS IN HYSTERECTOMY Moderators Dr Mumtaz P, Dr Bindu V K Panelists Dr Bavin Balakrishnan, Dr Uma Radhesh Dr Darshana K, Dr Fathima Thasneem, Dr Anandasubramaniam, Dr Bala Guhan Dr Gopika	UTERINE ARTERY EMBOLIZATION Dr Megha Jayaprakash	PANEL : CONTRACEPTION IN PERIMENOPAUSE Moderators Dr Simi Kurien, Dr Reshma Saján Panelists Dr Jayasree S, Dr Mini Balakrishnan, Dr Winny Vijay, Dr Meenakshy, Dr Jayalakshmi Suraj, Dr Uma Randheer
11:30 AM to 12:30 PM		GROWING FIBROIDS – WHERE TO DRAW THE LINE Dr Hephzibah Kirubamani	
		THICKENED ENDOMETRIUM : ALL SCENARIOS Dr Narumalar	
12:30 PM	CIMP CONVOCATION		
	VALEDICTORY FUNCTION		

Invitation

The Organizing Committee of
**28TH NATIONAL CONFERENCE
OF INDIAN MENOPAUSE SOCIETY**



THEME : ENJOY MENOPAUSE WITH DIGNITY

Cordially invites you for the
Inauguration of Conference

on **FRIDAY, 17TH FEBRUARY 2023**
06 : 00 PM to 07 : 30 PM

Chief Guest : **Dr. Beena Philip**
Honourable Mayor
(Kozhikode Corporation)

Guest of Honour : **Dr. Narasimhugari Tej Lohit Reddy**
District Collector, Kozhikode



THEME : **ENJOY MENOPAUSE WITH DIGNITY**

Cultural Extravaganza

Unleash your Passion at **IMSCON 2023**

17TH FEB, from 07 : 30 PM

Dance, Music & Drama
by

**NATIONAL DELEGATES OF
IMS SOCIETIES**



Followed by Gala Dinner



18TH FEB, from 06 : 00 PM

Tradition meets Contemporary
from

**CALICUT MENOPAUSE
SOCIETY**

Followed by Banquet





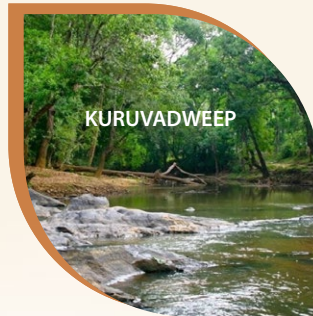
28TH NATIONAL CONFERENCE OF INDIAN MENOPAUSE SOCIETY

TOUR

To the Pristine Hills of Wayanad

16th February 2023, Starts @ 6.30am from Venue

Visit to



GUIDELINES FOR E-POSTER AND ABSTRACT SUBMISSION

E-POSTER

- File format should be PowerPoint (.PPT/.PPTX)
 - Total size of the presentation should not exceed 5 MB.
 - 1 slide per poster only.
 - Presenter Name, Poster Title & e-poster Number should be placed in a title placeholder for final presentation.
 - Illustrations / images / photographs used in the E-poster should be enlarged enough to show relevant details.
- The E-poster will be displayed on standard LCD.

ABSTRACT SUBMISSION GUIDELINES

You may submit only one abstract either paper or poster.

Abstract should be sent in Microsoft word format only.

- **TITLE** - Maximum 15-20 words, in UPPER CASE, font size 12
- **AUTHORS** - Presenting author should be first or second author. The name of the presenting author should be typed in bold letters, font size 11.
- **TEXT** - Text to be typewritten in black ink, "Times New Roman" Font size 10. Number of words not to exceed 250.
- **BACKGROUND** - The current knowledge about your field of work and why the study is important can be summarized in one or two sentences.
- **AIMS AND OBJECTIVES** - Mention the aim of the study and short statement of the hypothesis if any.
- **METHODS** Study design, context of the study, study subjects and the measurements made in the study.
- **RESULTS** - Present only the most important data of your study on which your conclusions will be based. Tables and figures are not needed.
- **CONCLUSIONS** - Derive conclusions based on the data presented in one or two sentences indicating the importance and implications of your findings.

The time allocated for each oral presentation will be 6 minutes and 2 minutes for discussion.

Kindly provide author's contact details (should be the same as the submitting author so that the presenting author receives the correspondence about the abstract)

Email address

Phone number

Author and co-authors' details

Full name with affiliation details: department, institution / hospital, city, state and name of the menopause society.

CONFLICT OF INTEREST & ETHICAL APPROVAL

Abstract submitter must attach approval letter from HOD / Superintendent declaring that it was not submitted previously in any conference and there is no conflict of interests in the presentation.

REGISTRATION IS MANDATORY FOR E-POSTER/ FREE PAPER PRESENTATION
THE DECISION OF THE SCIENTIFIC COMMITTEE WILL BE FINAL.

Registration Details

Conference Registration	Up to 15 th Dec 2022	16 th Dec to 15 th Jan	16 th Jan to Spot
IMS Member	INR 9000	INR 10,000	INR 11,000
Non-Member	INR 10,000	INR 11,000	INR 12,000
Post Graduates	INR 8,000	INR 9,000	INR 10,000
Senior Citizen (Over 75 Years)	INR 6,000	INR 7,000	INR 8,000
Accompanying Person	INR 8,500	INR 9,500	INR 10,500

Premium Registration

	Up to 15 th Dec 2022	16 th Dec to 15 th Jan
Conference + Wayanad Tour (Tour on 16 th includes Travel & Food)	INR 11,000	INR 12,000

Residential Registration

	Up to 31 st Dec		Jan 1 st to 31 st	
Pre congress workshop, conference & 3 Nights stay at Apollo Dimora	Double Occupancy	Single Occupancy	Double Occupancy	Single Occupancy
	18,000	23,000	20,000	28,000

Wayanad Tour - Rs 2000/- per head

Includes Travel & Food
Tour starts at 6.30 am from Apollo Dimora on 16 th February 2023

Hotel Tariff

Hotel	Standard Single Occupancy	Standard Double Occupancy	Residential Registration
Apollo Dimora	3,920	4,480	Closed
Copper Folia	4,000	4,200	Available
Tripenta	4,000	4,200	Available
Raviz Kadavu		6,500	Available
Taj Gateway		6,160	Available

Account Details

FOR NEFT/RTGS/Bank Transfer

Account Name : IMSCON 2023
Bank : Dhanlaxmi Bank
Branch : Chevarambalam,
Chevayur
Account No : 013305300004643
IFSC Code : DLXB0000133

* Please mention your Name, City and
Mobile number in your transactions.

Kindly send the registration form & payment details to the following mail ID

imsconcalicut2023@gmail.com



28th National Conference
of Indian Menopause Society

REGISTRATION FORM

Name:

Institute or Hospital:

Postal Address:

..... PIN:

City: State: Country:

Phone (STD / ISD Code) : (0): (R):

Email: MOB:

MCI NO:

Covid Vaccination 2 dose : Yes / No Adhaar NO:

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Accompanying Person Details

No: Title: Name: Relationship: Age : Gender:

Account Details

(FOR NEFT/RTGS/Bank Transfer)

Account Name : IMSCON 2023
Bank : Dhanlaxmi Bank
Branch : Chevarambalam, Chevayur
Account No : 013305300004643
IFSC Code : DLXB0000133

Payment Details

Payment Mode : Cash ☐ Cheque ☐ DD ☐ NEFT/RTGS ☐
Cheque/DD/UTR No :
Bank Name :
Date :
Total Amount paid :
Amount In Words :

* Please mention your Name, City and Mobile number in your transactions.

Kindly send the registration form & payment details to the following mail ID / Contact :

Dr Lakshmy S
Mobile No : 9847001212

imsconcalicut2023@gmail.com

Dr Mumtaz P
Mobile No : 9847180613

About CALICUT

Also known as Kozhikode, it is a city along the Malabar Coast in the state of Kerala in India. It the second largest metropolitan City in Kerala and the 19th largest in India. In the medieval period, Kozhikode was dubbed the “City of Spices” for its role as the major trading point for Indian spices. It was the capital of an independent kingdom ruled by the Samoothiris (Zamorins). Hence it is also known as the “City of Zamorins”. The port at Kozhikode acted as the gateway to South Indian coast for the Chinese, the Persians, the Arabs and finally the Europeans.

Today it is a city filled with lush greenery, beautiful beaches and historical spots. The simple lifestyle and hospitality of the city will sweep your heart away and don't forget to give your taste buds a delightful treat with Malabar cuisine.



MANANCHIRA SQUARE



KAPPAD BEACH



BEYPORE BEACH



THUSHARAGIRI WATERFALLS



KADALUNDI BIRD SANCTUARY



PAZHASSIRAJA MUSEUM





Free Papers and Posters at IMSCON 2023
THEME - MIDLIFE HEALTH & BEYOND

Last date for submission of Abstracts is 20-01-2023

Mail your abstracts to :

abstractimscon23@gmail.com

CONTACT US

Free Paper & Poster

Dr SAJALA VIMALRAJ - 9446450554
Dr BINDU V K - 9447182743

Entertainments

Dr SHEEBA T JOSEPH - 9447282135,
Dr BALA GUHAN - 8547843496

Registration

Dr MUMTAZ P - 9847180613

Travel & Accomodation

Dr RAJEESH S RAVI - 9809898355
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Wayanad Tour

Dr AJITHA P N - 9847262510

Appollo Dimora

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Copperfolia

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ORGANIZING SECRETARY

DR LAKSHMY. S - 9847001212

CONFERENCE SECRETARIAT

Department of OBG, IMCH,
Government Medical College Kozhikode

IMSCON 2023 REPORT

IMSCON 2023, the 28th National Conference of the Indian Menopause Society was hosted by the Calicut Menopause Society on 17th to 19th February 2023 at Hotel Apollo Dimora, Calicut, Kerala. The theme of the conference was “ENJOY MENOPAUSE WITH DIGNITY”.

The conference was attended by about 300 faculty and delegates with 20 of them being complimentary. It was attended by eminent Gynaecologists, Endocrinologists, Cardiologists and faculty from other specialities from all over the country. We had 3 International faculty Brig. Gen Dr.Suraiya Rahman from Bangladesh, Dr.Sanath Akmeemana and Dr.Darshana Abeygunawardana from Srilanka.

The scientific programme was conducted in 3 halls simultaneously- Mananchira,Beypore & Kappad Halls

On the first day we had Workshops on Vaginal Surgeries, Preventive Oncology and Pelvic Anatomy along with parallel sessions on Breast, Hysteroscopy, Vaginal rejuvenation and Infertility after the workshop. Post lunch, there was a Health Mela with Public Awareness Programme on Cancer Awareness in Menopause and an enthusiastic Moot Court conducted by Dr.Ujjwala Kedare and her team from Nagpur society. The scientific session on the first day was followed by FIMS presentation. This was followed by the Inaugural function and entertainment programme by member societies of IMS.

Inauguration

The inaugural function was conducted on the 17th February. Dr.V.KChellamma, the Organising Chairperson welcomed the august audience. Chief guest of the day was Dr.Beena Philip, Honourable Mayor, Kozhikode Corporation. Dr.Ajitha PN,also the organising chairperson introduced the Chief Guest. The Guest of Honour, District Collector Dr.Teja Lohit Reddy could not make it for the function. Dr.Shobhana Mohandas delivered her prestigious presidential address followed by the traditional handing over of the President's medal to the incoming President Dr.Pushpa Sethi who then put forth her ideas and proposals for the coming year along with her team. Dr.Lakshmy.S, Organising Secretary, proposed the vote of thanks.

There was The Souvenir release by the President. The outgoing and incoming office bearers were felicitated. The FIMS awards were conferred upon 6 past Presidents and Senior Committee Members this year. The CIMP Convocation was conducted under the leadership

Dr.Lakshmi Ratna which was marked by the ceremonial march holding the IMS flag. The IMS Quiz on GSM was conducted by Dr.Neelam Jain and 16 postgraduates participated in the Quiz. The IMSCON 2023 had Symposia on most of the aspects of Menopause. There were 7 panels from experts all over the country. The Duru Shah oration was delivered by Dr.Suvarna Khadilakar on Breast and the Menopausal Woman. The keynote addresses were delivered by Dr.Shobhana Mohandas on Microbionics and Menopause, Metabolic Syndrome by Dr.Pushpa Sethi and Science of Spirituality by Dr.Anju Soni.

On the 2nd day on 18th, there were two ZOOM sessions post lunch-1)Transdermal Estradiol spray by Dr.Peter Greenhouse from U.K

2)British Menopause Society session-Testosterone for women with hypoactive sexual disorder by Dr.Nick Panay(President, International Menopause Society) & Urogenital Atrophy by Dr. Paula Briggs,(Chair,British Menopause Society).

The session on Dancercise by Dr.Renu Meena was well participated & appreciated by the audience. The programme concluded with entertainment programme by the host society ,Calicut Menopause Society .

On the last day during the valedictory function cash prizes and certificates were awarded to the winners of Free paper and Poster Competition, Best Research Paper, Best Committee ,society,CIMP & Quiz winners. The Conference was well appreciated by all & was a huge success.

About 20 pharma companies participated in the event.

JMH Best Research Paper	Dr.Archana Kumari and Dr.Piyush Ranjan
Best Committee Award	Web site committee – Dr.Jyothika Desai
Best Society Award	Vadodara & Chennai

Dr.Pushpa Sethi Poster Award:	1)
	2) Dr.Nishana.V
	3)
Dr.Duru Shah Best Paper	1) Dr.Chandini
	2)
	3) Dr.Naseeba

Winners of the CIMP Exam

1. Dr.Bhavna Sachin Patel

2. Dr.Gunjan Sharma
3. Dr.Sapna Rajat Kumar
4. Dr.AanchalAgarwal
5. Dr.Nagamani SD
6. Dr.Neeraja
7. Dr.ShaheeraAjaz
8. Dr.SakshiLalwani
9. Dr.Shashikala KT
10. Dr.SnehaPurankar
11. Dr.Subhashini V

IMSCON 2023 Quiz winners

1. First prize - Dr.Jayashree (Dr.Ratnabali QUIZ RATNA AWARD)
2. Second Prize –Dr.Nidhi
3. Third prize – Dr.Neha
4. Fourth Prize – Dr.Basavaraj