



Indian
Menopause Society



Newsletter

Issue No. 3
August – September
2021

Highlights

Articles on

- **PCOS and Menopause – Dr. Duru Shah**
- **Thyroid and Menopause – Dr. Atul Munshi**
- **Newer Concepts in MHT – Dr. Jyothi Unni**
- **Fertility and ageing – Dr Sushma Baxi**
- **Basics of a website – Dr. Jyothika Desai**

Message



Dr. Ambuja Choranur



Dr. Sudhaa Sharma

Dear Friends,

We are extremely delighted to release this 3rd issue of IMS Newsletter of our tenure 2021 – 22.

Since most of us have been vaccinated against Covid-19, and graph of this pandemic is also declining, hence we are hoping to meet all of you physically from now onwards.

Highlights of this issue are the following scientific articles

- PCOS and Menopause: The Metabolic Association – Dr Duru Shah
- Thyroid and Menopause – Dr Atul Munshi
- Newer Concepts in Menopausal Hormone Therapy – Dr. Jyothi Unni
- Fertility and ageing – desire vs dilemma – Dr Sushma Baxi
- Basics of a website – Dr Jyothika Desai

We thank all the authors who have spared time to pen down these articles in spite of their busy schedule.

We are striving hard to generate awareness about menopause and its challenges amongst doctors, healthcare workers, students and public by doing various programs. But, We need to work more hard to make our females, Fit @ 40, Strong @ 60 and Independent @ 80.

Thanks and Regards

Long Live IMS

Dr. Ambuja Choranur
President
IMS India, 2021 – 2022

Dr. Sudhaa Sharma
Secretary General
IMS India, 2021 – 2022

Indian Menopause Society International Affiliations



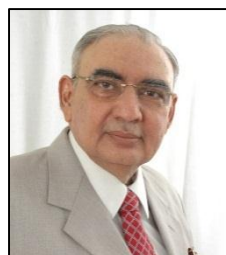
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CAMS



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Asia Pacific
Menopause
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Dr. Jignesh Shah
South Asian
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Menopause
Societies – SAFOMS

Report from Asia Pacific Menopause Federation – APMF

Dr. Atul Munshi

APMF Representative

Indian Menopause Society



- APMF council meeting was held on 14th October 2021.
- Along with this 2nd meeting of technical writing group of APMF was also held.
- 16 members attended from different regions of Asia Pacific.
- Detailed discussion was done on topics to be taken for research study and later on publications in various international journals.
- On 15th October 2021, Special session on “Challenges in the Management of Menopause during the Pandemic” – views of different countries were discussed – Dr. Atul Munshi – (IMS representative to APMF) also participated... the talk was well appreciated.
- On 15th-16th-17th October – the scientific deliberations from various countries were quite interesting and informative. Dr. Jyothi Unni and Dr. Atul Munshi attended virtual meetings on all 3 days.
- There were suggestions from all member countries to Indian Menopause Society to bid for the biannual meeting of APMF, 2024-25.
- Dr. Munshi suggested to inform president/secretary and governing council members and pass in IMS governing council meeting.



18th WORLD CONGRESS ON
MENOPAUSE PORTUGAL
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PCOS and Menopause: The Metabolic Association



Dr. Duru Shah
Author



Dr. Zeel Shah
Co-Author

Introduction

Polycystic Ovarian Syndrome (PCOS) appears to be a very ancient disorder with heterogeneous clinical manifestations whose pathogenesis remains elusive, though it is closely linked to a multifactorial genetic and familial association. As per the latest evidence, intrauterine hyperandrogenemia suggestive of trans-generational transmission of PCOS from mother to fetus, plays an important role compared to the genetic transmission. (1) As per the Rotterdam Criteria, the classical phenotype of PCOS is identified by the triad of Oligo-anovulation (OA), Hyperandrogenism (HA) and PCO morphology (PCOM) of ovaries on ultrasound. After analyzing all the current evidence on the pathogenesis of PCOS, it is evident that PCOS is a multifactorial issue with multi-systemic involvement and not merely an ovarian dysfunction. There has been a shift of the thought process which points to far greater metabolic consequences than initially implicated.

Pathophysiology of Metabolic Syndrome

One in three women with PCOS also have Metabolic Syndrome (MS), with consequences including Cardiovascular disease, Type 2 Diabetes Mellitus (T2 DM) Sleep apnea and Psychologic problems. The ATP III (Adult Treatment Panel III) Guidelines have been popularly used to diagnose Metabolic Syndrome.

Insulin resistance in PCOS

Insulin resistance and consequent hyper-insulinemia is a prominent feature in PCOS and can be seen in up-to 80% of women with PCOS and more so in obese women with PCOS. A meta- analysis(2) reported that PCOS has an intrinsic Insulin resistance with a 27% lower insulin sensitivity in BMI matched women without PCOS. The meta-analysis also concluded that an increase in BMI results in a disproportionate increase of insulin resistance in

PCOS women compared to non PCOS women. Hence PCOS is considered one of the strong non modifiable risk factors for T2 DM, as 80% women with PCOS are obese and a large percentage are insulin resistant.

Obesity and Hypertension in PCOS

PCOS is an important metabolic disorder and its manifestations are greatly potentiated by obesity. Modest reduction of weight (around 5%) often results in

substantial improvements in reproductive, hyperandrogenic and metabolic features of PCOS. In obese individuals the increased levels of Insulin and Free Fatty Acids(FFA) result in potentiation of the sympathetic outflow, and the activation of the Renin Angiotensin Aldosterone System (RAAS), leading to hypertension. Associated vascular endothelial dysfunction also contributes to the development of hypertension. (3)

Pathophysiology of Metabolic issues during Menopause

Menopause is inevitable in women around the age of 50 years, hence metabolic disorders that are influenced by the hormonal changes of menopausal transition and chronologic aging, become additive.

Estrogen depletion during menopause is responsible for the redistribution of the weight which leads to increased waist circumference. Increased waist circumference due to increased visceral fat is very strongly related to insulin resistance and cardiovascular disease (4). Visceral adiposity is pro-inflammatory and releases inflammatory cytokines that cause impairment of insulin signaling. Estrogen increases vasodilatation and inhibits endothelial injury and prevents development of atherosclerosis. A decrease in estrogen levels during menopause result in loss of this protective function. Menopause is also associated with decreased levels of Sex Hormone Binding globulin (SHBG) which add to the increase in the risk factors. The lipid profile in menopausal women deteriorates making it more atherogenic compared to the premenopausal status. These changes make menopausal women more vulnerable to the metabolic syndrome and cardiovascular disease. (4)

Metabolic syndrome in menopausal PCOS women

There is amelioration of hyperandrogenism and reproductive dysfunction of PCOS as age advances making it difficult to establish a diagnosis of PCOS at a later age. Women with PCOS have a higher initial ovarian volume and a lesser slope of decline. Even if the follicle number starts decreasing with age, the volume takes a longer time to reach normal levels. In a longitudinal study done over 20 years in women with PCOS, it was observed that even though the menstrual cycles got regular, the metabolic abnormalities persisted, and were associated with an increase in the waist circumference with time. (5)

Hyperandrogenism

Hyperandrogenism seen in PCOS is both from ovarian and adrenal origin. There is a higher exposure to androgens in these women, which plays a pivotal role in the development of metabolic disease. and increases the cardiovascular risk.

Androgens inhibit the effects of peripheral and intra-hepatic insulin and also increase the formation of FFA resulting in insulin resistance and metabolic abnormality.(6)

Insulin Resistance and Type II Diabetes Mellitus(T2 DM)

Insulin resistance (IR) is central to PCOS and women with PCOS exhibit higher levels of IR Insulin levels were higher after a oral glucose tolerance both before and after menopause compared to Non PCOS women. A 10 year follow up study demonstrated that the prevalence of T2 DM in women with PCOS in their 4th and 5th decades of life, is 6.8 times higher than in general population without PCOS. (7)

Cardiovascular diseases in PCOS and menopause

CVD is a leading cause of death in women.(8) The exposure to metabolic abnormality make menopausal women with PCOS vulnerable to Cardio-vascular diseases.

There is limited data on the prevalence of CVD in postmenopausal women with PCOS.

Women with PCOS have endothelial dysfunction at a younger age assessed by the Carotid Intima- Media thickness (CIMT) and Coronary Artery Intima Calcium score (CAC). (9) A recent meta- analysis by Jun Zhang colleagues found an increased risk of CVD in PCOS women including myocardial ischemia, ischemic heart diseases and stroke, but the found no difference in all cause or CVD related mortality in two groups. (10)

There is little evidence on cardiovascular disease in patients with PCOS at menopause with conflicting results. A prospective study by a Swedish group found a higher level of triglyceride and Hypertension in PCOS women, but did not report any increased incidence of Myocardial ischemia, stroke, ischemic heart disease in women with PCOS compared with age matched controls without PCOS. (11)

A retrospective cohort study in menopausal women diagnosed with PCOS in their reproductive age versus controls were followed up to 70 years of age to assess the cardiovascular morbidity, found a higher risk of stroke in women with PCOS but this group also had increased BMI and a higher incidence of T2DM. (12) A meta- analysis concluded that all components of metabolic syndrome were adversely affected by menopause, whilst surgical menopause had a 1.5-fold higher risk of metabolic syndrome compared to natural menopause. (13) Women with a premature menopause have increased risk of CVD and each year of early menopause is associated with a 3%increased risk of CVD. (13) The American Heart Foundation have concluded that physiologic changes in menopause are relevant to cardiovascular disease risk, and hence it will be helpful to have an aggressive prevention-based approach to prevent the physiologic detrimental changes leading to cardiovascular diseases.(8)

The international Guidelines on PCOS (14) have suggested that it is unclear if PCOS can be considered as an independent risk factor for CVD, and women in the meantime women with PCOS should be screened for cardiovascular risk factors.

Conclusion

Hence, further studies are needed to determine whether the increased cardiovascular risk in reproductive life translates into an increased cardiovascular morbidity and mortality in later life for women with PCOS

It is now evident that PCOS continues beyond the reproductive age group. The prolonged exposure to androgens, insulin resistance and increased metabolic issues add to the metabolic vulnerability during the menopausal transition. Even though there is uncertainty if these risk factors cause an increase in cardiovascular disease, it is prudent to identify these factors, educate the patient and encourage life style modification before the occurrence of metabolic syndrome, helping to nip it in the bud.

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A graphic of a rolled-up scroll. The scroll is light blue at the top and dark blue at the bottom. The text "TOT Sessions" is written in yellow on the dark blue part. The scroll is unrolled on the right side and has a small loop at the top left and bottom left.

TOT Sessions

TOT Session

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

WEST ZONE, GROUP B TRAINING
JODHPUR, JAIPUR & INDORE
10th AUGUST 2021
TUESDAY
4:00 pm to 6:00 pm
[CLICK HERE TO REGISTER](#)

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INDIAN MENOPAUSE SOCIETY

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India Editor,
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Former Professor,
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GMC Jamnā,
Secretary General,
IMS 2021

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Dr. Sunila Khandelwal
Past President, Indian Menopause Society
Member Board of Trustees,
Ex-Treasurer, International Menopause Society

Dr. Seema Sharma
Ex-Secretary General, IMS
Vice President Elect, IMS

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9th TOT Session on **10th August 2021**
With Jaipur, Jodhpur & Indore
Faculty: **Dr. Sunila Khandelwal & Dr. Seema Sharma**

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

WEST ZONE, GROUP C TRAINING
SURAT, UDAIPUR & VADODARA
17th AUGUST 2021
TUESDAY
4:00 pm to 6:00 pm
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Former Professor,
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GMC Jamnā,
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IMS 2021

SPEAKERS
Dr. Jyothi Unni
Past President,
Indian Menopause Society

Dr. Parag Biniwale
President,
Pune Menopause Society

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10th TOT Session on **17th August 2021**
With Surat, Udaipur & Vadodara
Faculty: **Dr. Parag Biniwale & Dr. Jyothi Unni**

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

WEST ZONE, GROUP D TRAINING
BHOPAL & RAJKOT
24th AUGUST 2021
TUESDAY
4:00 pm to 6:00 pm
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Former Professor,
Department of OBG,
GMC Jamnā,
Secretary General,
IMS 2021

SPEAKERS
Dr. Sheela Mane
Chairperson, Exam Committee
Indian Menopause Society 2020 & 2021

Dr. Hephzibah Kirubamani
President,
Menopause Society of Chennai

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11th TOT Session on **24th August 2021**
With Bhopal & Rajkot
Faculty: **Dr. Sheela Mane & Dr. Hephzibah Kirubamani**

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

EAST ZONE, GROUP A TRAINING
ALLAHABAD, CUTTACK & GUWAHATI
7th SEPTEMBER 2021
TUESDAY
4:00 pm to 6:00 pm
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Dr. Jignesh Shah
Immediate Past President
Indian Menopause Society
International Representation, South Asian
Federation of Menopause Societies

Dr. Anita Shah
Ex-Secretary General
Indian Menopause Society
Patron
Surat Menopause Society

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12th TOT Session on **7th September 2021**
With Allahabad, Cuttack & Guwahati
Faculty: **Dr. Jignesh Shah & Dr. Anita Shah**

TOT Session



e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

EAST ZONE: GROUP B TRAINING | 14th SEPTEMBER 2021 | 4:00 pm to 6:00 pm
KOLKATA, LUCKNOW & RAIPUR

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SPEAKERS
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Dr. Seema Sharma
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13th TOT Session on **14th September 2021**

With Kolkata, Lucknow & Raipur

Faculty: **Dr. Bipasa Sen & Dr. Seema Sharma**



e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

EAST ZONE: GROUP C TRAINING | 21st Sep. 2021 | 4:00 pm to 6:00 pm
Patna, Gorakhpur & Bhagalpur

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International Representative, Asia Pacific Menopause Federation
Past President, IMS
Dr. Ambuja Choranur
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14th TOT Session on **21st September 2021**

With Patna, Gorakhpur & Bhagalpur

Faculty: **Dr. Atul Munshi & Dr. Ambuja Choranur**

Thyroid and Menopause

Dr. Atul Praful Munshi



Introduction

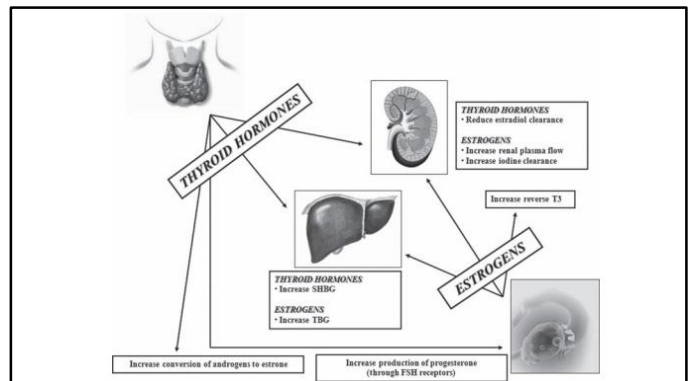
In clinical endocrine practice, thyroid disorders constitute the second most common conditions after diabetes. In an epidemiological study in eight cities in India by Unnikrishna AG et al. the prevalence of hypothyroidism in Indian adults was 1/10 of the study population, was three times more common in women. It was the highest in the age group of 55 years and above. Women are more prone to thyroid disorders.

Thyroid dysfunction is common in the general population, especially in women. Thyroid function and the gonadal axes are related throughout the woman's fertile period.

Studies on the relationship between menopause and thyroid function are few and do not allow to clarify whether menopause has an effect on the thyroid regardless of aging.

Figure 1 Schematic diagram explaining the relationship between thyroid, ovary, liver and kidney; actions of thyroid hormones, estrogens.

T3, triiodothyronine; SHBG, sex hormone binding globulin; TBG, thyroxine binding globulin; FSH, follicle stimulating hormone



Hypothyroidism

Causes of hypothyroidism

Primary

- Chronic autoimmune thyroiditis
- Iodine deficiency
- Drugs: iodine excess (including iodine-containing contrast media and amiodarone), lithium, antithyroid drugs, p-amino salicylic acid, interferon- α and other cytokines, aminoglutethimide
- Congenital hypothyroidism: absent or ectopic thyroid gland, dysharmonogenesis, TSH-receptor mutation

Secondary

- Hypopituitarism: tumors, pituitary surgery or irradiation, infiltrative disorders, Sheehan's syndrome, trauma, genetic forms of combined pituitary hormone deficiencies
- Isolated TSH deficiency or inactivity
- Hypothalamic disease: tumors, trauma, infiltrative disorders, idiopathic

Transient

Silent thyroiditis, including postpartum thyroiditis

Subacute thyroiditis

Withdrawal of thyroxine treatment in individuals with an intact thyroid

After I treatment or subtotal thyroidectomy for Graves' disease.

Screening

Screening for thyroid disorders has been recommended by the Indian Menopause Society (IMS).

Thyroid Homeostasis and Interpretation of Biochemical Tests in Elderly.

Some manifestations of menopause are similar to the signs and symptoms suggestive of thyroid dysfunction. Hot flushes, intolerance to heat, sweating, palpitations, irritability, insomnia, and rapid changes in mood can be traced back to a status of hyperthyroidism.

Special considerations in diagnosing and treating perimenopausal and postmenopausal women with thyroid dysfunction include the difficulty of differentiating between menopausal symptoms and symptoms related to thyroid dysfunction.

Screening test

Measurement of serum thyroid-stimulating hormone (TSH) and further testing by a free thyroxine (T4) is added only if the TSH is abnormal.

As a screening test, serum TSH is appropriate to identify primary hypothyroidism, which is the most common form. Investigation for other causes depends on the clinical situation.

Importance of Screening for Thyroid Disease in Women at Menopause

Women with higher-than-normal TSH were likely to report fearfulness among 15 menopause symptoms evaluated.

Lethargy, weakness, weight gain and mild edema are more in Hypothyroidism, in this group of patients.

This is of concern because clinical features and TSH levels must be interpreted in terms of age-level normal.

The practical implications arise from the increased risk of fracture among women with hypothyroidism, either primary or iatrogenic. A recently published case-control study concluded that in the elderly, aged 70 years or more, was associated with increased risk of fracture, with a strong dose-response relation.

Treatment for Hypothyroidism

Consultation by an expert endocrinologist is advisable before starting of the treatment.

Levothyroxine (L-T4) is the treatment of choice for hypothyroidism. L-T4 is converted to the bioactive hormone T3 in peripheral tissues. The replacement dose for adult women is estimated at 1.6 µg/kg.

In women without other pathologies aged between 40 and 60 years, the initial dose is 50 µg/day.

Drugs such as ferrous sulfate, calcium carbonate, cholestyramine, sucralfate and proton pump inhibitors can interfere with the gastrointestinal absorption of L-T4.

Because many postmenopausal women are also diagnosed and treated for hypothyroidism, the concomitant use of estrogen/hormone should be monitored carefully.

Hyperthyroidism including Thyroid Nodules

The other common conditions of thyroid dysfunction are hyperthyroidism and the occurrence of thyroid nodule.

The signs and symptoms of hyperthyroidism are often vague and insidious. They are attributed to normal aging. Annual incidence of overt hyperthyroidism was reported to be 2–3 per 1,000 women. Hyperthyroidism is thrice as common in women as in men.

Basically, there are following types

- Graves' disease
- Subacute thyroiditis
- Toxic multinodular goitre and toxic adenoma
- Functioning thyroid carcinoma metastases
- Ingestion of excess thyroid hormone (thyrotoxicosis factitia) or thyroid tissue

Importance of Hyperthyroidism in menopause

Thyroid autoimmunity is more common in females than in males, probably because of the action that sex hormones, estrogens and androgens have on the immune system.

Development of an autoimmune thyroiditis is also often seen in patients who are taking estrogens or SERMS.

Patients of early menarche and late menopause are also prone to autoimmune thyroiditis.

Treatment

Again, expert advice of endocrinologist is a must.

Overt hyperthyroidism should be treated. Drug therapy with **thionamides (methimazole or propylthiouracil)**.

A trial of l-thyroxine replacement therapy should be considered. For such patients who have been started on l-thyroxine for symptoms attributed.

Surgery may be needed for goitre.

Conclusion

- Thyroid dysfunction is common especially in women over the age of 50 years.
- Postmenopausal women are at increased risk of both osteoporosis and cardiovascular disease.
- Untreated thyroid disease may exacerbate these risks.
- Screening for thyroid dysfunction in asymptomatic individuals is controversial, but aggressive case-finding should be pursued.
- Serum TSH investigations can be justified in perimenopausal and postmenopausal women with symptoms.
- Women with overt thyroid dysfunction should be treated, but caution is required in diagnosing and treating thyroid dysfunction in women who are taking estrogens or SERMS.
- Presence of thyroid disorder should not interfere with indicated Menopausal Hormone Therapy (MHT).

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Newer Concepts in Menopausal Hormone Therapy

Dr. Jyothi Unni



India is ageing at a much faster pace than several other countries. It is estimated that there will be 89 million women above the age of 60 by the year 2026. Elderly women will outnumber men and we need to prepare ourselves to take care of the needs of these women.

Globally, the mean age at menopause is 51 years whereas in India it is 46.2 years. So, our women have to live with the consequences of estrogen deprivation for longer.

There has been considerable debate about the risks and benefits of Menopausal Hormone Therapy (MHT) in the past two decades. MHT is the most effective treatment for vasomotor symptoms and for the prevention and treatment of post menopausal osteoporosis.

Low Dose Therapy:

Lower doses of MHT continue to provide the efficacy with fewer side effects. There is better compliance and the benefits on bone health are not compromised. Estradiol in a dose of 1 mg orally daily or Conjugated Equine Esrogen (CEE) 0.3 mg orally daily should be the starting dose. Women should be counseled that it may take one to three months for symptoms to abate. If in three months, there is not adequate symptom relief, the dose of estrogen can be increased. However, women with Premature Ovarian Insufficiency should be given regular doses of hormone therapy and not low dose therapy till the natural age of menopause.

Transdermal Estrogen:

It is preferable to use the transdermal route of delivery of estrogen in women who are obese as it avoids the first pass effect in the liver and thus has a more favourable effect on lipids and coagulation parameters. Though the transdermal patches were not found satisfactory for use in India due to the warm and humid conditions, estradiol gel which can be applied on the skin is available and is a useful agent.

Vaginal Estrogen Therapy:

Genito-urinary symptoms are best treated with local vaginal estrogens. Either Estriol cream or Conjugated equine estrogen cream can be used daily at bedtime for 10 to 14 days followed by twice weekly for 3 months. Safety data is available for 12 months of continuous use. Progestogens are not required when only vaginal estrogen is being prescribed ie no systemic estrogen is being given.

Progestogens:

Women with an intact uterus need to be given progestogens for at least 12 to 14 days a month to prevent endometrial hyperplasia. The use of Dydrogesterone or

Micronised Progesterone, instead of the more androgenic preparations used earlier continue to provide endometrial protection with less adverse effects on the lipid profile and the breast. The Levonorgestrel Intra-Uterine system is an excellent option for women who accept it. Consideration should be given to adding a progestogen as part of MHT in women who have undergone Hysterectomy with Bilateral Salpingo-oophorectomy for severe endometriosis to avoid flaring up of any residual endometriosis.

Ospemifene:

Ospemifene is a third generation Selective Estrogen Receptor Modulator (SERM) which has been approved for oral use for the treatment of Dyspareunia. 60 mg is given in a single daily dose. It has no adverse effects on the breast and endometrium

Testosterone:

The use of Testosterone in women has been the subject of controversy. It is effective for the treatment of female sexual dysfunction. However preparations for women are not available in India. A recent position statement from the International Menopause Society suggests that preparations available for men can be used but in doses which are physiological for women.

Tibolone:

Tibolone is an agent with estrogenic, progestogenic and androgenic properties. It is particularly useful in women with symptoms pertaining to mood and libido. A lower daily dose of 1.25 mg orally is as effective as 2.5 mg.

The Tissue Selective Estrogen Complex (TSEC) is the combination of 20 mg of Bazedoxifene (BZA) which is a SERM with 0.45 mg of CEE. Tissue selective activity comes from the blended activity of both agents. It is effective in treating vasomotor symptoms and also prevents bone loss. It does not stimulate the endometrium. There is more amenorrhoea and less breast pain. It is not available in India yet, but it has been approved for use in several countries.

Timing Hypothesis:

The concept of the 'window of opportunity' came about soon after the WHI trial was abruptly terminated. Several researchers started looking at the timing hypothesis. Results of the KEEPS and ELITE trials suggest that starting MHT in the early postmenopausal years may reduce the risk of coronary artery disease.

Duration of Therapy:

MHT should be given for the required duration and not for the shortest duration as was recommended earlier. The decision to stop or continue therapy should be discussed and a decision made based on the woman's individual needs. Anecdotally, it is better to taper therapy rather than abruptly stopping it, though there is no hard data to help decide which would be the better way.

Co-Morbidities:

Hypertension is not a contra-indication for the use of MHT, if the blood pressure is well controlled. It does increase the stroke risk, particularly in obese women, so life style modification should be advocated.

MHT reduces fasting glucose and increases insulin sensitivity and so reduces abdominal fat and the development of Type 2 Diabetes.

Cancers:

A recent meta-analysis has shown that there is no harmful effect of MHT on survivors of Carcinoma Cervix and the authors suggest that it should be offered to young survivors.

MHT reduces Colon cancer risk, but it should not be prescribed solely for this indication. There is no contra-indication to the use of MHT in women who have been treated for Ovarian Cancer. MHT increases the recurrence risk in Breast Cancer survivors and it is prudent to offer them non-hormonal alternatives for symptom relief.

Major Adverse Effects:

The increased risk of breast cancer is primarily due to synthetic progestogen. The risk is less than 1 in 1000 women per year of use and occurs after 5 years of therapy. It is dose and duration dependent and there is no increase in the mortality risk.

There is an increase in stroke risk of 8-12/10,000 per year. Rates are strongly age related. This can be reduced by using low dose and ultra low dose formulations and non-oral routes of therapy.

The risk of Venous Thrombo-embolism increases with oral MHT, particularly in women over 60. This can be avoided by using the transdermal route.

Coronary artery disease was thought to be the other significant adverse effect. However, in women who are recently menopausal (within 10 years), below the age of 60 and with no prior history of cardiovascular disease, there is a consistent reduction in mortality with the use of MHT.

The safety of MHT largely depends on age and time since menopause. We should help women make informed choices and offer them both behavioural and pharmacological therapy.

Suggested Reading

1. Clinical Practice Guidelines on Menopause : An Executive Summary and Recommendations : Indian Menopause Society 2019-2020. J Midlife Health 2020;11(2) : 55-95
2. Revised Global Consensus Statement on Menopausal Hormone Therapy. Climacteric 2016 ;19 (4) : 313-315
3. BMS, IMS,EMAS, RCOG and AMS Joint Statement on Menopausal Hormone Therapy and Breast Cancer Risk 2020. <https://www.imsociety.org/statements/position-papers-and-consensus-statements>



Activities by Committees

Aesthetic Health Committee

Dr. Ragini Agrawal

Aesthetic Health Committee of IMS & IACDG

**in association with Calicut Menopause Society Present
Menopause an Eternal Truth**

Episode:12 : Vaginal Laxity Prolapse Dt 17th Sep 2021 :time 2.30-5.00pm

Chief Guest :Dr C Ambuja

Guest of Honor:Dr Sudha Sharma,Dr Anita Shah,Dr Ajitha PN,Dr Lakshmy S, Dr Chellamma

Program Director : Dr Ragini Agrawal

**SESSION 1 TALK 1 BY DR RAGINI AGRAWAL: VAGINAL LAXITY TO PROLAPSE_ PREVENTTION
&NON SURGICAL TREATMENT**

SESSION 2 TALK 2 BY DR MANDAKIN CHOPRA: PELVIC PHYSIOTHERAPY MAKES A DIFFERENCE

SESSION 3 TALK 3 BY DR SHOBHNA MOHANDAS: SURGICAL MANAGEMENT

VOTE OF THANKS : DR LAKSHMY S



2:30pm - INAUGURATION

CHIEF GUEST	GUESTS OF HONOR		PROGRAM DIRECTOR
 Dr. C Ambuja President, IMS	 Dr. Sudha Sharma Secretary General, IMS	 Dr. Anita Shah Past Secretary General, IMS	 Dr. Ragini Agrawal VP FOGSI-2020 Founder Chair Aesthetic Health Committee - IMS, President-IACDG

GUESTS OF HONOR

 Dr. Ajitha P.N Sr Gynaecologist & Laparoscopic Surgeon	 Dr. Lakshmy.S Additional Professor, GMC Kozhikode	 Dr. Chellamma Professor & HOD, OBG, KMCT Medical College-Kozhikode
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SCIENTIFIC SESSION: 3.00pm-5.00pm

SESSION 1: 3.00-3.30 PM	SESSION 2: 3.40PM-4.10PM	SESSION 3: 4.20PM-4.50PM
TALK 1: Vaginal Laxity to Prolapse_ Prevention & Non-Surgical Treatment Dr. Ragini Agrawal VP FOGSI-2020 Founder Chair Aesthetic Health Committee - IMS, President-IACDG	TALK 2: Pelvic Physiotherapy makes a Difference Dr. Mandakini Chopra Sr. Physiotherapist, Women Health & Pelvic Rehab Specialist	TALK 3: Surgical Management Dr. Shobhana Mohandas Consultant Sun medical Centre, Thiruvananthapuram President Elect IMS

5 PM ONWARDS

VOTE OF THANKS

Dr. Lakshmy.S
Additional Professor, GMC Kozhikode

[CLICK HERE TO JOIN](#) Meeting ID: 985 5740 1909 | Passcode: EVALON



4-4:30pm -Inauguration

CHIEF GUEST	GUESTS OF HONOUR	
 Dr. C Ambuja President, IMS	 Dr. Sudha Sharma Secretary General, IMS	 Dr. Anita Shah Past Secretary General, IMS

PROGRAM DIRECTOR

Dr. Ragini Agrawal
VP FOGSI-2020,
Founder chair Aesthetic health committee - IMS, President-IACDG

CHAIRPERSONS

 Dr. Binal D Shah President Menopause Society, Vadodara	 Dr. Bhairavi Joshi Vakharia Cosmetic Gynecologist Ahmedabad	 Dr. Asha Bhatt President, Menopause Society Surat
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4:30-5:30 pm - Discussion

SPEAKERS	MODERATOR	
 Dr. Ragini Agrawal VP FOGSI-2020, Founder Chair Aesthetic health committee - IMS, President-IACDG TOPIC: Vulval Disorder (Non Neoplastic)	 Dr. Natasha Vijayendran Consultant Dermatologist, Pratiksha Hospital TOPIC: Vulval Cosmesis	 Dr. Anjana Chauhan Secretary IMS, Ahmedabad Chapter

5:30-6:30 pm - Panel Discussion

PANELISTS

 Dr. Nikhil Parwate Senior Consultant, Aditya Birla Memorial Hospital Pune	 Prof. N.Sundari Senior Consultant M.S.Ramaiah Hospital Bangalore	 Dr. Bhagyalaxmi Nayak Chairperson Oncology Committee, FOGSI 2018-20
 Dr. Dipti Patel Sr Gyne, Surat	 Dr. Ashwini Bhalerao Consultant Gyne P.D Hinduja Hospital, Mumbai	

Dr. Arti Gupta Sharma



अग्रा भारत संवाददाता
-अन्तर्गत देश समूहों का
मंच, खूब जमा देशी कपड़े का रंग
-आईएमएस के बैनर तले एजेंसी
और जेम्सल ने मिलकर स
देशीक मंच
अमरा। जिन डॉक्टरों के हा
आम अक्सर अलग देवते है उ
स्वतंत्रता दिवस की पूर्व संध्या
माहक धामा तो अनौ और
कविताओं और गीतों से श्रोता
देशीक का जोनो और जन्म
कर दिया। देश के अंदर कोरोना
अदृश्य दुमन से नगरिनी
लिफाजत करने वाले राष्ट्रपति की
से यह एक सत्ताम था उन राष्ट्र
के लिए जो देश की सहृद पर
लेकर बाहर के दुमन से ह
लिफाजत कर रहे हैं।



मैं मंत्र हो जीने-मरने का... कविता की
शब्दावरण में ही। कवियत्रिणी प्रभुप्रसाद
जैन ने देखी कैंसा अंबर पर लुभिकाए
तिरंगा, जयन-ए-आजादी को आज
मनकर तिरंगा... आगरा अँबिय एंड
गान्धी सोसैयटी के डा. बरकान
सरकार ने कदम कदम बढ़ाए जा,
खुरी के गीत गाए जा... गीत की
आवाजों में। देश के कई प्रमुख गायकों
के साथ मंच साक्षात् कर चुके डा. गौरव
एवं दीपशिखा ने जिंदा रहने के मौसम
बख्त हैं मगर जानें कि कौन कौन
आती नहीं... मेरा कर्मा तु, मेरा धर्मा
तु... सहित कई देशभक्ति गीत प्रस्तुत
किया।

इसके साथ ही टोक्यो ओलंपिक में देश का नाम रोशन करने वाले खिलाड़ियों की शान में कवियों और गीतकारों ने कई प्रस्तुतियाँ दीं।

आगरा ऑक्स एंड गायनी सोसायटी की अध्यक्ष डा. आरती गुप्ता ने अतिथियों का स्वागत अभिनंदन किया। कहा कि आज यह मंच देश के उन वीर-शहीदों, राष्ट्रवीरों को नमन करने के लिए सजाया गया, जिसमें कवियों और गायकों ने श्रोताओं में

देशभक्ति की भावना जड़ित की। सचिव डा. सविता त्यागी ने बताया कि कोरोना की वजह से इस कार्यक्रम को इस बार वर्चुअली किया गया। संचालन अग्रा मनीषा पांडे सोसायटी की डा. रत्ना शर्मा और डा. सोमा सिंह ने किया।

इस अवसर पर डॉ. कामिनी, डॉ. शुभा, डॉ. नीलम, डा. रानू पटनी, डा. अर्चना शुक्ला, डा. अमी मेहता, डा. राजप्रभा, डा. सीमा पसरोजा, डा. शुभा सेठिया, डा. नीलम जैन, आदि मौजूद थीं।

सुधा शर्मा, डा. अंजू सोनी थी। कवि
डा. राजकुमार रंजन ने सरहद की ही
जो है सिमटने नहीं देते, इस देश को
सम्मान को लुटने नहीं देते..., तुम-
से घबराए फिर अरमानों का क्या
होगा, दुवड़ा से यदि लड़े नहीं तो
चट्टानों का क्या होगा..., कविताओं में
जिसे राष्ट्रभावना जागृत की।
दिलीप सोनी ने कर चले हम फिर
जानो तन साथियों, अब तुम्हारे हवा
वतन साथियों..., डा. सुनील
खडेलवाल ने ऐ मेरे प्यारे वतन,
मेरे बिछड़े चमन तुझ पर दिन,

कुरवाण, इंडियन मीनार्स को सोसायटी की अध्यक्ष डा. अंबुजा देव मेरे देश की धरती सोना उगले, उगले हिर-मोहिनी, जवपुर की कनियो-तरी शैलेश जैन की विवाह- वयुं समाज तन्त्र है, आज हर तंत्र घट है, क काफ़ी संग्रह गया। कवि मुशील सारि ने इन्द्रकी प्यारा सारे जहाँ से हिन्दुस्त हमारा, आईएमएस की सचिव डा. सुध हर्मा ने स्वयंत्रता सेनानियों के बलिदान, उनसे जुड़ी बातों पर प्रकाश डाला। जवपुर मीनार्स सोसायटी की डा. अंबु सोनी ने वंदेमारात गीत नही

उत्कृष्ट सेवा पदक, मुख्य आरक्षी बिजेन्द्र कुमार, परेंद्र कुमार, अध्वय कुमार को अति उत्कृष्ट सेवा पदक, रसिभरण सिंह को गृह मंत्रालय का उत्कृष्ट सेवा पदक प्रदान किया जाएगा। वहीं मुख्य आरक्षी मुख्यालय सिंह को अति उत्कृष्ट सेवा पदक और आरक्षी सत्यनारायण, शिवनारायण को मेरीटोरीयस सेवा के लिए पुलिस पदक, आरक्षी देसदीपक को पुलिस महानिदेशक का गौरव चिह्न, आरक्षी राजकुमार को पुलिस महानिदेशक का सिलवर चिह्न दिया जाएगा। यह पदक एप्रैली पंजीयन किया प्रदान किए गए।

चिकित्सकों ने कविता से पहुंचाया
सरहद पर सैनिकों को सलाम

आगरा। इंडियन मीनोर्वाज सोसायटी की ओर से आगरा अध्वर एंड गायत्री सोसायटी की ओर से जयपुर मीनोर्वाज सोसायटी के साथ एक शाम देश के नाम बर्चुअल गंध के माध्यम से स्वातंत्रता दिवस का संदेश दिया।

कच्चीमी निर्माण ने दो पैर खान, खान में खान, को प्रशस्ति दी। मुख्य अतिथि इंदरलाल मोदीजी को सोसायटी के मेरे मुख्य डॉ. सुनील चव्हाण, प्रधान मोदीजी सोसायटी को अध्यक्ष डॉ. अनुभव और विशिष्ट अतिथि डॉ. सुभा शर्मा डॉ. अनु मोदी जी का कवि डॉ. राकेशम राजन, डॉ. दिलीप, डॉ. सुनील चव्हाण, जयपुर मोदीजी के डॉ. नीलेश शर्मा, कवि सुनील शर्मा, डॉ. सुभा शर्मा की कविताओं को बच साहज माना। आशा अर्चना शर्मा सोसायटी के डॉ. जयन शर्मा, डॉ. गौरव, रवि शिखा ने भी प्रशस्ति दी। अर्चना शर्मा सोसायटी को अध्यक्ष डॉ. आरती सुभा ने अतिथियों को सायन कविता गंधलाल मोदीजी सोसायटी के डॉ. रमना शर्मा और डॉ. सुनील चव्हाण के डॉ. कविनी, डॉ. सुभा, डॉ. नीलेश, डॉ. रघु पटेल, डॉ. अर्चना शर्मा, डॉ. अमी मेहता, डॉ. राकेशम, डॉ. सुभा पवारजी, डॉ. सुभा शर्मा, डॉ. नीलेश ने और मोक्ष जी। जयदी

दौर पर फहराया था झंडा, चपरासी के वेश में पहुंचे थे

ही फहरा टिरा था त्रिंणा

डॉक्टरों ने भेजा है सरحد तक पैगाम

AGRA (14 Aug.) : जिन डॉक्टरों के हाथ में आप अक्सर आला देवते हैं उन्होंने स्वतंत्रता दिवस की पूर्व संध्या पर माइक धामा तो अपनी ओजपूर्ण कविताओं और गानों से श्रोताओं में देशभक्ति का जोश और जज्बा पैदा कर दिया. देश के अंदर कोरोना जैसी अदृश्य दुश्मन से नागरिकों की हिफाजत करने वाले राष्ट्रवीरों की ओर से यह एक सलाम था उन रणबाहुरों के लिए जो देश की सह्रद पर खड़े होकर बाहर के दुश्मन से हमारी हिफाजत कर रहे हैं.

इंडियन मिनीपॉज सोसायटी के तत्त्ववाचन में आगरा ऑक्स एंड गायनी सोसायटी ने जयपुर सोसायटी सोसायटी के साथ मिलकर एक शाम देश के नाम वचुलल कवि सम्मेलन आरंभित किया गया। इसमें डॉक्टर न देशभक्ति की कविताएं प्रस्तुत की। कार्यक्रम में चीफ गेस्ट इंडरनेशनल मिनीपॉज सोसायटी की पूर्व सदस्य डॉ सुनीला खडेलवाल, प्रिंसिपल मिनीपॉज सोसायटी की प्रिंसिपल डॉ. अंबुजा न देश की सीमा पर तैनात हमारे देश के सैनिकों की सलामती के लिए दुआ की. स्पेशल गेस्ट डॉ. सुधा शर्मा, अजं सोनी थीं.

PIC : DAINIK JAGRAN INEXT



● वर्चुअल कवि सम्मेलन करते कविगण

ओत्पीलक खिलाइयों के लिए भी गाए गीत
इस मौके पर टोखाई ओत्पीलक में देश का नाम संजान करने वाले खिलाइयों की शान में कविगीत और गीतकारों ने कई प्रस्तुतियाँ दी हैं। आरती गुप्ता ने ओत्पीलक का स्वगत अभिन्दन किया, सचिव डॉ. सविता ल्यम्ही ने बताया कि कोरेला की जगह हो इस कार्यक्रम को इस वा कुँआली किया गया, सचिव अमरना अगारा मीनोपों को सोलायटी की हैं। रत्ना शर्मा और डॉ. सीमा सिंह ने किया, इस अवसर पर हैं। कामिनी, डॉ. शुभा, डॉ. नीरम, डॉ. रत्ना पटेल, डॉ. अमजन्त शुक्ला, डॉ. अमी मेहता, डॉ. राजभार, डॉ. सीमा पसरगी, डॉ. शुभा सैय्यी, डॉ. नीरम उन आदि मोजुद रहे,

ऑनलाइन
कवि
सम्मेलन का
सजा मंच,
खूब जमा देश
भक्ति का रंग

आईएमएस
के बैनर तले
एओजीएस
और जेएमएस
ने मिलकर
सजाया
देशभक्ति मंच



कविता के माध्यम से दिया सलाम

जार्ज, आगरा: स्वतंत्रता दिवस की पूर्व
संध्या पर इंडियन मीनोपाज सोसायटी
के तत्वावधान में आगरा आब्स एंड
गायनी सोसायटी ने आनलाइन कार्यक्रम
गोष्ठी का आयोजन किया। देश के
अंदर कोरोना जैसे अदृश्य दुश्मन
से नागरिकों की हिफाजत करने वाले
राष्ट्रवीरों और जो देश की सहृदय
दुश्मन से देश की हिफाजत कर रहे
उनको यह एक सलाम था।

यह कार्यक्रम कूल 35 प्लस पब्लिक अवेयरनेस कमेटी के सहयोग से किया गया। काव्य गोष्ठी में निशिराज,डा. सुनीला खंडेलवाल, डा. अंबुजा, डा. सुधा शर्मा, डा. अंजू सोनी थीं, डा. राजकुमार रंजन, डा. दिलीप सोनी, डा. शैलेश जैन आदि ने कविताएं प्रस्तुत कीं। संचालन डा. रत्ना शर्मा और डा. सोनी सिंग ने किया।

Club 35+ Committee

Dr. Arti Gupta Sharma





Indian Menopause Society with Club 35+
Bhagalpur Menopause Society &
Agra Obs & Gynae Society

Invites You For
A National Public Awareness Programme On



SELF CARE

Date: 11th Sept. 2021 ★ Time: 4 pm onwards

Chief Guest



Dr C. Ambuja
President IMS

Guest of Honour



Dr. Sudha Sharma
Secretary General IMS

Office Bearers BMS



Dr. Anil Kumar
Secretary BMS



Dr. Archana Jha
Secretary BMS

Master of Ceremony



Dr. Pratibha Singh
Founder Secretary & Vice President BMS,
National coordinator FOGSI IAEI 2021-22

Session 1: Glow Up Challenges

Chairpersons



Dr. Sheela Mane
Past Vice President
FOGSI



Dr. Archana Jha
Secretary BMS,
Vice President BOGS

Speaker



Dr. Garima Bansal
M.D. F.D.S., Ex. Sr. in DDU Hospital New Delhi,
Ex. Consultant in VLCC New Delhi,
Ex. Consultant in Behl's Skin Institute New Delhi

Session 2: Panel Discussion on Beauty Hacks

Moderators



Dr. Arti Gupta
Chairperson IMS
Club 35+ Public awareness committee,
President AOGS



Dr. Savita Tyagi
Chairperson Rural Committee IMS,
Secretary ADGS

Panelists



Dr. Vibhor Kaushal
Dermatologist



Dr. Rekha Jha
President BOGS,
Member BMS



Dr. Leena N. Lali
Treasurer BMS & BOGS



Dr. Kavita Barnwal
Secretary BOGS,
Member BMS



Mrs. Rachna Agarwal
Nutritionist & Dietician



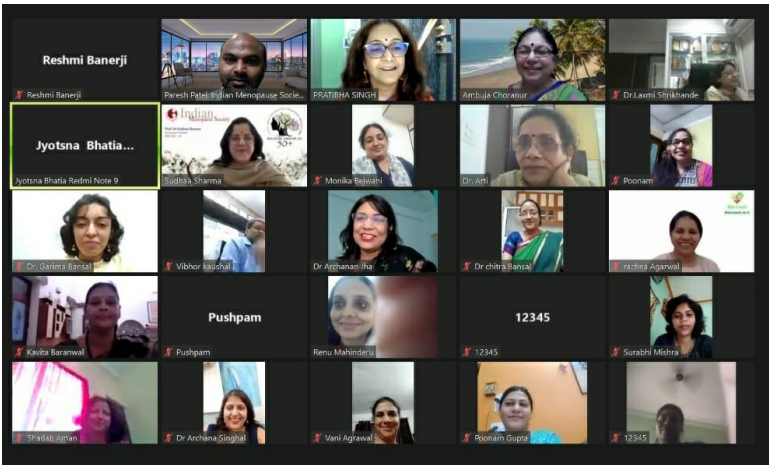
Mrs. Kavita Sharan
Cosmetologist
Member BMS

Vote of Thanks: Dr Archana Jha, Secretary BMS

Digital Partner



Collaborate • Learn • Innovate • Research • Network



Education Committee

Dr. Laxmi Shrikhande



- Long acting Contraceptive methods- Dr Ambuja Chairpersons-,Lakshmi Ravindran, Dr Anju Soni

Emergency Contraception- Dr Laxmi Shrikhande Chairpersons -Anita Shah, Tapan Pattanaik

Case based panel discussion

Moderators-

Dr Tripura Sundari

Dr Sandhya Dixit

Panelists-

Dr Shobhana Mohandas

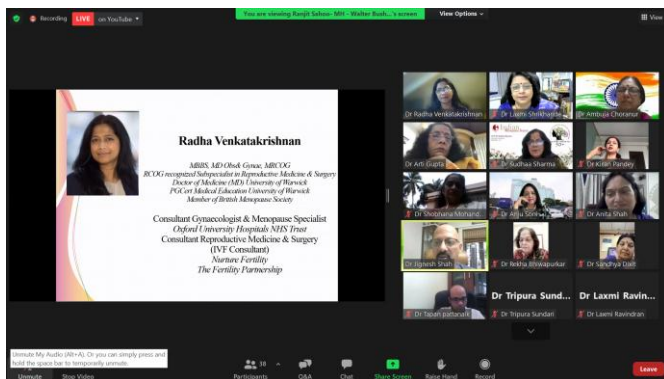
Dr Rekha Bhiwapurkar

Dr Ashwini Bhalerao Gandhi

Dr Bharti More

Dr Garima Gupta

Dr Sushma Verma





IMS Education Committee presents

LIVE WEBINAR ON
Theme:- Peri menopausal Contraception
In Association with RCOG India Liaison group (RILG)

Link:- <https://bit.ly/WBIMSWEBINAR>
Date: Saturday 21st August'21, Time: 4:00 PM - 6:00 PM

Chief Guest	Guest of Honour	Convenor	International Coordinator
 Dr. Ambuja Choranur National President, IMS	 Dr. Sudhaa Sharma Secretary (senior), IMS	 Dr. Laxmi Shrikhande Chairperson, IMS Education Committee	 Dr. Jyotsana Pundir Specialist in Infertility & Assisted Conception, London

Topic 1: Overview of Peri Menopausal Contraception

Key Note Speaker	Chairpersons	
 Dr. Radha Venkatakrishnan Consultant Gynaecologist & Menopause Specialist Oxford University Hospitals NHS Trust	 Dr. Kiran Pandey Prof. & HOD, Dept. of OBG GVM Medical College, Kanpur	 Dr. Jignesh Shah Immediate Past President IMS

Topic 2: Long acting Contraceptive methods

Speaker	Chairpersons	
 Dr. Ambuja Choranur President, IMS	 Dr. Anju Soni HOD, Obs & Gynae Dept. Soni group of hospitals, Jaipur	 Dr. Lakshmi Ravindran Consultant OB/GYN Laxmi Menomery Hospital Chennai

Topic 3: Emergency Contraception

Speaker	Chairpersons	
 Dr. Laxmi Shrikhande Chairperson, IMS Education Committee	 Dr. Anita Shah Founder-Senior Chapter Secretary, IMS	 Dr. Tapan Pattanaik Professor, Dept. of O & G, IMS & SUM Hospital, Dhubaneswar

Panel Discussion

Moderators

 Dr. Tripura Sundari HOD, Dept. of OB/GYN, KIWS, Secunderabad	 Dr. Sandhya Dixit Retired professor of OB/GYN, Government Medical College, Telangana
--	--

Panel Discussion

 Dr. Shobhana Mohandas President, RCOG, IMS	 Dr. Rekha Bhiwapurkar FRCOG, Senior OB/GYN, Jaipur	 Dr. Ashwini Bhalerao Gandhi Consultant Gynaecologist, ED Chhatrapati Shivaji Maharaj, Mumbai	 Dr. Bharti More Consultant OB/GYN, Karmacharya Hospital, Pune	 Dr. Garima Gupta Asst. Prof., OGYA Medical College, Kanpur	 Dr. Sushma Verma Director & Chief Obstet. Sanjay Gandhi Institute, Raipur
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Master of Ceremony

 Dr. Arti Gupta Consultant OB/GYN, Nagpur

Supported by:  Walter Bushnell

Education Committee

Dr. Laxmi Shrikhande



- IMS Education Committee presents live webinar on - Trials & Studies on Menopausal health

Date- Thursday 16th September
Time-4 to 6 pm

Chief Guest- Dr Ambuja C
GOH- Dr Sudhaa Sharma

First Session on
WHI study- Dr Sudhaa Sharma
Chairpersons-

- Dr Manoj Chellani,
- Dr Moushmi Parpillewar Tadas

Session on
HERS study- Dr Meeta singh
Chairpersons-

Dr Charu Bapaye,

Dr Revathi Janakiraman

Followed by Q & A session

Indian Menopause Society
In association with IMS Education Committee Present VI
Live Webinar On

Theme : Trials & Studies on Menopausal Health
Date: Thursday, 16th September'21, Time: 4:00 PM - 6:00 PM

Chief Guest

Dr. Ambuja C
President, IMS

Guest of Honor

Dr. Sudhaa Sharma
Secretary General, IMS

Convenor

Dr. Laxmi Shrikhande
Chairperson
IMS Education Committee

TOPIC 1 : WHI STUDY

Speaker

Dr. Sudhaa Sharma
Secretary General, IMS

Chairpersons

Dr. Manoj Chellani
Director Aayath Test Tube
Center Rajpur, President Rajpur
Menopause Society, Chairperson
Elect CG ISAR 2022-24

Dr. Moushmi Tadas
Associate Professor, GMCH,
Nagpur

TOPIC 2 : HERS Study

Speaker

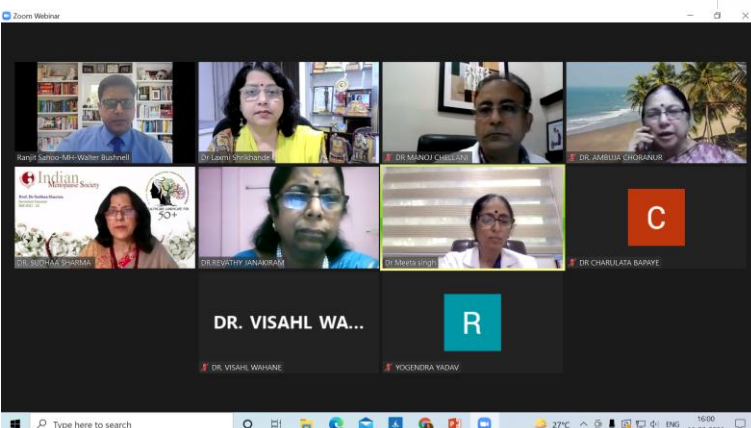
Dr. Meeta singh
Co Director, Consultant
Tanvir Hospital, Hyderabad

Chairpersons

Dr. Revathi Janakiraman
Vice President Fogsi South
Zone - 2016
President, IMS (Madurai chapter)

Dr. Charulata Bapaye
Director
GEMS Hospital & Endoscopy
Centre & Ashwin Hospital, Pune
National Coordinator-FOGSI
Brest Committee

Supported By : Walter Bushnell
Healthcare Foundation



Rural Committee

Dr. Savita Tyagi







IMS RURAL COMMITTEE, AGRA OBS & GYN SOCIETY, AMRITSAR MENOPAUSE SOCIETY AND RAJKOT MENOPAUSE SOCIETY WELCOMES YOU FOR LIVE CME ON SKIN HEALTH AND MENOPAUSE

DATE: 19th AUGUST 2021 TIME: 05:00 pm - 7:00 pm

CHIEF GUEST



DR. AMBUJA CHORANUR
President IMS 2021-22

GUEST OF HONOUR



DR. SUDHA SHARMA
Secretary General IMS,
Honorary Professor IMA

CHAIRPERSONS



DR. MADHU RAJPAL
President AOGS 2014
Chairperson IMS AGRA 2015



DR. ILA KISHORE
Winner of Pfizer Gold medal of best student,
President gold medal in Pharmacology and Pathology

CONVENER



DR. SAVITA TYAGI
Chairperson Rural committee IMS
Secretary, AOGS

SPEAKERS



DR. ROOPAK SAXENA
SENIOR DERMATOLOGIST



DR. GARIMA BANSAL
DERMATOLOGIST & COSMETOLOGIST

Topic 1:
Skin disorders at
menopause and
management

Topic 2:
Approach to anti-aging
management in
postmenopausal women

PANEL DISCUSSION

TIPS TO BEAUTIFY YOURSELF AFTER MENOPAUSE

MODERATORS



DR. SAVITA TYAGI
Chairperson Rural committee IMS
Secretary, AOGS



DR. ARTI SHARMA
Chairperson Club 35+
President AOGS

PANELISTS



DR. AMEE MEHTA
President of
Rajkot Menopause Society



DR. RESHMI BANERJEE
Vice-President
Menopause Society, Vadodra



DR. SANGEETA PAHWA
Founder and President of
Amritsar Menopause Society



DR. PARNITA BANSAL
Anesthetist, Cosmetic
Laser surgeon and Gynecologist



DR. GARIMA BANSAL
DERMATOLOGIST
& COSMETOLOGIST

Zoom link: <https://torrentpharma.zoom.us/j/96194949733?pwd=YTkrbXVmZWpYdGYYXkQbOVkMXZGZ09>

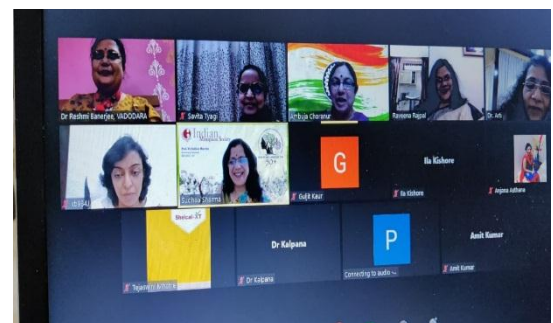
Meeting ID: 961 9494 9733 Passcode: shelcalxt

Shelcal -500



Shelcal -XT





Tree plantation on 29th of August



Rural Committee

Dr. Savita Tyagi

- Camp at village Ladukhera by IMS Rural committee, AOGS and Grace rotary club Agra HB, blood sugar, BMD done free of cost, out of 130 women 35 were anaemic and 60 were osteopenic and 10 were with high blood sugar levels



Lastly on the 17/09/2021, celebrating birthday of our prime minister Narendra Modi BJP had organized state wise pap smear camps. In rajkot word no. 13 my hospital was selected for pap smear camp. Around 40-50 per hospital pap smears were done and all smears were sent to GCRI onco center. This programme had many benefits

- It provided mass screening to all needy patients at free of cost.
- It also made women aware about this deadly cancer
- It made world record also around 8000 women were screened in 178 words between 2 pm to 5 pm across Gujarat.



MHCC – Community Health Committee

Dr. Nirmala Pipara



- Kolkata Menopause Society organized a MHCC camp at Apanghar, P-57, Raghunathpur along with Inner Wheel Club on 1.8.2021 between 9.30 am to 11.00 am. 19 postmenopausal women were examined and free Hb, TSH, Blood Sugar and BMD was done. Eldest patient was 92 years old. We distributed free Iron, Calcium, Antacid, Laxative, Cough Syrups and what required by the patients. The Programme was a grand success.
- Kolkata Menopause Society and The Bengal Obstetric & Gynaecological Society organized a MHCC camp at Tollygunge Sthanakvasi Jain Sangh, 61/22, Manik Bandyopadhyay Sarani (Moore Avenue), Kolkata-700040. The aim was to create an Awareness regarding Anemia, Diabetes, Hypothyroidism and Osteoporosis. There were 75 registrations and Free HB, Sugar (R), TSH and BMD tests were done. Free Iron, Calcium, Antacids, Laxatives, Cough Syrups, Antibiotics distributed to the patients as an when required. The Programme was attended by Dr Bipasa Sen, Dr Nirmala Pipara and Dr Sharmishtha Ganguly. It was a grand success.
- Kolkata Menopause Society and The Bengal Obstetric & Gynaecological Society organized a MHCC programme on 3/9/2021 between 11.00 am to 2.00 pm at Matri Mangal Pratisthan, 228, Rabindra Sarani, Kolkata-700007.

This time we selected 50 senior staff, nurses and paramedical for evaluation of health awareness against Obesity, Anemia, Diabetes, Hypertension, Hypothyroidism, Lipid profile was done of all 45+ women. Lipid profile was done about 30 patients. About 20 had abnormal lipid profile.

Hip waist ratio was also taken. A short talk was given on Obesity.

The Programme was a grand success.



MHCC – Community Health Committee



Dr. Nirmala Pipara

- MMIMSR, Mullana, Ambala, Haryana under Aegis of IMS, conducting a program with lectures of CANCER SCREENING IN PERIMENOPAUSAL WOMEN, COVID 19 VACCINATION, PRECAUTIONS FOR COVID-19 during covid 19 pandemic to celebrate monthly varisht mahila swastha shivir under aegis of IMS under MHCC on 11.09.2021 at 12:00pm in gynae OPD
- A total of 35 opd patients attended and lecture was taken.
- 3 lecture were taken
 - cancer screening in perimenopausal women: Dr. Ruby Bhatia Prof & HOD OBG.
 - covid-19 vaccination : Dr. A.S. Dhillon(prof.)
 - precautions for COVID-19: Dr. Tajinder Kaur (Prof.)
- venue- obstetrics & gynaecology OPD



Fertility & Ageing – Desire Vs Dilemma

Dr. Sushma Baxi



“What do I want more than anything else in this world? I want a baby, I want children.” — Marilyn Monroe

These were the words of one of the most beautiful woman of the world in her late 40+. Issues with elderly females related to fertility are on rise, so has the need. To be honest, whether one likes or not – one cannot ignore the care and importance of fertility in elderly females.

The trend to delay birth of the first child until the age at which female fecundity or reproductive capacity is lower has increased the incidence of age-related infertility in late 20th century. The trend and its consequences have also stimulated interest in the possible factors in the female and the male that may contribute to the decline in fecundity with age.

A woman is born with approx. 1 million eggs, out of which she is going to use 300 to 400 in her lifetime. Her eggs decrease in quality and quantity over a period. Age is the single most important factor affecting women's fertility. While being in good health improves the chance of getting pregnant and having a healthy baby, it doesn't override the effects of ageing on a woman's fertility.

Tests reflecting ovarian reserve include ovarian volume, total number of antral follicles and estimates of AMH, inhibin B or FSH concentrations. Although these tests relate with follicle number, the variation between subjects is such that they have limited value in predicting when the ovary will fail in an individual woman!! and they are even less accurate in predicting the likelihood of conception. The lower number and diminished quality of oocytes causes a marked decline in fecundity, which is clinically relevant in women from their mid-30s.

A woman in her early to mid-20s has a 25–30% chance of getting pregnant every month. Fertility generally starts to reduce when a woman is in her early 30s, and reduction continues faster after the age of 35. By the age of 40, the chance of getting pregnant in any monthly cycle is around 5%.

WOMEN'S AGE AND IVF

It's a common misconception that ivf_treatment can overcome age-related infertility. A woman's age also affects the chance of success with IVF. In Australia, the chance of a live birth from one complete IVF cycle (which includes all fresh and frozen-thawed embryo transfers following one ovarian stimulation) is about:

- 43% for women aged 30 to 34 years
- 31% for women aged 35 to 39 years
- 11% for women aged 40 to 44 years.

For older women the chance of having a baby increases if they use eggs donated by a younger woman.

Unfortunately, even ART cannot compensate for >30–50% of the fecundity that is lost by delaying attempts at conceiving.

WOMENS AGE AND PREGNANCY COMPLICATIONS

The risk of miscarriage and chromosomal abnormalities in the foetus increase from age 35. Complications such as hypertension, gestational diabetes and placenta Previa, caesarean section, preterm labour and still birth are also more common among older women than younger women.

DESIRE Vs DILEMMA

1. The need for fertility in midlife is on the rise.
2. ART usage is on rise but it has its own limitations and complications.
3. Social freezing of embryos or eggs has opened up new fertility dimensions in carrier oriented individuals.
4. Medical science cannot eliminate all the risks related to midlife fertility.
5. Judicious use of technology is the need of the day.
6. Unwanted fertility is other angle of paradigm emphasising need for effective and safe contraception.

ISSUES RELATED TO 40+ FERTILITY

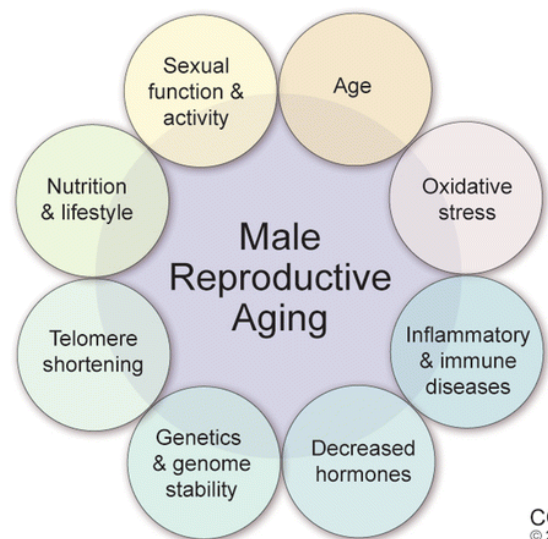
1. It is harder to get pregnant
2. It is harder to stay pregnant
3. It is harder to avoid medical complications
4. It is harder to be sure that child will be healthy
5. Menstrual disorders and overconfidence leads to non-usage of contraceptives and unwanted pregnancy.

MENS AGE AND FERTILITY

While the effects of female age on fertility have been known for a long time, more recent studies have shown that the age of the male partner also affects the possibility of pregnancy and perinatal outcome.

Male fertility generally starts reducing around age 40 to 45 years when sperm quality and quantity starts decreasing. Upper age of 65 + has higher DFI and poorer fertilisation capability.

Children of older fathers also have shown increased risk of mental health problems. Children of fathers aged 40 or over are 5 times more likely to develop autism disorder than children of fathers aged 30 or less. They also have a slightly increased risk of developing other mental health disorders later in life.



MID LIFE FERTILITY CHALLENGES AND POLICY MAKING

While balancing the need for fertility in 40 plus women with safety, it is certain that we cannot opt for or support infinite reproductive span.

Various issues for consideration are chronological age vs biological age. We must also consider older parents and associated parenting challenges too. It is certain that physical limitations of aged parents can affect child rearing and caring. There is also a concern for loss of one or both the parents due to age related complications which leads to increase in number of orphan children and related social issues.

40 plus pregnancies are high risk pregnancies and risk of loss of mothers due to ante, intra or post-natal complications is higher. Thus policy makers will have to focus on safer options and availability of adequate services.

Amongst available advanced technological services, we have pre implantation genetic diagnosis, PGT –A, use of stem cells, or artificial gametes and elective sperm and oocyte cryopreservation and ovarian transplantation to improve pregnancy rate, live birth rate and replace declining ovarian reserve.

While advocating any of these methods and using them for better pregnancy rate and outcome, one needs to keep cost factor in mind.

These new procedures will expose ART practitioners and gynaecologists to face social, ethical and legal challenges. Society at large, Judiciary, government and research organisations should be responsible to consider desire versus safety.

I end my write up with the statement of Mahmoud Faathalla former director of the WHO reproductive program (HRP).

“If public health policies encourage couples to delay and plan pregnancies, (then it is) equally important that they are assisted in their attempts to conceive in the more limited time available”

At the end I wish to remember and remind the age old oath of HIPPOCRATUS

*Primum non
nocere ~ First
do no harm*



Sunday WhatsApp Quiz

Quiz Committee

Dr. Jyoti Jaiswal



Sunday WhatsApp Quiz

Date: 1st August 2021

Theme – MHT & Its Impact on Visceral Fat

Choose one best answer.

- 1.: Current Menopausal Hormone Therapy (MHT) is associated with:
- Reduced total and visceral adiposity
 - The effect to reduce visceral obesity is short lived
 - The effect disappears when therapy discontinued
 - All of the above

2.: True or False

Benefit of MHT on body composition might rapidly disappear after its withdrawal, and it is important therefore to strongly encourage women to optimize nutrition and increase physical activity when stopping MHT.

- 3.: MHT is associated with
- Significantly decreased VAT,
 - Decrease in BMI
 - Decrease in Android Fat Mass
 - All of the above

4.: A 52-year-old woman presents to your office with concerns about weight gain. She experienced her last menstrual period at the age of 49, and reports gaining 8 pounds since then. She reports bothersome hot flashes and night sweats. She wonders about using MHT, but is concerned it will cause her to gain more weight. Her physical examination reveals a BMI of 27.6 and blood pressure of 136/88.

How do you advise her?

- You explain that the extra weight will have little impact on her overall health.
- You indicate that she could use MHT, but that it might result in additional weight gain, particularly around the midsection.
- You advise more exercise as an effective means for taking off the extra weight.
- You counsel that MHT would be effective for management of hot flashes and night sweats and will contribute in her weight loss and will increase her bone health.
- You explain that menopause is the primary reason for her weight gain.

5.: Answer True/ False

In both Study of Women's Health across the Nation (SWAN) and Penn Ovarian Aging Study (POAS), obese women had lower Estradiol (E2) and Follicular Stimulating Hormone (FSH) levels than nonobese women, and in the POAS, lower Luteinizing Hormone (LH) and Inhibin B levels as well.

Quiz compiled by

Dr Payal Bhargava

Member Quiz committee, IMS



ANSWER SHEET

- D: All of the above
- True
- D: All of the above
- D: You counsel that MHT would be effective for management of hot flashes and night sweats and will contribute in her weight loss and will increase her bone health.
- True

Reference

[1]

<https://academic.oup.com/jcem/article/103/5/1948/4953992>

[2]

<https://www.liebertpub.com/doi/full/10.1089/jwh.2017.6324#:~:text=Although%20MHT%20does%20not%20affect,and%20an%20improved%20lipid%20profile.&text=However%2C%20MHT%20use%20cannot%20be,weight%20management%20or%20CVD%20prevention.>

[3]

<https://juniperpublishers.com/crdoi/pdf/CRDOJ.MS.ID.555704.pdf>

Winners of WhatsApp quiz of 01/08/2021- on MHT & Its Impact on Visceral Fat

Dr. Vidhya Chauhan Ahmedabad	Dr. Shazia Jammu
Dr. Rekha Rani Agra	Dr. Vineeta Awasthi Kanpur
Dr. T. K. Shanthi Chennai	Dr. Arnab Basak Kolkata
Dr. Hiral Pandya Bharuch	Dr. Pammi Arora Lucknow
Dr. Mrinal Gore Bhopal	Dr. Neelam Paniani Nagpur
Dr. Shikha Gupta Chandigarh	Dr. Ruchi Patiala
Dr. Mithelesh Bansal Faridabad	Dr. Snehal Pune
Dr. Sunena Goyal Gurugram	Dr. Neha Jaiswal Raipur
Dr. Angayarkanni Madurai	Dr. Dipal Solanki Rajkot
Dr. Abupama Gangwal Jaipur	Dr. R. K. Baxi Vadodara
Dr. Ruchi Bhargav Jalandhar	

Quiz Committee

Date: 15th August 2021

Theme –Metabolic Syndrome & Menopause

Q1: Menopause is a risk factor for

- A) Cardiometabolic diseases
- B) Metabolic syndrome (MetS)
- C) Type 2 diabetes
- D) Cardiovascular diseases.
- E) All of the above.

Q2: Metabolic Syndrome is a constellation of interdependent factors such as insulin resistance, abdominal obesity, dyslipidemia, and hypertension.

TRUE / FALSE

Q3: The prevalence of Metabolic Syndrome in postmenopausal women is due to loss of the protective role of estrogens and increased circulating androgens resulting in changes to body fat distribution and development of abdominal obesity.

TRUE / FALSE

Q4: Excessive Visceral Adipose Tissue plays an important role due to synthesis and secretion of bioactive substances such as

- A) Adipocytokines
- B) Proinflammatory Cytokines
- C) Reactive Oxygen Species
- D) Prothrombotic, and Vasoconstrictor factors.
- E) All of the above.

Q5: Metabolic Syndrome may also impact risk assessment of breast cancer, osteoporosis and chronic kidney disease, and quality of life during the menopausal transition.

TRUE / FALSE

Quiz compiled by

Dr Payal Bhargava

Member Quiz committee, IMS



ANSWER SHEET

- 1 – E: All of the above
- 2 – True
- 3 – True
- 4 – E: All of the above
- 5 – True

Reference

<https://pubmed.ncbi.nlm.nih.gov/26471080/>

Winners of WhatsApp quiz of 15/08/2021 – on Metabolic Syndrome & Menopause

Dr. Manisha Garg Agra	Dr. Taruchhaya Bansal Jaipur
Dr. Nina Rajyaguru Ahmedabad	Dr. Chitra Gupta Jalandhar
Dr. Gurpreet Amritsar	Dr. Isha Sunil Jammu
Dr. Indu Singh Bhagalpur	Dr. Vineeta Awasthi Kanpur
Dr. Bhavna Sheth Bharuch	Dr. Arjunayan Roy Kolkata
Dr. Shashi Shrivastava Bhopal	Dr. Kavitha Madurai
Dr. Rashmi Bagga Chandigarh	Dr. Manjula Rohatgi Nagpur
Dr. Padma Chennai	Dr. Ruchi Patiala
Dr. Shashi Jindal Faridabad	Dr. Sejal Naik Surat
Dr. Aruna Chaparia Gorakhpur	Dr. Ushma Maniar Vadodara
Dr. Sunena Goyal Gurugram	

Quiz Committee

Date: 5th September 2021

Theme – Metabolic Syndrome & Menopause

Q1: What is the criteria for metabolic syndrome apart from insulin resistance

- A) waist to hip ratio > 0.85 in women
- B) BMI > 27
- C) Hypertryglyceridemia > 250 mg/ dL
- D) HDL < 50 mg/ dL

Q2: What is not a risk factor for Metabolic Syndrome

- A) Obesity
- B) pear shaped body fat distribution
- C) excess calories intake
- D) physical inactivity

Q3: Metabolic syndrome is associated with all EXCEPT

- A) Type 2 DM
- B) Alcoholic fatty liver
- C) hyperuricemia
- D) obstructive sleep apnea

Q4: TRUE / FALSE

The prevalence of Metabolic Syndrome decreases with age

Q5: TRUE / FALSE

Increased waist circumference is most strongly associated with insulin resistance and cardiovascular disease.



Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS

ANSWER SHEET

- 1 – A: waist to hip ratio > 0.85 in women
- 2 – B: pear shaped body fat distribution
- 3 – B: hyperuricemia
- 4 – False
- 5 – True

Reference

The metabolic syndrome and menopause. Ranu Patni , Annil Mahajan. JMH 2018 jul- sep;9(3):111-112

Winners of WhatsApp quiz of 05/09/2021- on Metabolic Syndrome & Menopause

Dr. Seema Singh Agra	Dr. Vineeta Awasthi Kanpur
Dr. Vidhya Chauhan Ahmedabad	Dr. Sneha Roy Karmakar Kolkata
Dr. Arsh Amritsar	Dr. Pammi Arora Lucknow
Dr. Indu Singh Bhagalpur	Dr. Savithri Ramesh Madurai
Dr. P K Dhir Bharuch	Dr. Shefali Kumar Nagpur
Dr. Kirti Gupta Bhopal	Dr. Manjeet Kaur Patiala
Dr. Mithesh Bansal Faridabad	Dr. Sanjana Khemka Raipur
Dr. Sunena Goyal Gurugram	Dr. Manisha Moteria Rajkot
Dr. Taruchhaya Bansal Jaipur	Dr. Malti Dalal Surat
Dr. Pratibha Jalandhar	Dr. Ushma Maniar Vadodara
Dr. Isha Sunil Jammu	

Quiz Committee

Date: 19th September 2021

Theme – Metabolic Syndrome and Associate Disease

Q1: What is/ are the key target for damage due to metabolic syndrome

- A) Cardiovascular system
- B) pancreas
- C) liver
- D) All the above

Q2: What is not a risk factor for Metabolic Syndrome

- A) increased triglyceride
- B) increased blood sugar
- C) hypotension
- D) oxydative stress

Q3: Which hormonal resistance may initiate the development and maintenance of obesity

- A) leptin
- B) oxytocin
- C) progesterone
- D) prolactin

Q4: TRUE / FALSE

Parental obesity is a significant risk factor for obesity in offspring

Q5: TRUE / FALSE

Long sleep duration at early childhood is associated with increased risk of childhood obesity.

Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS



ANSWER SHEET

- 1 – D: All the above
- 2 – C: hypotension
- 3 – A: leptin
- 4 – True
- 5 – False

Reference

The metabolic syndrome and associated diseases.

Toxicology sciences, vol162, issue1, march 2018; pg 36-42

Winners of WhatsApp quiz of 18/07/2021 – on Metabolic Syndrome and Associate Disease

Dr. Megha Agra	Dr. Preeti Jammu
Dr. Usha Patel Ahmedabad	Dr. Pavika Lal Kanpur
Dr. Leena Nair Bhagalpur	Dr. Minakshi Bajpayee Kolkata
Dr. Falguni Thakkar Bharuch	Dr. Shipra Kumar Lucknow
Dr. Meeta Agarwal Bhopal	Dr. Narumalar Madurai
Dr. Rashmi Bagga Chandigarh	Dr. Moushmi Parpillewar Nagpur
Dr. Divya G Chennai	Dr. Anandi Patiala
Dr. Bhanumati Sharma Faridabad	Dr. Rajni Raipur
Dr. Vandana Narula Gurugram	Dr. Manisha Moteria Rajkot
Dr. Shubhra Singh Jaipur	Dr. Neeta Shah Surat
Dr. Chitra Gupta Jalandhar	Dr. R K Baxi Vadodara

Basics of a website

Dr. Jyothika Desai



Do you know what the word “website” means? It is a set of related web pages located under a single domain name, typically produced by a single person or an organization.¹ Picking the sort of website design depends upon the kind of business and requirements of the entrepreneurs.

It is not a simple task to satisfy search engines as well as web users as they both have specific needs. There are many types of website designs with their own unique features and advantages that a business or an individual can utilize to improve their online presence. A seeker for a corporate identity for his company cannot go for a visual design. If one wants to promote a particular product or offer an exclusive service, the design should have a lot of text so as to make it stand out.

From “My Story: 3 Different Types of Website Design to Choose from;” By Dinesh Bhardwaj; April 23, 2020



There are basically three types of web design: Static, Dynamic or CMS and e Commerce.

1. Static website design:

Here, the data is all on a few pages and the data never changes. The information remains the same and does not change with time. These websites have to be updated manually which makes it a very tedious and laborious task.

2. CMS or Dynamic website:

The website is as the name suggests- it has dynamic data. This means that change is a constant feature here with new data being updated automatically. The only problem with this website is that it is very difficult to design.

3. E-Commerce website:

This website caters to marketing and sales and anybody who has a shop or a store with something to sell, takes up the e Commerce website or e-store. The advantage of this type of website is that it does not need the services of an expensive web designer, is possible to be created by a person or business as it is easy to design without much experience or expenditure. It can also give an exclusive appearance to make the website appear totally different from others.

Some more Gyaan about a website:

1. How to open a website?

To see a website one requires a browser (e.g., Internet Explorer, Safari, Firefox, or Chrome). Once you enter the browser, the website can be opened by typing the URL in the address bar. For example, by typing "https://www.indianmenopausesociety.org, you can directly enter the IMS home page. If the URL of the website you want to visit is not known, a search engine to find the website on the Internet can be used.

2. When was the first website created?

The first website was built at CERN by Tim Berners-Lee and launched on August 6, 1991.

3. How many websites are on the Internet?

As of January 2018, there are between 1.3 and 1.8 billion websites. Quite a few of these websites are not used or not visited by many people, but the websites continue to exist and are included in the count.

4. What is the difference between a website and a web page?

A website refers to a central location with more than one web page or a series of web pages. A web page is part of a website.

5. Who creates websites on the Internet?

Any business, government, organization, or person can create a website on the Internet. The Dynamic website, however, needs the services of a professional web designer.

6. What can you do on a website?

The options depend upon the purpose for which the website is designed. You can access the information on each page depending upon your interests. Most websites have hyperlinks which on clicking, can perform a task or give you specified information. There are websites where you can listen to different genres of music, can watch videos, can purchase, communicate, etc.

7. What is an Archive website?

This is a special website which stores information of one or more websites. The best example of an Archive website is the Internet Archive.

8. What is a Blog (weblog)?

We hear of so many celebrities making news with their blogs. Well, a blog is an exclusive website created by an individual to store whatever interests him or her.

9. What is a Microblog?

You feel we are splitting hair, don't you? Yes, a Microblog is a smaller version of the Blog website, where the number of characters posted in an individual blog entry are restricted. It is nevertheless, a very popular website, especially in the form of **Twitter**, which is a microblog website for social networking.

10. What is a Web Server?

A Web Server is a computer that hosts a website on the Internet

11. What is a Search engine?

A Search Engine is a web service that helps you find other web pages, such as Google, Bing, Yahoo, etc.³

Some of the websites which are commonly used are: **Business** website, **Community** website, **Dating** website, **Gaming** website, **Government** website, **Malicious** website, **Mirror** website, **School** websites, **Phishing** website, **Fake news** website, etc.²

It is time we know more about the information that our very own IMS website offers:

1. Current Office Bearers along with the President's Message
2. The illustrious history of IMS and the worthy contributions of its Past Presidents
3. List of Governing Council Members
4. The various IMS Committees along with their Chairpersons and Committee Members
5. Details of the CIMP Exam, including the Prospectus, Application Form and Syllabus. The list of successful candidates from the inception of the CIMP Exam till now is displayed as an open invitation to others to join suit.
6. Details of International, National and Zonal Conferences, past and upcoming, can be easily accessed from the website.
7. IMS Publications are available on the website along with the IMS Journals, Newsletters, POISE Magazines, not to forget Educational Material presented at National and International Conferences by our illustrious members.
8. Information of the most awaited IMSCON is available on the website too, along with the Registration form, Hotel Tariffs, Scientific Programme and places of interest close by.
9. Most interesting and attractive entries are the Fortnightly IMS Quiz Results displayed so prominently again and yet again.

Apart from these details already available on the IMS website, the future endeavour of the Website Committee is to have Hobbies and Achievements of our talented Members also posted on the website, so that more and more members will visit, enjoy and applaud indianmenopausesociety.org- an exciting world opening up just with a click!

References

1. My Story: 3 Different Types of Website Design to Choose from; By Dinesh Bhardwaj; April 23, 2020
2. Computer Hope; updated June 2021
3. Mozilla Developer Network; 2nd September, 2021



Activities by Local Societies

Agra Menopause Society



IMS Rural Committee

in association with

Agra Menopause Society
Agra Ob Gy Society

Surat Menopause Society
Surat Ob Gy Society

Cordially invite you to

CORCONNECT- Live WEBINAR

Theme Menopause & Eye problems

SEP | 21 | 2021



6:00 PM Onwards

TO JOIN

www.corconnect.org/7

☎ HELP LINE : +91-9481507191

Agra Menopause Society


Dr Ratna Sharma
President

Surat Menopause Society


Dr Asha Bhatt
President

Agra Ob Gy Society


Dr Arti Gupta
President

Surat Ob Gy Society


Dr Jagruti Desai
President

Chief Guest


Dr Ambuja Chornur
President, RGS India

Guest of honour


Dr Sudhaa Sharma
Secretary General - IMS India

Convenors


Dr Savita Tyagi
Secretary AGMS


Dr Anita Shah
Past Secretary AGMS

Topic

Vision and Eye problems in Aging Adults

Topic

Dry eye syndrome

Speaker


Dr Nirav Shah

Speaker


Dr Vani Agarwal



Participation Benefits

1 of 1

Learning from experts


 Open for all


 Practice changing updates


 Clarify your queries from experts

From the makers of:






42

Ahmedabad Menopause Society



Webisode no. 11

Vulval Cosmesis to Disorder

**Aesthetic health committee of IMS and IACDG
with Ahmedabad and Surat Menopause Society**

Date: 20.8.2021 | Time: 4:30 - 6:30 pm

🕒 4-4.30pm -Inauguration

CHEIF GUEST



Dr. C Ambuja
President, IMS

GUESTS OF HONOUR



Dr. Sudhaa Sharma
Secretary General,IMS



Dr. Anita Shah
Past Secretary General,IMS

PROGRAM DIRECTOR



Dr. Ragini Agrawal
VP FOGSI-2020,
Founder chair Aesthetic
health committee -
IMS, President-IACDG

CHAIRPERSONS



Dr. Binal D Shah
President Menopause
Society, Vadodara



Dr. Bhairavi Joshi
Valkhariya
Cosmetic Gynecologist
Ahmedabad



Dr. Asha Bhatt
President,
Menopause Society
Surat

🕒 4.30-5.30 pm - Discussion

SPEAKERS



Dr. Ragini Agrawal
VP FOGSI-2020, Founder
Chair Aesthetic health committee -
IMS, President-IACDG

TOPIC:
Vulval Disorder
(Non Neoplastic)



Dr. Natasha Vijayendran
Consultant Dermatologist,
Pratiksha Hospital

TOPIC:
Vulval Cosmesis

MODERATOR



Dr. Anjana Chauhan
Secretary IMS,
Ahmedabad Chapter

🕒 5.30-6.30 pm - Panel Discussion

PANELISTS



Dr. Nikhil Parwate
Senior Consultant,
Aditya Birla Memorial Hospital
Pune



Prof. N.Sundari
Senior Consultant
M.S.Ramaiah Hospital
Bangalore



Dr. Bhagyaxmi Nayak
Chairperson Oncology Committee,
Fogsi 2018-20



Dr Dipti Patel
Sr Gyne, Surat



Dr. Ashwini Bhalerao
Consultant Gyne
P.D Hinduja Hospital, Mumbai

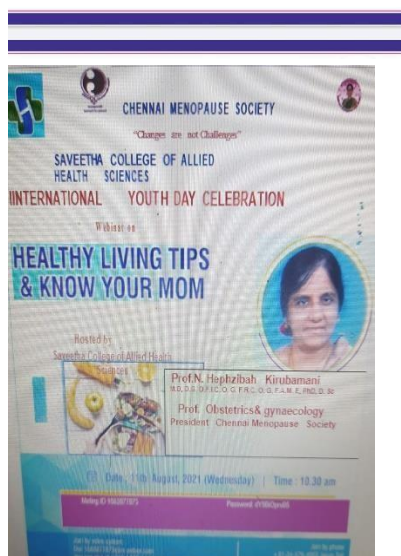
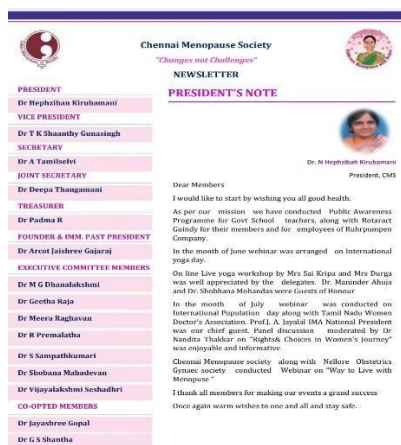
Bhopal Menopause Society

- BMS celebrated Independence Day by having a get together.
- All members were dressed in colors of our flag . Programme started with a Quiz on theme of Independence Struggle
- Prizes won by 1st Dr Vinita, 2nd Dr Gore & 3rd Dr Shraddha
- We had a competition on self composed poems on deshbhakti and prizes won by 1st Dr Basanti, 2nd Dr Vaijaynti & 3rd Prize Dr Sandhya
- We all sang patriotic songs ,solo and chorus.



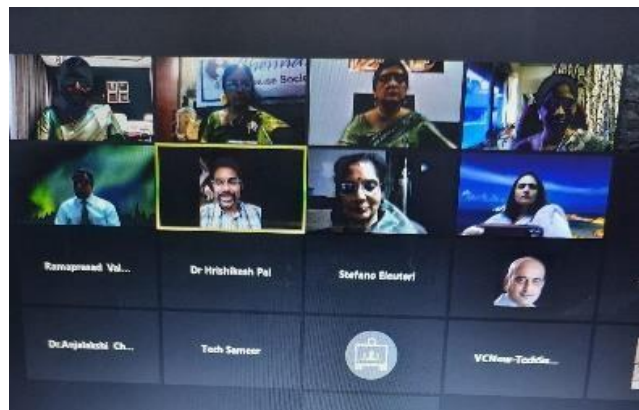
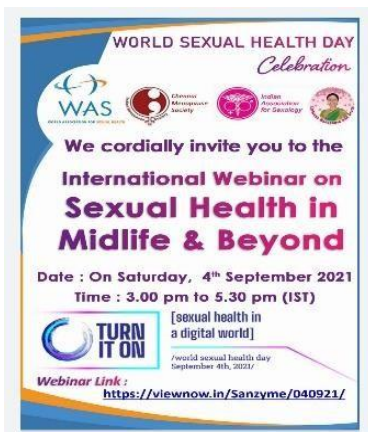
Chennai Menopause Society

1. Healthy Aging Series – 3 on 18th August 2021, on Oncological problems in the perimenopausal age group. We had 2 eminent guests of honour Prof. Hemanthraj, Executive vice chairman, Cancer Institute, Adyar and Prof. Begum Rokeya Anwar HOD – NICR & H, Dhaka- Bangladesh. Panel discussion with the experts was preceded by lectures. Newsletter with the Oncology theme was released during the session.
2. Online awareness programme – 11-08-2021. Health tips and know your MOM for Allied Health Sciences Students of Saveetha Medical College
3. Public Awareness program on Mid life crisis for the staff of Sriperumbadur Pump Station
4. Chennai Menopause Society conducted the Quiz on Bone Health in Mid-life on the 30th August 2021, in the virtual mode. 125 postgraduates registered from all over the state. Following a preliminary round, 20 students were selected for the second round and the top 5 were selected for the final round. At the end of the finals, Dr Yashaswi Pandey, DNB student from the Railways Hospital won the first place and will be representing the Chennai Menopause Society at the IMSCON 2021 @ Varanasi



Chennai Menopause Society

1. International webinar on “Sexual Health in Midlife and beyond” was conducted on Saturday 4th September 2021. It was a well- attended program with several national and international speakers sharing their knowledge
2. Free camp by CMS on 6th September to screen for Non- Communicable diseases among midlife women
3. Know your body, know your MOM on 22nd September 2021, speaker meet with the Rotract club of Stella Maris College. Talk was delivered by the President Prof. Hepsibah Kirubamani



Delhi Menopause Society

- Indian Menopause Society in collaboration with Society of Vaginal Surgeons of India and South Asian Federation of Obstetrics and Gynaecology have started with a series of Webinars titled **“Tips and Tricks of Vaginal Surgery”**.
- The first such event **“Masterclass on Prolapse”** was organised by IMS North Zone on 4th September 2021. The program was well attended by nearly 40 national and international faculty and 416 registrations.
- Stalwarts of Indian Vaginal Surgery Dr Shirish Sheth, Dr Hara Pattanaik, and Dr Vineet Mishra graced the occasion.
- President, Indian Menopause Society Dr Ambuja Choranur, Secretary General Dr Sudhaa Sharma and Vice President Dr Pushpa Sethi contributed actively and shared their pearls of wisdom.
- The organisers Dr. Sonal Bathla, Ex chair Rural committee IMS, Dr. Manoj Chellani, co-chair of Urogynae Committee, IMS and Dr Priti Arora Dhamija, Treasurer, IMS Delhi chapter made the program interactive by including lectures, video demonstrations of surgeries and panel discussion. SOVD President, Dr Shalini Rajaram, AOGD President, Dr. Achala Batra and Delhi IMS President, Dr. Meenakshi Ahuja provided their full support. Overall it was a very successful CME conducted with an aim to promote vaginal surgery which is cheaper, safer and associated with lesser morbidity and mortality.



INDIAN MENOPAUSE SOCIETY
in collaboration with

SOCIETY OF VAGINAL SURGEONS OF INDIA & SOUTH ASIAN FEDERATION OF OBSTETRICS AND GYNAECOLOGY

presents

TIPS AND TRICKS OF VAGINAL SURGERY

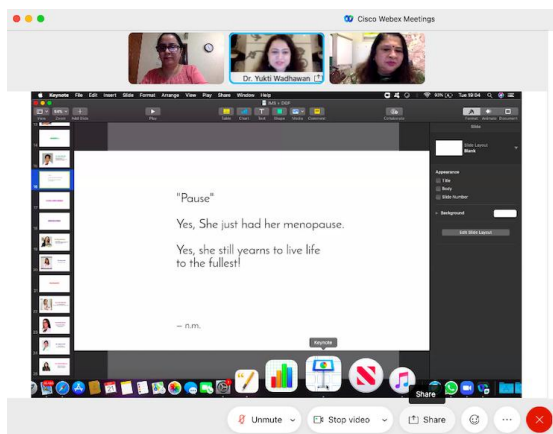
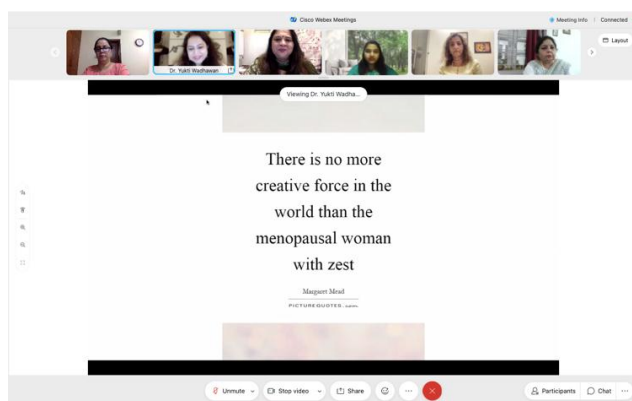
September 4, 2021 | 03:45 PM-06:30 PM
Accredited with 2 ICOG Credit Points & 2 IMS Credit Points

 DR. SHIRISH SHETH PROFESSOR EMERITUS	 DR. AMBUJA CHORANUR PRESIDENT IMS	 DR. VINEET MISHRA CHAIRMAN, ICOG
 DR. H. PATTANAİK CHAIROF UROGYNAE COMMITTEE, IMS	 DR. SUDHA SHARMA SECRETARY GENERAL, IMS	 DR. PUSHPA SETHI COORDINATOR, IMS
 DR. SONAL BATHLA EX-CHAIR, RURAL COMMITTEE, IMS	 DR. MANOJ CHELLANI CO-CHAIR, UROGYNAE COMMITTEE, IMS	 DR. PRITI A. DHAMIJA TREASURER, IMS DELHI
 DR. ACHALA BATRA PRESIDENT, AOGD	 DR. S. RAJARAM PRESIDENT, SOVD	 DR. MEENAKSHI AHUJA PRESIDENT, IMS DELHI

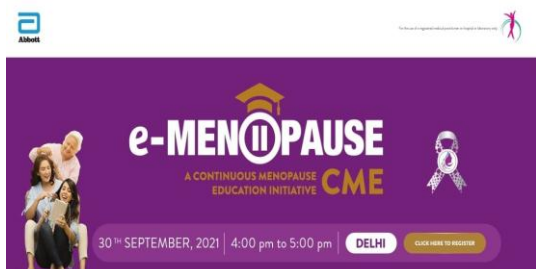


Delhi Menopause Society

- **21st September 2021**
- Indian Menopause Society – Delhi chapter in collaboration with Delhi Gynaecologist Forum conducted a Webinar on Menopause Management on the 21st September 2021.
- Stalwarts like Dr Maninder Ahuja and Dr Sharda Jain graced the occasion and shared their pearls of wisdom. Dr Parag Biniwale, Vice Chairperson, ICOG and Dr Sonal Batla, Ex chair Rural Committee, IMS gave their expert opinions. Dr Meenakshi Ahuja, President IMS-Delhi chapter and Dr Jyoti Bhaskar, Secretary IMS-Delhi chapter took 2 very interesting talks on menopause. Dr Kiranjeet Kaur, Joint secretary IMS-Delhi chapter along with Dr Pooja Jain, Joint secretary, DGF -NW conducted a very interactive session on Menopausal Case scenarios. The whole program was well conducted and attended by 60 delegates.



- **30st September 2021**



Topic: Premature Ovarian Insufficiency
Dr. Meenakshi Ahuja
Director OBG, Fortis La femme
President IMS, Delhi Chapter
Academic Secretary, DGF

Gorakhpur Menopause Society

I. 15- 08-2021 Sunday Whatsapp Quiz

10 Participants

Dr. Aruna Chhaparia was the winner

II - Webinar on 31st August 2021

***Dear Colleagues and Friends*,**

***Block your Date and Time*: *Tuesday, 31st August 2021*
6:00 PM – 8:00 PM for Live Webinar on *Chronic Pelvic Pain in Menopause* organised by *Gorakhpur Menopause Society* (GMS)**

***Patron GMS* -**

Dr. Reena Srivastava

***President GMS* -**

Dr. Surheeta Karim

Secretary GMS

Dr. Amrita Sarkari Jaipuria

Session 1* – *An Overview of Chronic Pelvic Pain in Menopause

Chair Persons

Dr. Radha Jina

Dr. Reena Srivastava

Speaker

Dr. C Ambuja

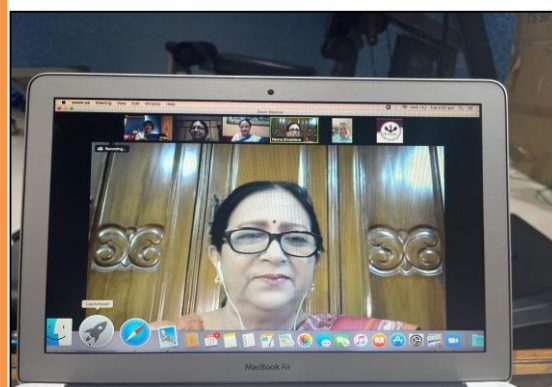
Session 2* – *Orthopaedic Pain to be ruled out in Chronic Pelvic Pain in Menopause

Chair Persons

* Dr. Anubha Gupta

Dr. Vikrant Agrawal

Speaker





Gorakhpur Menopause Society

Cordially Invites you for a

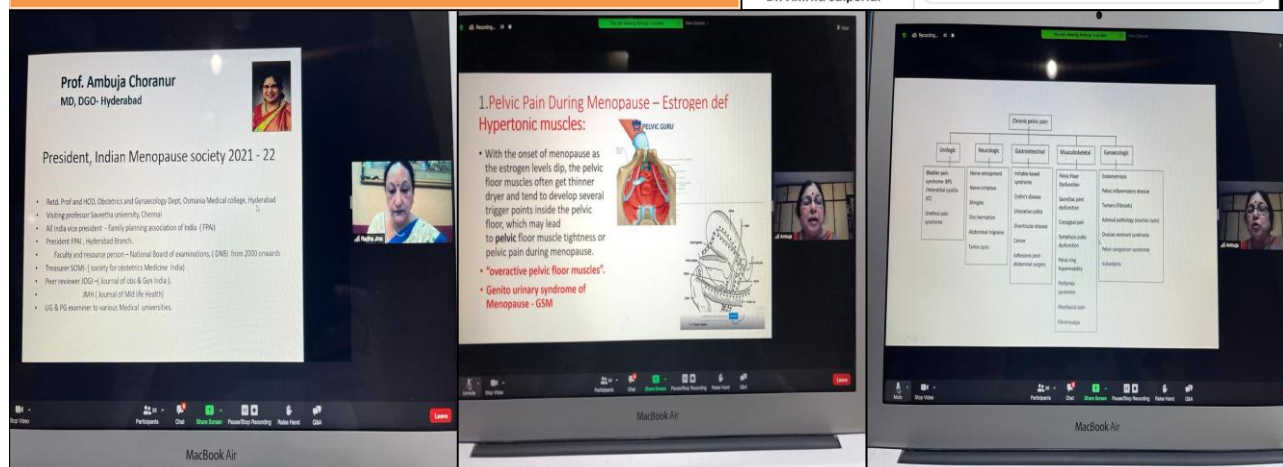
LIVE WEBINAR

on 31st August 2021 (Tuesday)
Time 6.00 – 8.00 pm

Theme - Chronic Pelvic Pain In Menopause

Session 1 Topic	
An Overview of Chronic Pelvic Pain in Menopause	
Chair Person  Dr. Reena Srivastava Ex. Prof. & Head BBD Medical College, Gkp	Speaker  Dr. C. Ambuja President (IMS)

Session 2 Topic	
Orthopaedic diseases to be ruled out in Chronic Pelvic Pain in Menopause	
Chair Person  Dr. Anubha Gupta Treasurer ISOPAB, Gkp Chapter	Speaker  Dr. Imran Akhtar Governing Council Member IMA, Gkp



Gorakhpur Menopause Society

Gorakhpur Obstetrics and Gynecological Society (GOGS) & Gorakhpur Menopause Society (GMS)

Cordially invite you for a Webinar 27 September 2021

On
27th Sep
2021

06:30 pm - 08:30 pm

Theme- Contraception for All



1. Topic- Safe Contraception in Women With Medical Disorder

Speaker



Dr. Amrita S. Jalpurkar
President, GOGS

Chairperson



Dr. Geeta Gupta
Former Associate Prof.
BRD Medical College, Gorakhpur

Chairperson



Dr. Pratibha Gupta
Consultant Obs & Gynae
at Sarvag Hospital

Dr. Anadhana Singh
Associate Prof. BRD Medical College,
Gorakhpur



Dr. Reena Shrivastava
Patron, GMS

2. Topic- Role of COC in Heavy Menstrual Bleeding

Speaker



Dr. Aruna Chhaparia
Secretary, GOGS

Chairperson



Dr. Anusha Gupta
Additional Professor SGPGMS,
Lucknow

Chairperson



Dr. Madhu Gulati
Director of Gulati Nursing home

Dr. Vani Aditya
Professor and HOD BRD Medical College,
Gorakhpur



Dr. Surbha Kareem
President, GMS



Dr. Amrita S. Jalpurkar
Secretary, GMS

Panel Moderators



Dr. Reeta Singh
Associate Professor BRD Medical College,
Gorakhpur



Dr. Ankita Kumari
Assistant Professor BRD Medical College,
Gorakhpur

Panelists



Dr. Archana Gupta
Consultant Obs & Gynae at P N Hospital,
Gorakhpur



Dr. Preeti Bala Singh
Assistant Professor AIIMS,
Gorakhpur



Dr. Preeti Deedwania
Assistant Professor AIIMS,
Gorakhpur



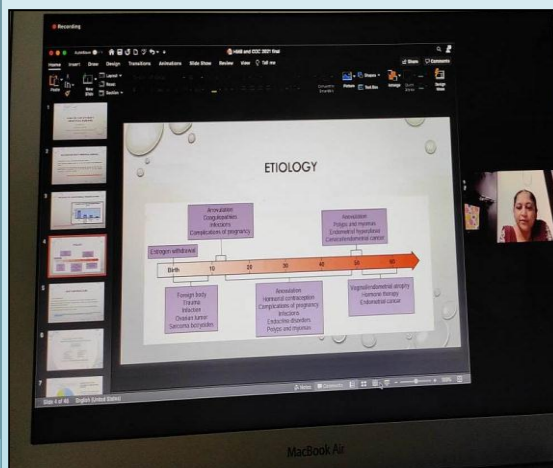
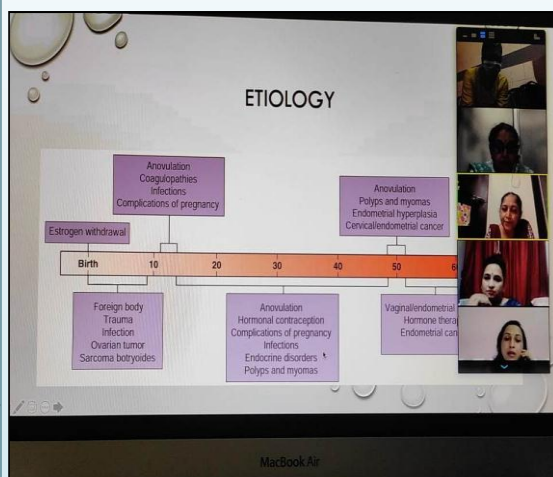
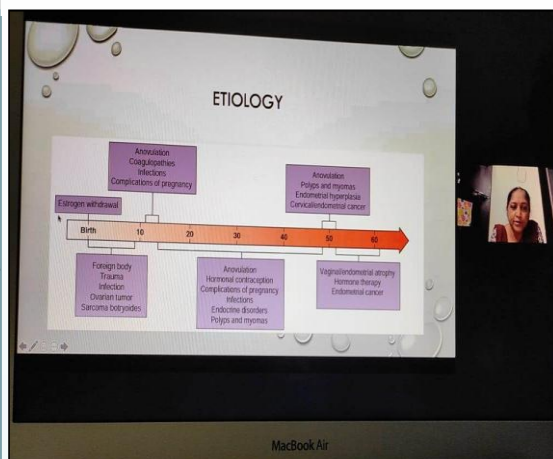
Dr. Preeti Priyadarshani
Assistant Professor AIIMS,
Gorakhpur



Dr. Babita Vaswani Agarwal
Assistant Professor BRD Medical College,
Gorakhpur



Dr. Vibha Rani Pipal
Assistant Professor AIIMS,
Gorakhpur



Gurugram Menopause Society

GURUGRAM MENOPAUSE SOCIETY WEBINAR

SPEAKER

Hyperprolactinemia Bacterial Vaginosis

Dr. Suman Yadav
President
Gurugram Menopause Society

Dr. Saroj Kumar
Secretary
Gurugram Menopause Society

PANELISTS

Dr. Alka Mathur
Ex-President
Gurugram Menopause Society

Dr. Neeru Thakral
Secretary
IFS Haryana

Dr. Ritu Jain
Founder Secretary
IFS Haryana

Dr. Amita Shah
Clinical Secretary
HIAGE

Dr. Rama Yadav
Sr. Gynaecologist

Date: Friday 06 August, 2021

Timings: 3:30 pm to 5:30 pm

Kindly click on below link for joining.

<https://myabbottmeetings.webex.com/myabbottmeetings/j.php?MTID=m28c629f7e2915260ec802daf7d6505aa>

Meeting number (Access code) : 1460858429
Meeting password : 1234

Gurgaon Menopause Society

With
WDW IMA Gurugram

Organising a CME on
Calcium in Menopause & Lifestyle Modifications With Age

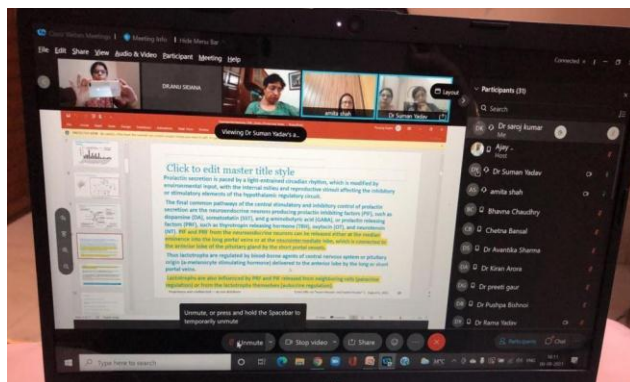
on Wednesday 22nd September 2021
Hotel Hilton, Gurugram

Dr. Suman Yadav
President
Gurgaon Menopause Society

Dr. Saroj Kumar
Secretary
Gurgaon Menopause Society

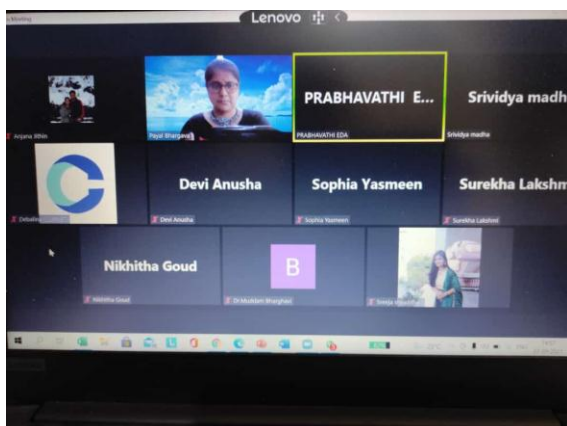
Dr. Alka Mathur
President
WDW IMA Gurugram

Dr. Jyoti Yadav
Secretary
WDW IMA Gurugram



Hyderabad Menopause Society

- Participated in South zone Zonal conference at Madurai. On 31st and 1st of Aug. Our Hyderabad team. Dr. Dhatri & pratyusha won 1st and 2nd prizes in the free paper presentation. 2 lectures were given by Dy. Ambuja mam and Dr. Tripura and Dr. Sandhya etc. Spell bound Talk by Dr. Meeta in the conference was the highlight 🖨️ 12th Aug. An exiting awareness programme was conducted, targeting youth. Young doctors, parents and teachers on life style diseases was conducted by Dr. Shanta kumari. 5th Aug- A webinar was conducted on contraception to ealderly. Whic to choose, why and how. 15th Aug. Celebrated independence day with all pride and fun. 21st Aug- contraception wrbinar Webinar on 20th Sug on PETIME LOAUSAL BLEEDING- by Dr. Fahmeeda Baanu. Celebrated Lakshmi pooja with pride and pompus.
- Many webinars were conducted on perimenopausal bleding and infertility in middle age. Conducted online PG Quiz competition. 98 PGs all over AP and Telangana participated. It was conducted in 2 rounds Winners were given gynecology textbooks as prizes. Conducted awreness programmes an osteoporosis and nutrition in 3rd and 4th week of September.
- Happy to anounce that our Hyderabad PGs bagged 1st & 2nd Prizes in south zone comference.
- 1st Prize-Dr. Pratyusha (PGOf Anupama) &
- 2nd Prize- Dr. Dhatri (PG of Tripura Sundari)



Jaipur Menopause Society

Indian Menopause Society and Jaipur Menopause Society
Agra Obs & Gynae Society
in association with
Club 35+ Public Awareness Committee

EK SHAAM DESH KE NAAM
KAVI GEET SAMMELAN

On Occasion of **INDEPENDENCE DAY** 14th August, 2021
05:00 - 07:00 Pm

Program Coordinators

Masters of Ceremony

Chief Guests

Guests of Honour

Invited Poets

Invited Singers

Invited Judges (Poems)

Invited Judges (Songs)

Digital partner: **CLTRNET**

Poetic renditions by Dr Ambuja, Dr Sudhaa, DrAnjuSoni, DrArchana Shukla

Melodious Songs by Dr Sunila, Dr Rajprabha, Nishi Raj, Dr Ranu Patni, Dr Ami Mehta

Enthralling poems full of patriotic fervour by Sri Sushil Sarit, Dr Rajkumar Ranjan, Bhumika Jain

Mesmerising songs by our Guests Dr Barun Sarkar, Dr Dilip Soni, Dr Gaurav, Deepshikka and Khushboo were an unforgettable experience

Great comparing by Dr Seema Singh, Dr Ratna Sharma

icing on the cake were the poems and songs of the poems and songs competition making us wonder about the hidden talents of our members

Sharing a few reminiscences of the programme

Arti Gupta
Neelam Jain
Shubha Sethia

12:56 pm



WINNERS PATRIOTIC SONG COMETITION CUB 35(INDIAN MENOPAUSE SOCIETY)

FIRST PRIZE

SECOND PRIZE

THIRD PRIZE



MITA PAREKH
AHMEDABAD



DR. PRIYA SHARMA
VARANASI



DR. TARUCHAYA BANSAL
JAIPUR

WINNERS PATRIOTIC POEM COMPETITION CLUB 35(INDIAN MENOPAUSE SOCIETY)

FIRST PRIZE

SECOND PRIZE

THIRD PRIZE



KAMINI KHURANA
AGRA



DR SUBOHI RIZVI
GURUGRAM



DR SEEMA PASRICHA
JALANDHAR

Consolation prizes (poems)

- Sheela Tandon (Noida)
- Ritu Arora (Varanasi)
- Shailesh Jain (Jaipur)

Jaipur Menopause Society



WEBINAR ON OVARIAN MASSES IN MIDLIFE



Jabalpur Menopause Society

SAWAN CELEBRATION WITH CLUB 35+

- Date : 7th August, 2021
- Topic : : Sawan Celebration with Club 35+
- Summary A program on theme Sawan was organised for club 35+ members
- A Motivational talk was given by Mrs. Preeti Kumar on Aesthetics of Lifestyle Management followed by a Game of Antakshari.



Jabalpur Menopause Society

WEBINAR ON WOMEN'S HEALTH+

- Date : 7th August, 2021
- Topic : Webinar on Women's Health
- Summary : A Hybrid Programme on Antiaging titled 'Freeze your Age' was organized focusing on Non Hormonal Antiaging therapies by Dr. Deepak Chaturvedi from Mumbai and Quality of Life After Hysterectomy by Dr. Ambuja Choranoor (President IMS) from Hyderabad



' FREEZE YOUR AGE'

..... A Hybrid Program

ORGANIZED BY

JABALPUR MENOPAUSE SOCIETY

with focus on Anti Aging

Chief Guest
DR. AMBUJA CHORANUR
President
(Indian Menopause Society)

Topic
Quality of Life
After Hysterectomy

Guest of Honor
DR. DEEPAK CHATURVEDI
Philanthropist, Lifestyle Consultant,
Educator, Motivational Speaker & a Poet

Topic
Menopausal HRT beyond
Estrogen & Progesterone

Guest Speaker
DR. PARIMAL SWAMY
Senior Diabetologist, Consultant Physician
Jabalpur Hospital

Topic
Aspiring Anti Aging-
A Dream or DREAMS ?

07th August' 21
Timing: 5:00 - 7:00 pm

VENUE
HOTEL KRISHNA

Chairpersons for the Program

▪ Dr. Gita Guin ▪ Dr. Chitra Jain ▪ Dr. Sharda Mishra

Dr. Pragya Dhirawani
President, JMS

Dr. Archana Shrivastav
Secretary, JMS

You can also JOIN US on to the Zoom for which Link which will provided soon

Jabalpur Menopause Society

BONE MASS DENSITY CAMP

- Date : 4th September, 2021
- Topic : Bone Mass Density Camp & Teachers Day Celebration
- Summary : Jabalpur Menopause Society organised a Bone Mass Density Camp and Teachers Day Celebration for all Society members and members of Club 35+. All who had T Score less than -1 were given 50% discount on DEXA Scan
- The Camp was followed by a very Interesting and Rapid Fire Question Answer session by Club 35+ members with Renowned Othopedicians of Jabalpur Dr.Abhay Shrivastav (President Jabalpur Othopedics Society), Dr.Jatin Dhirawani (Secretary Jabalpur Orthopaedic Society), Dr.Nachiket Pansey, Dr.Sparsh Nayak. Program was followed by High Tea





JABALPUR MENOPAUSE SOCIETY

invites
Club 35+

For a program on
BONE HEALTH of our members

• **OUR PROGRAM** •

3pm to 4pm BMD check up & Issuing of Membership card

4pm to 5pm Rapid Fire - Question and Answer Round with
Renowned Orthopedicians of Jabalpur



DR. ABHAY SHRIVASTAV
President
(Jabalpur Orthopedics Society)
DR. JATIN DHIRAWANI
Secretary
(Jabalpur Orthopaedic Society)
DR. NACHIKET PANSEY
DR. SPARSH NAYAK

5pm to 6pm Teachers Day Celebrations: **FELICITATION CEREMONY**



DR. SHASHI KHARE
DR. ARVIND LALE
DR. RAMA SHRIVASTAV
DR. RUPA CHAURAN



**04
Sept
SATURDAY**

**VENUE :
HOTEL GULZAR
(Mahananda, Jbp)**

Timings :- 3:00 - 6:00 pm (sharp)

R.S.V.P : Dr. Pragya Dhirawani (President, JMS) , Dr. Archana Shrivastav (Secretary , JMS)

YOU ARE INVITED



Jabalpur Menopause Society

TEACHERS DAY CELEBRATION – TEACHERS FELICITATIONS



Jabalpur Menopause Society

Jabalpur Menopausal Society holds debate

■ Staff Reporter

DR PRAGYA Dhirawani, President, Jabalpur Menopausal Society and Secretary, Dr Archana Shrivastava hosted a debate for the members of Club 35 Plus. Dr Abhay Shrivastav, President, Jabalpur Orthopedic Association, Secretary, Dr Jatin Dhirawani, Dr Nachiket Panse and Dr Sparsh Naik informed the participants with their knowledge and redressed the doubts of the Club members.

The experts discussed about various healthy way to strengthen the bones and to stay protected from Osteoporosis. The participants also availed benefit of BMD test in the camp.

Dr. Nachiket Panse from Anant Hospital assured the members of Club 35 Plus to provide facility of Dexa Scan on discounted rate.

During second phase of the



Medical experts participating in the debate held by Jabalpur Menopausal Society.

programme, teachers and senior Gynaecologists, Dr. Rama Shrivastava, Dr. Shashi Khare and Dr. Arvind Lele were honoured marking the occasion of Teacher's

Day. The teachers explained about the art of living. Those who attended the programme included Dr Kavita Singh, Dr Neena Shrivastava, Dr Sangeeta,

Dr Shankaran, Dr Swaraj Naik, Dr Chitra Sen, Dr Roma Nag and others.

The programme was anchored by Dr Richa Dhirawani.

मीनोपॉजल सोसायटी

ऑस्टियोपोरोसिस पर की चर्चा



पत्रिका न्यूज नेटवर्क
patrika.com

जबलपुर. मीनोपॉजल सोसायटी की ओर से क्लब 35 प्लस के सदस्यों के लिए परिचर्चा का आयोजन किया गया। क्लब की अध्यक्ष डॉ. प्रज्ञा धीरावाणी, सचिव डॉ. अर्चना श्रीवास्तव की उपस्थिति में ऑस्टियोपोरोसिस पर चर्चा हुई। अस्थि रोग विशेषज्ञ डॉ. अभय श्रीवास्तव (अध्यक्ष जबलपुर ऑर्थोपेडिक एसोसिएशन), सचिव डॉ. जतिन धीरावाणी, डॉ. नचिकेत पांसे तथा डॉ. स्पर्श नायक ने क्लब 35 प्लस के सदस्यों की शंकाओं का समाधान किया। ऑस्टियोपोरोसिस से बचाव की जानकारी भी दी। महिलाओं के लिए बीएमडी कैम्प का

भी आयोजन किया गया। अनंत हॉस्पिटल के डॉ. नचिकेत पांसे ने क्लब 35 प्लस के सदस्यों का डेक्सा स्कैन कम दाम पर करने का आश्वासन दिया। परिचर्चा का संचालन डॉ. ऋचा धीरावाणी ने किया। दूसरे चरण में शिक्षक दिवस की पूर्व संध्या पर वरिष्ठ स्त्री रोग विशेषज्ञ डॉ. रमा श्रीवास्तव, डॉ. शशि खरे, डॉ. अरविंद लेले का अभिवादन किया गया। उन्होंने अपने उद्बोधन में जीवन का उद्देश्य और जीवन जीने की कला की जानकारी दी। इस दौरान डॉ. कविता सिंह, डॉ. नीना श्रीवास्तव, डॉ. संगीता, डॉ. शंकरन, डॉ. स्वराज नायक, डॉ. चित्रा सेन, डॉ. रोमा नाग आदि मौजूद थीं।

मिलाजपुर में किया।

साथ मनाया जा रहा है।

'कैल्शियम व विटामिन-डी की कमी पर ध्यान देने की आवश्यकता'



परिचर्चा में शामिल क्लब 35 प्लस के सदस्य। ■ सौजन्य जबलपुर मीनोपॉजल सोसायटी

जबलपुर (वर्तुनिया प्रतिनिधि)। जबलपुर मीनोपॉजल सोसायटी की अध्यक्ष डॉ. प्रज्ञा धीरावाणी व सचिव डॉ. अर्चना श्रीवास्तव ने मंगलवार को क्लब 35 प्लस के सदस्यों के लिए एक परिचर्चा का आयोजन किया। इस अवसर पर अस्थि रोग विशेषज्ञ डॉ. अभय श्रीवास्तव, सचिव डॉ. जतिन धीरावाणी, डॉ. नचिकेत पांसे व डॉ. स्पर्श नायक से परिचर्चा की गई। संचालन डॉ. ऋचा धीरावाणी ने किया। परिचर्चा में सदस्यों की शंकाओं का समाधान किया गया। ऑस्टियोपोरोसिसवादी हड्डियों के कमजोर होने की समस्या को कैसे दूर किया जा सकता है विषय पर बात की गई। बताया गया कि क्लब 35 प्लस के सदस्यों के लिए आवश्यक है कि वे शरीर में होने वाली विटामिन-डी, कैल्शियम

की कमी पर ध्यान दें। क्योंकि 30 की उम्र के बाद शरीर में कैल्शियम की कमी होने लगती है। शरीर में विटामिन-डी की आवश्यकता बाहर से ही पूरी की जा सकती है। आजकल लोग घूप में नहीं रहते। यही वजह है कि तेजी से विटामिन-डी की कमी होती जा रही है। खासतौर पर महिलाओं में एक उम्र के बाद कैल्शियम की कमी देखने मिलती है। जिस पर ध्यान देने की आवश्यकता है। इस अवसर पर महिलाओं के लिए बीएमडी शिविर का आयोजन भी किया गया। कार्यक्रम के दूसरे चरण में वरिष्ठ स्त्री रोग विशेषज्ञ डॉ. रमा श्रीवास्तव, डॉ. शशि खरे, डॉ. अरविंद लेले को सम्मानित किया गया। इस अवसर पर डॉ. कविता एन सिंह, डॉ. नीना श्रीवास्तव, डॉ. संगीता, डॉ. मंजू शंकरन, डॉ. स्वराज नायक मौजूद रही।

Jabalpur Menopause Society

NATIONAL POSHAN WEEK

- Date : 25th September, 2021
- Topic : National Poshan Saptah at IMA House Jabalpur
- Summary : National Poshan Week is celebrated by Women's Doctors Wing and Mission Pink Health of Indian Medical Association, Jabalpur chapter.
- There is small discussion with dietician about myths and facts of dieting.
- Dietician and Doctors took part in the competition of dishes prepared which were high protein but of low cost.



Jammu Menopause Society

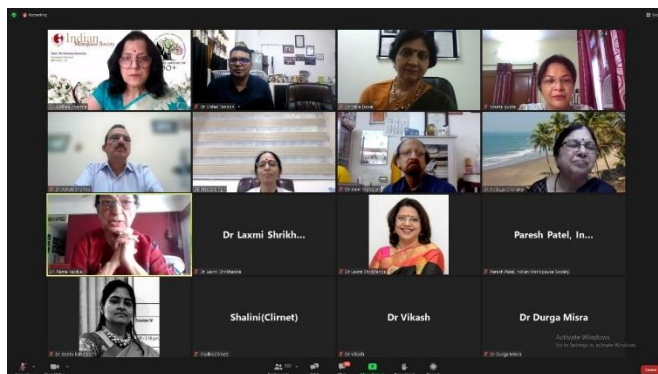
▪ KNOW YOUR MOTHER

The department of Obstetrics and gynecology GMC Kathua under the aegis of Jammu menopause society today organized an awareness lecture for the undergraduate students of 3rd semester. Prof Anil Mehta, head of the department and president Jammu menopause society, briefed the importance of menopausal health, its multidimensional impact on the overall wellbeing of a woman and the consequences of morbid menopause. In this interactive session students were told how to approach elderly women at home undergoing menopause /menopausal transition, remedies to cope with them and the facility of elderly women clinic at GMC Kathua which has been started especially for peri-menopausal and menopausal women. The students thoroughly enjoyed the interaction and came up with many queries and problems about the family members. The faculty of OBGY, GMC Kathua has decided to take awareness lectures for the elderly women of Kathua district and adjoining areas since a huge percentage of women need care related to menopausal health.



Jammu Menopause Society

- Jammu Menopause Society organized National CME on Scientific Writing & Paper Publication held on 27th September, 2021. Enthusiastic response of delegates in the CME made it very successful & we proudly share that 1036 delegates attended this CME. Thanks to eminent faculty also for their valuable & interesting presentations.



National CME on Scientific Paper Writing and Publication
Organised by **Jammu Menopause Society**
Under The aegis of **IMS**

27th September 2021, Monday 2:30 PM to 4:30 PM

National Advisor
Dr. Rama Vaidya
Founder President, IMS
Founder Editor in Chief, Journal of Middle Health

Chief Guests
Dr. Ambuja Choranur
President
IMS 2021
Dr. Sudha Sharma
Secretary General, IMS 2021
Editor in General, JK Science
Editor in Chief Journal Middle Health 2016-18

Organizing Chairperson
Dr. Anni Mahajan
Editor in General, JK Science
Editor in Chief Journal Middle Health 2018-20

Organizing Co - Chairperson
Dr. Ashok Sharma
Editor in Chief - JK Science

Organizing Secretary
Dr. Vishal R. Tandon
Editor in Chief Journal Middle Health 2020-2022

Organizing Joint Secretaries
Dr. Anil Mehta
President
Jammu Menopause Society
Dr. Meeta Gupta
Secretary
Jammu Menopause Society

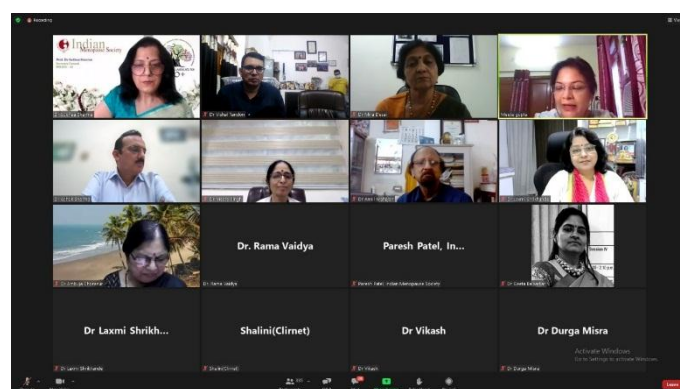
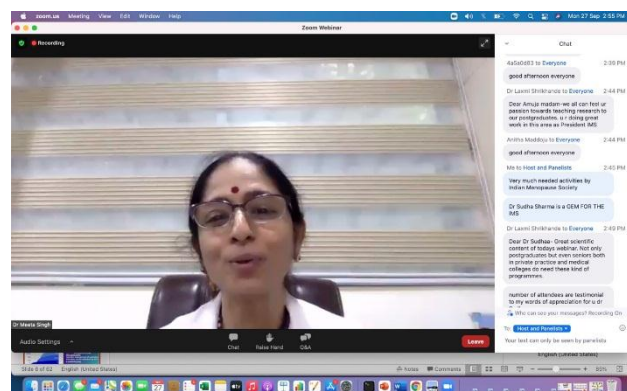
Chairpersons
Dr. Meeta Singh
Editor in Chief Journal Middle Health (2020-2022)
Dr. Neelam Aggarwal
Editor in Chief Journal Middle Health (2016-2018)
Dr. Ashok Sharma
Editor in Chief JK Science

National Faculty
Dr. Mira K. Desai
Senior Editor, Indian Journal of Pharmacology (2013-2016)
Dr. Bikash Medhi
Editor in Chief, Indian Journal of Pharmacology
Dr. Vikas Agarwal
Editor in Chief, Journal of Rheumatology
Dr. Geetha Balsarkar
National Corresponding Editor - Journal of Obst and Gynecology of India (JOGI)
Dr. Laxmi Shrikhande
Associate Editor- Indian Journal of Rheumatology, JRCPE and Rheumatology International
Dr. Durga Prasanna Misra

Register Yourself NOW

1 IMS Credit Point

Certificate to the participants shall be issued after CME.



Kanpur Menopause Society

- Kanpur menopause society is pleased to inform that under leadership of **Dr. Kiran Pandey -President Kanpur Menopause Society** had conducted free cervical cancer awareness camp on **24th sep, 2021....110 women participated....pap smear was taken** and other midlife issues were taken care of. Free camp was conducted by **Dr. Garima Gupta-Secretary KMS, Dr. Pavika Lal-Jt Sec KMS and Dr. Bandana Sharma.**
- The camp was appreciated by all with good media coverage.



सर्वाइकल कैंसर के प्रति महिलाओं को किया अवेयर

PIC: DAINIK JAGRAN INEXT



● अवेयरनेस के साथ महिलाओं की जांच की गई.

kanpur@inext.co.in

KANPUR (24 Sept): उत्तर प्रदेश स्टेट चैयर एसोसिएशन ऑफ गाइनकोलाजिस्ट ऑफ इंडिया के तत्वावधान में सर्वाइकल कैंसर अवेयरनेस प्रोग्राम आर्गनाइज किया गया. प्रोग्राम डॉ. किरन पांडेय की अध्यक्षता में एसपीएम हॉस्पिटल कल्याणपुर में हुआ. डॉक्टर्स ने सर्वाइकल कैंसर के लक्षण, रोकथाम, एचपीवी टीकाकरण व उसके इलाज की जानकारी देकर महिलाओं को जागरूक किया. प्रोग्राम में इवेंट कोऑर्डिनेटर के रूप में डॉ. वंदना शर्मा, डॉ. गरिमा गुप्ता, डॉ. पाविका लाल, डॉ. निकिता उपस्थित रहीं. प्रोग्राम में करीब 110 महिलाओं ने भाग लिया.

सिटी के विशेषज्ञ डॉक्टर मौजूद रहे

जिसमें 50 महिलाओं की पेप्स सीमिर की जांच भी की गई. इससे पहले कानपुर मेनोपॉज सोसाइटी की ओर से भी सुबह एसपीएम हॉस्पिटल में सर्वाइकल कैंसर अवेयरनेस प्रोग्राम आर्गनाइज किया गया. प्रोग्राम कोऑर्डिनेटर डॉ. वंदना शर्मा ने बताया कि प्रोग्राम के तहत कैप में मौजूद महिलाओं को सर्वाइकल कैंसर के प्रति अवेयर किया गया. जिसमें सिटी के विभिन्न विशेषज्ञ डॉक्टर उपस्थित रहे.

Kolkata Menopause Society

➔ Forwarded

Kolkata Menopause Society organized a MHCC camp at Apanghar, P-57, Raghunathpur along with Inner Wheel Club on 1.8.2021 between 9.30 am to 11.00 am. 19 postmenopausal women were examined and free Hb, TSH, Blood Sugar and BMD was done. Eldest patient was 92 years old. We distributed free Iron, Calcium, Antacid, Laxative, Cough Syrups and what required by the patients. The Programme was a grand success.

01:13 ✓✓



01:13 ✓✓



01:13 ✓✓



01:13 ✓✓

Kolkata Menopause Society

Kolkata Menopause Society and The Bengal Obstetric & Gynaecological Society organized a free health check up camp to create awareness about anemia, Diabetes, Osteoporosis and Hypothyroidism on 1.8.2021 at 11.30 am to 2.30 pm. There were 75 registrations at Tollygunge Sthanakvasi Jain Sangh, 61/22, Manik Bandyopadhyay Sarani (Moore Avenue), Kolkata-700040. Free HB, Sugar (R), TSH and BMD were done. Programme was attended by Dr Bipasa Sen, Dr Nirmala Pipara and Dr Sharmishtha Ganguly. It was a grand success.



organized a CME on “**Update on POI**” on 18th September, 2021 from 7.30 – 8.30 pm on a digital platform.

Dr Indira Mainam, HOD of Dept of Endocrinology, R G Kar Medical College, Kolkata spoke on “POI” and Dr Arnab Basak, Consultant, Gynae & Obs, Apollo Glenegles Hospital, Kolkata spoke on “Newer HRTs”. The Chairpersons for the session were Dr Jayanta Kuar Gupta and Dr Sudip Chakraborty.

This was followed by a Panel Discussion on “MHT – Bursting the Bubble: A Case Based Discussion” which was moderated by Dr Ratnabali Chakraborty, Past President, IMS, Chairperson, National Advocacy Committee, IMS and the panelists were Dr Pallab Gangopadhyay, Consultant Gynaecologist & Obstetrician and Dr Soumya Mukherjee, Asst. Professor, KPC Medical College, Kolkata .

REGIONAL UPDATE ON POI

IN COLLABORATION WITH KMS

18TH SEPTEMBER 2021 | 7.30 pm to 8.30 pm

[CLICK HERE TO REGISTER](#)

CHAIRPERSONS

Dr. JAYANTA KUMAR GUPTA

Chairperson

MD (GALL BLADDER) Surgeon, FRCGS (London),
Director & Head of the Department of OBG & GYN,
Apollo Glomax Hospital, Kolkata

Dr. SHRIP CHAKRAVARTI

Ce Chairperson

President, Bengal OBG & GYN Society 1999-2000,
President, ISOMBS 2003-04,
Vice president IODG 2000-01,
Chair East zone IODG 2001-2003

SPEAKERS

Topic: POI

Dr. BIDHRA MAINAM

Senior Gynaecologist, senior
MD (General medicine), DM Endocrinology,
FOGAP (Fellow of Endocrinology),
F G for Medical College & Hospital, Kolkata
Member of Endocrine Society, ISSCR

Dr. ARPAN BASAK

Senior Gynaecologist, senior
Consultant, GYN & OBG,
Apollo Glomax Hospital, Kolkata

Topic: Newer HRTs

Panel Discussion: MHT – BURSTING THE BUBBLE: A CASE BASE DISCUSSION

MODERATOR

Dr. RATNARAJ CHAKRAVORTY

MD, DGO, F.I.C.M.C.H

Consultant, Gynaecologist & Infertility Specialist,
Past President IMS,
Chairperson National Advocacy Committee, IMS

PANELISTS

Dr. PALLAB GANGOPADHYAY

MBBS, DGO, MRCC (LONDON)
Consultant Gynaecologist & Obstetrician,
Associated with Woodlands,
Belle Vue, BNWCC

Dr. SONJIMA MUKHERJEE

MBBS, MS (OBSSGYN) FMS (WALS),
FICMCH, FIACOG
Associate Professor, IPEC Medical College,
Kolkata

Sponsored by: **TEAM *Milaha*** A Division of Abbott India

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Kolkata Menopause Society

Kolkata menopause society & Bengal obstetric & gynaecological society organised MHCC program on 3.9.21 at Matri Mangal Pratisthan.228 Rabindra Sarani.Total no of patients 50. FreeHb,R sugar,TSH,BMD was doneLipid Profile of 40 plus women was done.programme was a grand success

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By A14TU 9/3/21 12:06 PM



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By A14TU 9/3/21 12:09 PM

Lucknow Menopause Society

First Activity

- Lucknow Menopause Society organized a **webinar and the Installation Ceremony** of its office bearers on **19 th of August, 2021, Thursday** at **3.00 pm** on zoom.



Lucknow Menopause Society
in association with
Indian Menopause Society
Invites you to Webinar
&
Installation of New Office Bearers

Date: 19.08.2021 (Thursday) | Time: 3.00 - 5.00 PM



Welcome : Dr. Naini Tandon

Installation of new office bearers of LMS in the presence of
Dr. Ambuja Chorunar, President IMS
Dr. Shobhana Mohandas, President Elect IMS
Dr. Sudha Sharma, Secretary General IMS

Scientific Programme
Chairpersons:
Dr. Yashodhara Pradeep
Dr. Deepa Kapoor
Dr. Sharad Kumar

Topic: Long term consequences of PCOS
Speaker :
Dr. Ambuja Chorunar, President IMS

Panel Discussion:
Topic: Urinary Problems & the Gynecologist
Moderator:
Dr. Shobhana Mohandas - President Elect IMS

Panelists:
Dr. S.P. Jaiswar
Dr. Sunita Chandra
Dr. Saurabh Agarwal
Dr. Renu Singh
Dr. Sabuhi Quereshi
Dr. Sumita Arora

Vote of thanks:
Dr. Asna Ashraf

Chief Guest



Dr. Ambuja Chorunar
President, IMS

Guests of Honour



Dr. Sudha Sharma
Secretary General, IMS



Dr. Shobhana Mohandas
President Elect, IMS

Chairpersons



Dr. Sharad Kumar
President, LMS



Dr. Yashodhara Pradeep
Incoming President, LMS



Dr. Deepa Kapoor
Secretary, LMS

Panelists



Dr. S.P. Jaiswar
Professor, KGMU



Dr. Sunita Chandra
Director Rajender Nager Hospital & IVF Center



Dr. Saurabh Agarwal
Chief Urologist, AG Stone Urology Center



Dr. Sabuhi Quereshi
Professor & Head, Super Speciality Cancer Institute, Lucknow



Dr. Renu Singh
Professor KGMU



Dr. Sumita Arora
Aastha Maternity & Laparoscopy Center, Lucknow

Organisers



Dr. Naini Tandon
Vice President LMS



Dr. Asna Ashraf
Jt. Secretary LMS



Dr. Sangeeta Mehrotra
Treasurer LMS

We solicit your presence



An Educational Initiative Sponsored by

- The President of Indian Menopause Society Dr Ambuja Chorunar was the Chief Guest for the occasion.
- The President Elect IMS, Dr Shobhana Mohandas and
- Secretary General of IMS Dr Sudha Sharma were the Guests of Honour.
- The new team of office bearers of Lucknow Menopause Society –
- President Dr Yashodhara Pradeep, Vice President Dr Naini Tandon,
- Secretary Dr Asna Ashraf, Joint Secretary Dr Sangeeta Mehrotra and
- Treasurer Dr Amrit Gupta took over the charge from the outgoing team.

Lucknow Menopause Society

President



Dr Yashodhara Pradeep

Vice President



Dr Naini Tandon

Secretary



Dr Asna Ashraf

Jt. Secretary



Dr Sangeeta Mehrotra

Treasurer

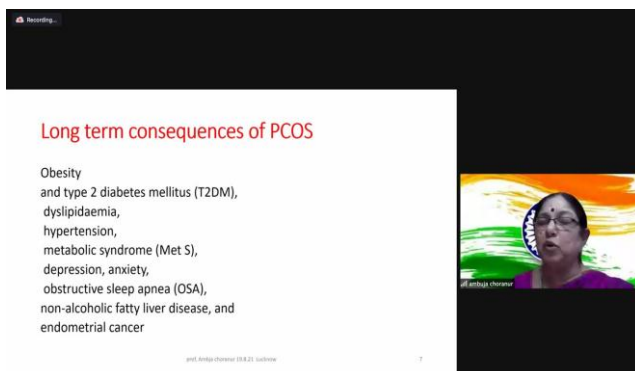


Dr Amrit Gupta

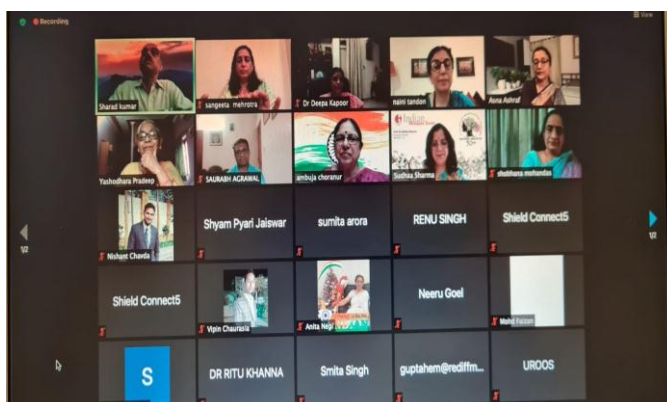
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Lucknow Menopause Society

- On this occasion the outgoing Secretary Dr Deepa Kapoor spoke about the achievements of her two tenures, first as Chapter Secretary and then as Secretary of Lucknow Menopause Society.
- The outgoing President Dr Sharad Kumar invited the incoming President Dr Yashodhara Pradeep to take charge and introduce her team.
- Dr Yashodhara spoke on her vision for the future activities of Lucknow Menopause Society.
- Dr Ambuja Chorunar, Dr Sudha Sharma and Dr Shobhana Mohandas all congratulated the new team of office bearers of Lucknow Menopause Society.
- The webinar also included a well chalked out scientific programme. The chairpersons for the first session were Dr Yashodhara Pradeep, Dr Sharad Kumar and Dr Deepa Kapoor.
- Dr Ambuja Chorunar spoke on Long term consequences of PCOS. Her talk was much appreciated.



- This was followed by a panel discussion on “Urinary Problems and the Gynecologist”, which was moderated by Dr Shobhana Mohandas. The panelists were Dr. S.P. Jaiswar, Dr Sunita Chandra, Dr Saurabh Agarwal, Dr Renu Singh, Dr Sabuhi Quereshi and Dr Sumita Arora. The panel discussion was very interactive and gave new insights on the management of urinary problems in midlife women. The webinar was attended by 98 participants.



Lucknow Menopause Society

Second Activity

- Lucknow Menopause Society organized an **online Quiz on 15th September 2021 on the theme of Bone Health, Osteoporosis and Menopause** to select one candidate to represent Lucknow in the national Quiz at IMSCON 2021, Varanasi.

Lucknow Menopause Society Quiz

Questions Responses 25 Settings Total points: 30

Section 1 of 2

Lucknow Menopause Society Quiz

Date: 15th September 2021
Time: 5 to 5.20 pm
Theme: Bone health, Osteoporosis and Menopause

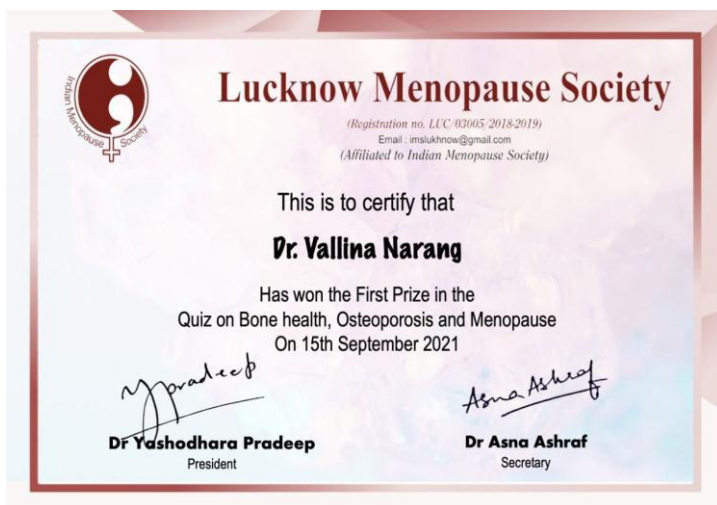
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Name *

- There were **32 registrations** for the quiz from different medical colleges of Lucknow and 18 candidates finally qualified for the quiz. It was won by Dr Vallina Narang from King George Medical University who will be representing Lucknow at the IMSCON 2021.



- The Second Position was shared by Dr Aparajita, Dr Astha Gupta, and Dr Mehak.
- All three will get the Certificate of Second Position. The third Position was shared by 2 contestants Dr Akansha and Dr Ritu Rani.
- All participants will be receiving a certificate from Lucknow Menopause Society.

Nagpur Menopause Society

- Installation ceremony of new team of Menopause Society Nagpur (2021-23), was held on 19th August 2021
- Mrs Kanchantai Gadkari was chief guest at the occasion, Advocate Ketki Joshi and Dr Nirmala Vaze were the guest of honour. Dr Kshama Kedar was installed as the new President of Menopause Society Nagpur, and Dr Vidya Sutaone as Secretary, Dr Pragati Khalatkar as vice-president, Dr Bhakti Gurjar as treasurer and Dr Shantala Bhole as joint secretary.
- The executive members are Dr Arti Wanjari, Dr Rujuta Fuke, Dr Mausami Tadas, Dr Prajakta Barde, Dr Sushma Deshmukh, Dr Surekha Khandagle, Dr Shilpi Sood, Dr Sheela Jain, Dr Trishala Dhemre, Dr Usha Wanjalkar, and Dr Vaidehi Marathe.
- The Club 35+ (A public forum to disperse knowledge about menopause) was officially inaugurated by Respected Mrs Kanchan tai Gadkari, and she talked about importance of spreading awareness about menopausal problems. Advocate Ketki Joshi elaborated on some legal problems faced by women. Dr Nirmala Vaze(also the founder chapter secretary) talked about the initial years of the society. Dr Kshama Kedar talked about the agenda for the coming tenure.



Nagpur Menopause Society

- Club 35 + meeting was held on 7 September 2021, and was well attended, (by more than 50 participants)
- An introductory talk about ' Tackling Menopause 'was given by Dr Kshama Kedar. Queries regarding menopause were answered by Dr Kshama Kedar
- Dr Shantala Bhole gave a talk on “Mental Gymnastics” replete with practical examples of how to develop new skills. Every one took active part in these “Brain games”
- Dr Asha Pugalia, was the Zumba instructor. Everyone in the audience joined the Zumba session wholeheartedly for 15 min
- It was a fun-filled evening and the talks and the games (mental gymnastics) were much appreciated by our club35+ members.



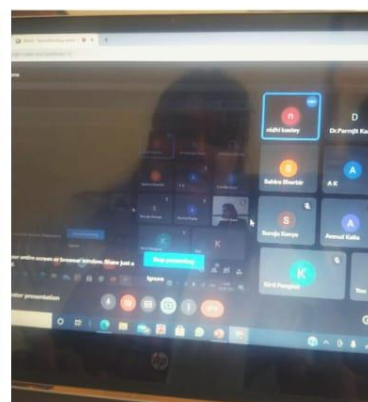
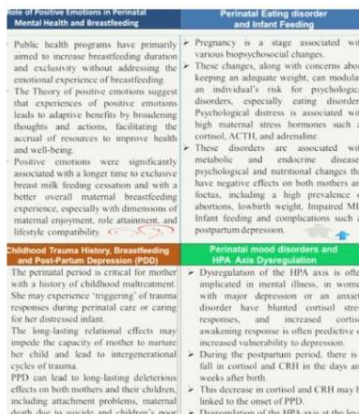
Patiala Menopause Society

- Under the patronage of Honourable Chairman Sh. Tarsem Garg, Respected Principal, Vice Principal, M.S and CEO sir, 'Department of Obstetrics and Gynaecology, MMIMSR, Mullana (Deemed to be University) in association with SOGA/Patiala Menopausal Society & Aesthetic Committee IMS under aegis of FOGSI & IMS has graciously celebrated the 'world breast feeding week' from 1st August 2021 to 7th August 2021. Dr S Shantha Kumari, Dr C Ambuja being the chief guests and Dr Alpesh Gandhi, Dr Jignesh Shah being the guest of honours this event was a great success from the start.
- On 2nd August 2021, A poster exhibition was conducted on the themes of breast feeding – mother's pride for students of MM College Nursing college, Mullana. Theme of 'Breast feeding for better child health' was given to the MBBS 3rd prof students, MBBS interns, nursing students. A total of 282 creative posters were displayed all over the OPD and presented by students. This event was graced by Dr B K Agarwal, Dr Kiran Sodhi, Dr Jyothi Sareen and Dr A S Dhillon as judges.
- On 3rd August 2021, A counselling session was conducted on exclusive breast feeding by Dr. Simmanjit Kaur (prof) and team in antenatal ward.
- A poster presentation competition was conducted on Google meet on 3rd August(1-3PM). There were 2 categories for poster presentation; BREAST FEEDING and MISCELLANEOUS for the junior residents of Obs & gynae, Paediatrics, Medicine and other departments. Dr Ruby Bhatia, Dr Paramjit Kaur, Dr Gurdeep Kaur and Dr Anand Thawait were invited as judges for this session. A total of 22 junior residents from all the departments of MMIMSR presented posters online.
- A webinar on Breast feeding -Health for all was conducted on Google meet on 4th August 2021. A total of 141 faculties and delegates attended the webinar. starting with Saraswathi Vandana and welcome address it was followed by message from the honourable chief guest DR. S. SHANTHA KUMARI (PRESIDENT FOGSI) & DR.C. AMBUJA (PRESIDENT I.M.S). 6 sessions were held:
- Breastfeeding for global health with Dr. Ruby Bhatia as speaker and Dr. Beant Singh and Dr. Lajya Goel as chairpersons.
- Lactation pragmatic choice in present day crisis with Dr. Sandhya Dixit as speaker and Dr. Prabha Lal and Dr. Simmanjit Kaur as chairpersons.
- Breastfeeding for better child health with Dr. Baljinder Kaur as speaker and Dr. A.K. Bhardwaj and Dr. A.S. Dhillon as chairpersons.
- Breastfeeding and Nutrition with Dr. Savita Singhal as speaker and Dr. Ashi R. Sarin and Dr. Udit Narang as chairpersons.
- Breastfeeding- long term benefits with Dr. Anupama Bahadur as speaker and Dr. J.B. Sharma and Dr. Santosh Minhas as chairpersons.
- Breastfeeding and Contraception with Dr Ragini Aggarwal as speaker and Dr. Deepa Goel and Dr. Shashi Joshi as chairpersons.
- On 5th august 2021 Essay writing competition was conducted for Residents, faculty and members of obstetrics and gynaecology, paediatrics, medicine among others on topic breastfeeding for global health.
- The session was judged by Dr. Nishi Gupta, Dr. Anshul Mittal, Dr. Tajinder Kaur and Dr. Sukhbir Kaur.
- On 6th august 2021 an Interactive session on Exclusive Breast feeding in postnatal wards was conducted by Dr. Tajinder Kaur and Team.
- Finally, on 7th august prizes were announced

Patiala Menopause Society



E-POSTER CELEBRATION



Patiala Menopause Society

‘PROTECT BREAST FEEDING A SHARED RESPONSIBILITY’

WORLD BREAST FEEDING WEEK- 1ST – 7TH AUGUST 2021

Results :

Poster Presentation:

Category	Award	Name	Department
Breast Feeding	1 st Position	Dr.Karishma	OBGY
	2 nd Position	Dr.Disha	OBGY
	3 rd Position	Dr.Anshraj	MEDICINE
	Consolation	Dr.Raghavendra Dr.Reena	PEDIATRICS OBGY
Miscellaneous Group	1 st Position	Dr.Bhavika	OBGY
	2 nd Position	Dr.Arshdeep	OBGY
	3 rd Position	Dr.Rishika	OBGY

Poster Exhibition

AWARD	NAME	DESIGNATION
1 st Position	Dr Prerna Chalal	INTERN
	Dr Riya Kalawat	INTERN
	Dr Mehar Fatima	INTERN
2 nd Position	Pooja	FINAL YEAR MBBS
	Dr. Shefali Chandal	INTERN
	Dr Nikhil Gupta	INTERN
3 rd Position	Purvi	MBBS 2 ND PROFF
	Dr Geeteshwar Diwan	INTERN
	Kushboo	Nursing STUDENT
4 th Position	Dr Pooja Kumari	INTERN
	Dr Shiristii	INTERN

Essay Writing Competition

AWARDS	NAME	DEPARTMENT
1 st Position	Dr Disha	OBGY
	Dr Sheena	OBGY
2 nd Position	Dr Arshdeep	OBGY
	Dr Sahira	OBGY
3 rd Position	Dr Sashi Joshi	OBGY (OUTSIDE FACULTY)
	Dr Reena	OBGY
4 th Position	Dr Kartika	OBGY

Slogan Writing Competition

Award	Name	Department
1 st position	Dr. Aishwarya Kanan	OBGY
2 nd position	Dr. Roohaniat Singh	OBGY

Patiala Menopause Society

- MMIMSR, Mullana, Ambala, Haryana under Aegies of IMS, conducting a program with lectures of CANCER SCREEENING IN PERIMENOPAUSAL WOMEN, COVID 19 VACCINATION, PRECAUTIONS FOR COVID-19 during covid 19 pandemic to celebrate monthly varisht mahila swastha shivir under aegis of IMS under MHCC on 11.09.2021 at 12:00pm in gynae OPD
- A total of 35 opd patients attended and lecture was taken.
- 3 lecture were taken
 - a) cancer screening in perimenopausal women: Dr. Ruby Bhatia Prof & HOD OBG.
 - b) covid-19 vaccination : Dr. A.S. Dhillon(prof.)
 - c) precautions for COVID-19: Dr. Tajinder Kaur (Prof.)
- venue- obstetrics & gynaecology OPD



Patna Menopause Society

- Dr Usha Didwania delivered talk --Menopause and daily routine----during awareness program in JD Women's College on 05-08-2021
- Program was well attended



- Organised a hybrid CME and installation ceremony of New office bearers on 05-09-2021
- Dr Shobhana Mohan Das gave an Exhaustive talk on Pelvic pain. Session was chaired by Dr C Ambuja President IMS and Dr Jignesh Shah Immediate past President IMS.
- It was followed by installation ceremony of New team of office bearers 2021-23. The new team took over charges as
- President --Dr Renu Rohtagi
- Vice-president--Dr Neelam
- Secretary-- Dr Nibha Mohan
- Treasurer -- Dr Alka Pandey
- Jt Secretary- Dr Nutan Narayan



Working Committee members

- Dr Rita Jha
- Dr Anjana Sinha
- Dr Poonam Lal
- Dr Minie Anand
- Dr Supriya Jaiswal
- Dr Amulya Singh
- Dr Vineeta



Dr Usha Didwania was declared as Patron PMS

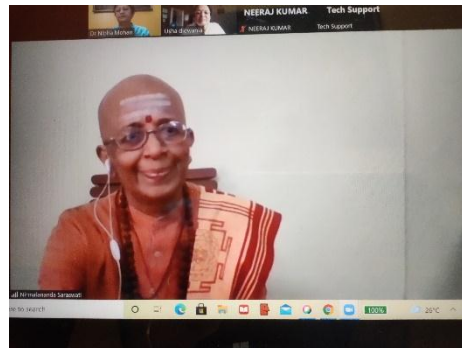
Meeting was well attended physically by Office bearers and Executive Committee members and virually by many members.

Patna Menopause Society

- Quiz competition for junior doctors at NMCH Obs Gynae dept on 06-09-2021.
- 10 candidates from PMCH NMCH AIIMS & IGIMS participated enthusiastically. Dr Priyanshu Bharti NMCH was declared winner who will be participating in IMESCON 2021 at Varanasi. 1st runner up was Dr Ujjwala (AIIMS) 2 nd Runner up was Dr Shefali (PMCH)
- Quiz was conducted successfully by Dr Renu Rohatgi Dr Anjana Sinha and Dr Nibha Mohan



- PMS along with POGS organised an inspirational webinar on 08-08-2021 in gracious presence of IMS president Dr C Ambuja.
- Swami Nirmalanand Saraswati from Bihar school of Yoga Munger gave a talk on Yogic management of Menopausal problems. Session was chaired by Padmashree Dr Shanti Roy and Dr Pramila Modi. Deliberation was highly appreciated by all.



Patna Menopause Society

- Organized a virtual CME on 26-09-2021. Excellent deliberation by eminent surgeon Dr A A Hai on Breast Lump - what a Gynaecologist should know. Session was chaired by Dr Shobha Chakraborty and Dr Renu Rohatgi President PMS. 1st session ended with Q&A. Sir happily cleared all the queries.
- Panel-- Breast lump in Midlife women - case based discussion-- moderated by Dr Manisha Singh was highly appreciated when panellists were
- Dr Kumkum Sinha, Dr Saroj Singh, Dr Neelam, Dr Charu, Dr Pritanjali and Dr Mukta Agrawal.
- CME was well attended by many respected seniors and junior members.



REC BI-RADS classification

BI-RADS	Findings	Further management
0	Incomplete assessment	Need of additional imaging or prior examinations
1	Negative	Routine screening
2	Benign	Routine screening
3	Probably benign - risk of malignancy is lower than 2%	Ultrasound imaging is necessary or a control mammography imaging and examination within 6 months
4	Suspicious - risk of malignancy is 2-94%	Further cytology of pathohistology investigation is necessary
5	Highly suspicious - risk of malignancy is higher than 94%	Referral to a surgeon is necessary



Rajkot Menopause Society

- Rajkot menopause society with rotary club of rajkot had organised an informative talk on food **FACTS VS FADS** Busting myths associated with dieting " Speaker was very well known and famous dietitian from jamnagar Ms. Simi khanna on 07/08/2021 at rotary bhavan . Around 50 to 60 women participated and everyone got the right take home message. The event was appreciated by one and all.



Rajkot menopause society had organised fitness with fun programme in association with rotary club and women wing of IMA on 08/08/2021 with fitness partner Mr. Mulrajsinh of Mz fitness. Around 80-100 women were present. We started with bollywood fitness then zumba, yoga and followed by garba for whole one hour. Then we had different competition i.e. skipping, weight lifting and other different exercises. All winners were given prizes. The whole event was well appreciated and enjoyed by one and all.

રાજકોટની મહિલાઓ માટે રવિવારે ફિટનેસ વિથ ફન યોજાશે

રાજકોટ મોનોપોઝ સોસાયટી, મીડિયા પાર્ટનર 'આજકાલ', વુમન્સ પ્રેક્ટિસિંગ એમ.એડ ફિટનેસ અને રોટરી ક્લબ ઓફ રાજકોટ દ્વારા વિવિધ એકસાઈડ દ્વારા માર્ગદર્શન

આયોજક કમલેશ સોલંકી
સપ્લાય મેનેજર સોલંકી અને મીડિયા પાર્ટનર 'આજકાલ', મોનપોઝ



સહાયક મીડિયા પાર્ટનર 'આજકાલ' વિદ્યુત ખેડાણે જી. સોલંકી અને સમગ્ર સ્ત્રી સમાજને આજકાલ દ્વારા 'આજકાલ' સંસ્કાર રજૂ કરી રાખે

Rajkot Menopause Society

- Rajkot menopause society along with rotary Club organized awareness programme on " Perimenopausal symptoms " . Dr. Ami mehta delivered an excellent lecture and around 30 Ladies applauded our efforts.



- Rajkot menopause society president Dr. Ami mehta along with kundariya foundation have done mega cervical vaccination camp in month of July and August. Total 1080 girls were vaccinated. They all were educated about menstrual hygiene and made aware about adolescent problems by our members.



Rajkot menopause society members wrote wonderful articles -

- Dr. Ami mehta - sugar
- Dr. Manisha moteria - water
- Dr. Lata jethvani - milk
- Dr. Jigna ganatra - oil
- Dr. Krupali bhatra -salt

All these articles were accepted by IMS magazine '**poise**' and will be published soon.

Rajkot Menopause Society

- Celebrating birthday of our prime minister Narendra Modi BJP had organized state wise pap smear camps. In rajkot our 3 members of RMS had participated in this mega event \
- Dr. Ami mehta
- Dr. Hina popat
- Dr. Shaily modi
- Around 40-50 per hospital pap smears were done and all smears were sent to GCRI onco center.
- This programme had many benefits
 - It provided mass screening to all needy patients at free of cost.
 - It also made women aware about this deadly cancer
 - It made world record also around 8000 women were screened in 178 words between 2 pm to 5 pm across Gujarat.



Raipur Menopause Society



Raipur Menopause Society Presents

QUIZ

Theme : Bone Health & Postmenopausal Osteoporosis

Prof. Abha Singh
Patron, RMS

Dr. Manoj Chellani
President, RMS

Dr. Gurpreet Kaur
Secretary, RMS

Date : 5 SEPT. 2021 Time : 12:00 PM SHARP

- Eligibility Criteria : Post Graduate and Gynaec who have completed Post Graduation within 5 Years on the date of Quiz.
- Quiz will be held in Google Form.
- First Winner will be eligible to take part in National IMS Quiz which will be held in Varanasi.
- Travel Train Ticket 2nd AC will be provided to the candidate.

Everything about women's health

Dr. Manoj Chellani
MBBS, DGO Director, Aayush ICSI Test Tube Baby Centre Obstetrician & Gynecologist IVF Specialist

Dr. Manoj Chellani
MBBS, DGO Director, Aayush ICSI Test Tube Baby Centre Obstetrician & Gynecologist IVF Specialist

Dr. Gurpreet Kaur
MBBS, MS Director, Soni and Kaur Hospital, Rajim Consultant, Soni Multispecialty Hospital, Abhanpur

Human Biologicals Institute
An initiative by: Puberty to Menopause

Puberty to Menopause

Calcium requirement during Menopause & beyond

Dr. Manoj Chellani
MBBS, DGO Director, Aayush ICSI Test Tube Baby Centre Obstetrician & Gynecologist IVF Specialist, Laparoscopic & Hystroscopic Surgeon

Dr. Gurpreet Kaur
MBBS, MS Director, Soni and Kaur Hospital, Rajim Consultant, Soni Multispecialty Hospital, Abhanpur

Sunday, 5th September
3 PM (IST)

www.puberty2menopause.com

Human Biologicals Institute
An initiative by: Puberty to Menopause

Vadodara Menopause Society

e-MENOPAUSE CROSS TALK
A REGIONAL UPDATE ON MENOPAUSE THROUGH THE LENS OF MULTISPECIALITY EXPERTS

WELCOME ADDRESS
Dr. Binal D. Shah
President, MSV

CHAIRPERSONS
Dr. Pawan K. Dhir
Senior Consultant,
OBGY & Gynaecology Specialist,
Bharuch
Dr. Malvi Patel
Consultant Gynaecologist,
Bharuch Hospital, Anand

SPEAKERS
Topic: PRE-TREATMENT EVALUATION BEFORE STARTING MHT
Dr. Namita Kotia
Director, Aastha Fertility care
Consultant IVF Specialist & OBGY, Heart & General Hospital, Jaipur
Topic: ALL MHT ARE NOT SAME
Dr. Roopal N. Panchani
Consultant Endocrinologist,
Aarjany, The Diabetes, Obesity & Endocrine Clinic

MOC
Dr. Rangana Parikh

VOTE OF THANKS
Dr. Amita Shah

OFFICE BEARERS
Dr. Archana Desai
Past President, MSV
Dr. Rashmi Banerjee
Vice President, MSV
Dr. Pallavi Sataria
Hon. Secretary, MSV
Dr. Alka Patel
Joint Secretary, MSV
Dr. Moniksha Patel
Treasurer, MSV

Supported by **TEAM Meliana** A Division of Abbott India

INVITATION FOR WEB CME
Date - 31st Aug'21, Tuesday | Time - 3:30 pm to 5:00 pm

Topic - Management of Hyperprolactinemia

Speaker
Dr. Binal D. Shah
Sr. Consultant OB/GYN
Dwarkanesh Hospital, Baroda

Panel Discussion on Urinary Incontinence

Moderator : Dr Binal Shah

Panelists
Dr. Reshmi Banerjee
Gynecologist
Dr. Vikky Ajwani
Urologist

MOC: Dr Amita Shah

PAUSITIVE TALKS
MENOPAUSE to ME-NO-PAUSE
A WOMEN'S HEALTH EDUCATION INITIATIVE

22nd SEPTEMBER, 2021 | 2:30 PM-3:30 PM [CLICK HERE TO REGISTER](#)

Welcome
Dr. Shahanaz Jiruwala
Club 35+ Coordinator
Interaction & Vote of Thanks
Dr. Nutan Shah
President WNIW

Dr. Binal D Shah
Consultant OB/GYN,
Dwarkanesh Hospital,
M.D.(O&G) Gold Medalist,
F.I.C.O.G, C.I.M.P.,
President, Menopause Society, Vadodara
FOGSI Representative, Vadodara



Dear Sir/Madam,
As part of Danone Nutricia's commitment & belief in the importance of Scientific Education, it is our pleasure to invite you to attend our scientific session



INVITATION

Date : 29th SEP, Wednesday | Time : 2:30 PM TO 3:30 PM

Click the link below:

https://mydanone.webex.com/meet/uttam_oza

TOPIC – PCOS- Clinical And Nutritional Perspective



DR. BINAL D SHAH, M.D.(O&G) Gold Medalist
DWARKESH HOSPITAL BARODA
GUJARAT



For Healthcare Professional only.

Live life fully throughout menopause

Every stage of a woman's life has its own challenges and opportunities and unique health concerns. If you are a woman who is approaching or has reached menopause, you will find specialized care for your changing health needs at this specialized Menopause Clinic.

Specialized Menopause Clinic

Dr. _____
Clinic address _____



Request to all Presidents & Chapter Secretaries to encourage your Members to 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 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



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